PENGARUH EDUKASI TENTANG MOBILISASI DINI MELALUI MEDIA AUDIOVISUAL TERHADAP PELAKSANAAN MOBILISASI DINI PADA IBU NIFAS POST SC DI RSUD AKHMAD BERAHIM

Linda Rustiyana[1], Moneca Diah Listiyaningsih [2]
Program Studi Kebidanan, Fakultas Kesehatan, Universitas Ngudi Waluyo
Email: lindarustiyana1989@gmail.com

ABSTRAK

Persalinan *Sectio Caesarea* (SC) terus meningkat, dengan angka kejadian di Indonesia mencapai 25,9% pada tahun 2023. Nyeri pascaoperasi menyebabkan ibu takut bergerak sehingga pelaksanaan mobilisasi dini terhambat dan meningkatkan risiko komplikasi. Salah satu upaya untuk mengurangi nyeri dan mendorong ibu melakukan mobilisasi dini adalah melalui edukasi mobilisasi dini menggunakan media audiovisual.

Penelitian ini menggunakan desain quasi eksperimen dengan pendekatan two group post-test only design. Sampel berjumlah 30 ibu dengan rencana Sectio Caesarea (SC) yang dipilih menggunakan consecutive sampling dan dibagi menjadi kelompok eksperimen (edukasi audiovisual) serta kelompok kontrol (edukasi lisan), masing-masing 15 responden. Data dikumpulkan menggunakan lembar observasi dan dianalisis menggunakan Independent Sample T-Test.

Hasil penelitian menunjukkan bahwa rata-rata skor pelaksanaan mobilisasi dini pada kelompok kontrol sebesar 5,93, sedangkan pada kelompok eksperimen sebesar 7,60. Hasil uji Independent Sample T-Test menunjukkan terdapat pengaruh edukasi melalui media audiovisual terhadap pelaksanaan mobilisasi dini ($p = 0,028$), dengan selisih rata-rata skor sebesar 1,67 poin pada kelompok eksperimen dibandingkan kelompok kontrol.

Kesimpulannya bahwa Edukasi tentang mobilisasi dini melalui media audiovisual dapat dijadikan sebagai metode edukasi yang efektif untuk meningkatkan pelaksanaan mobilisasi dini pada ibu nifas post sectio caesarea di RSUD Akhmad Berahim. Bagi RSUD Akhmad Berahim diharapkan untuk menerapkan edukasi mobilisasi dini menggunakan media audiovisual sebagai pengganti metode edukasi lisan yang selama ini digunakan.

Kata Kunci: Edukasi, Mobilisasi Dini, Media Audiovisual, Sectio Caesarea

THE EFFECT OF EDUCATION ON EARLY MOBILIZATION VIA AUDIOVISUAL MEDIA ON THE IMPLEMENTATION OF EARLY MOBILIZATION AMONG POST-CESAREAN SECTION MOTHERS AT RSUD AKHMAD BERAHIM

Linda Rustiyana[1], Moneca Diah Listiyaningsih[2]
Midwifery Study Program, Faculty of Health, Ngudi Waluyo University
Email: lindarustiyana1989@gmail.com

ABSTRACT

The rate of Caesarean section (CS) deliveries has continued to increase, reaching 25.9% in Indonesia in 2023. Postoperative pain often causes mothers to fear movement, thereby delaying early mobilization and increasing the risk of complications. One strategy to reduce pain and encourage mothers to perform early mobilization is to provide early mobilization education through audiovisual media.

The study employed a quasi-experimental design with a two-group post-test-only approach. The sample consisted of 30 mothers scheduled for CS, selected via consecutive sampling and divided into an experimental group (receiving audiovisual education) and a control group (receiving verbal education), with 15 respondents in each group. Data were collected using observation sheets and analyzed using the Independent Sample T-Test.

The results showed that the mean score for early mobilization practice was 5.93 in the control group and 7.60 in the experimental group. The Independent Sample T-Test revealed a significant effect of audiovisual education on early mobilization practice (p = 0.028), with the experimental group scoring 1.67 points higher on average than the control group.

In conclusion, education on early mobilization through audiovisual media can be used as an effective educational method to improve the implementation of early mobilization among post-Cesarean section mothers at RSUD Akhmad Berahim. RSUD Akhmad Berahim is recommended to implement audiovisual-based early mobilization education to replace the conventional verbal education method that has been used, in order to enhance mothers' understanding and optimize the implementation of early mobilization.

Keywords: Education, Early Mobilization, Audiovisual Media, Cesarean Section