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LAMPIRAN

Lampiran 1 Surat Izin Penelitian Tingkat Provinsi



PEMERINTAH PROVINSI SULAWESI SELATAN
DINAS PENANAMAN MODAL DAN PELAYANAN TERPADU SATU PINTU
 Jl. Bougainville No.5 Telp. (0411) 441077 Fax. (0411) 448936
 Website : <http://simap-new.sulselprov.go.id> Email : ptsp@sulselprov.go.id
 Makassar 90231

Nomor	: 5495/S.01/PTSP/2024	Kepada Yth.
Lampiran	: -	Direktur RSKD Ibu dan Anak Sitti Fatimah Makassar
Perihal	: <u>Izin penelitian</u>	

di-
Tempat

Berdasarkan surat Dekan Fak. Keperawatan Univ. Hasanuddin Makassar Nomor : 00686/UN4.18/PT.01.04/2024 tanggal 04 Maret 2024 perihal tersebut diatas, mahasiswa/peneliti dibawah ini:

N a m a	: DYAH ISWANTI NINGRUM
Nomor Pokok	: R021201009
Program Studi	: Fisioterapi
Pekerjaan/Lembaga	: Mahasiswa (S1)
Alamat	: Jl. P. Kemerdekaan Km 10, Makassar PROVINSI SULAWESI SELATAN

Bermaksud untuk melakukan penelitian di daerah/kantor saudara dalam rangka menyusun SKRIPSI, dengan judul :

" Pengaruh Pemberian Kegel Exercise Terhadap Aktivitas Fungsional Ibu Postpartum dengan Persalinan Pervaginam di RSKD Ibu dan Anak Sitti Fatimah Makassar. "

Yang akan dilaksanakan dari : Tgl. **06 Maret s/d 06 April 2024**

Sehubungan dengan hal tersebut diatas, pada prinsipnya kami **menyetujui** kegiatan dimaksud dengan ketentuan yang tertera di belakang surat izin penelitian.

Demikian Surat Keterangan ini diberikan agar dipergunakan sebagaimana mestinya.

Diterbitkan di Makassar
Pada Tanggal 06 Maret 2024

**KEPALA DINAS PENANAMAN MODAL DAN PELAYANAN TERPADU
SATU PINTU PROVINSI SULAWESI SELATAN**



ASRUL SANI, S.H., M.Si.
 Pangkat : PEMBINA TINGKAT I
 Nip : 19750321 200312 1 008

Tembusan Yth

1. Dekan Fak. Keperawatan Univ. Hasanuddin Makassar di Makassar,
2. *Perlinggal*.

Lampiran 2 Surat Persetujuan Penelitian



KEMENTERIAN PENDIDIKAN, KEBUDAYAAN,
RISET DAN TEKNOLOGI
UNIVERSITAS HASANUDDIN
FAKULTAS KEPERAWATAN
Jl. Perintis Kemerdekaan Km. 10 Makassar 90245
Laman : keperawatan@unhas.ac.id

LAMPIRAN 5 No. 486/UN4.18.1/KP.06.07/2023

SURAT PERSETUJUAN

Yang bertanda tangan di bawah ini :

Nama : **Syahrul, S.Kep, Ns, M.Kes., Ph.D.**
NIP : **19820419 200604 1 002**
Jabatan : Wakil Dekan Bidang Akademik dan Kemahasiswaan Fakultas Keperawatan Universitas Hasanuddin

Menyetujui yang bersangkutan dibawah ini :

Nama : **Dyah Iswanti Ningrum**
Jabatan : Mahasiswa Fak. Keperawatan Univ. Hasanuddin
NIM : **R021201009**
Program Studi : Fisioterapi

Untuk melakukan penelitian dengan metode *Purposive Sampling*, dengan judul :

"Pengaruh Pemberian Kegel Exercise Terhadap Aktivitas Fungsional Ibu Postpartum dengan Persalinan Pervaginam di RSKD Ibu dan Anak Sitti Fatimah Makassar."

Demikian surat ini dibuat, untuk dipergunakan sebagaimana mestinya.

Makassar, 01 Maret 2024

Wakil Dekan Bidang Akademik dan Kemahasiswaan



Syahrul, S.Kep, Ns, M.Kes., Ph.D.
NIP. 19820419 200604 1 002

Tembusan :

1. Ketua Program Studi Fisioterapi Fak. Kep. Unhas
2. Kepala Bagian Tata Usaha
3. Arsip



Lampiran 3 Surat telah menyelesaikan Penelitian



PEMERINTAH PROVINSI SULAWESI SELATAN
DINAS KESEHATAN
UPT RUMAH SAKIT KHUSUS DAERAH IBU DAN ANAK SITI FATIMAH
Jl. Gunung Merapi No. 75 Telp. 3624956, 3620803 Fax. (0411) 3625784
MAKASSAR 90112

