

DAFTAR PUSTAKA

- Abdallah, E., & Elneim, A. (2014). Dietary habits during the postpartum period among a sample of lactating women in Sudan. *IOSR Journal of Nursing and Health Science (IOSR-JNHS)*, 3(1), 1–6.
- Abdollahpour, S., & Keramat, A. (2016). The Impact of Perceived Social Support from Family and Empowerment on Maternal Wellbeing in the Postpartum Period. *Journal of Midwifery and Reproductive Health*, 4(4), 779–787. From : <https://doi.org/10.22038/jmrh.2016.7612> diakses tanggal 17 Juli 2018.
- Acharry, N., & Kutty, R. K. (2015). Abdominal Exercise With Bracing , A Therapeutic Efficacy In Reducing Diastasis-Recti Among Postpartal Females Quick Response Code. *International Journal Of Physiotherapy And Research*, 3(2), 999–1005. <https://doi.org/10.16965/Ijpr.2015.122> diakses tanggal 18 Agustus 2018.
- AdekaLisni, Misrawati, G. T. U. (2015). Perbandingan Efektivitas Senam Nifas dan Pijat oksitosin Terhadap Involusi Uteri pada Ibu Post Partum. *JOM*, 2(2), 927–934.
- Akdeniz, C., Bacanlı, H., & Baysen, E. (2016). *Learning and Teaching: Theories, Approaches and Models* (2nd Editio). Turki.
- Andrade, R. D., Santos, J. S., Maia, M. A. C., & Mello, D. F. de. (2015). Factors related to women's health in puerperium and repercussions on child health. *Escola Anna Nery - Revista de Enfermagem*, 19(1), 181–186. <https://doi.org/10.5935/1414-8145.20150025> diakses tanggal 19 Mei 2018.
- Anis, M., Teknik, J., Universitas, I., Surakarta, M., Alghofari, A. K., Teknik, J., Surakarta, M. (2009). Analisis Pengaruh Penggunaan “Stagen” pada aktivitas angkat-angkut di pasar Legi Surakarta, (2000), 9–17.
- Araújo Martins, C., Pinto de Abreu, W. J. C., & Barbieri de Figueiredo, M. do C. A. (2014). Becoming a father and a mother: a socially constructed role. *Revista Enfermagem de Referência*, 4(2), 121–131. <https://doi.org/http://dx.doi.org/10.12707/RIII1394> diakses tanggal 18 Desember 2018.
- Ascari, I., Alves, N. G., Alves, A. C., Garcia, I. F. F., & Junqueira, F. B. (2016). Resumption of cyclic ovarian activity in postpartum ewes: A review. *Semina: Ciências Agrárias*, 37(2), 1101–1116. <https://doi.org/10.5433/1679-0359.2016v37n2p1101> diakses tanggal 19 Juli 2018.

- Bermas, B. L. (2015). Musculoskeletal Changes and Pain During Pregnancy and Postpartum. *UpToDate*, 3(1), 1–17. Retrieved from https://www.uptodate.com/contents/musculoskeletal-changes-and-pain-during-pregnancy-and-postpartum/print?source=search_result&search diakses tanggal 19 September 2018.
- Bermio, J. B., & Reotutar, L. P. (2017). Beliefs and Practices During Pregnancy, Labor and Delivery, Postpartum and Infant Care of Women in the Second District of Ilocos Sur, Philippines. *International Journal of Scientific & Engineering Research*, 8(9), 850–861.
- Bobak, L., & Jensen. (2005). *Buku Ajar Keperawatan Maternitas* (4th ed.). Jakarta: Penerbit Buku Kedokteran EGC.
- Costa, M. A. (2016). The endocrine function of human placenta: An overview. *Reproductive BioMedicine Online*, 32(1), 14–43. <https://doi.org/10.1016/j.rbmo.2015.10.005> diakses tanggal 16 Juli 2018.
- Coutinho, E. de C., Silva, C. B. da, Chaves, C. M. B., Nelas, P. A. B., Parreira, V. B. C., Amaral, M. O., & Duarte, J. C. (2014). Pregnancy and childbirth: What changes in the lifestyle of women who become mothers? *Revista Da Escola de Enfermagem Da USP*, 48(spe2), 17–24. <https://doi.org/10.1590/S0080-623420140000800004> diakses tanggal 17 Mei 2018.
- Coyne, S., Coyne, S. M., Liechty, T., Collier, K. M., Sharp, A. D., Emilie, J., & Kroff, S. L. (2017). The Effect of Media on Body Image in Pregnant and Postpartum Women. *Health Communication*, 00(00), 1–7. <https://doi.org/10.1080/10410236.2017.1314853> diakses tanggal 17 September 2018.
- Demartini, E., Deon, K. C., Fonseca, E. G. de J., Portela, B. S., Demartini, E., Deon, K. C., ... Portela, B. S. (2016). Diastasis of the rectus abdominis muscle prevalence in postpartum. *Fisioterapia Em Movimento*, 29(2), 279–286. <https://doi.org/10.1590/0103-5150.029.002.AO06> diakses tanggal 25 September 2018.
- Desfanita, dkk. (2015). Faktor-Faktor Yang Mempengaruhi Postpartum Blues. *JOM*, 44(800), 2–3. Retrieved from <http://jom.unri.ac.id/index.php/JOMPSIK/article/viewFile/8261/7932>
- Dinas Kesehatan, K. S. (2017). Profil Kesehatan Kota Semarang 2016. *Dinas Kesehatan Kota Semarang*, 1–102.
- Direktorat Kesehatan Keluarga Kemenkes RI. (2016). *Laporan Tahunan Direktorat Kesehatan Keluarga Tahun 2016*. Jakarta.

