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PENGARUH MOBILISASI DINI TERHADAP SKALA NYERI PADA IBU POST SECTIO CAESAREA METODE *ENHANCED RECOVERY AFTER CAESAREAN SURGERY* (ERACS) DI RS PKU MUHAMMADIYAH TEMANGGUNG

ABSTRAK

Latar Belakang: Persalinan Sectio Caesarea (SC) di Indonesia meningkat dari 17,6% (2018) menjadi 25,9% (2023). Metode *Enhanced Recovery After Caesarean Surgery* (ERACS) memungkinkan mobilisasi dini 2 jam pasca operasi untuk mempercepat pemulihan dan mengurangi nyeri. Data RS PKU Muhammadiyah Temanggung Januari–Maret 2025 mencatat 183 dari 324 persalinan (56,48%) dilakukan dengan ERACS. Studi pendahuluan menunjukkan dari 10 ibu post SC dengan ERACS, hanya 4 yang melakukan mobilisasi dini, sedangkan 6 tidak karena takut nyeri atau jahitan terbuka..

Tujuan: Mengetahui pengaruh mobilisasi dini terhadap penurunan skala nyeri pada ibu post Sectio Caesarea metode *Enhanced Recovery After Caesarean Surgery* (ERACS) di RS PKU Muhammadiyah Temanggung

Metode Penelitian: Desain penelitian quasi eksperimen dengan rancangan penelitian one group pre test post test design. Populasi adalah ibu bersalin SC dengan ERACS, Sampel diambil dengan Teknik accidental sampling, sebanyak 20 responden. Analisis data menggunakan uji Wilcoxon

Hasil: Rerata skala nyeri ibu post Sectio Caesarea metode *Enhanced Recovery After Caesarean Surgery* (ERACS) sebelum dilakukan mobilisasi dini adalah 3,40 dengan Standar Deviasi 0,503, skala nyeri terendah 3 dan skala nyeri tertinggi 4. Rerata skala nyeri ibu post Sectio Caesarea metode *Enhanced Recovery After Caesarean Surgery* (ERACS) sesudah dilakukan mobilisasi dini adalah 2,45 dengan Standar Deviasi 0,510, skala nyeri terendah 2 dan skala nyeri tertinggi 3. Ada pengaruh mobilisasi dini terhadap penurunan skala nyeri pada ibu post Sectio Caesarea metode *Enhanced Recovery After Caesarean Surgery* (ERACS) di RS PKU Muhammadiyah Temanggung (P value = 0,000)

Simpulan: Ada pengaruh mobilisasi dini terhadap penurunan skala nyeri pada ibu post Sectio Caesarea metode *Enhanced Recovery After Caesarean Surgery* (ERACS) di RS PKU Muhammadiyah Temanggung

Kata Kunci: Mobilisasi Dini, Nyeri Post SC, ERACS, Ibu Bersalin

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THE INFLUENCE OF EARLY MOBILIZATION ON PAIN SCALE IN POST-CAESAREAN SECTION MOTHERS USING THE ENHANCED RECOVERY AFTER CAESAREAN SURGERY (ERACS) METHOD AT PKU MUHAMMADIYAH HOSPITAL, TEMANGGUNG

ABSTRACT

Background: The rate of Caesarean Section (CS) deliveries in Indonesia increased from 17.6% in 2018 to 25.9% in 2023. The Enhanced Recovery After Caesarean Surgery (ERACS) method allows early mobilization 2 hours post-surgery to accelerate recovery and reduce pain. Data from PKU Muhammadiyah Hospital Temanggung from January to March 2025 recorded 183 out of 324 deliveries (56.48%) conducted with ERACS. A preliminary study showed that of 10 post-CS mothers with ERACS, only 4 performed early mobilization, while 6 did not due to fear of pain or wound opening.

Objective: To determine the effect of early mobilization on reducing pain scale in post-Caesarean Section mothers using the Enhanced Recovery After Caesarean Surgery (ERACS) method at PKU Muhammadiyah Hospital Temanggung.

Methods: This was a quasi-experimental study with a one-group pre-test post-test design. The population was mothers giving birth by CS with ERACS. Samples were taken using accidental sampling, totaling 20 respondents. Data were analyzed using the Wilcoxon test.

Results: The mean pain scale of post-CS mothers using ERACS before early mobilization was 3.40 with a standard deviation of 0.503, the lowest pain scale was 3, and the highest was 4. The mean pain scale after early mobilization was 2.45 with a standard deviation of 0.510, the lowest pain scale was 2, and the highest was 3. There was a significant effect of early mobilization on reducing the pain scale in post-CS mothers using ERACS at PKU Muhammadiyah Hospital Temanggung (P value = 0.000).

Conclusion: Early mobilization significantly reduces pain scale in post-Caesarean Section mothers using the Enhanced Recovery After Caesarean Surgery (ERACS) method at PKU Muhammadiyah Hospital Temanggung.

Keywords: Early Mobilization, Post-CS Pain, ERACS, Maternity