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**GAMBARAN PENGETAHUAN IBU NIFAS POST SECTIO CAESAREA
TENTANG MOBILISASI DINI DI RUANG NIFAS RUMAH SAKIT
SANTA FAMILIA KUTAI BARAT**

ABSTRAK

Latar Belakang: *Sectio Caesarea* adalah persalinan buatan dimana janin dilahirkan melalui sayatan yang dibuat pada bagian anterior perut dan dinding rahim, dengan syarat rahim dalam keadaan sehat dan berat janin lebih dari 500 gram (Prawirohardjo, 2016). Mobilisasi adalah kemampuan seseorang untuk bergerak secara bebas, mudah dan teratur yang bertujuan untuk memenuhi kebutuhan hidup sehat. Setiap orang butuh untuk bergerak. Pengetahuan adalah suatu hasil dari rasa keingintahuan melalui proses sensoris, terutama pada mata dan telinga terhadap objek tertentu. Pengetahuan merupakan domain yang penting dalam terbentuknya perilaku terbuka atau open behavior (Donsu, 2017).

Tujuan Penelitian: Mengetahui gambaran pengetahuan ibu nifas post sectio caesarea tentang mobilisasi dini di ruang nifas Rumah Sakit Santa Familia Kutai Barat.

Metode: Metode dan rancangan yang digunakan *Survei Deskriptif*, dengan Analisis Deskriptif. Penentuan sampel menggunakan *Quota Sampling* dengan jumlah sampel pada penelitian ini sebanyak 30 orang ibu post partum sectio caesaria.

Hasil: Gambaran tingkat pengetahuan ibu nifas tentang pengertian mobilisasi ini, rata-rata ibu memiliki pengetahuan tentang pengertian cukup sebanyak 16 responden (53,3%), ibu yang memiliki pengetahuan tentang tujuan dan manfaat cukup sebanyak 14 responden (46,7%), ibu yang memiliki pengetahuan tentang macam dan rentang cukup sebanyak 14 responden (46,7%), ibu yang memiliki pengetahuan tentang tahap-tahap baik sebanyak 19 responden (63,3%), dan Gambaran pengetahuan ibu nifas post sectio caesarea tentang mobilisasi dini, rata-rata terbanyak memiliki tingkat pengetahuan cukup sejumlah 14 responden (46,7%).

Simpulan: Diharapkan kepada ibu nifas agar lebih aktif mencari informasi tentang kesehatan terutama tentang mobilisasi dini pada ibu nifas post section caesarea baik melalui pendidikan formal maupun non formal.

Kata Kunci: Pengetahuan, Sectio Caesaria, Mobilisasi Dini.

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***DESCRIPTION OF KNOWLEDGE OF POST SECTIO CAESAREAN
MOTHERS ABOUT EARLY MOBILIZATION IN THE POSTPARTUM
ROOM OF SANTA FAMILIA HOSPITAL WEST KUTAI***

ABSTRACT

Background: *Sectio Caesarea is an artificial delivery in which the fetus is born through an incision made in the anterior part of the abdomen and uterine wall, provided that the uterus is healthy and the fetal weight is more than 500 grams. Mobilization is a person's ability to move freely, easily and regularly which aims to meet the needs of healthy living. Everyone needs to move. Knowledge is a result of curiosity through the sensory process, especially the eyes and ears to certain objects. Knowledge is an important domain in the formation of open behavior.*

Research Objective: *Knowing the knowledge picture of post sectio caesarean mothers about early mobilization in the postpartum room of Santa Familia Hospital, West Kutai.*

Methods: *Methods and designs used Descriptive Survey, with Descriptive Analysis. Sample determination using Quota Sampling with the number of samples in this study as many as 30 mothers post partum sectio caesaria.*

Results: *The description of the level of knowledge of postpartum women about the meaning of this mobilization, the average mother has knowledge about the definition of enough as many as 16 respondents (53.3%), mothers who have knowledge about the purpose and benefits are enough as many as 14 respondents (46.7%), mothers who have knowledge about the kinds and ranges are enough as many as 14 respondents (46.7%), mothers who have knowledge about the stages are good as many as 19 respondents (63.3%), and the picture of knowledge of post sectio caesarea postpartum women about early mobilization, the most average has a level of knowledge enough as many as 14 respondents (46.7%).*

Conclusion: *It is hoped that postpartum women will be more active in seeking information about health, especially about early mobilization in post section caesarean mothers both through formal and non-formal education.*

Keywords: Knowledge, Sectio Caesaria, Early Mobilization.