

DAFTAR PUSTAKA

- Adinda, S., & Vita. (2019). *Asuhan Kebidanan Nifas dan Menyusui*. PUSTAKABARUPRESS.
- Anggraini, Y. (2010). *Asuhan kebidanan masa nifas Yogyakarta*. *Pustaka Pelajar*.
- Dahlah M. Sopiudin. (2019). *Statistik untuk Kedokteran dan Kesehatan seri 1 edisi 6*. *Epidemiologi Indonesia*.
- Jitowiyono dan kristiyanasari. (2012). *Asuhan Keperawatan Post Operasi*. Nuha Medika.
- k, I. S., & ZH, M. (2013). *Kehamilan, Persalinan, dan Nifas dilengkapi dengan Patologi*.
- M. Alsen, M., & Sihombing, R. (2014). Infeksi Luka Operasi. *Majalah Kedokteran Sriwijaya*, 46(3), 229–235.
- Masturoh, I. dan N. A. (2018). *Metodologi Penelitian Kesehatan*. <https://doi.org/Pusat Pendidikan Sumber Daya Manusia Kesehatan>.
- Mochtar. (2011). *Sinopsis Obsentri Fisiologi dan Obsentri Patofisiologi* (3rd ed.). EGC. [http://katalog.pustaka.unand.ac.id/index.php?p=show_detail&id=91319&keywords =](http://katalog.pustaka.unand.ac.id/index.php?p=show_detail&id=91319&keywords=)
- Nugroho Taufan. (2012). *Asuhan Perawatan Maternitas, Anak, Bedah dan penyakit dalam*. Nuha Medika.
- Nurlaila. (2022). Efektivitas Konsumsi Jus Nanas dan Madu terhadap Penyembuhan Luka Perineum pada Ibu Post Partum. *Ejurnal.Poltekkes-Tjk.Ac.Id*, 15(1), 29–36. <http://www.ejurnal.poltekkes-tjk.ac.id/index.php/JKM/article/view/3327>
- Prahasta, A. (2009). *Agribisnis Nanas*. Pustaka Grafika.
- Rahayu, D. R. and S. (2015). Pengaruh Jus Nanas Terhadap Percepatan Penurunan TFU dan Penyembuhan Luka Perinium pada Ibu Post Partum di BPM Wilayah Klaten Tengah Ripniatin Darmining Rahayu, Sugita'. *Jurnal Terpadu Ilmu Kesehatan*, 4(2), 189–191.
- RI, kementerian kesehatan. (2018). Hasil riset kesehatan dasar (Riskesdas). In *Badan penelitian dan pengembangan kesehatan kementerian Ri*.
- Saleng, hasriani dan sampara, nurqalbi dan sudirman, J. (2020). Analisis percepatan penyembuhan luka pada ibu post sectio saesarea multipara dengan pemberian olahan nanas (ananas comosus). *Jurnal Riset Kebidanan Indonesia*, 4(2), 54–58.

Sari, B. S. P. (2022). Pengaruh Jus Nanas Terhadap Lama Penyembuhan Luka Perineum Pada Ibu Nifas Di Bpm Nurmala Dewi, S.St Bandar Lampung. *Jurnal Ilmiah Kesehatan*, 14(1), 127–135. <https://doi.org/10.37012/jik.v14i1.277>

Siwi, E dan Purwoastuti, E. (2015). *Asuhan Kebidanan Persalinan & Bayi Baru Lahir*. Yogyakarta: PUSTAKABARUPRESS.

Smeltzer, S. & B. (2010). *Buku Ajar Keperawatan Medikal Bedah*. EGC.

Stuart, gail W. (2007). *Pocket Guide to psychiatric nursing atau Buku Saku Jiwa Alih Bahasa Ramona P.Kapoo dan Egi Komara Yudha, Ed.5*. EGC.

Syah. (2015). Pengaruh pemberian beberapa dosis pupuk NPK tablet terhadap pertumbuhan dan produksi tanaman nanas (ananas comosus L) di lahan gambut. *Jurnal Online Mahasiswa Faperta2*.

Trisnawati F. (2012). *Asuhan Kebidanan jilid I*. PT. Prestasi Pustakarya.

Umamy, F., Harahap, I. A., & Christiani, M. (2021). *Effect of Pineapple Juice on Perineal Wound Healing In Postpartum Mothers at Anugrah Clinic*. 10(1), 461–466.



Lampiran 1. Lembar Bimbingan Skripsi

Lembar Konsultasi/Bimbingan Skripsi

Nama : Nurrima Melani
NPM : 215401446193
Program Studi : D4 Kebidanan
Judul Skripsi : Pengaruh Pemberian Jus Nanas Terhadap Penyembuhan Luka Post Operasi Sectio Caesarea di RS MP Kota Bogor Tahun 2023
Dosen Pembimbing I : Dr. Vivi Silawati, SST., SKM., MK
Dosen Pembimbing II : Putri Azzahroh, SST., M.Kes

Kegiatan Konsultasi

No.	Hari/Tanggal	Materi Konsultasi	Saran Pembimbing	Tanda tangan Pembimbing
1.	18/10/2022	Pengajuan 5 judul Skripsi	Cari judul lain dan langsung buat outline	 Dr. Vivi S, SST., SKM MKM
2.	21/10/2022	Pengajuan judul Baru	ACC Judul, Lanjut buat BAB 1-3	 Putri Azzahroh, SST., M.Kes
				 Dr. Vivi S, SST., SKM MKM
3.	19/11/2022	Konsul BAB 1-3	Perbaiki sumber sesuai pedoman	 Putri Azzahroh, SST., M.Kes