SURAT KETERANGAN

Nomor : 070 / RSKDIA.SF / III / 2024


Yang bertanda tangan dibawah ini Direktur Rumah Sakit Khusus Daerah Ibu dan Anak Siti Fatimah Makassar menerangkan bahwa :

Nama : DYAH ISWANTI NINGRUM
Nomor Pokok : R02121009
Program Studi : S1 Fisioterapi Fakultas Keperawatan Unhas
Pekerjaan : Mahasiswa (S1)
Alamat : JL. Perintis kemerdekaan No.Km.10

Yang bersangkutan telah melakukan penelitian di Rumah Sakit Khusus Daerah Ibu dan Anak Siti Fatimah Makassar Tanggal 12 Januari s/d 23 maret 2024 dengan judul "**PENGARUH KEGEL EKSERCISE TERHADAP AKTIVITAS FUNGSIONAL PADA WANITA POST PARTUM DI RSKDIA SITI FATIMAH MAKASSAR "**

Demikian surat keterangan ini diberikan untuk digunakan sebagaimana mestinya.

Ditetapkan di Makassar
Pada tanggal 26 Maret 2024
oleh DIREKTUR RSKD IA SITI FATIMAH
Kepala Diklat


MICHA ERAWATI, S.ST, SKM, M.Kes
Pangkat : Penata Tk I
Nip 19730614 199803 2 007

Lampiran 4 Surat keterangan lolos kajian etik



**KEMENTERIAN PENDIDIKAN, KEBUDAYAAN,
RISET DAN TEKNOLOGI
UNIVERSITAS HASANUDDIN
FAKULTAS KEPERAWATAN
KOMITE ETIK PENELITIAN KESEHATAN**

Sekretariat : Lantai 2 Fakultas Keperawatan UNHAS
Jl.Perintis Kemerdekaan Kampus Tamalaura Km.10 Makassar 90245
Laman : kepk_fkepuk@unhas.ac.id

REKOMENDASI PERSETUJUAN ETIK

Nomor : 687/UN4.18.3/IP.01.02/2024

Tanggal: 04 April 2024

Dengan ini Menyatakan bahwa Protokol dan Dokumen yang Berhubungan dengan Protokol berikut ini telah mendapatkan Persetujuan Etik :

No Protokol	UH2403038	No Sponsor Protokol	
Peneliti Utama	Dyah Iswanti Ningrum	Sponsor	
Judul Peneliti	Pengaruh Pemberian <i>Kegel Exercise</i> Terhadap Aktivitas Fungsional Ibu <i>Post Partum</i> Dengan Persalinan Pervaginam Di RSKD Ibu Dan Anak Sitti Fatimah Makassar		
No Versi Protokol	1	Tanggal Versi	20 Maret 2024
No Versi PSP	1	Tanggal Versi	20 Maret 2024
Tempat Penelitian	RSKD Ibu dan Anak Sitti Fatimah Makassar		
Jenis Review	<input type="checkbox"/> Exempted <input checked="" type="checkbox"/> Expedited <input type="checkbox"/> Fullboard	Masa berlaku 04 April 2024 sampai 04 April 2025	Frekuensi review lanjutan
Ketua KEPK	Nama : Dr. Kadek Ayu Erika, S.Kep., Ns., M.Kes	Tanda Tangan	
Sekretaris KEPK	Nama : Dr. Hastuti, S.Kep., Ns., M.Kes	Tanda Tangan	

Kewajiban Peneliti Utama :

- Menyerahkan Amandemen Protokol untuk persetujuan sebelum di implementasikan
- Menyerahkan Laporan SAE ke Komite Etik dalam 24 jam dan dilengkapi dalam 7 hari dan Laporan *Suspected Unexpected Serious Adverse Reaction* (SUSAR) dalam 72 jam setelah Peneliti Utama menerima laporan
- Menyerahkan Laporan Kemajuan (progress report) setiap 6 bulan untuk penelitian resiko tinggi dan setiap setahun untuk penelitian resiko rendah
- Menyerahkan laporan akhir setelah penelitian berakhir
- Melaporkan penyimpangan dari protokol yang disetujui (*protocol deviation/violation*)
- Mematuhi semua peraturan yang ditentukan

Lampiran 5 Formulir Pengukuran Aktivitas Fungsional

Postpartum Functional Assessment Questionnaire

Functional Abilities	Scale				Interpretation
	0	1	2	3	
Mobility(turning to the side)					
Sitting					
Getting up					
Walking					
Personal Care (self care/body care/showering)					
Fluid Intake					
Food Intake					
Sleep					
Oral Care/Brushing Teeth					
Going to the Toilet					
Child Care (lifting/carrying a child)					
<p>Abilities were assessed on a scale from 0 to 3 where 0 indicates the performance of activities without difficulty, 1 indicates the performance of activities with minimal difficulty, 2 indicates the performance of activities of moderate difficulty, 3 indicates the inability to perform independently activities/necessary help. Each construct of functional ability was assessed separately by summing scores.</p>					

