

Education and Demonstration of Postpartum Exercise for Mothers After Giving

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Abstract

Hospitals play a key role in promoting health through education, especially for patients and their families. One effective method to support postpartum recovery is postpartum exercise, which helps restore bodily functions, promote uterine involution, and prevent complications. At the Mina Inpatient Ward of RSI Arafah Jambi, many postpartum mothers had not received proper education about these exercises. To address this, a community service activity was held from April 29 to May 12, 2025, targeting 16 postpartum mothers. Five mothers received only verbal education due to limited mobility, while 11 joined both education and exercise demonstrations. Observations and discussions showed improved knowledge and skills, with most mothers able to recall and correctly perform the exercises. Their active participation and positive feedback highlighted the effectiveness of the educational approach. This initiative proves valuable in enhancing postpartum recovery and is recommended for continued integration into hospital health promotion programs.

Keywords: Health Education, Postpartum Exercise, Postpartum Mothers

A. INTRODUCTION

Hospitals are health service institutions that have a strategic role in improving public health. The services provided are comprehensive, including promotive (health improvement), preventive (disease prevention), curative (treatment), rehabilitative (recovery), and/or palliative (supportive care) efforts, as regulated in Law of the Republic of Indonesia Number 17 of 2023 concerning hospitals. In addition, hospitals are also required to provide quality inpatient, outpatient, and emergency services. To ensure the quality of service, hospitals must meet national quality standards and accreditation indicators, including aspects of patient safety, service effectiveness, and the implementation of effective health promotion for patients and families, both during and after treatment (Yuliana & Astuti, 2021) (Arifin, 2017).

One form of health promotion that has a significant impact on the recovery process of mothers after giving birth is education about postpartum gymnastics (Dwi, 2020) (Bobak et al., 2016). Postpartum gymnastics is a series of light physical exercises designed for women after giving birth, with the main goal of accelerating recovery, restoring abdominal and pelvic floor muscle function, accelerating uterine involution, and preventing complications such as constipation, back pain, and urinary retention. In addition to physical benefits, postpartum gymnastics also plays a role in maintaining the mental health of mothers, reducing the risk of postpartum stress and depression, and helping to increase self-confidence in carrying out the role of a mother (Nugroho & Widyasih, 2019) (Hidayati & Wulandari, 2021) (Manuaba, 2015).

Research shows that mothers who routinely do postpartum exercise experience faster physical recovery, lower risk of complications, and increased comfort and satisfaction during the postpartum period (Afifah & Sulistyowati, 2020) (Anggraini & Ylianti, 2018). This exercise also accelerates blood circulation, increases muscle elasticity, strengthens the pelvic floor muscles, and encourages the formation of a stronger emotional bond between mother and baby. Postpartum exercise can contribute to preventing reproductive organ dysfunction and supporting readiness for the next pregnancy if planned (Oktaviani & Lestari, 2020) (Saryono & Rahayu, 2019).

The facts on the ground show that many postpartum mothers still do not understand the importance of postpartum exercise. The lack of information about the right time to start exercise (generally 6–24 hours after normal delivery without complications), the types of appropriate movements, and long-term benefits, has resulted in low postpartum exercise practice among postpartum mothers. This lack of knowledge can slow down recovery, increase the risk of complications, and reduce the mother's quality of life. Therefore, the role of health workers, especially midwives and nurses, is crucial in providing structured, ongoing, and easy-to-understand education (Kusumawati & Rahayu, 2022).

Observation results in the Mina Inpatient Room of Arafah Islamic Hospital Jambi showed that 15 out of 16 postpartum mothers had not received information related to postpartum gymnastics. Many of the mothers had never received counseling, and did not even know that the hospital provided such educational services, the hospital had supporting facilities and infrastructure, including a representative educational room, and competent health workers.

Based on these problems, the group felt compelled to organize education and demonstration of postpartum exercise for postpartum mothers in the Mina Room of RSI Arafah Jambi. This activity aims to increase mothers' knowledge about the importance of postpartum exercise, provide an understanding of the right time and method of implementation, and encourage mothers' awareness in maintaining physical and mental health during the postpartum period. It is hoped that this education will not only provide short-term benefits in the recovery process, but also support improving the quality of life of mothers.

B. METHODS

Educational activities regarding postpartum gymnastics for postpartum mothers were carried out with an educational approach through lecture methods and direct demonstrations to postpartum mothers who were treated in the Mina Room of the Arafah Islamic Hospital, Jambi City. This activity was carried out from April 29 to May 12, 2025, with a total of 16 postpartum mothers participating . As many as 5 people only received verbal education due to limited mobility, while 11 people took part in direct education and demonstrations.

The counseling was delivered using leaflets and educational videos to facilitate participants' understanding of the material provided. The activity began with an opening stage that included an introduction to the implementing team, an explanation of the purpose of the counseling, and a contract for the implementation time.

The core activities include the presentation of material on the definition of postpartum gymnastics, the purpose of postpartum gymnastics, contraindications for postpartum gymnastics and the correct steps for postpartum gymnastics. These steps include breathing exercises, tightening the pelvic floor muscles (kegel exercises), light abdominal and back exercises, and body stretching. After the educational video screening, it was continued with a demonstration of postpartum gymnastics guided by the facilitator and followed directly by the participants.

The evaluation was conducted informally by giving participants the opportunity to ask questions and answer questions from the presenters to strengthen their understanding. The activity was closed with thanks and the hope that participants could apply postpartum gymnastics independently at home.

C. RESULTS

Postpartum exercise counseling activities have been carried out well in the Mina RSI Arafah Jambi inpatient room, with 16 postpartum mothers participating. Education was delivered comprehensively through leaflets, video screenings, and live demonstrations, combined with lecture methods and two-way discussions. Evaluations were conducted before and after the activity to assess the level of understanding of participants, both through active discussions and observations of participants' abilities in remembering and practicing postpartum exercise movements.

The total of 16 postpartum mothers involved in the activity, 5 people only received verbal education without participating in a movement demonstration session because it was

not yet possible to carry out postpartum mobilization. Meanwhile, 11 others participated in education equipped with a direct demonstration of postpartum gymnastics guided by a facilitator. The selection of this method was based on consideration of the physical condition and readiness for mobilization of each participant to ensure the safety and effectiveness of the intervention.

The evaluation results showed a significant increase in understanding in most of the counseling participants. This was reflected in 13 out of 16 participants being able to re-practice the postpartum exercise steps correctly according to the material presented. Active participation during the activity, both in discussion sessions and direct practice, was an indicator of success in delivering education.

D. CONCLUSION

The counseling activities have been carried out according to the established plan. Increasing the knowledge of postpartum mothers can be achieved through an educational approach involving lectures, demonstrations of movements, and interactive discussions about postpartum gymnastics. This method has proven effective in building participants' understanding and awareness. The evaluation conducted showed a significant increase in understanding after the counseling, demonstrated by the participants' ability to remember and practice postpartum gymnastics movements correctly. As a follow-up, it is hoped that RSI Arafah Jambi can continue to develop promotive and preventive education programs for postpartum mothers, especially those related to postpartum gymnastics .

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DOCUMENTATION



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