4.	6/12/2022	Hasil Perbaikan BAB 1-3	Perbaiki Kembali Teori, Fakta, dan Jurnal, dan Urus Uji Etik	 Dr. Vivi S. SST., SKM MKM
5.	6/12/2022	Hasil Perbaikan BAB 1-3	Tambahkan gambar fase pada luku dan Urus Uji Etik	 Putri Azzahroh, SST., M Kes
6.	29/12/2022	Hasil Perbaikan BAB 1-3	Tambahkan skala REEDA, Tujuan lebih spesifik, ACC Ambil data	 Putri Azzahroh, SST., M Kes
7.	02/12/2022	Hasil Perbaikan BAB 1-3	Cari Rumus Besar Sampel untuk pengambilan	 Dr. Vivi S. SST., SKM MKM
8.	11/01/2023	Perbaikan Rumus untuk mencari Besar Sampel	ACC Ambil Data	 Dr. Vivi S. SST., SKM MKM
9.	27/1/23	Konsul BAB 4-5	Perbaiki bab 4 sesuai urutan analisis univariat, uji normalitas selanjutnya analisis bivariat	 Dr. Vivi S. SST., SKM MKM
10.	2/2/2023	Perbaikan BAB 4-5	Perbaiki Pembahasan dan Kesimpulan dan buat manuskrip	 Putri Azzahroh, SST., M Kes
11.	2/2/2023	Perbaikan BAB 4-5	Tambahkan Uji Mann Whitney	 Dr. Vivi S. SST., SKM MKM
12.	7/12/2023	Hasil Perbaikan BAB 4-5 dan Manuskrip	<i>Ace Selang!</i>	 Putri Azzahroh, SST., M Kes

Lampiran 2. Surat Ijin Penelitian dari Fakultas



UNIVERSITAS NASIONAL FAKULTAS ILMU KESEHATAN

Jl. Harsono RM No. 1 Ragunan, Jakarta Selatan 12550, Telp. 27870882
Website: www.unas.ac.id; Email: fikes@civitas.unas.ac.id

Jakarta, 11 Januari 2023

Nomor : 077/DI/SP/FIKES/II/2023
Lampiran : -
Perihal : Izin Studi Pendahuluan dan Penelitian

Kepada Yth : Direktur Rs Mulia Pajajaran Bogor.
Jalan Pajajaran No 98 , Kota Bogor

Dengan hormat,

Pimpinan Fakultas Ilmu Kesehatan Universitas Nasional Jakarta dengan ini menerangkan bahwa :

Nama : Nurrima Melani
NPM : 215401446193
Program Studi : Kebidanan Program Sarjana Terapan
No. Telepon/HP : 085891311772 / 0817100599

Mahasiswa tersebut bermaksud melakukan Studi Pendahuluan dan Penelitian yang diperlukan dalam rangka penulisan skripsi dengan judul : **Pengaruh Pemberian Jus nanas Terhadap Pengembuhan Luka Post Operasi Sectio Caesarea di RS M Kota Bogor Tahun 2023.** Adapun sebagai pembimbing skripsi mahasiswa tersebut, yaitu :

Pembimbing 1 : Dr. Vivi Silawati, SST., SKM., MKM.
Pembimbing 2 : Putri Azzahroh., SST., M.kes.

Sehubungan dengan hal tersebut mohon kiranya Bapak/Ibu dapat memberikan bantuan.

Demikian surat ini kami sampaikan, atas perhatian dan kerjasamanya kami ucapkan terimakasih.

Dekan,



Retno Widowati
Dr. Retno Widowati, M.Si.

Lampiran 3. Surat Balasan Penelitian dari Instansi



RUMAH SAKIT MULIA PAJAJARAN

Jl. Raya Pajajaran No.98 - Kota Bogor
Telp : (0251) 837 9898, Fax (0251)837 8800
Email : info@rsmulia.co.id - website www.rsmulia.co.id

PT.Priadana Anugrah Mulia

Nomor : No. 318/HRD/RSMP/I/2023
Hal : Balasan Permohonan Penelitian

Kepada Yth,
Dekan Universitas Nasional
Fakultas Ilmu Kesehatan
Di Tempat

Dengan hormat,

Menindak Lanjut surat dari Dekan Universitas Nasional Fakultas Ilmu Kesehatan Nomor. 077/D/SP/FIKES/I/2023 berkenaan dengan Permohonan Izin Penelitian, maka dengan ini kami memberikan izin untuk melakukan penelitian di Rumah Sakit Mulia Pajajaran Bogor :

Nama : Nurrina Melani, Amd.Keb
NPM : 215401446193
Judul Penelitian : Pengaruh Pemberian Jus Nanas terhadap Penyembuhan Luka Post Operasi Sectio Caesarea di RS Mulia Pajajaran Bogor Tahun 2023

Demikian keterangan dari kami untuk dipergunakan dengan sebagaimana mestinya, atas perhatian dan kerjasamanya kami ucapkan terimakasih.

Bogor, 12 Januari 2023

Esti Karina, S.KM, MM
BagianKepegawain(HRD)

Lampiran 4. Surat Uji Etik



Komisi Etik Penelitian Kesehatan
Fakultas Kesehatan Masyarakat
Universitas Muhammadiyah Jakarta
Jalan KH. Ahmad Dahlan, Cendek, Ciputat, Tangerang Selatan
@ <https://etik-fkm.umj.ac.id/>

KETERANGAN LAYAK ETIK
DESCRIPTION OF ETHICAL EXEMPTION
"ETHICAL EXEMPTION"

No.10.045.B/KEPK-FKMUMJ/I/2023

Protokol penelitian versi 1 yang diusulkan oleh :
The research protocol proposed by

Peneliti utama : Nurrima Melani Amd.Keb
Principal In Investigator

Nama Instansi : Universitas Nasional
Name of the Institution

Dengan judul:
Title

**"PENGARUH PEMBERIAN JUS NANAS TERHADAP PENYEMBUHAN LUKA POST SECTIO CAESAREA DI
RS M BOGOR TAHUN 2023"**

**"THE EFFECT OF PINEAPPLE JUICE ON POST SECTIO CAESAREA WOUND HEALING AT M BOGOR HOSPITAL IN
2023"**

Dinyatakan layak etik sesuai 7 (tujuh) Standar WHO 2011, yaitu 1) Nilai Sosial, 2) Nilai Ilmiah, 3) Pemerataan Beban dan Manfaat, 4) Risiko, 5) Bujukan/Eksploitasi, 6) Kerahasiaan dan Privacy, dan 7) Persetujuan Setelah Penjelasan, yang merujuk pada Pedoman CIOMS 2016. Hal ini seperti yang ditunjukkan oleh terpenuhinya indikator setiap standar.

Declared to be ethically appropriate in accordance to 7 (seven) WHO 2011 Standards, 1) Social Values, 2) Scientific Values, 3) Equitable Assessment and Benefits, 4) Risks, 5) Persuasion/Exploitation, 6) Confidentiality and Privacy, and 7) Informed Consent, referring to the 2016 CIOMS Guidelines. This is as indicated by the fulfilment of the indicators of each standard.

