

**HUBUNGAN ROBEKAN PERINEUM DENGAN
KUALITAS HIDUP PEREMPUAN PASCA
PERSALINAN PERVAGINAM**

TESIS



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ABSTRAK

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Robekan perineum menjadi penyebab kedua perdarahan postpartum yang dapat terjadi pada hampir setiap persalinan pervaginam. Menurut WHO (2011) hampir 90% proses persalinan pervaginam mengalami robekan perineum, dengan atau tanpa episiotomi. Keadaan ini memberi kontribusi pada munculnya keluhan disfungsi dasar panggul dikemudian hari, sehingga menghasilkan penurunan kualitas hidup baik secara emosional dan fisik pada wanita. Untuk menilai, mengklasifikasikan, dan melakukan tatalaksana disfungsi dasar panggul dapat menggunakan *Pelvic Floor Distress Inventory Indeks-20*. Tujuan penelitian ini untuk mengetahui hubungan robekan perineum dengan kualitas hidup perempuan pasca persalinan pervaginam berdasarkan skor *Pelvic Floor Distress Inventory-20* (PFDI-20).

Desain penelitian *cross sectional comparative*, penelitian dilakukan di RS Jejaring PPDS Obgin Fakultas Kedokteran Universitas Andalas yaitu RSUD Pariaman, RS Achmad Mochtar, RSUD Padang Panjang, RSUD Batu Sangkar, RST Roeksodiwiryo, dan RS Pendidikan UNAND, mulai bulan Agustus 2020 sampai dengan jumlah sampel terpenuhi. Sampel penelitian ini adalah perempuan pasca persalinan pervaginam sebanyak 96 orang yang dipilih secara *consecutive sampling*, yaitu 48 orang responden dengan pasca persalinan pervaginam disertai robekan perineum dan 48 orang responden tanpa robekan perineum. Kualitas hidup diukur melalui wawancara dengan kuisioner PFDI-20 dan robekan perineum dikelompokkan dari data rekam medis. Data dianalisa menggunakan uji *chi-square*.

Rata-rata umur responden penelitian $29,34 \pm 5,91$ tahun dengan umur termuda 18 tahun. Responden sebagian besar multipara (70,%) dengan derajat robekan perineum terbanyak adalah derajat 2. Sebagian besar responden (70,8%) merasa kualitas hidupnya terganggu. Secara statistik terdapat hubungan bermakna antara robekan perineum dengan kualitas hidup perempuan pasca persalinan pervaginam ($p < 0,05$).

Kesimpulan penelitian ini: terdapat hubungan bermakna antara robekan perineum dengan kualitas hidup perempuan pasca persalinan pervaginam ($p < 0,05$).

Kata kunci : kualitas hidup, persalinan pervaginam, robekan perineum

ABSTRACT

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Perineal rupture are the second cause of postpartum hemorrhage that can occur in almost every vaginal delivery. According to WHO (2011), almost 90% of vaginal deliveries experience perineal tears, with or without an episiotomy. This situation contributes to the emergence of complaints of pelvic floor dysfunction in the future, resulting in a decrease in the quality of life both emotionally and physically in women. To assess, classify, and treat pelvic floor dysfunction, the Pelvic Floor Distress Inventory Index-20 can be used. This study aims to determine the relationship between perineal rupture and women's quality of life after vaginal delivery based on the Pelvic Floor Distress Inventory-20 (PFDI-20) score.

Comparative cross sectional research design, the research was conducted at the Obgin PPDS Network Hospital, Faculty of Medicine, Andalas University, namely Pariaman Hospital, Achmad Mochtar Hospital, Padang Panjang Hospital, Batu Sangkar Hospital, Roeksodiwiryo Hospital, and Education Hospital UNAND,, starting in August 2020 until the number of samples is met. The sample of this study was 96 post-vaginal women who were selected by consecutive sampling, ie 48 respondents with vaginal delivery with perineal rupture and 48 respondents without perineal rupture. Quality of life was measured through interviews with the PFDI-20 questionnaire and perineal rupture were grouped from medical record data. Data were analyzed using chi-square test.

The average age of the research respondents was 29.34 ± 5.91 years with the youngest age being 18 years. Most of the respondents were multiparous (70.%) with the highest degree of perineal rupture was grade 2. Most of the respondents (70.8%) felt that their quality of life was disturbed. Statistically, there was a significant relationship between perineal rupture and women's quality of life after vaginal delivery ($p < 0.05$).

In Conclusion, there was a significant relationship between perineal rupture and women's quality of life after vaginal delivery ($p < 0.05$).

Keywords : quality of life, perineal rupture, vaginal delivery