Lampiran 6 Hasil Uji SPSS

A. Karakteristik Responden

1. Kelompok Eksperimen

Usia

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	18-21 Tahun	4	23.5	23.5	23.5
	22-35 Tahun	11	64.7	64.7	88.2
	36-49 Tahun	2	11.8	11.8	100.0
	Total	17	100.0	100.0	

Pekerjaan

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Wiraswasta	6	35.3	35.3	35.3
	PNS	1	5.9	5.9	41.2
	Karyawan Swasta	3	17.6	17.6	58.8
	IRT	7	41.2	41.2	100.0
	Total	17	100.0	100.0	

Berat Badan

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	40-49 kg	1	5.9	5.9	5.9
	50-59 kg	10	58.8	58.8	64.7
	60-69 kg	5	29.4	29.4	94.1
	70-79 kg	1	5.9	5.9	100.0
	Total	17	100.0	100.0	

Tinggi Badan

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	145-149 cm	5	29.4	29.4	29.4
	150-154 cm	7	41.2	41.2	70.6
	155-159 cm	2	11.8	11.8	82.4
	160-164 cm	2	11.8	11.8	94.1
	165-169 cm	1	5.9	5.9	100.0
	Total	17	100.0	100.0	

Abortus

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Terdapat Riwayat Abortus	2	11.8	11.8	11.8
	Tanpa riwayat abortus	15	88.2	88.2	100.0
	Total	17	100.0	100.0	

Paritas

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Primipara	5	29.4	29.4	29.4
	Multipara	10	58.8	58.8	88.2
	Grandemultipara	2	11.8	11.8	100.0
	Total	17	100.0	100.0	

Robekan

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tidak ada Robekan	4	23.5	23.5	23.5
	Ada Robekan	13	76.5	76.5	100.0
	Total	17	100.0	100.0	

2. Kelompok Kontrol

Usia

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	18-21 Tahun	3	17.6	17.6	17.6
	22-35 Tahun	12	70.6	70.6	88.2
	36-49 Tahun	2	11.8	11.8	100.0
	Total	17	100.0	100.0	

Pekerjaan

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Wiraswasta	5	29.4	29.4	29.4
	PNS	2	11.8	11.8	41.2
	Karyawan Swasta	3	17.6	17.6	58.8
	IRT	7	41.2	41.2	100.0
	Total	17	100.0	100.0	

Berat Badan

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	50-59 kg	12	70.6	70.6	70.6
	60-69 kg	5	29.4	29.4	100.0
	Total	17	100.0	100.0	

Tinggi Badan

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	145-149 cm	1	5.9	5.9	5.9
	150-154 cm	10	58.8	58.8	64.7
	155-159 cm	6	35.3	35.3	100.0
	Total	17	100.0	100.0	

Riwayat Abortus

		Frequency	Percent
Tanpa Riwayat Abortus	System	17	100.0

Paritas

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Primipara	9	52.9	52.9	52.9
	Multipara	8	47.1	47.1	100.0
	Total	17	100.0	100.0	

Robekan

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tidak ada Robekan	5	29.4	29.4	29.4
	Ada Robekan	12	70.6	70.6	100.0
	Total	17	100.0	100.0	

B. Distribusi Aktifitas Fungsional

1. Kelompok Eksperimen

a. Aspek Mobilitas

Pre-test

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tanpa bantuan	4	23.5	23.5	23.5
	Kesulitan minimal	11	64.7	64.7	88.2
	Kesulitan sedang	2	11.8	11.8	100.0
	Total	17	100.0	100.0	

Post-test

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tanpa bantuan	16	94.1	94.1	94.1
	Kesulitan minimal	1	5.9	5.9	100.0
	Total	17	100.0	100.0	

b. Aspek Duduk

Pre-test

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tanpa bantuan	6	35.3	35.3	35.3
	Kesulitan minimal	9	52.9	52.9	88.2
	Kesulitan sedang	2	11.8	11.8	100.0
	Total	17	100.0	100.0	

Post-test

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tanpa bantuan	16	94.1	94.1	94.1
	Kesulitan minimal	1	5.9	5.9	100.0
	Total	17	100.0	100.0	

c. Aspek Bangun dari tempat tidur

Pre-test

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tanpa bantuan	2	11.8	11.8	11.8
	Kesulitan minimal	12	70.6	70.6	82.4
	Kesulitan sedang	3	17.6	17.6	100.0
	Total	17	100.0	100.0	

