

SURAT KETERANGAN

Nomor: 026/UNUSA/Adm-LPPM/I/2020

Lembaga Penelitian dan Pengabdian Kepada Masyarakat (LPPM) Universitas Nahdlatul Ulama Surabaya menerangkan telah selesai melakukan pemeriksaan duplikasi dengan membandingkan artikel-artikel lain menggunakan perangkat lunak **Turnitin** pada tanggal 13 Januari 2020.

Judul : Effectiveness of Early Exercise in The Prevention of Constipation in Postpartum Women
Penulis : Uliyatul Laili, Fauziyatun Nisa'
No. Pemeriksaan : 2020.01.13.18

Dengan Hasil sebagai Berikut:

Tingkat Kesamaan diseluruh artikel (*Similarity Index*) yaitu 14%

Demikian surat keterangan ini dibuat untuk digunakan sebagaimana mestinya

Surabaya, 13 Januari 2020

Ketua LPPM,



UNUSA
LPPM

Dr. Istas Pratomo, S.T., M.T.

NPP. 16081074

LPPM Universitas Nahdlatul Ulama Surabaya

Website : lppm.unusa.ac.id

Email : lppm@unusa.ac.id

Hotline : 0838.5706.3867

Paper 8

by Fauziyatun Nisa' 8

Submission date: 13-Jan-2020 11:27AM (UTC+0700)

Submission ID: 1241311925

File name: 8._Prosiding_Nisa_-_Effectiveness_of_Early_Exercise.pdf (105.16K)

Word count: 228

Character count: 1361

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

Uliyatul Laili, Fauziyatun Nisa

Faculty of Midwifery and Nursing, Universitas Nahdatul Ulama, Surabaya

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

Correspondence:

Uliyatul Laili. Fakultas Faculty of Midwifery and Nursing, Universitas Nahdatul Ulama Surabaya (UNUSA), Jl. SMEA No. 57, Surabaya, East Java.

Email: uliyatul.laili@unusa.ac.id. Mobile: +6285694374759.

Paper 8

ORIGINALITY REPORT

14%

SIMILARITY INDEX

8%

INTERNET SOURCES

0%

PUBLICATIONS

14%

STUDENT PAPERS

PRIMARY SOURCES

1

theicph.com

Internet Source

8%

2

Submitted to Universitas Muhammadiyah
Surakarta

Student Paper

6%

Exclude quotes On

Exclude bibliography Off

Exclude matches < 1%