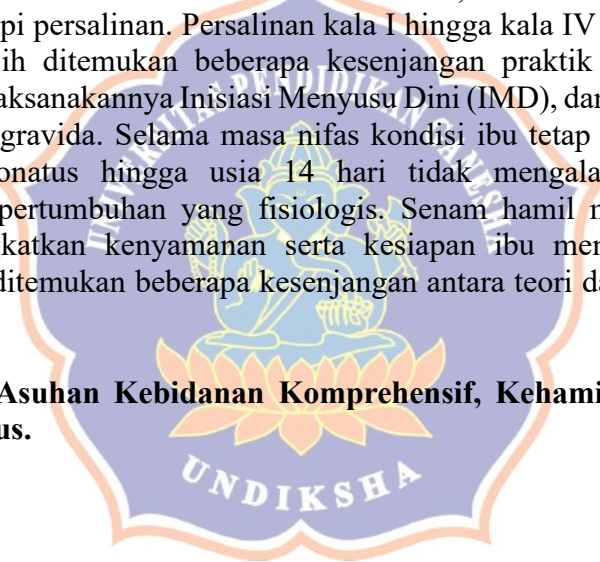


ABSTRAK

Kehamilan trimester III merupakan masa terjadinya perubahan fisiologis dan psikologis yang dapat menimbulkan berbagai ketidaknyamanan pada ibu hamil, meskipun tidak semua ibu mengalami keluhan selama kehamilan. Penelitian ini bertujuan memberikan asuhan kebidanan komprehensif pada Perempuan “KA” usia kehamilan 37 minggu, persalinan, nifas, hingga neonatus usia 14 hari di TPMB “LM” Wilayah Kerja Puskesmas Sawan I Kabupaten Buleleng Tahun 2026. Penelitian ini menggunakan desain deskriptif dengan pendekatan studi kasus. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, telaah dokumentasi, serta penelusuran informasi pada Buku KIA dan register pelayanan. Hasil penelitian menunjukkan bahwa kondisi kehamilan Perempuan “KA” berlangsung fisiologis tanpa keluhan. Asuhan selama kehamilan meliputi komunikasi, informasi, dan edukasi (KIE), pemantauan kondisi ibu dan janin, serta pelaksanaan senam hamil untuk meningkatkan kenyamanan dan kesiapan ibu menghadapi persalinan. Setelah diberikan asuhan, ibu merasa lebih nyaman dan siap menghadapi persalinan. Persalinan kala I hingga kala IV berlangsung normal, meskipun masih ditemukan beberapa kesenjangan praktik berupa penggunaan delee, tidak dilaksanakannya Inisiasi Menyusu Dini (IMD), dan tindakan episiotomi pada ibu multigravida. Selama masa nifas kondisi ibu tetap dalam batas normal, sedangkan neonatus hingga usia 14 hari tidak mengalami komplikasi dan menunjukkan pertumbuhan yang fisiologis. Senam hamil memberikan manfaat dalam meningkatkan kenyamanan serta kesiapan ibu menghadapi persalinan, namun masih ditemukan beberapa kesenjangan antara teori dan praktik pelayanan kebidanan.

Kata Kunci: Asuhan Kebidanan Komprehensif, Kehamilan, Senam Hamil, Nifas, Neonatus.



ABSTRACT

Third-trimester pregnancy is characterized by physiological and psychological changes that may cause various discomforts, although not all pregnant women experience such complaints. This study aimed to provide comprehensive midwifery care for woman “KA” from 37 weeks of gestation through childbirth, the postpartum period, and neonatal care until 14 days after birth at TPMB “LM” in the working area of Sawan I Public Health Center, Buleleng Regency, in 2026. A descriptive case study design was employed. Data were collected through interviews, direct observation, physical examination, document review, and information obtained from the Maternal and Child Health (MCH) Handbook and service registers. The findings indicated that woman “KA” experienced a normal physiological pregnancy without any complaints. The care provided during pregnancy included communication, information, and education (CIE), maternal and fetal monitoring, and pregnancy exercise to enhance maternal comfort and preparedness for childbirth. Following the intervention, the mother reported improved comfort and greater readiness for labor. Labor progressed normally from the first through the fourth stage; however, several discrepancies from recommended practice were identified, including the use of DeLee suction, the omission of Early Initiation of Breastfeeding (EIBF), and episiotomy in a multigravida woman. During the postpartum period, the mother's condition remained within normal limits, while the neonate showed no complications up to 14 days of age and demonstrated normal physiological growth. Pregnancy exercise contributed to improved maternal comfort and readiness for childbirth; however, several gaps between theoretical recommendations and clinical midwifery practice were still identified.

Keywords: Comprehensive Midwifery Care, Pregnancy, Pregnancy Exercise, Postpartum, Neonate.