Post-test

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tanpa bantuan	11	64.7	64.7	64.7
	Kesulitan minimal	6	35.3	35.3	100.0
	Total	17	100.0	100.0	

d. Aspek Berjalan

Pre-test

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tanpa bantuan	4	23.5	23.5	23.5
	Kesulitan minimal	8	47.1	47.1	70.6
	Kesulitan sedang	4	23.5	23.5	94.1
	membutuhkan bantuan	1	5.9	5.9	100.0
	Total	17	100.0	100.0	

Post-test

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tanpa bantuan	12	70.6	70.6	70.6
	Kesulitan minimal	5	29.4	29.4	100.0
	Total	17	100.0	100.0	

e. Aspek Perawatan diri

Pre-test

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tanpa bantuan	15	88.2	88.2	88.2
	Kesulitan minimal	2	11.8	11.8	100.0
	Total	17	100.0	100.0	

Post-test

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tanpa bantuan	17	100.0	100.0	100.0

f. Aspek konsumsi cairan

Pre-test

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tanpa bantuan	17	100.0	100.0	100.0

Post-test

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tanpa bantuan	17	100.0	100.0	100.0

g. Aspek konsumsi makanan

Pre-test

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tanpa bantuan	17	100.0	100.0	100.0

Post-test

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tanpa bantuan	17	100.0	100.0	100.0

h. Aspek Tidur

Pre-test

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tanpa bantuan	11	64.7	64.7	64.7
	Kesulitan minimal	5	29.4	29.4	94.1

	Kesulitan sedang	1	5.9	5.9	100.0
	Total	17	100.0	100.0	

Post-test

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tanpa bantuan	14	82.4	82.4	82.4
	Kesulitan Minimal	3	17.6	17.6	100.0
	Total	17	100.0	100.0	

i. Aspek Perawatan mulut

Pre-test

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tanpa bantuan	15	88.2	88.2	88.2
	Kesulitan minimal	2	11.8	11.8	100.0
	Total	17	100.0	100.0	

Post-test

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tanpa bantuan	17	100.0	100.0	100.0

j. Aspek Berjalan ke toilet

Pre-test

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tanpa bantuan	2	11.8	11.8	11.8
	Kesulitan minimal	13	76.5	76.5	88.2
	Kesulitan sedang	2	11.8	11.8	100.0
	Total	17	100.0	100.0	

Post-test

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tanpa bantuan	9	52.9	52.9	52.9
	Kesulitan minimal	8	47.1	47.1	100.0
	Total	17	100.0	100.0	

k. Aspek Mengurus Anak

Pre-test

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tanpa bantuan	12	70.6	70.6	70.6
	Kesulitan minimal	5	29.4	29.4	100.0
	Total	17	100.0	100.0	

Post-test

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tanpa bantuan	16	94.1	94.1	94.1
	Kesulitan minimal	1	5.9	5.9	100.0
	Total	17	100.0	100.0	

2. Kelompok Kontrol

a. Aspek Mobilitas

Pre-test

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tanpa bantuan	13	76.5	76.5	76.5
	Kesulitan minimal	4	23.5	23.5	100.0
	Total	17	100.0	100.0	

Post-test

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tanpa bantuan	15	88.2	88.2	88.2
	Kesulitan minimal	2	11.8	11.8	100.0
	Total	17	100.0	100.0	

b. Aspek Duduk

Pre-test

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tanpa bantuan	7	41.2	41.2	41.2
	Kesulitan minimal	7	41.2	41.2	82.4
	Kesulitan sedang	3	17.6	17.6	100.0
	Total	17	100.0	100.0	

Post-test

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tanpa bantuan	7	41.2	41.2	41.2
	Kesulitan minimal	10	58.8	58.8	100.0
	Total	17	100.0	100.0	

c. Aspek Bangun dari tempat tidur

Pre-test

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tanpa bantuan	4	23.5	23.5	23.5
	Kesulitan minimal	12	70.6	70.6	94.1
	Kesulitan sedang	1	5.9	5.9	100.0
	Total	17	100.0	100.0	

Post-test

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tanpa bantuan	5	29.4	29.4	29.4
	Kesulitan minimal	11	64.7	64.7	94.1
	Kesulitan sedang	1	5.9	5.9	100.0
	Total	17	100.0	100.0	

d. Aspek Berjalan

Pre-test

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tanpa bantuan	2	11.8	11.8	11.8
	Kesulitan minimal	11	64.7	64.7	76.5
	Kesulitan sedang	4	23.5	23.5	100.0
	Total	17	100.0	100.0	

Post-test

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tanpa bantuan	3	17.6	17.6	17.6
	Kesulitan minimal	11	64.7	64.7	82.4
	Kesulitan sedang	3	17.6	17.6	100.0
	Total	17	100.0	100.0	

e. Aspek Perawatan diri

Pre-test

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tanpa bantuan	17	100.0	100.0	100.0

