

## DESCRIPTION *BODY IMAGE* OF POSTPARTUM MOTHERS AT THE GATAK HEALTH CENTER, SUKOHARJO IN 2022

Sri Puji Handayani, Siti Fatmawati

[spuji026@gmail.com](mailto:spuji026@gmail.com)

### ABSTRACT

**Background :** *The postnatal period is the period when the mother has gone through the process of giving birth to a baby or childbirth, and the mother is undergoing adaptation both physically and psychologically. This period lasts for six weeks. In this body adjustment process, the mother usually experiences some changes in body shape. This causes the mother to experience unconfidential about her body and belived that she is fat and not sexy. This self-assessment is called body image. **The purpose** of this study was to determine the body image of postnatal mothers. **Method :** The research design used is descriptive research method. The sample is 57 respondents. The sampling technique was done by total sampling. Data collection was obtained through the MBSRQ-AS questionnaire. **Result :** The results of this study indicate that 53 of 57 respondents experienced a normal body image. **Conclusion :** It can be concluded that overall postpartum mothers have a normal body image with changes and adjustments physically and psychologically. From these results it is hoped that nurses can provide information to prospective mothers about what changes will be experienced after going through the process of pregnancy and childbirth so that they can change individual behavior in overcoming body image.*

*Keywords: Postpartum, Body Image*