- Downey, M. A. (2016). Unbearable pressure: Corsets, Medicine, and Advertising in The Making of The White Female Body in England, 1850-1900. *Towson University Office of Graduate Studies, 21252*, 1850–1900.
- Elisa, P., & Elisa, R. E. P. (2013). Prolactin ELISA. *IBL International, 49*(0), 40–53.
- El-mekawy, H. S., Eldeeb, A. M., Lythy, M. A. E.-, & El-begawy, A. F. (2013). Effect of Abdominal Exercises versus Abdominal Supporting Belt on Post-Partum Abdominal Efficiency and Rectus Separation. *International Journal of Medical and Health Science, 7*(1), 75–79.
- Emanuelsson, P. (2015). *Diastasis rectis : An Overview. Thesis*. New York.
- Erkal, M. M. (2017). The Cultural History of the Corset and Gendered Body in Social and Literary Landscapes. *European Journal of Language and Literature Studies, 9*(1), 109–118.
- Ernawati, D. D. (2013). Hubungan penggunaan stagen terhadap diastasis rectus abdominis di rumah bersalin hasanah gemolong sragen naskah publikasi. *Skripsi, 1*(1).
- Fariza, F., Khadijah, S., Puteh, W., & Ezat, S. (2015). Traditional Postpartum Practices Among Malaysian Mothers: A Review. *The Journal of Alternative and Complementary Medicine, 19*(April 2016), 1–6. <https://doi.org/10.1089/acm.2013.0469> diakses tanggal 18 Oktober 2018.
- Grace, A. (2018). Social Support and Personality Traits as Predictors of Psychological Wellbeing of Postpartum Nursing Mothers in Oyo State , Nigeria. *International Journal of Caring Sciences, 11*(2), 704–718.
- Hakimi, S., Mirghafourvand, M., Abbasalizadeh, F., & Behnampour, N. (2017). The Effect of Abdominal Binder on Wound Healing and Consumed Pain Medications After Cesarean Section : A Randomized Control Trial. *Iran Red Crescent Med J, 1*(February). <https://doi.org/10.5812/ircmj.44119> diakses tanggal 18 Oktober 2018.
- Hammes, T., Sebold, L. F., Kempfer, S. S., & Gironi, J. B. R. (2014). Nursing care in postpartum adaptation: perceptions of Brazilian mothers. *Journal of Nursing Education and Practice, 4*(12), 125–133. <https://doi.org/10.5430/jnep.v4n12p125> diakses tanggal 28 Juli 2018.
- Hochschild, A. R. (2013). Taking Care. *The American Prospect, 13*(7). Retrieved from <http://www.prospect.org/print/V13/7/hochschild-a.html> diakses tanggal 16 Juli 2018.