Post-test

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tanpa bantuan	17	100.0	100.0	100.0

f. Aspek konsumsi cairan

Pre-test

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tanpa bantuan	17	100.0	100.0	100.0

Post-test

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tanpa bantuan	17	100.0	100.0	100.0

g. Aspek konsumsi makanan

Pre-test

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tanpa bantuan	17	100.0	100.0	100.0

Post-test

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tanpa bantuan	17	100.0	100.0	100.0

h. Aspek Tidur

Pre-test

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tanpa bantuan	6	35.3	35.3	35.3

	Kesulitan minimal	9	52.9	52.9	88.2
	Kesulitan sedang	1	5.9	5.9	94.1
	membutuhkan bantuan	1	5.9	5.9	100.0
	Total	17	100.0	100.0	

Post-test

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tanpa bantuan	12	70.6	70.6	70.6
	Kesulitan Minimal	3	17.6	17.6	88.2
	kesulitan Sedang	2	11.8	11.8	100.0
	Total	17	100.0	100.0	

i. Aspek Perawatan mulut

Pre-test

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tanpa bantuan	17	100.0	100.0	100.0

Post-test

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tanpa bantuan	17	100.0	100.0	100.0

j. Aspek Berjalan ke toilet

Pre-test

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tanpa bantuan	2	11.8	11.8	11.8
	Kesulitan minimal	9	52.9	52.9	64.7
	Kesulitan sedang	6	35.3	35.3	100.0
	Total	17	100.0	100.0	

Post-test

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tanpa bantuan	5	29.4	29.4	29.4
	Kesulitan minimal	10	58.8	58.8	88.2
	Kesulitan sedang	2	11.8	11.8	100.0
	Total	17	100.0	100.0	

k. Aspek

Pre-test

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tanpa bantuan	12	70.6	70.6	70.6
	Kesulitan minimal	3	17.6	17.6	88.2
	Kesulitan sedang	2	11.8	11.8	100.0
	Total	17	100.0	100.0	

Post-test

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tanpa bantuan	16	94.1	94.1	94.1
	Kesulitan minimal	1	5.9	5.9	100.0
	Total	17	100.0	100.0	

C. Uji Normalitas Shapiro Wilk

1. Aspek Mobilitas

		Tests of Normality					
		Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	mobilitas	Statistic	df	Sig.	Statistic	df	Sig.
Hasil	Pre-test eksperimen	.342	17	.000	.766	17	.001
	post-test eksperimen	.537	17	.000	.262	17	.000
	pre-test kontrol	.469	17	.000	.533	17	.000
	post-test kontrol	.521	17	.000	.385	17	.000

a. Lilliefors Significance Correction

2. Aspek Duduk

		Tests of Normality					
		Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Duduk	Statistic	df	Sig.	Statistic	df	Sig.
Hasil	Pretest Eksperimen	.285	17	.001	.792	17	.002
	Posttes eksperimen	.537	17	.000	.262	17	.000
	pretest kontrol	.257	17	.004	.799	17	.002
	posttest kontrol	.368	17	.000	.733	17	.000

a. Lilliefors Significance Correction

3. Aspek Bangun dari tempat tidur

		Tests of Normality					
		Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Geting up	Statistic	df	Sig.	Statistic	df	Sig.
Hasil	Pretest Eksperimen	.366	17	.000	.732	17	.000
	Posttes eksperimen	.410	17	.000	.611	17	.000
	pretest kontrol	.395	17	.000	.703	17	.000
	posttest kontrol	.368	17	.000	.733	17	.000

a. Lilliefors Significance Correction

4. Aspek Berjalan

		Tests of Normality					
		Kolmogorov-Smirnov ^a			Shapiro-Wilk		
berjalan		Statistic	df	Sig.	Statistic	df	Sig.
Hasil	Pretest Eksperimen	.260	17	.003	.872	17	.023
	Posttes eksperimen	.440	17	.000	.579	17	.000
	pretest kontrol	.342	17	.000	.766	17	.001
	posttest kontrol	.324	17	.000	.774	17	.001

a. Lilliefors Significance Correction

5. Aspek Perawatan diri

		Tests of Normality					
		Kolmogorov-Smirnov ^a			Shapiro-Wilk		
perawatan diri		Statistic	df	Sig.	Statistic	df	Sig.
Hasil	Pre-test eksperimen	.521	17	.000	.385	17	.000
	post-test eksperimen	.	17	.000	.	17	.000
	pre-test kontrol	.	17	.000	.	17	.000
	post-test kontrol	.	17	.000	.	17	.000

