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The Effect of Yoga Exercises on the Uterine Involution Process in Postpartum Mothers in the Working Area of Wanayasa Health Center, Purwakarta Regency, Indonesia

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A B S T R A C T

Uterine involution is the process of the uterus returning to its pre-pregnancy size and weight. This process is influenced by several factors, one of which is physical activity. Yoga exercise is one of the physical activities that postpartum mothers can do. This study aims to determine the effect of yoga exercises on the uterine involution process in postpartum mothers in the work area of the Wanayasa Health Center, Purwakarta Regency, Indonesia. This research uses quantitative methods with a quasi-experimental research design. The research sample was 60 postpartum mothers who were divided into two groups, namely the intervention group (30 people) and the control group (30 people). The intervention group was given yoga exercises for 1 week, while the control group was given no intervention. The results showed that there were significant differences between the intervention group and the control group in the uterine involution process. The average decrease in uterine fundal height (TFU) in the intervention group was 0.27 cm/day, while in the control group, it was 0.67 cm/day. This shows that yoga exercise can speed up the process of uterine involution in postpartum mothers.

1. Introduction

After giving birth, the uterus will undergo an involution process, namely returning to its pre-pregnancy size and weight. This process begins immediately after the placenta is born and lasts for 6-8 weeks. The uterine involution process is influenced by several factors, one of which is physical activity. Physical activity can increase uterine muscle contractions and help expel lochia. The uterus is a muscular organ that has the ability to contract. Uterine muscle contractions play an important role in the process of uterine involution. Physical activity can increase uterine muscle contractions by stimulating the release of the hormone oxytocin. This oxytocin hormone plays a role in uterine muscle contractions, including the uterine muscles that have given birth.[1-3]

Lochia is fluid that comes out of the vagina after giving birth. Lochia contains blood, tissue, and mucus. Physical activity can help expel lochia by increasing blood circulation to the pelvic area. This can help the healing process of birth scars and expulsion of placental remains. Yoga exercise is one of the physical activities that postpartum mothers can do. Yoga exercises have several benefits, including increasing blood circulation, increasing muscle strength and flexibility, reducing stress, and improving mood. The movements in yoga exercises are also designed specifically for postpartum mothers, taking into account the physical condition and health of the mother. Therefore, yoga exercise is the right

choice for postpartum mothers who want to speed up the uterine involution process.[4-8] This study aims to determine the effect of yoga exercises on the uterine involution process in postpartum mothers in the work area of the Wanayasa Health Center, Purwakarta Regency, Indonesia.

2. Methods

This research uses quantitative methods with a quasi-experimental research design. The research sample was 60 postpartum mothers in the work area of the Wanayasa Health Center, Purwakarta Regency, Indonesia, who were divided into two groups, namely the intervention group (30 people) and the control group (30 people). The intervention group was given yoga exercises for 1 week, while the control group was given no intervention. The yoga exercises given to the intervention group consisted of 10 movements which were grouped into 3 parts, namely: Warm-up movements, core movements and cool-down movements. These movements are specifically designed for postpartum mothers, taking into account the physical condition and health of the mother. The instrument used in this research was an observation sheet to measure TFU. TFU was measured every day for 7 days. The data obtained were analyzed using the t-test.

3. Results and Discussion

The results showed that there were significant differences between the intervention group and the control group in the uterine involution process. The average decrease in TFU in the intervention group was 0.27 cm/day, while in the control group, it was 0.67 cm/day. This shows that yoga exercise can speed up the process of uterine involution in postpartum mothers. These results are in line with several other studies that suggest the efficacy of yoga exercises in accelerating uterine involution in postpartum mothers.[9-12]

Physical activity can increase uterine muscle contractions by stimulating the release of the hormone oxytocin. This oxytocin hormone plays a role in uterine muscle contractions, including the uterine muscles that have given birth. Physical activity can also help expel lochia by increasing blood circulation to the pelvic area. This can help the healing process of birth scars and expulsion of placental remains. Yoga exercises are one of the physical activities that postpartum mothers can do, because the movements in yoga exercises are designed specifically for postpartum mothers, taking into account the mother's physical condition and health.[13,14]

Yoga exercise is a safe and effective physical activity for postpartum mothers. The movements in yoga exercises are designed specifically for postpartum mothers, taking into account the physical condition and health of the mother. These movements can help improve blood circulation, strengthen the pelvic floor muscles, and reduce stress. Yoga exercise can be the right choice for postpartum mothers who want to speed up the uterine involution process. Yoga exercises can be done safely and effectively and can provide other benefits for the health of postpartum mothers. The following are some of the benefits of yoga exercise for postpartum mothers: It improves blood circulation, strengthens pelvic floor muscles, reduces stress, improves mood, helps heal birth scars, and reduces the risk of postpartum complications.[15,16]

4. Conclusion

Yoga exercises can speed up the uterine involution process in postpartum mothers. Therefore, yoga exercise can be an intervention option to speed up the uterine involution process in postpartum mothers.

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