- Hodgkinson, E. L., Smith, D. M., & Wittkowski, A. (2014). Women's experiences of their pregnancy and postpartum body image: A systematic review and meta-synthesis. *BMC Pregnancy and Childbirth*, *14*(1), 1–11. <https://doi.org/10.1186/1471-2393-14-330> diakses tanggal 30 Oktober 2018.
- Horvat, L., Horey, D., Romios, P., Horvat, L., Horey, D., Romios, P., & Kis-rigo, J. (2014). Cultural competence education for health professionals (Review). *Cochrane Database of Systematic Reviews*, (5). <https://doi.org/10.1002/14651858.CD009405.pub2>. Copyright diakses tanggal 29 November 2018.
- Indira, C., & Srikanth, S. (2015). Cardiovascular Changes During Pregnancy , Labour and Puerperium Associate Professor of Physiology , Guntur Medical College , Guntur. *International Journal of Science Research*, *4*(6), 555–561. Retrieved from <http://www.researchgate.net/publication/277853068> diakses tanggal 31 Juli 2018.
- Jill, S. (2008). *Corsets Historical Patterns & Techniques*. (U. K. by Batsford, Ed.) (1st ed.). London: United Kingdom.
- Jung Halim, Jung Sangwoo, Jung Sunghye, S. C. (2016). Comparison of changes in the mobility of the pelvic floor muscle on during the abdominal drawing-in maneuver , maximal expiration , and pelvic floor muscle maximal contraction. *The Journal of Physical Therpay Science*, *28*(2), 467–472.
- Khandale, S. R., & Hande, D. (2016). Effects of Abdominal Exercises on Reduction of Diastasis Recti in Postnatal. *International Journal of Health Sciences and Research*, *6*(6), 182–191. Retrieved from http://www.ijhsr.org/IJHSR_Vol.6_Issue.6_June2016/32.pdf diakses tanggal 19 November 2018.
- Kirana, Y. (2015). Hubungan tingkat kecemasan post partum dengan kejadian post partum blues di Rumah Sakit Dustira Cimahi. *Jurnal Ilmu Keperawatan*, *III*(1), 25–37.
- Kirovski, D. (2015). Endocrine and metabolic adaptations of calves to extra-uterine life. *Acta Veterinaria*, *65*(3), 297–318. <https://doi.org/10.1515/acve-2015-0025> diakses tanggal 23 Juli 2018.
- Korgavkar, K., & Wang, F. (2015). Stretch marks during pregnancy: A review of topical prevention. *British Journal of Dermatology*, *172*(3), 606–615. <https://doi.org/10.1111/bjd.13426> diakses tanggal 28 Juli 2018.
- Lee, A. ., & Nikraz, H. (2015). BOD: COD Ratio as an Indicator for River Pollution. *International Proceedings of Chemical, Biological and Environmental Engineering*, *51*(26), 139–142. <https://doi.org/10.7763/IPCBEE> diakses tanggal 17 Agustus 2018.

