



# The Relationship of Kegel Exercises With the Healing of Perineal Wounds in Partworse Mothers With Normal Delivery

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**Abstract.** This study examines the relationship between Kegel exercises and the healing of perineal wounds in postpartum mothers who underwent normal delivery. Perineal wounds, a common outcome of vaginal childbirth, can lead to discomfort and complications if not properly managed. Kegel exercises, known for strengthening the pelvic floor muscles, may also play a crucial role in accelerating the healing process of perineal wounds. This research involved a sample of postpartum mothers who were instructed to perform Kegel exercises regularly. Data were collected through clinical observations and self-reported healing experiences over a specified period. The findings indicate a significant positive correlation between the regular practice of Kegel exercises and the expedited healing of perineal wounds. Mothers who adhered to the exercise regimen reported reduced pain, faster wound closure, and improved overall postpartum recovery. These results suggest that Kegel exercises should be recommended as a routine postpartum practice to promote faster healing and enhance the well-being of new mothers. Further research is recommended to explore the underlying mechanisms and to establish standardized guidelines for the implementation of Kegel exercises in postpartum care.

**Keywords:** Kegel exercises, perineal wounds, postpartum recovery, normal delivery, maternal health, wound healing, pelvic floor muscles

## 1. INTRODUCTION

Childbirth is a physiological process experienced by women. In this process, a series of major changes occur for the mother to be able to give birth to her fetus through the birth canal (Decherney et al, 2012). A complication that is often experienced in childbirth is perineal laceration, which is a tear in the tissue between the opening of the vagina and the rectum. Perineal suture wounds can be caused by natural tissue damage due to pressure on the fetal head or shoulders during labor or an episiotomy (Rukiyah, 2010). In a normal delivery with an episiotomy, you will definitely feel pain, and some may even experience swelling. The complete healing process for an episiotomy wound usually takes 3-6 months, although the wound itself is dry after 1-2 weeks. So the pain and symptoms of swelling are part of the healing process that mothers usually face and will disappear by themselves, so there is no need to worry if there are no signs of infection.

Perineal tears occur in almost all first deliveries and are not uncommon in subsequent deliveries. This tear can be avoided or reduced so that the fetal head does not pass through the pelvic floor quickly. On the other hand, the head of the fetus that will be born should not be held too tightly and for a long time so that bleeding asphyxia does not occur in the fetal skull and weakening of the muscles and the pelvic floor due to being stretched too long. The healing process for perineal tears depends on the perineal wound (the severity or extent of the

injured area) and the relationship with nutrition and rupture care (Ministry of Health RI, 2012).

There are several methods that can be used to prevent perineal tearing due to normal delivery, including encouraging the mother to do Kegel exercises frequently, and choosing a comfortable position when urinating and menstruating. Kegel exercises are exercises to strengthen the pelvic floor muscles before childbirth, the aim is to strengthen the pelvic floor muscles, help prevent urinary incontinence problems, and can stretch the perineal tissue as the baby's birth canal. The Kegel exercise procedure can be remembered and carried out along with activities related to the mother's daily activities. Like when sitting in the bathroom after urinating and this is a relaxing position for muscle contractions, and when the mother wants to sleep and under any circumstances. Kegel exercises can also flex the mother's perineal tissue to welcome childbirth (Proverawati, 2012).

Perineal pain is pain caused by tears that occur in the perineum, vagina, cervix or uterus, which can occur spontaneously or as a result of manipulative actions for delivery assistance (Prawirohardjo, 2010). Perineal pain is a manifestation of suture scars that the patient feels due to perineal rupture during expulsion. Perineal tears occur in almost all vaginal births, whether they are intentional tears with an episiotomy or spontaneous tears as a result of childbirth, some perineal tears require suturing, some don't, from the suture marks the perineal wound definitely causes pain, this pain is due to severing of the nerve tissue and muscle tissue (Chapman, 2011). Many factors influence perineal wound healing, including early mobilization, vulvahygiene, wound area, age, vascularization, stressors and also nutrition. The wound is said to have healed if within 1 week the wound is dry, closed and there are no signs of infection (Mochtar, 2012).