a. Lilliefors Significance Correction

6. Aspek konsumsi cairan

		Tests of Normality					
		Kolmogorov-Smirnov ^a			Shapiro-Wilk		
Fluid intake		Statistic	df	Sig.	Statistic	df	Sig.
Hasil	Pre-test eksperimen	.521	17	.000	.385	17	.000
	post-test eksperimen	.	17	.000	.	17	.000
	pre-test kontrol	.	17	.000	.	17	.000
	post-test kontrol	.	17	.000	.	17	.000

a. Lilliefors Significance Correction

7. Aspek konsumsi makanan

		Tests of Normality					
		Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Food intake	Statistic	df	Sig.	Statistic	df	Sig.
Hasil	Pre-test eksperimen	.521	17	.000	.385	17	.000
	post-test eksperimen	.	17	.000	.	17	.000
	pre-test kontrol	.	17	.000	.	17	.000
	post-test kontrol	.	17	.000	.	17	.000

a. Lilliefors Significance Correction

8. Aspek Tidur

		Tests of Normality					
		Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	perawatan diri	Statistic	df	Sig.	Statistic	df	Sig.
Hasil	Pretest Eksperimen	.521	17	.000	.385	17	.000
	Posttes eksperimen	.	17	.	.	17	.000
	pretest kontrol	.	17	.	.	17	.000
	posttest kontrol	.	17	.	.	17	.000

a. Lilliefors Significance Correction

9. Aspek Perawatan mulut

		Tests of Normality					
		Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	perawatan mulut	Statistic	df	Sig.	Statistic	df	Sig.
Hasil	Pre-test eksperimen	.521	17	.000	.385	17	.000
	post-test eksperimen	.	17	.000	.	17	.000
	pre-test kontrol	.	17	.000	.	17	.000
	post-test kontrol	.	17	.000	.	17	.000

a. Lilliefors Significance Correction

10. Aspek berjalan ke toilet

Tests of Normality

tidur		Kolmogorov-Smirnov ^a			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
Hasil	Pretest Eksperimen	.521	17	.000	.385	17	.000
	Posttes eksperimen	.	17	.	.	17	.000
	pretest kontrol	.	17	.	.	17	.000
	posttest kontrol	.	17	.	.	17	.000

a. Lilliefors Significance Correction

11. Aspek

Tests of Normality

		Kolmogorov-Smirnov ^a			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
Hasil	Pretest Eksperimen	.440	17	.000	.579	17	.000
	Posttes eksperimen	.537	17	.000	.262	17	.000
	pretest kontrol	.424	17	.000	.626	17	.000
	posttest kontrol	.537	17	.000	.262	17	.000

a. Lilliefors Significance Correction

D. Uji Wilcoxon Signed Ranks Test

1. Aspek Mobilitas

Test Statistics^a

	posttest eksperimen - pretest eksperimen	posttest kontrol - pretest kontrol
Z	-3.500 ^b	-1.414 ^b
Asymp. Sig. (2-tailed)	.000	.157

a. Wilcoxon Signed Ranks Test

b. Based on positive ranks.

2. Aspek Duduk

Test Statistics^a

	posttest eksperimen (duduk) - pretest eksperimen (duduk)	posttest kontrol (duduk) - pretest kontrol (duduk)
Z	-3.207 ^b	-1.732 ^b
Asymp. Sig. (2-tailed)	.001	.083

a. Wilcoxon Signed Ranks Test

b. Based on positive ranks.

3. Aspek Bangun dari tempat tidur

Test Statistics^a

	posttest eksperimen (bangun dari tempat tidur) - pretest eksperimen (bangun dari tempat tidur)	posttest kontrol (bangun dari tempat tidur)) - pretest kontrol (bangun dari tempat tidur)
Z	-3.207 ^b	-1.000 ^b
Asymp. Sig. (2-tailed)	.001	.317

a. Wilcoxon Signed Ranks Test

b. Based on positive ranks.

4. Aspek Berjalan

Test Statistics^a

	posttest eksperimen (berjalan) - pretest eksperimen (berjalan)	posttest kontrol (berjalan) - pretest kontrol (berjalan)
Z	-2.913 ^b	-1.000 ^b
Asymp. Sig. (2-tailed)	.004	.317

a. Wilcoxon Signed Ranks Test

b. Based on positive ranks.

5. Aspek Perawatan diri

Test Statistics^a

	posttest eksperimen (perawatan diri) - pretest eksperimen (perawatan diri)	posttest kontrol (perawatan diri) - pretest kontrol (perawatan diri)
Z	-1.414 ^b	.000 ^c
Asymp. Sig. (2-tailed)	.157	1.000

a. Wilcoxon Signed Ranks Test

b. Based on positive ranks.

6. Aspek konsumsi cairan

Test Statistics^a

	posttest eksperimen (fluid) - pretest eksperimen (fluid))	posttest kontrol (fluid) - pretest kontrol (fluid)
--	---	--

Z	.000 ^b	.000 ^b
Asymp. Sig. (2-tailed)	1.000	1.000

a. Wilcoxon Signed Ranks Test

b. The sum of negative ranks equals the sum of positive ranks.

