

## ABSTRAK

Ada beberapa penyebab terjadinya infeksi pada luka *post sectio caesarea*, salah satunya disebabkan oleh faktor nutrisi dan *personal hygiene* ibu *post partum*. Nutrisi adalah faktor utama yang mempengaruhi proses pertumbuhan dan mempertahankan jaringan tubuh agar tetap sehat. Selain itu, setelah persalinan *sectio caesarea* ibu juga mengalami hambatan dalam bergerak sehingga ibu tidak bisa memenuhi kebutuhan *personal hygiene* seperti mandi, *oral hygiene*, eliminasi dan berhias sehingga membutuhkan bantuan baik dari tenaga kesehatan maupun keluarga agar tidak menyebabkan infeksi pada luka bekas operasi. Di RSUD Padangan pada tahun 2019 sebanyak 12 orang luka bekas SC belum sembuh pada hari ke-7 dari 239 ibu *post sectio caesarea* (5,02%). Untuk membuktikan bahwa nutrisi protein dan *personal hygiene* cenderung memiliki manfaat maka ingin diteliti tentang adanya hubungan pengetahuan tentang nutrisi protein dan perilaku *personal hygiene* berhubungan dengan penyembuhan luka *post sectio caesarea*.

Penelitian ini merupakan penelitian analitik yang bersifat *cross sectional*. Sampel diambil dengan teknik *consecutive* sejumlah 41 responden. Variabel *independent* adalah nutrisi protein dan *personal hygiene*, sedangkan variabel *dependent* adalah penyembuhan luka *post sectio caesarea*. Pengumpulan data menggunakan kuesioner (google form) dan rekam medik. Untuk menganalisis adanya hubungan digunakan uji *Chi Square* dengan taraf nyata 0,05.

Hasil penelitian menunjukkan bahwa untuk pengetahuan tentang nutrisi protein baik sebanyak 32 responden (78,05%), perilaku *personal hygiene* baik sebanyak 33 responden (80,49%) dan penyembuhan luka *post sectio caesarea* sembuh sebanyak 32 responden (78,05%). Dari hasil analisis dengan uji *chi square* dapat disimpulkan ada hubungan nutrisi protein dan *personal hygiene* dengan penyembuhan luka *post sectio caesarea*.

Berdasarkan uraian diatas dapat disimpulkan bahwa nutrisi protein dan *personal hygiene* berhubungan dengan penyembuhan luka *post sectio caesarea*. Sehingga disarankan pada ibu-ibu nifas untuk mengonsumsi nutrisi tinggi protein dan menerapkan perilaku *personal hygiene* dengan baik.

Kata kunci : Nutrisi protein, *personal hygiene*, penyembuhan luka *post sectio caesarea*.

## **ABSTRACT**

*There are several causes of infection in post sectio caesarea wounds, one of which is caused by postpartum maternal nutrition and personal hygiene factors. Nutrition is the main factor influencing the growth process and maintaining body tissues to stay healthy. Besides, after delivery, sectio caesarea of the mother also experienced obstacles in moving so that the mother could not meet the needs of personal hygiene such as bathing, oral hygiene, elimination and decorating so that she needed help from both health workers and families so as not to cause infection in the post-operative wound. In Padangan Hospital in 2019 as many as 12 people who had SC scars had not healed on the 7th day of 239 post sectio caesarea mothers (5.02%). To prove that protein nutrition and personal hygiene tend to have benefits, we want to investigate the relationship between knowledge about protein nutrition and personal hygiene behavior related to post sectio caesarea wound healing.*

*This research is a cross-sectional analytic study. Samples were taken by consecutive techniques with 41 respondents. The independent variables are protein nutrition and personal hygiene, while the dependent variable is the healing of post sectio caesarea wounds. Data collection using a questionnaire (google form) and medical records. To analyze the relationship using the Chi-Square test with a significance level of 0.05.*

*The results showed that for knowledge about good protein nutrition as many as 32 respondents (78.05%), good personal hygiene behavior as many as 33 respondents (80.49%), and post sectio caesarea wound healing healed by 32 respondents (78.05%). From the results of the analysis with the chi-square test it can be concluded that there is a relationship between protein nutrition and personal hygiene with wound healing in post sectio caesarea.*

*Based on the description above, it can be concluded that protein nutrition and personal hygiene are related to the healing of post sectio caesarea wounds. So it is recommended for postpartum mothers to consume high-protein nutrition and implement personal hygiene behavior properly.*

*Keywords : Protein nutrition, personal hygiene, post sectio cutaneous wound healing.*