

## DAFTAR ISI

|                                                                 |                               |
|-----------------------------------------------------------------|-------------------------------|
| LEMBAR PERSETUJUAN.....                                         | Error! Bookmark not defined.v |
| LEMBAR PENGESAHAN .....                                         | Error! Bookmark not defined.  |
| KATA PENGANTAR.....                                             | Error! Bookmark not defined.  |
| ABSTRAK .....                                                   | Error! Bookmark not defined.  |
| <i>ABSTRACT</i> .....                                           | Error! Bookmark not defined.x |
| DAFTAR TABEL.....                                               | Error! Bookmark not defined.  |
| DAFTAR GAMBAR .....                                             | Error! Bookmark not defined.  |
| DAFTAR LAMPIRAN .....                                           | Error! Bookmark not defined.  |
| BAB 1 .....                                                     | Error! Bookmark not defined.  |
| PENDAHULUAN .....                                               | Error! Bookmark not defined.  |
| 1.1 Latar Belakang .....                                        | Error! Bookmark not defined.  |
| 1.2 Rumusan Masalah .....                                       | Error! Bookmark not defined.  |
| 1.3 Tujuan.....                                                 | Error! Bookmark not defined.  |
| 1.3.1 Tujuan Umum .....                                         | Error! Bookmark not defined.  |
| 1.3.2 Tujuan Khusus.....                                        | Error! Bookmark not defined.  |
| 1.4 Manfaat .....                                               | Error! Bookmark not defined.  |
| 1.4.1 Manfaat Teoritis .....                                    | Error! Bookmark not defined.  |
| 1.4.2 Manfaat Praktis .....                                     | Error! Bookmark not defined.  |
| BAB 2 .....                                                     | Error! Bookmark not defined.  |
| TINJAUAN TEORI .....                                            | Error! Bookmark not defined.  |
| 2.1 Konsep Pasca Partum.....                                    | Error! Bookmark not defined.  |
| 2.1.1 Definisi Pasca Partum .....                               | Error! Bookmark not defined.  |
| 2.1.2 Klasifikasi Pasca Partum.....                             | Error! Bookmark not defined.  |
| 2.1.3 Perubahan Fisiologis dan Psikologis Pada Ibu Pasca Partum | Error! Bookmark not defined.  |
|                                                                 | <b>not defined.</b>           |
| 2.1.4 Komplikasi Pasca partum.....                              | Error! Bookmark not defined.  |
| 2.1.5 Pathway Postpartum .....                                  | Error! Bookmark not defined.  |
| 2.2 Konsep Teknik Effleurage Massage.....                       | Error! Bookmark not defined.  |
| 2.2.1 Definisi Effleurage Massage .....                         | Error! Bookmark not defined.  |

|                                                                    |                                     |
|--------------------------------------------------------------------|-------------------------------------|
| 2.2.2 Tujuan Effleurage Massage.....                               | <b>Error! Bookmark not defined.</b> |
| 2.2.3 Efek Massage Effleurage .....                                | <b>Error! Bookmark not defined.</b> |
| 2.3 Konsep Relaksasi Nafas Dalam .....                             | <b>Error! Bookmark not defined.</b> |
| 2.3.1 Definisi Relaksasi Nafas Dalam.....                          | <b>Error! Bookmark not defined.</b> |
| 2.3.2 Tujuan Relaksasi Nafas Dalam .....                           | <b>Error! Bookmark not defined.</b> |
| 2.3.3 Mekanisme Kerja Relaksasi Nafas Dalam.....                   | <b>Error! Bookmark not defined.</b> |
| 2.4 Konsep Asuhan Keperawatan .....                                | <b>Error! Bookmark not defined.</b> |
| 2.5 Diagnosa Keperawatan.....                                      | <b>Error! Bookmark not defined.</b> |
| 2.7 Implementasi Keperawatan .....                                 | <b>Error! Bookmark not defined.</b> |
| 2.8 Evaluasi Keperawatan.....                                      | <b>Error! Bookmark not defined.</b> |
| BAB 3 .....                                                        | <b>Error! Bookmark not defined.</b> |
| METODE PENELITIAN.....                                             | <b>Error! Bookmark not defined.</b> |
| 3.1 Metode Penelitian.....                                         | <b>Error! Bookmark not defined.</b> |
| 3.2 Lokasi dan Waktu Penelitian.....                               | <b>Error! Bookmark not defined.</b> |
| 3.3 Subjek Penelitian.....                                         | <b>Error! Bookmark not defined.</b> |
| 3.4 Pengumpulan Data .....                                         | <b>Error! Bookmark not defined.</b> |
| 3.4.1 Metode Pengumpulan Data .....                                | <b>Error! Bookmark not defined.</b> |
| 3.4.2 Proses pengumpulan data .....                                | <b>Error! Bookmark not defined.</b> |
| 3.4.3 Teknik Pengolahan Data.....                                  | <b>Error! Bookmark not defined.</b> |
| BAB 4 .....                                                        | <b>Error! Bookmark not defined.</b> |
| HASIL DAN ASUHAN KEPERAWATAN ....                                  | <b>Error! Bookmark not defined.</b> |
| 4.1 Pengkajian .....                                               | <b>Error! Bookmark not defined.</b> |
| 4.2 Analisa Data .....                                             | <b>Error! Bookmark not defined.</b> |
| 4.3 Diagnosa Keperawatan.....                                      | <b>Error! Bookmark not defined.</b> |
| 4.4 Intervensi Keperawatan.....                                    | <b>Error! Bookmark not defined.</b> |
| 4.5 Implementasi Keperawatan .....                                 | <b>Error! Bookmark not defined.</b> |
| 4.6 Evaluasi Keperawatan.....                                      | <b>Error! Bookmark not defined.</b> |
| BAB V.....                                                         | <b>Error! Bookmark not defined.</b> |
| PEMBAHASAN .....                                                   | <b>Error! Bookmark not defined.</b> |
| 5.1 Analisis Masalah Keperawatan Ketidaknyamanan Pasca Partum..... | <b>Error! Bookmark not defined.</b> |

|                                                                                                                                          |                                     |
|------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|
| 5.2 Analisis Tindakan Pemberian Teknik <i>Effleurage Massage</i> dan Relaksasi Nafas Dalam .....                                         | <b>Error! Bookmark not defined.</b> |
| 5.3 Analisis Perkembangan Ketidaknyamanan Pasca Partum Dengan Pemberian Teknik <i>Effleurage Massage</i> dan Relaksasi Nafas Dalam ..... | <b>Error! Bookmark not defined.</b> |
| BAB VI .....                                                                                                                             | <b>Error! Bookmark not defined.</b> |
| KESIMPULAN DAN SARAN .....                                                                                                               | <b>Error! Bookmark not defined.</b> |
| 6.1 Kesimpulan .....                                                                                                                     | <b>Error! Bookmark not defined.</b> |
| 6.2 Saran .....                                                                                                                          | <b>Error! Bookmark not defined.</b> |
| DAFTAR PUSTAKA .....                                                                                                                     | <b>Error! Bookmark not defined.</b> |
| LAMPIRAN .....                                                                                                                           | <b>Error! Bookmark not defined.</b> |