

Hubungan Usia dan Status Gizi dengan Lama Penyembuhan Luka Post Operasi Sectio Caesarea di RSI UNISMA

Manzilatul Zahroh
Dr. Nurul Pujiastuti, S.Kep, Ns, M.Kes
Tri Nataliswati, S.Kep, Ns, M.Kep.

ABSTRAK

Proses penyembuhan luka post operasi *sectio caesarea* dapat dipengaruhi oleh beberapa faktor, salah satunya usia dan status gizi. Tujuan penelitian ini untuk menganalisis hubungan usia dan status gizi dengan lama penyembuhan luka post operasi *sectio caesarea* di RSI UNISMA. Rancangan penelitian ini *deskriptif korelasional* dengan desain penelitian *Cross Sectional*. Sampel dalam penelitian ini semua pasien post operasi *sectio caesarea* di RSI UNISMA pada bulan Maret-Mei 2024 sebanyak 31 responden. Teknik sampling menggunakan *total sampling*. Uji statistik menggunakan *Spearman Rank*. Hasil penelitian didapatkan sebagian besar (71%) memiliki usia tidak beresiko, sebagian besar (64,5%) memiliki status gizi yang baik dan sebagian besar (64,5%) memiliki luka yang kurang baik. Hasil uji *Spearman Rank*, didapatkan *p value* ($0,005 < 0,05$) yang berarti terdapat hubungan usia dengan lama penyembuhan luka dan didapatkan *p value* ($0,000 < 0,05$) yang berarti terdapat hubungan status gizi dengan lama penyembuhan luka. Disimpulkan bahwa ada hubungan usia dan status gizi dengan lama penyembuhan luka *post operasi sectio caesarea*. Bagi peneliti selanjutnya dapat dilakukan dengan melibatkan faktor-faktor lain yang mungkin mempengaruhi lama penyembuhan luka, seperti riwayat penyakit, komplikasi selama operasi, dan perawatan luka yang diberikan.

Kata Kunci : Usia, Status Gizi, Penyembuhan Luka, *Sectio Caesarea*

*The Corelation Between Age and Nutritional Status with the Lenght of
Wound Healing of Post-Caesarean Section at RSI UNISMA*

Manzilatuz Zahroh
Dr. Nurul Pujiastuti, S.Kep,
Ns, M.Kes Tri Nataliswati,
S.Kep,Ns, M.Kep.

ABSTRACT

The wound healing process after caesarean section surgery can be influenced by several factors, one of which is age and nutritional status. The aim of this study was to analyze the relationship between age and nutritional status with the length of wound healing after caesarean section surgery at RSI UNISMA. This research design is descriptive correlational with a cross sectional research design. The sample in this study were all post-caesarean section surgery patients at RSI UNISMA in March-May 2024, totaling 31 respondents. The sampling technique uses total sampling. Statistical tests use Spearman Rank. The research results showed that the majority (71%) were of no risk age, the majority (64.5%) had good nutritional status and the majority (64.5%) had poor wounds. The Spearman Rank test results showed a p value ($0.005 < 0.05$) which means there is a relationship between age and the length of wound healing and a p value ($0.000 < 0.05$) which means there is a relationship between nutritional status and the length of wound healing. It was concluded that there was a relationship between age and nutritional status with the length of wound healing after caesarean section surgery. For future researchers, this can be done by involving other factors that might influence the length of wound healing, such as history of illness, complications during surgery, and wound care given.

Keywords: Age, Nutritional Status, Wound Healing, Sectio Caesarea