

Strengthening Postpartum Education Through Kegel Exercise Pocket Books and Educational Videos

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Abstract

Sexual self-efficacy is an individual's perception of his or her ability to refuse sex or engage in safe sex practices in society situations where sexual intercourse is likely. Vaginal delivery causes pressure on the vaginal floor which affects the strength and endurance of the pelvic floor muscles. This can result in decreased sexual arousal function and lead to poor orgasms. The strategy to increase sexual self-efficacy in women during postpartum is through Kegel exercises. Kegel exercises are very efficient in increasing pelvic floor muscle strength. The stages of implementation are situation analysis, problem identification, community service plans, and implementation of educational activities. The method of activity carried out is the method of brainstorming and dissemination with the use of guidebooks and educational videos. This activity increases the knowledge of health workers about Kegel exercises from 10 questions the average score is 14.72 correct (98.13%). After the participants received material and socialization about Kegel exercises through pocketbook and educational videos, the results obtained from the 15 questions on average increased by 15 correct (100%). This shows that the socialization of Kegel exercises through pocketbook and educational videos have a positive impact, and are beneficial for health workers in providing counseling to cadres and postpartum mothers in their target areas.

Keywords : sexual self-efficacy, postpartum, kegel exercises, education

A. INTRODUCTION

The postpartum period is a time when a woman adapts to her new role changes. This adaptation is not only experienced by women, but also by men as husbands. Changes that occur in the postpartum period are not only changes in roles but also changes in relationships, changes in social roles, and changes in sexual relationships (Abdullah & Arsyad, 2014). Adjustment to these changes is the focus of primary care in the postpartum period. Sexual problems are common in the postpartum period, but are rarely communicated by a woman (Woolhouse, Mcdonald, & Brown, 2014).

Trauma pelvis usually happen on Mother primipara with vaginal delivery. Labor vaginal influence muscle puborectalis, so that to form A avulsion Which result in injury that is disconnection muscle puborectalis on hair pubis inferior And OS pubis. Injury Which happen influence dimensions lifter hiatus Which influence organ And strength contraction. Matter This can cause dysfunction base pelvis on Then day. Research show after birth child First, average 89% women show decline strength muscle base pelvis Which significant (Anggraini, 2015). Factors - factors that influence decline

strength muscle base pelvis is type childbirth, episiotomy, tear perineum And avulsion. In study This function sexual associated with decline strength muscle pelvis No investigated Because limitations questionnaire as tool collection data study (Dietz, Shek, Chantarasorn, & Langer, 2012).

Levator ani muscle damage is a common urogynecological condition. Woman post give birth to (Chan et al., 2012). Throughout labor, muscle pelvic floor and levator ani muscles experience tension. The pelvic floor muscles are part of the pelvis that expands up to five times its size for the birth of the fetal head (Bo, 2012).

Vaginal delivery causes pressure on the vaginal floor which affects the strength and endurance of the pelvic floor muscles. This can lead to decreased sexual arousal function and cause poor orgasm (Tennfjord, Hilde, & Stær-jensen, 2015).

Women experience sexual problems in the first three months after giving birth. The problems that occur are loss of interest in having sex, pain during intercourse, vaginal discomfort, and decreased lubrication. (Fitri, 2018). 51% of women said they lost interest in having sex 12 months after giving birth and 30% said they had to endure pain to have sex. Primiparous mothers postponed having sex with their partners after giving birth. The factors that cause this are pain, no interest in having sex, worry about pregnancy, and fatigue (Shirvani, Nesami, and Bavand, 2010).

The pelvic floor consists of several layers from top to bottom, which are surrounded by connective tissue endopelvic fascia, pelvic diaphragm namely levator ani and coccygeus muscle, urogenital diaphragm (perineal membrane), superficial layer (icshiocavernosus and bulbocavernosus). This structure will protect the visceral organs.

in the pelvis. Pelvic floor dysfunction can result in disorders of the digestive tract and urogenital tract which have an impact on sexual dysfunction (Eftekhar, Sohrabi, Haghollahi, Shariat, & Miri, 2014)

Pelvic floor muscles are closely related to sexual arousal, sexual response and sexual satisfaction in women. Hypertonic or hypotonic structure of these muscles can cause problems during sexual intercourse or orgasm. Pelvic floor muscle dysfunction is one of the main risk factors for female sexual dysfunction. Weak pelvic floor muscles will cause decreased orgasm and sexual arousal function so that it can affect the fulfillment of sexual needs (Lúcio, Ancona, Lopes, Perissinotto,

& Damasceno, 2014).

Kegel exercises are designed to strengthen the pelvic floor muscles so that they can help with sexuality-related problems (Topuz & Seviğ, 2016). Kegel exercises can improve sexual function in women with or without sexual dysfunction, both desire, arousal and orgasm (Sacomori & Cardoso, 2015). Kegel exercises improve women's Sexual Function Index Scores in both women with and without sexual dysfunction in the postpartum period (Serati et al., 2014). Women with strong pelvic floor muscles have good sexual function (Martinez, Ferreira, Castro, & Gomide, 2014).