- Leroy, L. da S., Lúcio, A., & Lopes, M. H. B. de M. (2016). Fatores de risco para incontinência urinária no puerpério. *Journal of School of Nursing*, 50(2), 200–207. <https://doi.org/10.1590/S0080-623420160000200004> diakses tanggal 08 November 2018.
- Mahalakshmi., V., V, R., G., S., & TV, C. (2016). Effect of exercise on diastasis recti abdominis among the primiparous women: a quasi-experimental study. *International Journal of Reproduction, Contraception, Obstetrics and Gynecology*, 5(12), 4441–4446. <https://doi.org/10.18203/2320-1770.ijrcog20164360> diakses tanggal 26 Maret 2018.
- Md Hassan, J. (2016). Prenatal Education and Postpartum Well-being. *Journal of Pregnancy and Child Health*, 03(02). <https://doi.org/10.4172/2376-127X.1000248> diakses tanggal 21 Juli 2018.
- Michalska, A., Rokita, W., Wolder, D., & Pogorzelska, J. (2018). Diastasis recti abdominis — a review of treatment methods. *Ginekologia Polska*, 89(2), 97–101. <https://doi.org/10.5603/GP.a2018.0016> diakses tanggal 17 Februari 2018.
- Mota, P., Gil, A., & Bo, K. (2015). Diastasis Recti Abdominis in Pregnancy and Postpartum Period . Risk Factors , Functional Implications and Resolution Diastasis Recti Abdominis in Pregnancy and Postpartum Period . Risk Factors , Functional Implications and Resolution. *Current Women's Health Reviews*, 11(April), 59–67.
- Murray, S. S., & McKinney, E. S. (2014). Postpartum Physiologic Adaptations. *Foundations of Maternal-Newborn and Women's Health Nursing*, (2014), 852.
- Nair, R. J. (2016). Self-Image and Self-Esteem for a Positive Outlook. *Training Manual on Theeranaipunya -*, (January).
- Napier, A. D., Ancarno, C., Butler, B., Calabrese, J., Chater, A., Chatterjee, H., Woolf, K. (2014). Culture and health. *The Lancet*, 384(9954), 1607–1639. [https://doi.org/10.1016/S0140-6736\(14\)61603-2](https://doi.org/10.1016/S0140-6736(14)61603-2) diakses tanggal 27 Juli 2018.
- Nigam, A., Ahmad, A., Gaur, D., Elahi, A., & Batra, S. (2016). Prevalence and risk factors for urinary incontinence in pregnant women during late third trimester. *International Journal of Reproduction, Contraception, Obstetrics and Gynecology*, (January), 2187–2191. <https://doi.org/10.18203/2320-1770.ijrcog20162090> diakses tanggal 27 Mei 2018.
- Notoatmodjo, S. (2012). *Metodologi Penelitian Kesehatan*. Jakarta: Rineka Cipta.

- Nursalam. (2013). Nursalam. In A. Suslia (Ed.), *Metodologi Penelitian Ilmu Keperawatan* (3rd ed., pp. 29–211). Jakarta: Salemba Medika.
- Özlem Çınar Özdemir, PT, PhD1)*, Yesim Bakar, PT, PhD1), Nuriye Özengin, PT, P., & Bülent Duran, M. (2015). The effect of parity on pelvic floor muscle strength and quality of life in women with urinary incontinence : A cross sectional study The effect of parity on pelvic floor muscle strength and quality of life in women with urinary incontinence : a cross sec. *Journal of Physical Therapy Science*, . Vol. 27,(October), 2135–2137. <https://doi.org/10.1589/jpts.27.2133> diakses tanggal 16 Juli 2018.
- Padang, S. A., & Parman, J. S. (2015). Faktor-Faktor Yang Berhubungan Dengan Tingkat Kecemasan Menjelang Persalinan Pada Ibu Primigravida Trimester III di Wilayah Kerja Puskesmas Lubuk Buaya Padang Tahun 2012 Reska Handayani bahwa visi rencana pembangunan kesehatan kehamilan dan persalinan di Indonesia pikiran depresi postpartum dan juga lemahnya ikatan, *11*(1), 62–71.
- Pamela Berens, M. (2017). Overview of Postpartum Care. *Wolters Kluwer*, 242(1), 2. <https://doi.org/10.1148/radiol.2421060140> diakses tanggal 18 November 2018.
- Rosnani. (2017). Program studi kebidanan fakultas kedokteran dan ilmu kesehatan universitas islam negeri alauddin makassar 2017. *Karya Tulis Ilmiah Diajukan Untuk Sebagai Salah Satu Syarat Meraih Gelar Ahli Madya Kebidanan Jurusan Kebidanan Pada Fakultas Kedokteran Dan Ilmu Kesehatan Universitas Islam Negeri Alauddin Makassar Oleh : Rosnani Nim: 70400114052 Fakultas Kedokteran* .
- Rothman, J. P., Gunnarsson, U., & Bisgaard, T. (2014). Abdominal binders may reduce pain and improve physical function after major abdominal surgery – A systematic review. *Danish Medical Journal*, 61(11), 1–6.
- Sato, K., & Konno, S. (2014). Effects of long-term corset wearing on chronic low back pain. *Fukushima Medical University*, (July 2012), 58–65. <https://doi.org/10.5387/fms.58.60> diakses tanggal 27 September 2018.
- Setiadi Azizah Nur, Nugroho Djoko, A. R. (2017). Studi Kasus Pengetahuan Dan Sikap Ibu Pasca Persalinan Dengan Perawatan Tradisional Di Desa Jrahah Kab. Pematang Thun 2017. *Jurnal Kesehatan Masyarakat*, 5(4), 823–829.
- Silva, C., & Carneiro, M. (2014, December). Adaptation to parenthood: the birth of the first child. *Revista de Efermagem Refencia*, IV Série(3), 17–26. <https://doi.org/10.12707/RIII13143> diakses tanggal 14 Mei 2018.