Pernyataan Laik Etik ini berlaku selama kurun waktu tanggal 18 Januari 2023 sampai dengan tanggal 18 Januari 2024.

This declaration of ethics applies during the period January 18, 2023 until January 18, 2024.



January 18, 2023
Professor and Chairperson,

Nurmalia Lusida, SKM, MKM

Lampiran 5

INFORMED CONSENT

(PERNYATAAN PERSETUJUAN MENGIKUTI PENELITIAN)

Yang bertanda tangan di bawah ini:

Nama :

Umur :

Jenis Kelamin :

Pekerjaan :

Alamat :

Telah mendapat keterangan secara terinci dan jelas mengenai:

1. Penelitian yang berjudul "Pengaruh Pemberian Jus Nanas Terhadap Penyembuhan Luka Post Operasi *Sectio Caesarea* di RS Mulia Pajajaran Kota Bogor Tahun 2023"
2. Tujuan Penelitian
3. Manfaat mengikuti sebagai subjek penelitian
4. Perlakuan yang akan diterapkan pada subjek
5. Kerahasiaan

Saya menyatakan (bersedia/tidak bersedia)* secara sukarela untuk menjadi subjek penelitian dengan penuh kesadaran serta tanpa keterpaksaan. Demikian pernyataan ini saya buat dengan sebenar-benarnya.

Bogor , 2023

Peneliti

Responden

Nurrima Melani

(.....)

NPM 215401446193

Lampiran 6

INFORMED CONSENT

Saya yang bertanda tangan di bawah ini :

Nama :

Usia :

Alamat :

Menyatakan bersedia menjadi partisipan pada penelitian yang dilakukan

Nama : Nurrima Melani

NPM : 215401446193

Judul Penelitian : Pengaruh Pemberian Jus Nanas Terhadap
Penyembuhan Luka Post Sectio Caesarea di RS
Mulia Pajajaran Kota Bogor.

Saya akan memberikan jawaban yang sejujur-jujurnya demi kepentingan penelitian dengan jawaban yang diberikan akan dirahasiakan dan hanya semata mata untuk kepentingan ilmu pengetahuan. Demikian pernyataan ini saya buat dengan sebenar-benarnya.

Bogor,2023

Hormat Saya ,

(.....)

INFORMED CONSENT

Saya yang bertanda tangan di bawah ini :

Nama : Ayu H S Sugianti
Usia : 35 tahun
Alamat : Jlp. Mandala No 33 RT002/009
Kel. Ciparigi Kec. Bojor Kota

Menyatakan bersedia menjadi partisipan pada penelitian yang dilakukan

Nama : Nurrina Melani
NPM : 215401446193
Judul Penelitian : Pengaruh Pemberian Jus Nanas Terhadap Penyembuhan Luka Post Sectio Caesarea di RS M Kota Bogor.

Saya akan memberikan jawaban yang sejujur-jujurnya demi kepentingan penelitian dengan jawaban yang diberikan akan dirahasiakan dan hanya semata mata untuk kepentingan ilmu pengetahuan. Demikian pernyataan ini saya buat dengan sebenar-benarnya.

Bogor, 19-01-2023

Hormat Saya ,

(*AGM*)

Lampiran 7

LEMBAR BIODATA PARTISIPAN

Nama :
Tempat Tanggal Lahir :
Usia :
Pendidikan Terakhir :
Pekerjaan :
Agama :
Suku :
No. HP :
Alamat :

Berikan tanda (√) pada kolom di bawah ini (di isi oleh peneliti)

Paritas

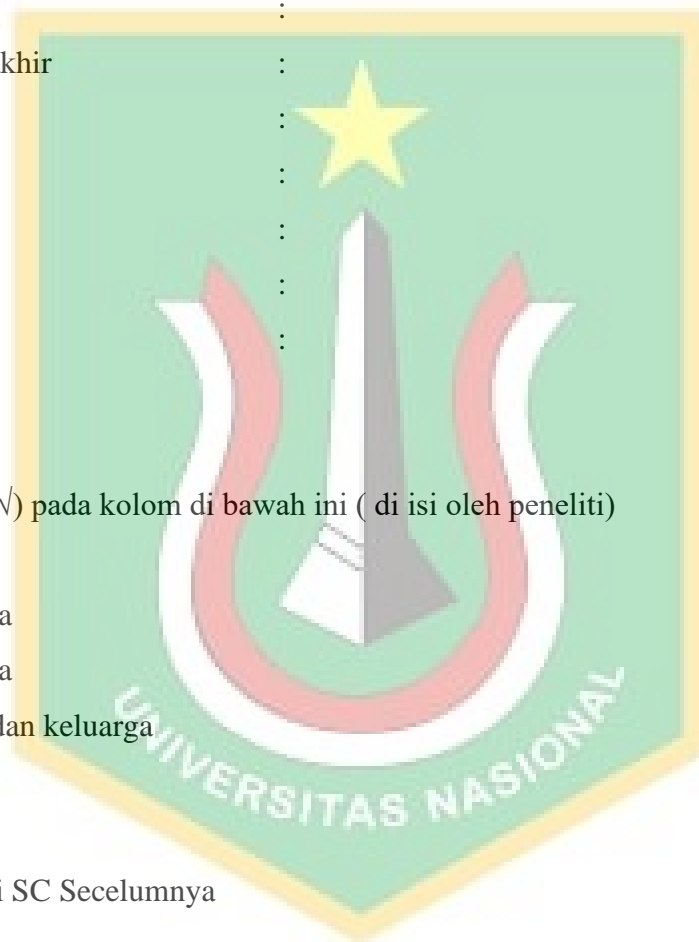
- Primipara
- Multipara

Support Suami dan keluarga

- Ya
- Tidak

Riwayat Operasi SC Secelumnya

- Ya
- Tidak



LEMBAR BIODATA PARTISIPAN

Nama : Aisti H
Tempat Tanggal Lahir : 14-11-1991
Usia : 31 th.
Pendidikan Terakhir : SMA
Pekerjaan : IRT
Agama : Islam
Suku : Sunda
No. HP : 0812 90868097
Alamat : Mutiara Bagor Raya Blok D5 R+5/15

Berikan tanda (✓) pada kolom di bawah ini (di isi oleh peneliti)

Paritas

- Primipara
- Multipara

Support Suami dan keluarga

- Ya
- Tidak

Riwayat Operasi SC Sebelumnya

- Ya
- Tidak

UNIVERSITAS NASIONAL

Lampiran 8

LEMBAR OBSERVASI PENYEMBUHAN LUKA POST *SECTIO CAESAREA* DENGAN SKALA REEDA

Nama :

