

**PENATALAKSANAAN SENAM PILATES UNTUK MENGURANGI  
KELELAHAN PADA IBU NIFAS**

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**ABSTRAK**

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*Postpartum fatigue is a pervasive phenomenon and often affect mothers immediately after delivery. The present study aimed to assess the effect pilates home exercise had on postpartum maternal fatigue. The first session was conducted 72 hours after delivery. The control group did not receive any intervention. Each woman's level of fatigue was evaluated at hospital discharge, and at four and eight weeks after delivery, using the standard Multidimensional Fatigue Inventory (MFI-20) questionnaire and repeated measures analysis. During the eight weeks of follow up. The present study's findings show that physical exercise can significantly reduce postpartum maternal fatigue in all subscales.*