Pelvic floor muscle exercises that involve repetitive contractions of the pelvic floor muscles will increase the strength of the pelvic floor muscle tone as well as increase support to the perineum. Pelvic floor muscle exercises lead to skeletal muscle hypertrophy. local, increase awareness cortical from group muscle as well as activate motor neuron function. Permanent increase in pelvic floor muscle strength and tone will restore normal reflex activity and existing control mechanisms (Tosun et al., 2015). Kegel exercises make the pubococcygeus muscle (muscle supporting the pelvic organs) contract and relax alternately. The exercise consists of one series of lifting/squeezing and one series of relaxation. The method is to pull the anus, vagina, urethra inward and hold for 10 seconds then relax. After 10 seconds of relaxation, do the same series again (Pal, 2014).

Sexual self-efficacy is an individual's perception of their ability to refuse sex or engage in safe sex practices in social situations where sex is likely to occur. Areas included in this include the use of contraception, the ability to refuse unwanted sexual intercourse and request help when required (Shewmaker, 2015).

Sexual self-efficacy is a person's belief about their ability to handle sexual problems well. A good understanding of sexual self-efficacy can contribute to reducing problems related to sexual behavior. The variables related to it are sexual communication, life satisfaction, and sexual knowledge. Sexual self-efficacy is closely related to sexual self-concept. Sexual self-concept is considered a multidimensional construct that refers to an individual's negative and positive perceptions and feelings about themselves as sexual beings (Rostosky, Dekhtyar, Cupp, & Anderman, 2008).

The pregnancy period to the postpartum period causes women to experience changes in sexual activity and intimacy with their partners. During pregnancy,

sexual self-efficacy is related to condom use. Women with traditional views feel less confident in their ability to use or persuade their partners to use condoms because they are afraid of their partner's reaction. During pregnancy, condom use does not refer to preventing pregnancy but is considered a form of negotiation between husband and wife. This shows that communication is important in relationships between men and women so that it can increase sexual self-efficacy (Norton, Smith, Magriples, & Kershaw, 2016).

In the postpartum period, women's sexual function is greatly influenced by the changing role of becoming a mother. Sexual problems are experienced by women in this period, but are rarely communicated to health workers. Research Lee And Tsai (2012) show that education related health sexual self-efficacy can increase sexual self-efficacy in postpartum mothers. Increasing sexual self-efficacy in postpartum mothers will affect women's sexual health and behavior sexuality. Results study This strengthen study previously which states that knowledge, behavior and sexual self-efficacy of postpartum mothers increase after being given education about sexual health. Specifically, Kegel exercises performed on postpartum mothers for eight weeks can increase sexual self-efficacy, so Kegel exercises are recommended as one form of counseling service in the postpartum period. Sexual self-efficacy consists of on desire sexual (desire), lust sexual (sensuality), excitement sexual (arousal), orgasm (orgasm), love Darling (affection), communication (communication), reception (acceptance), and refusal (refusing sex) (Golmakani, Zare, Khadem, Shareh & Shakeri, 2015).