Umur :

Paritas :

Kunjungan :

No	Skala REEDA	Hasil			
		0	1	2	3
1	<i>Redness</i> (Kemerahan)				
2	<i>Edema</i> (Pembengkakan)				
3	<i>Ecchymosis</i> (Bercak Perdarahan)				
4	<i>Discharge</i> (Pengeluaran)				
5	<i>Appozimation</i> (Penyatuan Luka)				
Jumlah					

Keterangan Jumlah Nilai

0 : Penyembuhan Luka Baik

1-5 : Penyembuhan Luka kurang Baik

>5 : Penyembuhan Luka Buruk

LEMBAR OBSERVASI
PENYEMBUHAN LUKA POST SECTIO CAESAREA DENGAN SKALA
REEDA

Nama : Hy. R.
Umur : 30 th
Paritas : P₂M₀
Kunjungan : Ke-2 post sc (k kontrol)

No	Skala REEDA	Hasil			
		0	1	2	3
1	Redness (Kemerahan)			✓	
2	Edema (Pembengkakan)		✓		
3	Echymosis (Bercak Perdarahan)		✓		
4	Discharge (Pengeluaran)		✓		
5	Approximation (Penyatuan Luka)		✓		
Jumlah = 6					

Keterangan Jumlah Nilai

- 0 : Penyembuhan Luka Baik
- 1-5 : Penyembuhan Luka kurang Baik
- >5 : Penyembuhan Luka Buruk



LEMBAR OBSERVASI
PENYEMBUHAN LUKA POST SECTIO CAESAREA DENGAN SKALA
REEDA

Nama : Ny F
 Umur : 29 th
 Paritas : P₂A₀
 Kunjungan : hari ke-7 (intervensi)

No	Skala REEDA	Hasil			
		0	1	2	3
1	<i>Redness</i> (Kemerahan)	✓			
2	<i>Edema</i> (Pembengkakan)	✓			
3	<i>Echymosis</i> (Bercak Perdarahan)	✓			
4	<i>Discharge</i> (Pengeluaran)	✓			
5	<i>Approximation</i> (Penyatuan Luka)	✓			
Jumlah		0			

Keterangan Jumlah Nilai

- 0 : Penyembuhan Luka Baik
- 1-5 : Penyembuhan Luka kurang Baik
- >5 : Penyembuhan Luka Buruk



Lampiran 9


Tabel Skala REEDA

Skor	Redness	Edema	Echymosis	Discharge	Approximation
0	Tidak ada	Tidak ada	Tidak ada	Tidak ada	Rapat
1	Berada dalam 0,25 cm sayatan secara bilateral.	Kurang dari 1cm dari tempat insisi.	Berada di 0,25cm secara bilateral atau secara unilateral.	Serum atau darah	Pemisahan kulit 3mm atau kurang.
2	Berada dalam 0,5cm sayatan secara bilateral.	Diantara 1-2cm dari tempat insisi.	Diantara 0,25-1cm secara bilateral atau 0,5-2cm secara unilateral.	Serosan purulent.	Pemisahan kulit dan lemak subkutan.
3	Berada di luar 0,5cm sayatan secara bilateral.	Lebih dari 2cm dari tempat insisi.	Lebih besar dari 1cm secara bilateral atau 1 atau 2 cm secara unilateral.	Ada darah purulen	Pemisahan dari kulit, lemak subkutan dan pemisahan lapisan fasia.
Skor					
Total					

Sumber: Alvarenga *et al.* (2015)

Lampiran 10

STANDAR OPERASIONAL PROSEDUR (SOP) PEMBUATAN JUS NANAS

<p>Pengertian</p> <p>Manfaat</p>	<p>:Tindakan pembuatan jus nanas bagi ibu post operasi <i>sectio caesarea</i></p> <p>: Mempercepat penyembuhan luka, dan mengurangi rasa nyeri</p>
<p>Alat dan Bahan</p>	<ol style="list-style-type: none">1. Buah Nanas 150 gram2. Air 150 ml3. Pisau4. Blender5. Gelas Ukur6. Gelas
<p>Cara pembuatan</p>	<p>Kupas buah nanas sampai tidak ada kulitnya</p> <p>Cuci hingga bersih kemudian lakukan pematongan kecil-kecil</p> 

	<p>Timbang nanas sesuai takaran 150 gram</p>	
	<p>Kemudian masukkan nanas yang sudah di potong ke dalam blender dengan takaran 150 gr dan air 150 ml</p>	
	<p>Kemudian blender buah nanas dan tunggu hingga halus dan lembut</p>	
	<p>Pindahkan ke dalam gelas/ botol dengan takaran 150 ml</p>	
<p>Teknik Minum</p>	<ol style="list-style-type: none"> 1. Hasil jus yang sudah selesai di blender di minum 2 kali sehari 2. Jus nanas di konsumsi setelah keadaan sudah makan 3. Masing-masing 4. diminum 150 ml selama 7 hari 	

Evaluasi	<ol style="list-style-type: none">1. Evaluasi respon klien2. Mengecek luka operasinya3. Berikan <i>reinforcement</i> positif agar penyembuhan luka cepat.4. Akhiri pertemuan dengan baik	
-----------------	---	--



Lampiran 11.**Master Tabel****Data Pretest**

Kode Pasien	Kelompok Kontrol	Keterangan
P1	6	Buruk
P2	5	Kurang Baik
P3	7	Buruk
P4	5	Kurang Baik
P5	5	Kurang Baik
P6	5	Kurang Baik
P7	5	Kurang Baik
P8	6	Buruk
P9	5	Kurang Baik
P10	5	KurangBaik
P11	6	Buruk
P12	5	Kurang Baik
P13	5	Kurang Baik
P14	5	Kurang Baik
P15	6	Buruk
P16	7	Buruk
Kode Pasien	Kelompok Intervensi	Keterangan
P1	5	Kurang Baik
P2	5	Kurang Baik
P3	5	Kurang Baik
P4	5	Kurang Baik
P5	5	Kurang Baik
P6	5	Kurang Baik
P7	6	Buruk
P8	5	Kurang Baik
P9	5	Kurang Baik
P10	6	Buruk
P11	5	Kurang Baik
P12	6	Buruk
P13	6	Buruk
P14	5	Kurang Baik
P15	6	Buruk
P16	5	Kurang Baik