7. Aspek konsumsi makanan

Test Statistics^a

	posttest eksperimen (food) - pretest eksperimen (food)	posttest kontrol (food) - pretest kontrol (food)
Z	.000 ^b	.000 ^b
Asymp. Sig. (2-tailed)	1.000	1.000

a. Wilcoxon Signed Ranks Test

b. The sum of negative ranks equals the sum of positive ranks.

8. Aspek Tidur

Test Statistics^a

	posttest eksperimen - pretest eksperimen	posttest kontrol - pretest kontrol
Z	-2.000 ^b	-2.646 ^b
Asymp. Sig. (2-tailed)	.046	.008

a. Wilcoxon Signed Ranks Test

b. Based on positive ranks.

9. Aspek Perawatan mulut

Test Statistics^a

	posttest eksperimen (perawatan mulut) - pretest eksperimen (perawatan mulut)	posttest kontrol (perawatan mulut)) - pretest kontrol (perawatan mulut))
Z	-1.414 ^b	.000 ^c
Asymp. Sig. (2-tailed)	.157	1.000

a. Wilcoxon Signed Ranks Test

b. Based on positive ranks.

c. The sum of negative ranks equals the sum of positive ranks.

10. Aspek berjalan ke toilet

Test Statistics^a

	posttest eksperimen (going to toilet) - pretest eksperimen (going to toilet)	posttest kontrol (going to toilet) - pretest kontrol (going to toilet)
Z	-3.000 ^b	-2.646 ^b
Asymp. Sig. (2-tailed)	.003	.008

a. Wilcoxon Signed Ranks Test

b. Based on positive ranks.

11. Aspek

Test Statistics^a

	posttest eksperimen () - pretest eksperimen ()	posttest kontrol () - pretest kontrol ()
Z	-2.000 ^b	-1.857 ^b
Asymp. Sig. (2-tailed)	.046	.063

a. Wilcoxon Signed Ranks Test

b. Based on positive ranks.

E. Uji Mann Whitney

1. Aspek Mobilitas

Test Statistics^a

	Hasil
Mann-Whitney U	136.000
Wilcoxon W	289.000
Z	-.596
Asymp. Sig. (2-tailed)	.551
Exact Sig. [2*(1-tailed Sig.)]	.786 ^b

a. Grouping Variable: mobilitas

b. Not corrected for ties.

2. Aspek Duduk

Test Statistics^a

	Hasil
Mann-Whitney U	68.000
Wilcoxon W	221.000
Z	-3.250
Asymp. Sig. (2-tailed)	.001
Exact Sig. [2*(1-tailed Sig.)]	.008 ^b

a. Grouping Variable: duduk

b. Not corrected for ties.

3. Aspek Bangun dari tempat tidur

Test Statistics^a

	Hasil
Mann-Whitney U	90.500
Wilcoxon W	243.500
Z	-2.118
Asymp. Sig. (2-tailed)	.034
Exact Sig. [2*(1-tailed Sig.)]	.062 ^b

a. Grouping Variable: bangun dari tempat tidur

b. Not corrected for ties.

4. Aspek Berjalan

Test Statistics^a

	Hasil
Mann-Whitney U	60.500
Wilcoxon W	213.500
Z	-3.215
Asymp. Sig. (2-tailed)	.001
Exact Sig. [2*(1-tailed Sig.)]	.003 ^b

a. Grouping Variable: berjalan

b. Not corrected for ties.

5. Aspek Perawatan diri

Test Statistics^a

	Hasil
Mann-Whitney U	144.500
Wilcoxon W	297.500
Z	.000
Asymp. Sig. (2-tailed)	1.000
Exact Sig. [2*(1-tailed Sig.)]	1.000 ^b

a. Grouping Variable: perawatan diri

b. Not corrected for ties.

6. Aspek konsumsi cairan

Test Statistics^a

	Hasil
Mann-Whitney U	144.500
Wilcoxon W	297.500
Z	.000
Asymp. Sig. (2-tailed)	1.000
Exact Sig. [2*(1-tailed Sig.)]	1.000 ^b

a. Grouping Variable: fluid intake

b. Not corrected for ties.

7. Aspek konsumsi makanan

Test Statistics^a

	Hasil
Mann-Whitney U	144.500
Wilcoxon W	297.500
Z	.000
Asymp. Sig. (2-tailed)	1.000
Exact Sig. [2*(1-tailed Sig.)]	1.000 ^b

a. Grouping Variable: food intake

b. Not corrected for ties.

