

ABSTRAK

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PENGARUH KONSUMSI PUTIH TELUR AYAM TERHADAP PENYEMBUHAN LUKA PERINEUM

xiii + 82 Halaman + 7 Tabel + 13 Lampiran

Laserasi perineum termasuk ke kondisi hal umum dialami setelah persalinan normal. Banyak pemicu yang menentukan proses sembuhnya laserasi, termasuk asupan nutrisi, terutama protein. Namun, di beberapa masyarakat masih terdapat tradisi tarak makan yang membatasi asupan protein tinggi, misalnya protein hewani (daging, ikan, telur), sehingga kebutuhan nutrisi ibu nifas sering tidak terpenuhi secara optimal. Penelitian ini berfokus menganalisis efek konsumsi putih telur ayam terhadap penyembuhan luka perineum.

Penelitian menerapkan desain *pre-eksperimental one group pretest-posttest*. Populasi 32 ibu postpartum yang bersalin di TPMB Farida. Sampel dipilih secara *purposive sampling* sejumlah 25 responden. Variabel independennya yaitu asupan albumin telur ayam, variabel dependen adalah pemulihan laserasi perineum yang diukur menggunakan lembar checklist dan skala REEDA. Analisis dengan uji *Wilcoxon* signifikansi $p < 0,05$.

Hampir seluruh ibu nifas (76%) besrtatus perbaikan kondisi laserasi perineum ke kategori luka baik. Hasil penelitian menunjukkan adanya pengaruh konsumsi putih telur ayam terhadap penyembuhan luka perineum ($p = 0,000$). Kandungan albumin dalam putih telur berperan dalam pembentukan kolagen dan perbaikan jaringan, sehingga membantu dalam penyembuhan luka. Sehingga, Ibu nifas disarankan mengonsumsi makanan tinggi protein untuk mendukung proses penyembuhan luka perineum secara optimal dan meminimalisir komplikasi.

Kata kunci: Putih telur ayam, penyembuhan, luka perineum

Daftar bacaan: 9 buku (2014-2023)

ABSTRACT

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THE EFFECT OF CHICKEN EGG WHITE CONSUMPTION ON PERINEAL WOUND HEALING

xiii + 82 Pages + 7 Tables + 13 Appendices

Perineal wounds are a common condition experienced by postpartum women after normal delivery. The healing of this wound is strongly influenced by various factors, including nutritional intake, especially protein. However, in some communities there is still a tradition of eating restrictions that limit the consumption of high-protein foods such as animal protein (meat, fish, egg), so that the nutritional needs of postpartum women are often not met optimally. This research aims to analyze the effect of chicken egg white consumption on perineal wound healing.

Research used pre-experimental one group pretest-posttest design. Subjects were 32 postpartum women who delivered at TPMB Farida. The sample was selected by purposive sampling of 25 respondents. The independent variable was chicken egg white consumption, while the dependent variable was perineal wound healing measured using a checklist sheet and REEDA scale. Data analysis by Wilcoxon test with $p < 0.05$.

Almost all respondents (76%) had improved perineal wound conditions to the good wound category. The results showed the effect of chicken egg white consumption on perineal wound healing with a value of ($p = 0.000$). The albumin content in egg white plays a role in collagen formation and tissue repair, thus helping in wound healing. By this, postpartum women are advised to increase intake of high-protein to support the healing process of perineal laceration optimally thus minimize complications.

Keywords: Chicken egg white, healing, perineal wound.

References: 9 books (2014-2023)