

ABSTRAK

IBU NIFAS DENGAN BUDAYA KELUARGA YANG BISA MEMPERLAMBAT MASA PEMULIHAN *SECTIO CAESAREA*

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Pendahuluan: Proses pemulihan ibu nifas pasca Sectio Caesarea (SC) sering dipengaruhi oleh kepercayaan dan kebiasaan budaya keluarga, seperti larangan beraktivitas secara bebas dan pantangan terhadap jenis makanan tertentu. Apabila kebiasaan tersebut tidak sejalan dengan anjuran kesehatan, dapat memunculkan kecemasan pada ibu dan menghambat penyembuhan luka operasi. **Tujuan:** Memberikan asuhan kebidanan secara komprehensif pada ibu nifas yang mengalami kecemasan akibat budaya keluarga yang memengaruhi masa penyembuhan SC di Puskesmas Tanjungsari Surabaya, meliputi pengkajian data subjektif, objektif, analisa, dan penatalaksanaan. **Metode:** Penelitian bersifat deskriptif dengan rancangan studi kasus pada satu orang ibu nifas pasca SC. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dan pendokumentasian asuhan menggunakan metode SOAP pada beberapa kali kunjungan nifas. **Hasil:** Ibu nifas terbukti masih menjalankan kebiasaan budaya keluarga berupa pantangan konsumsi ikan dan larangan keluar rumah selama 40 hari, sehingga ibu merasa cemas dan enggan bergerak aktif. Secara fisik, kondisi ibu baik dengan tanda vital dalam batas normal, involusi uterus berjalan sesuai masa nifas, serta luka operasi tampak kering tanpa tanda infeksi. Penatalaksanaan asuhan berupa edukasi nutrisi tinggi protein, anjuran mobilisasi dini, dukungan psikologis, pendekatan budaya kepada keluarga, konseling, dan kunjungan nifas lanjutan terbukti membantu menurunkan kecemasan ibu serta mendukung proses penyembuhan luka SC secara lebih optimal.

Kata kunci: ibu nifas, budaya keluarga, Sectio Caesarea, penyembuhan luka

ABSTRACT

POSTPARTUM MOTHERS WITH FAMILY CULTURE AFFECTING THE HEALING PERIOD OF CAESAREAN SECTION

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Introduction: *The recovery process of postpartum mothers after Caesarean Section (CS) is often influenced by family cultural beliefs and customs, such as restrictions on free movement and prohibitions on certain foods. When these practices contradict health recommendations, they may trigger maternal anxiety and hinder surgical wound healing. Objective: To provide comprehensive midwifery care for a postpartum mother experiencing anxiety due to family culture affecting the healing period after CS at Tanjungsari Community Health Center, Surabaya, covering subjective and objective assessment, analysis, and care implementation.*

Methods: *This descriptive study used a case study design involving one postpartum mother following CS. Data were collected through interviews, observation, physical examination, and care documentation using the SOAP method over several postpartum visits. Results:* *The mother was found to still follow family cultural practices, including avoiding fish consumption and refraining from leaving the house for 40 days, leading to anxiety and reluctance to move actively. Physically, her condition was good, with vital signs within normal limits, uterine involution proceeding according to the postpartum period, and a dry surgical wound with no signs of infection. Care implementation, including high-protein nutrition education, early mobilization advice, psychological support, a family cultural approach, counseling, and follow-up postpartum visits, proved effective in reducing the mother's anxiety and supporting a more optimal healing process after CS.*

Keywords: *postpartum mother, family culture, Caesarean Section, wound healing*