Data Posttest

Kode Pasien	Kelompok Kontrol	Keterangan
P1	3	Kurang Baik
P2	1	Kurang Baik
P3	4	Kurang Baik
P4	1	Kurang Baik
P5	2	Kurang Baik
P6	2	Kurang Baik
P7	1	Kurang Baik
P8	3	Kurang Baik
P9	2	Kurang Baik
P10	0	Baik
P11	2	Kurang Baik
P12	4	Kurang Baik
P13	2	Kurang Baik
P14	0	Baik
P15	1	Kurang Baik
P16	1	Kurang Baik
Kode Pasien	Kelompok Intervensi	Keterangan
P1	1	Kurang Baik
P2	0	Baik
P3	0	Baik
P4	1	Kurang Baik
P5	1	Kurang Baik
P6	0	Baik
P7	1	Kurang Baik
P8	0	Baik
P9	0	Baik
P10	1	Kurang Baik
P11	0	Baik
P12	1	Kurang Baik
P13	0	Baik
P14	0	Baik
P15	0	Baik
P16	0	Baik

Lampiran 12. Hasil Output Analisis Data

Nilai Rata-rata Pretest

Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
Kontrol	16	5	7	5.50	.730
Intervensi	16	5	6	5.31	.479
Valid N (listwise)	16				

Nilai Rata-rata Posttest

Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
Kontrol	16	0	4	1.81	1.223
Intervensi	16	0	1	.38	.500
Valid N (listwise)	16				

Rata-Rata Keadaan Luka Pretest dengan Skala REEDA.

Kelompok	<i>Rednes</i>		<i>Edema</i>		<i>Ecchymosis</i>		<i>Discharge</i>		<i>Approzimation</i>	
	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD
Kontrol	1.31	0.479	1.19	0.403	1.00	0.000	1.00	0.000	1.00	0.000
Intervensi	1.31	0.479	1.00	0.000	1.00	0.000	1.00	0.000	1.00	0.000

Rata-Rata Keadaan Luka Posttest Skala REEDA

Kelompok	<i>Reednes</i>		<i>Edema</i>		<i>Ecchymosis</i>		<i>Discharge</i>		<i>Approzimation</i>	
	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD
Kontrol	0.87	0.342	0.56	0.512	0.25	0.447	0.13	0.342	0.00	0.000
Intervensi	0.38	0.500	0.00	0.000	0.00	0.000	0.00	0.000	0.00	0.000

Uji Normalitas

Pretest

Tests of Normality

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	Df	Sig.	Statistic	df	Sig.
Kontrol	.378	16	.000	.697	16	.000
Intervensi	.431	16	.000	.591	16	.000

a. Lilliefors Significance Correction

Posttest

Tests of Normality

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	Df	Sig.	Statistic	df	Sig.
Kontrol	.189	16	.129	.917	16	.150
Intervensi	.398	16	.000	.621	16	.000

a. Lilliefors Significance Correction

Uji Wilcoxon Kelompok Kontrol

Ranks

		N	Mean Rank	Sum of Ranks
posttes – pretest	Negative Ranks	16 ^a	8.50	136.00
	Positive Ranks	0 ^b	.00	.00
	Ties	0 ^c		
	Total	16		

a. posttes < pretest

b. posttes > pretest

c. posttes = pretest

Test Statistics^a

		Posttes – pretest
Z		-3.558 ^b
Asymp. Sig. (2-tailed)		.000

a. Wilcoxon Signed Ranks Test

b. Based on positive ranks.

Uji Wilcoxon Kelompok Intervensi

Ranks

		N	Mean Rank	Sum of Ranks
posttes – pretest	Negative Ranks	16 ^a	8.50	136.00
	Positive Ranks	0 ^b	.00	.00
	Ties	0 ^c		
	Total	16		

a. posttes < pretest

b. posttes > pretest

c. posttes = pretest

Test Statistics^a

	posttes – pretest
Z	-3.656 ^b
Asymp. Sig. (2-tailed)	.000

a. Wilcoxon Signed Ranks Test

b. Based on positive ranks.

Uji Mann Whitney

Ranks

	Kelompok	N	Mean Rank	Sum of Ranks
Nilai	Kelompok Intervensi	16	10.81	173.00
	Kelompok Kontrol	16	22.19	355.00
	Total	32		

Test Statistics^a

	Nilai
Mann-Whitney U	37.000
Wilcoxon W	173.000
Z	-3.609
Asymp. Sig. (2-tailed)	.000
Exact Sig. [2*(1-tailed Sig.)]	.000 ^b

a. Grouping Variable: Kelompok

b. Not corrected for ties.

Lampiran 13. Dokumentasi

Informed Consent Persetujuan



Keadaan Luka hari ke 7

Pemberian Sampel



Keadaan Luka Setelah Pemantauan



Lampiran 14. Riwayat Hidup Penulis

RIWAYAT HIDUP PENULIS

A. Identitas Pribadi

1. Nama : Nurrima Melani
2. Jenis kelamin : Perempuan
3. Tempat, Tgl Lahir : Bogor, 02 Mei 1999
4. Agama : Islam
5. Status Perkawinan : Belum Menikah
6. Nomor telepon : 085891311772 / 0817100599
7. E-Mail : nurimamelani6@gmail.com
8. Alamat lengkap : Kp. Bubulak Rt.04/07, Kel. Bubulak Cilendek,
Kec. Bogor Barat, Kota Bogor..

B. Riwayat Pendidikan

1. Program Studi Kebidanan Fakultas Ilmu Kesehatan Universitas Nasional
2. Prodi Kebidanan Bogor Poltekkes Kemenkes Bandung
3. SMA Taruna Terpadu
4. SMP AL-Ghazaly Bogor
5. SDN Bubulak 2

C. Riwayat Organisasi

1. IBI Ranting Kota Bogor Utara

D. Pengalaman Kerja

1. Bidan Praktik Mandiri (BPM) (2020-2022)
2. Rumah Sakit Mulia Pajajaran Bogor (2022-Sekarang)

Jakarta, 15 Februari 2023



(Nurrima Melani)

Lampiran 15. *LoA (Letter of Acceptance)*



**INTERNATIONAL JOURNAL OF MIDWIFERY
AND HEALTH SCIENCES**

Email: editorialijmhs@gmail.com Webpage <https://journal.tulipmedika.org/>

No. : 006/IJMHS/RTM/TMN/II/2023
Attachment : 1 (one) page
Subject : Conditional LoA (Letter of Acceptance)

Dear,
Mr/Mrs/Miss
Nurrima Melani, Vivi Silawati, Putri Azzahroh

Based on your article submitted to the editor of the International Journal of Midwifery and Health Sciences with the title:

**THE EFFECT OF PINEAPPLE JUICE ON THE HEALING
OF POSTOPERATIVE SECTIO CAESAREA WOUNDS AT
BOGOR CITY MP HOSPITAL IN 2023**

We hereby inform you that the results of the evaluation by the editorial team and reviewers decided that your article deserved to be published in the International Journal of Midwifery and Health Sciences after you re-submitted the results of your review to the journal's website. Your article will be published in Vol.1 No.2 (2023) in next July.

