

ABSTRAK

Kehamilan trimester I sering menimbulkan ketidaknyamanan fisik, salah satunya nyeri simfisis atau *Symphysis Pubis Dysfunction* (SPD), yang dapat mengganggu mobilitas serta aktivitas sehari-hari ibu hamil. Kondisi ini terjadi akibat perubahan hormonal, pembesaran uterus, serta peningkatan tekanan pada area panggul selama kehamilan. Oleh karena itu, diperlukan asuhan kebidanan komprehensif dan berkesinambungan melalui pendekatan *Continuity of Care* (COC) untuk membantu mengurangi keluhan ibu serta memantau kondisi ibu dan bayi sejak masa kehamilan hingga nifas. Metode penelitian yang digunakan adalah penelitian deskriptif dengan pendekatan studi kasus pada perempuan “KR” G1P0A0 usia kehamilan ≥ 36 minggu di TPMB “NY” Wilayah Kerja Puskesmas Banjar 1 Kabupaten Buleleng Tahun 2026. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dokumentasi, dan pendokumentasian SOAP. Hasil asuhan menunjukkan bahwa pada kunjungan antenatal ibu mengalami nyeri simfisis dengan intensitas sedang yang mengganggu aktivitas sehari-hari. Penatalaksanaan dilakukan melalui edukasi, konseling, yoga kehamilan, serta anjuran mengurangi aktivitas berat. Persalinan berlangsung secara *sectio caesarea* atas indikasi postdate tanpa komplikasi. Ditemukan kesenjangan berupa kenaikan berat badan ibu melebihi rekomendasi berdasarkan IMT, yaitu 15 kg pada kategori *overweight*, serta tidak dilakukan penimbangan berat badan bayi pada kunjungan neonatal sehingga pemantauan pertumbuhan belum optimal. Pada masa nifas dan neonatus tidak ditemukan tanda bahaya maupun komplikasi. Pembahasan menunjukkan bahwa pemberian asuhan kebidanan komprehensif dan intervensi nonfarmakologis secara berkelanjutan mampu mengurangi keluhan nyeri simfisis ibu. Namun, masih terdapat kesenjangan antara teori dan praktik sehingga diperlukan peningkatan kualitas pelayanan sesuai standar asuhan kebidanan untuk mengoptimalkan kesehatan ibu dan bayi.

Kata Kunci: Nyeri simfisis, asuhan kebidanan komprehensif, yoga *exercise*.

ABSTRACT

*Third trimester pregnancy often causes physical discomfort, one of which is symphysis pain or Symphysis Pubis Dysfunction (SPD), which can interfere with the mobility and daily activities of pregnant women. This condition occurs due to hormonal changes, uterine enlargement, and increased pressure in the pelvic area during pregnancy. Therefore, comprehensive and continuous obstetric care through the Continuity of Care (COC) approach is needed to help reduce maternal complaints and monitor the condition of the mother and baby from pregnancy to puerperium. The research method used is a descriptive research with a case study approach on "KR" G1P0A0 women with a gestational age of ≥ 36 weeks at TPMB "NY" Banjar 1 Health Center Working Area, Buleleng Regency in 2026. Data collection is carried out through interviews, observations, physical examinations, documentation, and SOAP documentation. The results of the care showed that at the antenatal visit, the mother experienced symphysis pain with moderate intensity that interfered with daily activities. Management is carried out through education, counseling, pregnancy yoga, and recommendations to reduce strenuous activities. Delivery takes place by *sectio caesarea* on postdate indications without complications. It was found that the gap in the form of maternal weight gain exceeded the recommendations based on BMI, which was 15 kg in the overweight, and the baby's weight was not weighed at neonatal visits so that growth monitoring was not optimal. During the postpartum and neonatal periods, no signs of danger or complications were found. The discussion shows that the provision of comprehensive obstetric care and non-pharmacological interventions in a sustainable manner can reduce complaints of maternal symphysis pain. However, there is still a gap between theory and practice, so it is necessary to improve the quality of services according to the standards of midwifery care to optimize the health of mothers and babies.*

Keywords: *Symphysis pain, comprehensive midwifery care, yoga exercise.*