Infections during the postpartum period contribute to high maternal mortality and morbidity. Based on data from the World Health Organization (WHO) in 2011, worldwide cases of infection were caused by birth canal infection or episiotomy (25-55%). According to the Indonesian Health Demographic Survey (SDKI) in 2012, the Maternal Mortality Rate (AKI) due to childbirth in Indonesia is still high, namely 208/100,000 live births and the infant mortality rate (IMR) is 26/1,000 live births (Ministry of Health of the Republic of Indonesia, 2013). In East Java, the incidence of postpartum infections reaches 38 post partum mothers or 8% of the 487 total cases of maternal deaths. The direct factor causing high AKI is bleeding (45%), especially post partum bleeding. Apart from that, there were pregnancy poisoning (24%), infection (11%) and prolonged or obstructed labor (7%). Obstetric

complications generally occur during labor, which is short, namely around 8 hours (Trijanto, 2012).

The maternal mortality rate (MMR) actually reached its highest figure in 2013, reaching 142.1 maternal deaths out of 100,000 live births, but this figure has managed to fall again in 2014. In 2014, the MMR was 93.08 out of 100,000 live births, and in 2015 there were an increase of 3.22%, namely 96.2 out of 100 thousand live births. And in 2016 it fell again to 87.3 per 100 thousand live births (Banyuwangi Health Office, 2016). A stiff perineum can make the tear wider. Approximately 70% of mothers giving birth vaginally experience perineal trauma. Various ways to reduce tearing of the birth canal include Kegel exercises and perineal massage for pregnant women in the third trimester. During pregnancy, the mother's pelvic bones will widen to prepare for the birth process later. Kegel exercises and perineal massage during pregnancy will maintain the flexibility of the perineum. Another benefit in pregnancy is that it is also effective in helping the pelvic floor muscles become firmer and more elastic.

Research by Ridlayanti (2011) on the relationship between Kegel exercises and healing of perineal suture wounds in normal post-partum mothers at RB Alfiatul Hasanah, Bandung City. There was a difference in perineal wound healing before and after Kegel exercises, with a p-value of 0.001, where  $0.001 < 0.05$ . Pre-survey research conducted on patients who underwent an episiotomy said that they were not taught by health workers in the room about Kegel exercises which are useful for speeding up wound healing. Kegel exercises are not commonly used for postpartum, but looking at this data and the benefits of Kegel exercises for pregnant women, researchers are interested in conducting research on the relationship between Kegel exercises and perineal wound healing in postpartum mothers.

Based on an initial survey conducted at the Pratama Kasih Bunda Clinic in 2024 .Data from postpartum mothers who gave birth normally were 50 mothers who had perineal injuries, 34 mothers (68.0%) participated in Kegel exercises. Meanwhile, 16 mothers (32.0%) did not participate in Kegel exercises.

From the background above, researchers are interested in conducting research entitled *The Relationship between Keygel Exercises and Healing of Perineal Wounds in Postpartum Women with Normal Births at the Pratama Kasih Bunda Clinic in 2024*

## **2. LITERATURE REVIEW**

Kegel exercises or also known as lower pelvic muscle training exercises are useful for improving conditions that can reduce the function and strength of the lower pelvic muscles. Weakening of the lower pelvic muscles can be caused by various things, starting from the process labor, aging, being overweight, and even surgery. Kegel exercises can be done by men and women. Kegel exercises strengthen the pelvic floor muscles that support the uterus, bladder, small intestine and rectum. You can do Kegel exercises, also known as pelvic floor muscle exercises. The easiest way to identify these muscles effectively is to briefly stop the flow of urine while urinating, while sitting on the toilet. Alternatively, imagining yourself sitting on a marble and trying to lift it can also help in identifying and training the right muscles. Kegel exercises involve contracting or contracting the pelvic muscles and then relaxing them. If done correctly and consistently, these exercises help strengthen the pelvic floor muscles and improve problems such as urinary incontinence, fecal incontinence, and help prevent prolapse of the pelvic organs.

