

EFFECTIVENESS OF EARLY EXERCISE IN THE PREVENTION OF CONSTIPATION IN POSTPARTUM WOMEN

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ABSTRACT

Background: Early exercise is an early postpartum exercise had can be done by postpartum women to help speed uterine involution, to alleviate pain in the digestive and urinary systems. The simple exercise may begin two hours after birth delivery. This study aimed to determine the effectiveness of early exercise in the prevention of constipation among postpartum women.

Subjects and Method: A quasi-experiment before and after with no control design was conducted in Sidoarjo, East Java. A sample of 36 postpartum women was selected for this study. The dependent variable was prevention of constipation. The independent variable was early exercise. The data were collected by observation sheet and analyzed by Chi-Square.

Results: Percent of constipation after early exercise was comparable with before early exercise, and it was statistically non-significant.

Conclusion: Early exercise is not effective to prevent constipation among post partum women.

Keywords: early, exercise, constipation

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