Thank you for submitting your article to our journal. We wish you all possible success in the future.

Jakarta, February 15th 2023

Editor in Chief



Abdul Al Ghaniyy

Lampiran 16 . Manuskrip

THE EFFECT OF PINEAPPLE JUICE ON THE HEALING OF POSTOPERATIVE SECTIO CAESAREA WOUNDS AT BOGOR CITY MULIA PAJAJARAN HOSPITAL IN 2023

Nurrima Melani¹, Vivi Silawati^{2*}, Putri Azzahroh³

¹*Faculty of Health Sciences, Universitas Nasional, Jakarta,*
2021.nurrima.melani@student.unas.ac.id

²*Faculty of Health Sciences, Universitas Nasional, Jakarta,*
vivi.sila@civitas.unas.ac.id

³*Faculty of Health Sciences, Universitas Nasional, Jakarta,*
putriazzahroh@civitas.unas.ac.id

**Corresponding Author : Vivi Silawati, Institution/affiliation ;*
vivi.sila@civitas.unas.ac.id

Abstrak

Background: According to RISKESDAS in 2018, the number of childbirths using the sectio caesarea method in women aged 10-54 years in Indonesia reached 17.6% of the total number of deliveries. In West Java, the risk factor for mothers to give birth with SC was 13.4% in 2018.¹ Recovery in the puerperium for mothers who have given birth by sectio caesarea surgery can be done by gradual early mobilization, because there is an incision wound on the abdomen of the mother². In addition to the mobilization of factors affecting wound healing is the intake of maternal nutrients. The role of nutrition in wound healing is very important in wound healing. Nutrient intake is high in protein such as in fish, eggs and fruits.⁶ Pineapple fruit can accelerate wound healing because there is a bromelain enzyme that can convert protein into amino acids that can regenerate damaged cells so that wound healing will take place faster. **Method:** This research is a quasi-experiment with a pre-posttest only control group research design. The sampling technique uses non probability sampling with accidental sampling method. The samples in this study were calculated by large samples with a paired numerical analytical formula with the results of a large sample of 32 samples, and the group was divided into 2, namely the control group and the intervention group. Data collection is carried out by observation. Data analysis was performed using the

Wilcoxon Test to determine the effect of administration on the intervention group compared to the control group. **Results:** Based on the results of the study showed that there was an effect of giving Pineapple Juice on wound healing in postoperative sectio caesarea mothers with a p-value of 0.000 meaning < 0.05 .

Conclusion and Advice: Consumption of Pineapple Juice can speed up the healing process of postoperative sectio caesarea wounds at Mulia Pajajaran Hospital, Bogor City. And it is hoped that consuming pineapple juice can be recommended and applied by health workers to postpartum mothers whose delivery is by sectio caesarea surgery..

Keywords: Pineapple Juice Consumption, Post SC Wound Healing.



Introduction

Childbirth by sectio caesarea (SC) surgery method is performed surgically to give birth to the fetus through incisions in the abdominal and uterine walls, so that the fetus is born through the abdominal wall and uterine wall so that the child is born intact and healthy. Recovery in the puerperium for mothers who have given birth by sectio caesarea surgery can be done by gradual early mobilization and intake of nutrients that support wound healing⁸.

This wound healing starts from the process of replacing and repairing the function of damaged tissues. In mothers who have just given birth, many normal physical components in the postnatal period require healing to varying degrees. The puerperium tends to be related to the process of returning the mother's body to its pre-pregnancy condition, and many of these processes are related to the process of uterine involution, accompanied by healing at the placenta (extensive wounds) including ischemia and autolysis.¹⁰ The success of such resolutions is critical to maternal health, but apart from nutrition there are other factors such as the hygiene and lifestyle of each of these individuals.

Based on the care of health workers for the wound care process, there are currently many complementary treatments that can combine to help in the wound healing process. One of his complementary upbringings was with herbs, herbs that were used in this upbringing using fruit. There are various fruits that can support a person's recovery process to be better than one on pineapple. In pineapple fruit there are

enzymes that can convert proteins into amino acids so that the wound healing process can help repair these damaged tissues⁵.

Based on observations at the Mulia Pajajaran Hospital in Bogor City, there are postpartum mothers with sectio caesarea who feel that if after the operation it will take a long recovery process in healing their wounds so that many are afraid to move or mobilize and lack knowledge about the intake of what protein sources can accelerate the healing of surgical wounds.

Based on the survey above, researchers are interested in conducting a study entitled "The Effect of Pineapple Juice on Wound Healing After Sectio Caesarea Surgery at Muia Pajajaran Hospital, Bogor City".

Method

1. Research design

This type of research is quantitative research, because the data from the study is in the form of numbers that can be analyzed based on statistical procedures. This research is a type of quasi-experimental research with a pretest-posttest design with a control group. This study was divided into two groups, namely the control group that was not given treatment and the intervention group that was given treatment.

2. Settings and samples

The research was conducted in January 2023 at Mulia Pajajaran Hospital, Bogor City. The population in this study was post-partum mothers who gave birth sectio caesarea at the Bogor City Mulia Pajajaran Hospital. Sampling technique with non probability sampling technique with accidental sampling method is a method of determining samples by taking respondents who happen to exist or are available somewhere according to the research context and obtained by the formula of the sample size of the numerical analytical formula in pairs with a total sample of 32 respondents and divided into 2 groups of 16 respondents.