8. Aspek Tidur

Test Statistics^a

	Hasil
Mann-Whitney U	124.500
Wilcoxon W	277.500
Z	-.931
Asymp. Sig. (2-tailed)	.352
Exact Sig. [2*(1-tailed Sig.)]	.496 ^b

a. Grouping Variable: tidur

b. Not corrected for ties.

9. Aspek Perawatan mulut

Test Statistics^a

	Hasil
Mann-Whitney U	144.500
Wilcoxon W	297.500
Z	.000
Asymp. Sig. (2-tailed)	1.000
Exact Sig. [2*(1-tailed Sig.)]	1.000 ^b

a. Grouping Variable: perawatan mulut

b. Not corrected for ties.

10. Aspek Berjalan ke toilet

Test Statistics^a

	Hasil
Mann-Whitney U	102.500
Wilcoxon W	255.500
Z	-1.636
Asymp. Sig. (2-tailed)	.102
Exact Sig. [2*(1-tailed Sig.)]	.150 ^b

a. Grouping Variable: berjalan ke toilet

b. Not corrected for ties.

11. Aspek Mengurus Anak

Test Statistics^a

	Hasil
Mann-Whitney U	144.500
Wilcoxon W	297.500
Z	.000
Asymp. Sig. (2-tailed)	1.000
Exact Sig. [2*(1-tailed Sig.)]	1.000 ^b

a. Grouping Variable:

b. Not corrected for ties.

Lampiran 7 Dokumentasi Penelitian

1. Pre-Test



2. Pemberian *Kegel exercise*





3. Post-Test



Lampiran 8 Informed Consent**PERSETUJUAN MENJADI RESPONDEN**

Saya yang bertandatangan di bawah ini :

Mana/Inisial : IB R

Alamat : BTP

Menyatakan bersedia menjadi responden dalam penelitian dari :

Nama Peneliti : Dyah Iswanti Ningrum

NIM : R021201009

Institusi : Universitas Hasanuddin

Judul Penelitian : Pengaruh Pemberian Kegel Exercise terhadap aktivitas fungsional Ibu postpartum dengan persalinan pervaginam di RSKD Ibu dan anak siti fatimah Makassar

Setelah saya memahami isi dari dari penjelasan pada lembar permohonan menjadi responden, maka saya menyetujui untuk turut serta dan berpartisipasi sebagai responden. Saya memahami bahwa penelitian ini tidak berbahaya dan merugikan saya maupun keluarga.

Makassar, 7 MARET 2024

Responden



(.....)

Lampiran 9 Data Responden

Postpartum Functional Assessment Questionnaire

Functional Abilities	Scale				Interpretation
	0	1	2	3	
Mobility(turning to the side)	✓				
Sitting			✓		
Getting up			✓		
Walking		✓			
Personal Care (self care/body care/showering)	✓				
Fluid Intake	✓				
Food Intake	✓				
Sleep	✓				
Oral Care/Brushing Teeth	✓				
Going to the Toilet			✓		
Child Care (lifting/ carrying a child)	✓				

Abilities were assessed on a scale from 0 to 3 where 0 indicates the performance of activities without difficulty, 1 indicates the performance of activities with minimal difficulty, 2 indicates the performance of activities of moderate difficulty, 3 indicates the inability to perform independently activities/necessary help. Each construct of functional ability was assessed separately by summing scores.

LEMBAR FORMULIR DATA DIRI	
Nama	A. Fika
Usia	26.
Alamat Tinggal	BTP
Berapa hari pasca melahirkan	kemarin (7 Maret)
Pekerjaan	Kerjaan swasta
Keluhan Lain	-
Jumlah Anak	1
Jenis Persalinan	Normal
Berat badan	75
Tinggi Badan	152
Jumlah Abortus	-
Jumlah Kehamilan	1.
Apakah ada robekan	Ada jahitan

Lampiran 10 Riwayat Hidup Peneliti**CURRICULUM VITAE**

A. Data Pribadi

1. Nama : Dyah Iswanti Ningrum
2. Tempat, Tgl Lahir : Kendari, 05 Juni 2002
3. Alamat : Jl. Sahabat 5
4. Kewarganegaraan : Warga Negara Indonesia

B. Riwayat Pendidikan

Tamat SLTA tahun 2020 di SMA Negeri 1 Unaaha

C. Kegiatan Kemahasiswaan yang Pernah Diikuti

1. Anggota Departemen Hubungan Masyarakat (HUMAS) BEM F.Kep-UH
2. Anggota Divisi Pengembangan Sumber Daya Anggota (PSDM) Pisiform Himafisio F.KEP-UH
3. Sekretaris Umum Himafisio F.KEP-UH
4. LK 1 Himafisio F.KEP-UH

D. Penghargaan yang Pernah Diterima

-

E. Karya ilmiah yang telah dipublikasikan: -

F. Makalah pada Seminar/Konferensi Ilmiah Nasional dan Internasional: