

ABSTRAK

I Gusti Agung Ayu Natria Padma Putri

E-mail : agung.ayu.natria@student.undiksha.ac.id

Kehamilan, persalinan, dan nifas merupakan proses fisiologis dalam siklus reproduksi perempuan yang kerap disertai ketidaknyamanan, salah satunya frekuensi buang air kecil yang meningkat. Data register PMB “KS” menunjukkan 5 orang (14%) ibu hamil trimester III mengalami keluhan tersebut, yang berisiko memicu kelembapan area kewanitaan, infeksi saluran kemih, hingga gangguan pertumbuhan janin. Penelitian ini bertujuan memberikan asuhan kebidanan komprehensif pada Perempuan “FM” di PMB “KS” Wilayah Kerja Puskesmas Seririt 1 Kabupaten Buleleng Tahun 2026. Menggunakan metode deskriptif studi kasus, subjek penelitian adalah Perempuan “FM” trimester III (usia kehamilan > 36 minggu) yang dipantau hingga nifas hari ketiga. Hasil asuhan menunjukkan pada kunjungan pertama pasien mengeluh sering kencing dan diberikan KIE serta senam kegel. Pada persalinan, keluhan tersebut telah teratasi. Kala I berlangsung 8 jam dengan nyeri perut dan pengeluaran lendir darah; Kala II berlangsung 20 menit dengan bayi lahir bugar; Kala III berlangsung 10 menit; dan Kala IV berlangsung 2 jam. Bayi lahir normal, menangis kuat, aktif, dan kemerahan. Rangkaian asuhan kebidanan pada Perempuan “FM” di PMB “KS” telah terlaksana secara berkesinambungan.

Kata Kunci : *Sering Kencing, Senam Kegel, Asuhan Komprehensif*



ABSTRACT

I Gusti Agung Ayu Natrya Padma Putri
E-mail : agung.ayu.natrya@student.undiksha.ac.id

Pregnancy, childbirth, and the postpartum period are physiological processes in the female reproductive cycle that are often accompanied by discomfort, one of which is an increased frequency of urination. Register data from the Midwifery Independent Practice (PMB) "KS" showed that 5 pregnant women (14%) in the third trimester experienced this complaint, which may increase the risk of moisture in the vaginal area, urinary tract infections, and impaired fetal growth. This study aimed to provide comprehensive midwifery care to Woman "FM" at PMB "KS", within the working area of Seririt 1 Public Health Center, Buleleng Regency, in 2026. A descriptive case study method was employed, with the research subject being Woman "FM" in the third trimester of pregnancy (gestational age >36 weeks), who was monitored through the third day postpartum. The results of the care showed that during the first visit, the patient complained of frequent urination and was provided with health education and Kegel exercises. During labor, the complaint had resolved. The first stage of labor lasted 8 hours and was characterized by abdominal pain and bloody mucus discharge; the second stage lasted 20 minutes, with the baby born in good condition; the third stage lasted 10 minutes; and the fourth stage lasted 2 hours. The baby was delivered normally, cried vigorously, was active, and had a reddish skin color. The series of continuous midwifery care for Woman "FM" at PMB "KS" was successfully implemented.

Keywords : *Frequent Urination, Kegel Gymnastics, Comprehensive Midwifery Care.*