3. Measurement and data collection

The research instrument used in this study was an observation sheet for SC surgical wound healing using the REEDA scale. The instruments used in this study are intended to obtain appropriate results, namely with the REEDA scale, there are 5 categories,

namely redness, edema (swelling), ecchymosis (sign of bleeding), Discharge (Fluid discharge), and Approximation (density between the edges of the wound). The assessment of both groups of respondents was carried out before and after the treatment. Standard Operating Procedure (SOP) for making pineapple juice is with 150 gr of pineapple fruit and 150 ml of water blended until smooth. How to consume 150 ml in the morning and evening (2x a day) after meals. Pineapple juice in regular consumption for 7 days.

4. Data analysis

Data analysis using SPSS (Statistical Package for the Social Sciences) software using statistical tests, namely the Wilcoxon test with a p value of $0.000 < 0.05$ which means that statistical tests show an influence on the intervention group given the treatment.

Results

Table 1 Average Before Intervention

Group		N	Min.	Max.	Mean	SD
Control	Pretest	16	5	7	5.50	0.730
Intervention	Pretest	16	5	6	5.31	0.479

Based on the table above, information was obtained on the average value of the 1st day of the control group, which was 5.50 and the standard deviation value was 0.730. The minimum score for the control group is 5 and the maximum score is 7. In the intervention group, the average value of day 1 was 5.31 and the standard deviation value was 0.479. a minimum score of 5 and a maximum score of 6. From the two data, there is no difference in the average value which is very different because the same two groups have not been given treatment and monitoring.

Table 2 Average After Intervention

Group		N	Min.	Max.	Mean	SD
Control	Posttest	16	0	4	1.81	1.223
Intervention	Posttest	16	0	1	0.38	0.500

Based on the table above, information on the average value after treatment and monitoring for 7 days was obtained. For the control group that was not given treatment and only standard treatment for its score of 1.81 and standard deviation value of 1,223, the minimum score value was 0 and the maximum score value was 4. Meanwhile, in the invention group that was given treatment for 7 days for an average value of 0.38 and a standard deviation value of 0.500, the minimum score was 0 and the maximum value score was 1. From these two data, we can see that there is a decrease in the average value, which means that there is an acceleration of healing after being given intervention..

Table 3. Effect of Administration on Pineapple Juice On Postoperative Sectio Caesrea Wound Healing

Group	N	Pretest	Posttest	Difference Mean	P value
		Mean	Mean		
Intervention (Pineapple Juice)	16	5.31	0.38	4.93	0.000

Based on the table above, it is known that the average wound healing before giving pineapple juice is 5.31 while the average after giving pineapple juice is 0.38 with a difference of 4.93 with Wilcoxon results getting a P-value of $0.000 < 0.05$. From this information, it can be concluded that there is an influence of pineapple juice on the healing of postoperative caesarean section wounds at Mulia Pajajaran Hospital, Bogor City in 2023.

Table 4. Effect of Standard Care On Postoperative Sectio Caesarea Wound Healing

Group	N	Pretest	Posttest	Different Mean	P value
		Mean	Mean		
Control (Standard Care)	16	5.50	1.81	3.69	0.000

Based on table 4.1.3.1, it is known that the average wound healing in standard treatments before monitoring is 5.50 while the average value after monitoring for 7 days is 1.8.1 with a mean difference of 3.69 with Wilcoxon results getting a P-value of $0.000 < 0.05$. From this information, it can be concluded that there is an influence of standard monitoring without intervention on the healing of postoperative caesarean section wounds at Mulia Pajajaran Hospital, Bogor City in 2023.

Table 5 Differences in the Effect of Pineapple Juice on Post SC Wound Healing

Group	N	Mean Rank	Sum of Rank	Sig.
Intervention (Pineapple Juice)	16	10.81	173.000	0.000
Control (Standard Care)	16	22.19	355.000	
Total	32			

In the table above, obtained from the results of the Mann Whitney Test for mean rank values in the intervention group 22.19 and in the control group 10.81. As well as the value of Asymp.Sig (2-tailed) of $0.000 < 0.05$. So it can be said that the results of the hypothesis are accepted, thus it can be said that there are differences in the administration of pineapple juice to the control group and the intervention group. Because there is a significant difference, it can be said that there is an influence of pineapple juice on the healing of postoperative sectio caesarea wounds.

Discussion

The results of bivariate analysis in the 3rd table show the influence of the intervention. The decrease in the score value can be seen from the difference value of the Wilcoxon test. So that the pineapple juice consumed has a significant effect on the healing of postoperative sectio caesarea wounds that are given the consumption of pineapple juice.

This result is supported by previous research conducted by Bunga et.al (2022) which suggests that there is an effect of pineapple juice on perineal wound healing in postpartum mothers. Another research that is in line has also been carried out by Farida et.al (2021) to get the result that there is perineal wound healing with a p-value of 0.002. This proves that pineapple juice can accelerate wound healing compared to without giving pineapple juice.

Pineapple juice has the ability to heal wounds because it contains the enzyme bromelain. This enzyme plays a role in the inflammatory phase of the wound healing process. The potential of bromelain as a pain reliever, antiedema, debridement due to burns, accelerates wound healing, and improves the absorption of antibiotics, in this case it is very beneficial for postoperative healing¹⁵.

Based on the results of the data analysis that has been carried out, researchers assume that there is an effect of pineapple juice on the healing of postoperative sectio caesarea wounds. This is because pineapple juice contains the enzyme bromelain which is useful as an anti-inflammatory and accelerates the healing of yamh wounds felt by respondents who consume pineapple juice.

By consuming pineapple juice can help the healing process of postoperative sectio caesarea wounds. However, although there are differences in average values between groups, lifestyle, hygiene, mobilization and nutritional intake consumed by respondents are also factors that can affect wound healing.

Research Limitations

In the implementation of this study, there were several limitations and obstacles experienced by researchers, including the lack of samples used in this study. the timing of the study was adjusted to the sample, the researcher only focused on one intervention, namely the consumption of pineapple juice.

Conclusion

There is an effect of giving pineapple juice consumption on the acceleration of wound healing after sectio caesarea surgery at Mulia Pajajaran Hospital, Bogor City, West Java in 2023, with the Wilcoxon test results obtained a p value of 0.000 (<0.05). It can be recommended for health workers to carry out complementary care to support the healing process of wounds both for normal delivery that has a perineal wound and sectio caesarea delivery that has an incision wound on the abdomen.

It is suggested that the results of this study can be input in efforts to improve services and management of health problems as well as additional information in health services as an alternative effort to heal surgical wounds, especially caesarean section section by consuming pineapple juice

Ethical Approval

The research has gone through a review from the ethics commission.