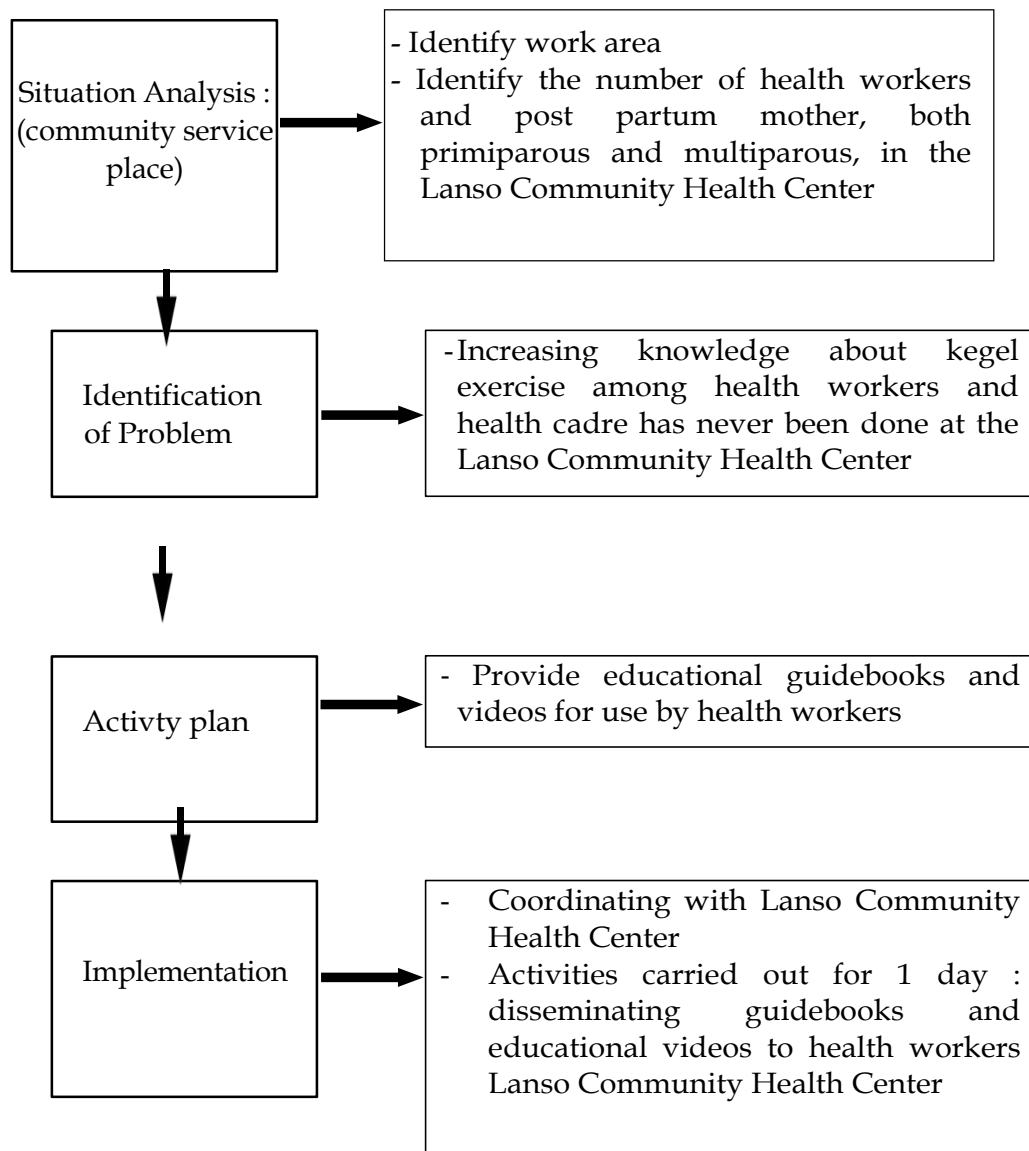
B. METHODS

Lansot Health Center Working Area, Tomohon City. Lansot Health Center is located in Lansot sub-district and is a non-inpatient health center with seven sub-districts as the working area of Lansot Health Center with a population of 14,633 residents, an area of 27,087.00 m². The number of postpartum mothers, both primiparous and multiparous, is estimated at 98 people spread across 7 sub-districts, namely Lahendong, Tumatangtang, Tumatangtang I, Kampung Jawa, Pinaras, Lansot, and Walian. Exercises carried out during the postpartum period are very beneficial for the health of postpartum mothers. Research shows that sexual self-efficacy have a relationship Which significant with exercise on postpartum. Self-efficacy increases women's awareness to do exercises to improve

health in the postpartum period. A strategy to increase sexual self-efficacy in women during postpartum is through Kegel exercises. kegel very efficient in increase strength muscle base hips. Efforts to improve the implementation of Kegel exercises for postpartum mothers are through the participation of cadres trained by health workers. To find out the picture of the community, the team conducted a survey through health workers at the Lansot health center that no cadres had received counseling and training on Kegel exercises for postpartum mothers.

The basis for implementing community service at the Lansot Health Center, South Tomohon is as follows:

1. The working area of Lansot Health Center in Tomohon City has 7 sub-districts with a total of resident 14,633 resident And wide region 27,087.00 m²
2. Amount Mother postpartum Good primigravida and multigravida estimated as many as 98 people.
3. Improvement knowledge about exercise kegel on power health and health cadres have never been carried out at the Lansot health center.
4. Not yet existence book guide And video education Which Can made into media for learning.



The solution to the problem to help solve problems related to increasing knowledge about Kegel exercises is to provide a guidebook and educational videos on Kegel exercises by the community service team in collaboration with the Lansot Health Center and plan Kegel exercise training for health workers through the community service team.

The target for implementing this activity is health workers who specialize in maternal health at the Lansot Health Center, Tomohon City. The activity method implemented is providing education through brainstorming methods and socialization of the use of guidebooks and educational videos. The implementation of this community service activity was carried out for 1 (one) day, namely on May 18, 2021 at the Lansot Health Center, Tomohon City. The facilities and tools used were guidebooks and educational videos of Kegel exercises. The parties those involved in community service activities involve several elements in planning and implementation such as 1) Community service unit of STIKES Bethesda Tomohon. Plays an important role in the planning and implementation process proposal

devotion to public 2) Party Health Center Lansot.

BUKU PANDUAN
LATIHAN KEGEL UNTUK
MENINGKATKAN SEXUAL
SELF-EFFICACY IBU PRIMIPARA



Disusun oleh :
Tim Dosen STIKES Bethesda Tomohon

Picture 1. Cover Book Pocket Exercise Kegrel

C. RESULTS

This community service activity increases the knowledge of health workers about exercise. kegel from 10 question average mark 14.72 Correct (98.13%). After Participants receive materials and outreach about Kegrel exercises through pocket books and educational videos, so obtained results from 15 question average increase as big as 15 correct (100%).

D.CONCLUSION

Kegrel exercise education activities through pocket books and educational videos have a positive impact, which is beneficial for health workers in providing counseling to cadres and postpartum mothers in their areas of responsibility.

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