

**PROGRAM STUDI ILMU KEPERAWATAN
FAKULTAS ILMU KEPERAWATAN
UNIVERSITAS ISLAM SULTAN AGUNG SEMARANG
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ABSTRAK

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**EFEKTIFITAS PENGGUNAAN KORSET TERHADAP PEMULIHAN
OTOT ABDOMEN IBU POST PARTUM DI WILAYAH BPM Hj. UUT SRI
RAHAYU DAN Hj. NAWANGSIH KALIGAWA SEMARANG**

78 halaman + 7 tabel + 4 gambar + 14 lampiran + xv

Latar belakang: Masa post partum yaitu waktu selama enam sampai delapan minggu seorang ibu melahirkan bayinya. Selama nifas terjadi perubahan fisik dan psikis ibu post partum. Masalah yang sering dialami ibu post partum adalah munculnya *diastasis rectus abdominis*, *diastasis rectus abdominis* adalah melebarnya otot rectus abdominis disertai dengan perluasan jaringan linea alba. Hal tersebut menyebabkan kurangnya rasa percaya diri ibu post partum. Biasanya mereka menggunakan korset untuk membantu mengecilkan perut dan menunjang aktivitas mereka. Tujuan penelitian ini untuk mengetahui pengaruh penggunaan korset terhadap pemulihan otot abdomen ibu post partum.

Metode : Penelitian menggunakan metode *Pretest-Posttest Control Group*. Pengumpulan data menggunakan lembar observasi penggunaan korset dan pengukuran *diastasis rectus abdominis*. Jumlah responden penelitian yaitu 34 ibu post partum dengan teknik pengambilan data *total sampling*. Data diolah melalui uji *Mann Whitney*.

Hasil: Penggunaan korset terhadap pemulihan otot abdomen sebelum dan sesudah penggunaan korset menunjukkan hasil tidak efektif ($p= 0,620$)

Simpulan : Tidak terdapat efektifitas penggunaan korset terhadap pemulihan otot abdomen ibu post partum ($p\ value\ 0,620 > 0,05$).

Kata kunci : Korset, *diastasis rectus abdominis*, post partum.

Daftar pustaka : (2009-2018)

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ABSTRACT

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**EFFECTIVENESS OF THE USE OF CORSETS ON THE RECOVERY OF
MUSCLE ABDOMEN POST PARTUM MOTHER IN THE REGION BPM
Hj. UUT SRI RAHAYU AND Hj. NAWANGSIH KALIGawe SEMARANG
78 pages + 7tables + 4 figures + 14 appendices + xv**

Background: The post partum period is six to eight weeks when a mother gives birth to her baby. During postpartum postpartum maternal and physical changes occur. The problem that is often experienced by post partum mothers is the emergence of diastasis rectus abdominis, diastasis rectus abdominis is the widening of the rectus abdominis muscle accompanied by the expansion of linea alba tissue. This causes a lack of confidence in post partum mothers. Usually they use a corset to help shrink the stomach and support their activities. The purpose of this study was to determine the effect of corset use on postpartum maternal abdominal muscle recovery.

Method: The study used the Pretest-Posttest Control Group method. Data collection used observation sheets using corsets and measurements of diastasis rectus abdominis. The number of study respondents was 34 post partum mothers with total sampling data collection techniques. Data was processed through the Mann Whitney test.

Results: The results of the analysis there is no effect of the use of corsets on the recovery of abdominal muscles before and after the use of corsets ($p = 0.620$)

Conclusion: There is no effect of corset use on postpartum maternal abdominal muscle recovery (p value $0.620 > 0.05$).

Keywords: Corset, diastasis rectus abdominis, post partum.

Bibliography: (2009-2018)