## **3. METHODS**

The research conceptual framework is a method that will be used to explain the relationship or connection between the variables to be studied (Notoatmodjo, 2018). On research. This time, researchers will examine the relationship between Keygel exercises and healing perineal wounds in postpartum women who give birth normally. The population in this study was normal postpartum mothers who visited 50 people to do Kegel exercises Primary Love Mother Year 2024. *Total sampling* This is a sampling of the entire population in the clinic Primary Love Mother Year 2024 with a sample size of 50 people.

## **4. RESULTS**

### **Univariate analysis**

Univariate analysis is an analysis that describes the independent and dependent variables singly in the form of a frequency distribution. The univariate analysis aims to explain and describe the characteristics of each variable studied. With univariate analysis, the distribution of respondents can be seen based on Kegel Exercises for Healing Perineal Wounds in Normal Postpartum Women

## 1. Kegel Exercises for Postpartum Mothers

**Table 1 Frequency distribution of respondents based on frequency of performing Kegel Exercises on Normal Postpartum Women (n=50)**

No.	Frequency of Doing Kegel Exercises	Amount	
		F	%
1.	Exercise	34	68.0
2.	No gymnastics	16	32.0
	Total	50	100

Based on Table 1 above, it can be concluded that Kegel Exercises for Healing Perineal Wounds in Normal Postpartum Women, the majority did exercise as many as 34 mothers (68.0%) and did not do Kegel exercises as many as 16 mothers (32.0%).

## 2. Perineal Wound Healing

**Table 2 Distribution Kegel Exercises for Healing Perineal Wounds in Normal Postpartum Women Year 2024 (n=50)**

No.	Perieum Wounds	Amount	
		f	%
1.	Good	35	70.0
2.	Bad	15	30.0
	Total	50	100

Based on Table 2, the distribution of 50 perineal wounds in postpartum mothers, the majority improved, amounting to 35 mothers (70.0%) and poor, amounting to 15 mothers (30.0%).

## Bivariate Analysis

Bivariate analysis was carried out to determine the relationship between the independent variable and the dependent variable.

### 1. The Relationship between Kegel Exercises and Perineal Wound Healing in Normal Postpartum Women

Based on the research results, there are The Relationship between Kegel Exercises and Perineal Wound Healing in Normal Postpartum Women in the following table:

**Table 3 The Relationship between Kegel Exercises and Healing of Perineal Wounds in Normal Postpartum Women in 2024 (n=50)**

No	Kegel exercises	Perineal Wounds				Amount		df	Sig (2-tailed)
		Good		Bad					
		f	%	f	%	f	%		
1	Exercise	27	23.8	7	10.2	34	34.0	1	0.034
2	No gymnastics	8	11.2	8	4.8	16	16.0		

Based on Table 3 For postpartum mothers giving birth normally at the Pratama Kasih Bunda Clinic The number of mothers who performed Kegel exercises to heal perineal wounds was 27 mothers (23.8%). There were 7 mothers who did Kegel exercises but were in poor condition (10.2%).

There were 8 mothers who did not do Kegel exercisesmothers (11.2%) and mothers who did not do gymnastics badly were 8 mothers (4.8%).

Based on the results of the chi-square testThe Relationship between Kegel Exercises and Perineal Wound Healing in Normal Postpartum Womenwith the degree of significance ( $\alpha$ ) = 0.05 and  $df = 1$ , the calculation results obtained are sig (2-tailed)  $0.034 < (\alpha) = 0.05$ , then  $H_0$  is rejected and  $H_a$  is accepted, the conclusion is that there is a relationshipKegel Exercises for Healing Perineal Wounds in Normal Postpartum Women

## **5. DISCUSSION**

### **Univariate Analysis**

#### **The relationship between Kegel exercises and healing of perineal wounds in Postpartum Mothers Normal Delivery**

Based on Table 4.1 above, it is known that the majority of the 50 mothers did itKegel exercisesthere were 34 mothers (68.0%) and 16 mothers (36.3%) did not do Kegel exercises. In Table 4.1 above, it is known that postpartum mothers give birth normally At the Pratama Kasih Bunda ClinicI already understand the benefits of Kegel exercises which can heal perineal wounds in postpartum women giving birth normally so that mothers are enthusiastic about doing Kegel exercises.