Acknowledgments

Thank you to all parties involved.

Conflict of Interest

No conflict of interest.

Author's contribution

In compiling and designing research, conduct a REEDA scale observation sheet to obtain results that are appropriate to the state of the wound. And it is hoped that the results of this study can be used as a reference for the development of further research on the effect of consuming pineapple juice on wound healing after sectio caesarea surgery.

References

1. RI kementerian kesehatan. Hasil riset kesehatan dasar (Riskesdas). In: Badan penelitian dan pengembangan kesehatan kementerian Ri. 2018.
2. Nurlaila. Efektivitas Konsumsi Jus Nanas dan Madu terhadap Penyembuhan Luka Perineum pada Ibu Post Partum. *Ejurnal Poltekkes-TjkAcId [Internet]*. 2022;15(1):29–36.
3. Sari BSP. Pengaruh Jus Nanas Terhadap Lama Penyembuhan Luka Perineum Pada Ibu Nifas Di Bpm Nurmala Dewi, S.St Bandar Lampung. *J Ilm Kesehat*. 2022;14(1):127–35.
4. M. Alsen M, Sihombing R. Infeksi Luka Operasi. *Maj Kedokt Sriwij*. 2014;46(3):229–35.
5. Prahasta A. *Agribisnis Nanas*. Pustaka Grafika; 2009.
6. Heryani R, Denny A. Pengaruh Mobilisasi Dini Terhadap Penyembuhan Luka Post Sectio Caesarea. *J Ipteks Terap*. 2017;11(1):109.
7. Dahlah M. Sopiudin. *Statistik untuk Kedokteran dan Kesehatan seri 1 edisi 6*. Jakarta: Epidemiologi Indonesia; 2019.

8. Buku Panduan Pelayanan Pasca Persalinan dan Bayi Baru Lahir. Kementerian Kesehatan Republik Indonesia; 2019.
9. Hasriani Saleng, Rahayu Eryanti Kusniyanto, Haswinrasari Hasanuddin. Deseminasi Hasil Publikasi Pemberian Olahan Nanas Mempengaruhi Penyembuhan Luka Ibu Post Sc. J Antara Abdimas Kebidanan. 2021;4(2):31-4.
10. Saleng H, Sampara N, Sudirman J. Analisis percepatan penyembuhan luka pada ibu post sectio sesarea multipara dengan pemberian olahan nanas (ananas comosus (L.merr) comosus). J Ris Kebidanan Indones. 2020;4(2):54-8.
11. Umamy F, Harahap IA, Christiani M. Effect of Pineapple Juice on Perineal Wound Healing In Postpartum Mothers at Anugrah Clinic. 2021;10(1):461-6.
12. Jitowiyono dan kristiyanasari. Asuhan Keperawatan Post Operasi. Yogyakarta: Nuha Medika; 2012.
13. Potter P, Perry A. Buku Ajar Keperawatan; Konsep, Proses dan Praktik Edisi 4 Volume 2. Jakarta: EGC. Salemba Medika; 2010.
14. Susilo H, , Henny Purwandari HMS. PEMBERIAN KOMPRES HANGAT TERHADAP PEMULIHAN FUNGSI PERISTALTIK USUS PADA PASIEN POST OPERASI SECTIO CAESARIA DENGAN ANASTESI SAB. J Sabhanga. 2019;1 No.1:75.
15. Reiza Yaumil. "Budaya Nifas Masyarakat Indonesia, Perlu Tidak Dipertahankan?." eJournal Kedokt Indones 61. 2018;



Lampiran 17. Lembar Awal Hasil Uji Turnitin

Pengaruh Pemberian Jus Nanas Terhadap Penyembuhan Luka Post Operasi Sectio Caesarea di RS Mulia Pajajaran Kota Bogor Tahun 2023

ORIGINALITY REPORT



PRIMARY SOURCES

1	jurnal.unimor.ac.id Internet Source	1%
2	journal.thamrin.ac.id Internet Source	1%
3	id.scribd.com Internet Source	1%
4	repo.poltekkes-palangkaraya.ac.id Internet Source	1%
5	123dok.com Internet Source	1%
6	daun54.wordpress.com Internet Source	1%
7	repository.itsk-soepraoen.ac.id Internet Source	1%
8	repository.poltekkes-tjk.ac.id Internet Source	1%

www.digilib.stikeskusumahusada.ac.id

Lembar Uji Turnitin Abstrak

Abstrak

ORIGINALITY REPORT

10%	10%	4%	0%
SIMILARITY INDEX	INTERNET SOURCES	PUBLICATIONS	STUDENT PAPERS

PRIMARY SOURCES

1	jks.juriskes.com Internet Source	6%
2	www.researchgate.net Internet Source	4%

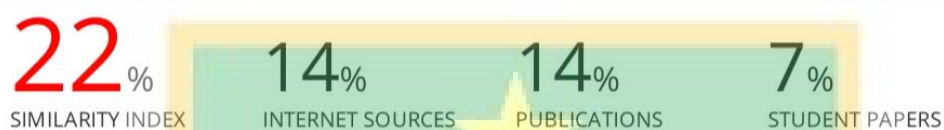
Exclude quotes On Exclude matches Off
Exclude bibliography On



Lembar Uji Turnitin Manuskrip

THE EFFECT OF PINEAPPLE JUICE ON THE HEALING OF POSTOPERATIVE SECTIO CAESAREA WOUNDS AT BOGOR CITY MP HOSPITAL IN 2023

ORIGINALITY REPORT



PRIMARY SOURCES

- 1** Submitted to City University College of Science and Technology
Student Paper 3%
- 2** Martina Mogan, Endang Trisnawati. "Giving Cinnamommum Verum To Pain And Healing Of Perineum Stitch Wounds In Puerperal Mother", Jurnal Kebidanan Malahayati, 2022
Publication 2%
- 3** Sri Hartatik, Galih Istiningsih, Seprtiyati Purwandari. "THE EFFECT OF MULTIPLE INTELLIGENCE-BASED GUIDED INQUIRY LEARNING ON SOCIAL SKILLS OF ELEMENTARY SCHOOL STUDENTS", Elementary School: Jurnal Pendidikan dan Pembelajaran ke-SD-an, 2022
Publication 2%
- 4** Submitted to Universitas Islam Lamongan
Student Paper 2%
- 5** repository.umy.ac.id