- Silva, C. S., Lima, M. C., Sequeira-de-Andrade, L. A. S., Oliveira, J. S., Monteiro, J. S., Lima, N. M. S., ... Lira, P. I. C. (2017). Associação entre a depressão pós-parto e a prática do aleitamento materno exclusivo nos três primeiros meses de vida. *Jornal de Pediatria*, 93(4), 356–364. <https://doi.org/10.1016/j.jpmed.2016.08.005> diakses tanggal 24 Mei 2018.
- Sperstad, J. B., Tennfjord, M. K., Hilde, G., Ellström-engh, M., & Bø, K. (2016). Diastasis recti abdominis during pregnancy and 12 months after childbirth : prevalence , risk factors and report of lumbopelvic pain. *Br J Sport Med*, 1–6. <https://doi.org/10.1136/bjsports-2016-096065> diakses tanggal 26 Mei 2018.
- Sugita, N. H. W. (2016). Budaya Jawa Ibu Postpartum Di Desa Candirejo Kecamatan Ngawen Kabupaten Klaten Sugita, Nurul Herlina Widiastuti. *Jurnal Kebidanan Dan Kesehatan Tradisional*, 1, 88–93.
- Tafazoli, M., & Ahmadabadi, M. K. (2014). Assessment of Factors Affecting Afterpain in Multiparous Women Delivered in Mashhad 17-Shahrivar Hospital ., *Assessment of Factors Affecting Afterpain in Multiparous Women Delivered in Mashhad 17-Shahrivar Hospital, Mashhad, Iran*, (12), 8–11.
- Tan KH, R. T. (2015). Physiological Skin Changes During Pregnancy. *Singapore Journal of Obstetric & Gynecology*, 58(1), 119–124.
- Tardi, P., & Acs, P. (2016). How to Treat Diastasis Recti Abdominis with Physical Therapy : A Case Report. *Journal of Diseases*, (January). <https://doi.org/10.18488/journal.99/2016.3.2/99.2.16.20> diakses tanggal 17 Oktober 2018.
- Torner, L. (2016). Actions of prolactin in the brain: From physiological adaptations to stress and neurogenesis to psychopathology. *Frontiers in Endocrinology*, 7 (MAR), 1–6. <https://doi.org/10.3389/fendo.2016.00025> diakses tanggal 29 Juli 2018.
- UNICEF. (2014). The case for support Education. *UNICEF*, (March), 1–14.
- Van de Water, A. T. M., & Benjamin, D. R. (2016). Measurement methods to assess diastasis of the rectus abdominis muscle (DRAM): A systematic review of their measurement properties and meta-analytic reliability generalisation. *ELSEVIER*, 21(October), 41–53. <https://doi.org/10.1016/j.math.2015.09.013> diakses tanggal 17 Juli 2018.
- Webster, M. (2018). *Medical dictionary*. (D. Nuswantari, Ed.) (28th ed.). Philadelphia: EGC.

- Willaume, M., & Rosenberg, J. (2014). Randomized Clinical Trial on the postoperative use of an abdominal binder after laparoscopic umbilical and epigastric hernia repair Randomized Clinical Trial on the postoperative use of an abdominal binder after laparoscopic umbilical and epigastric herni. *Springer*, (January 2015). <https://doi.org/10.1007/s10029-014-1289-6> diakses tanggal 18 Januari 2018.
- World Health Organization. (2017). *World Health Statistics 2017: Monitoring Health for The SDGs*. World Health Organization. <https://doi.org/10.1017/CBO9781107415324.004> diakses tanggal 26 Agustus 2018.
- Zhang, H. Y., Liu, D., Tang, H., Sun, S. J., Ai, S. M., Yang, W. Q., Zhang, L. Y. (2016). The effect of different types of abdominal binders on intra-abdominal pressure. *Saudi Medical Journal*, 37(1), 66–72. <https://doi.org/10.15537/smj.2016.1.12865> diakses tanggal 17 Juli 2018.