#### **Kegel exercises**

Based on TFrom table 4.2 above, it can be concluded that the majority of mothers who did not do Kegel exercises were 35 mothers (70.0%) and 15 mothers who did Kegel exercises (30.0%). In table 4.2 it can be analyzed that motherAt the Pratama Kasih Bunda Clinichave prescribed regular Kegel exercises so that they can heal perineal wounds in postpartum mothers who give birth normally.

### **Bivariate Analysis**

Based on the results of the chi-square testThe Relationship between Kegel Exercises and Healing of Perineal Wounds in Postpartum Women with Normal Births at the Pratama Kasih Bunda Clinic in 2024. with the degree of significance ( $\alpha$ ) = 0.05 and  $df = 1$ , the calculation results obtained are sig (2-tailed)  $0.034 < (\alpha) = 0.05$ , then  $H_0$  is rejected and  $H_a$  is accepted, the conclusion isThe Relationship between Kegel Exercises and Healing of Perineal Wounds in Postpartum Women with Normal Births at the Pratama Kasih Bunda Clinic in 2024

Kegel exercises are one of the efforts that can be made to heal perineal wounds in normal postpartum mothers because Kegel exercises are considered a valuable component of antenatal care, which contributes to the mother's overall well-being and postnatal recovery.

## 6. CONCLUSION

After conducting research on The Relationship between Kegel Exercises and Healing of Perineal Wounds in Postpartum Women with Normal Births at the Pratama Kasih Bunda Clinic in 2024, then it can be concluded as follows:

1. From the research results, it can be concluded that the variable Kegel Exercises in postpartum women giving birth is normal with the majority doing Kegel Exercises as many as 34 respondents (68.0%) and the minority did not do Kegel exercises as many as 16 respondents (32.0%).
2. From the research results, it can be concluded that the healing of perineal wounds in postpartum mothers with normal deliveries is good with the majority being 35 respondents (70.0%) and the minority not being good as many as 15 respondents (30.0%).
3. Based on the results of the chi-square test with The Relationship between Kegel Exercises and Healing of Perineal Wounds in Normal Postpartum Women with the degree of significance ( $\alpha$ ) = 0.05 and  $df = 1$ , the calculation results obtained are sig (2-tailed)  $0.034 < (\alpha) = 0.05$ , then  $H_0$  is rejected and  $H_a$  is accepted, the conclusion is there The Relationship between Kegel Exercises and Healing of Perineal Wounds in Postpartum Women with Normal Births at the Pratama Kasih Bunda Clinic in 2024

### Suggestion

#### For Respondents

Can provide additional knowledge and insight for the community in carrying out Kegel Exercises for Healing Perineal Wounds in Normal Postpartum Women.

#### For the Pratama Kasih Bunda Clinic

It is hoped that the results of this research will be useful for Pratama Kasih Bunda Clinicas an alternative that can be provided to the public in the form of information such as counseling so that the public is more aware of the benefits and relationships it carries out Kegel Exercises for Healing Perineal Wounds in Normal Postpartum Women.

#### For Educational Institutions

It is hoped that the results of this research will become input and reference material in the library, especially for DIII Kharisma Husada Binjai Midwifery Academy students regarding Kegel Exercises for Healing Perineal Wounds in Normal Postpartum Women.

## For Writers

Increase insight and knowledge aboutKegel Exercises for Healing Perineal Wounds in Normal Postpartum Womenas well as being a valuable opportunity for researchers to be able to apply the knowledge of research methods they have encountered during their education

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