

***PERINEUM MASSAGE EDUCATION AS AN EFFORT TO MINIMIZE  
PERINIUM TEARS WITH POCKET BOOK MEDIA***

Fadya Zahra<sup>1</sup>, Enny<sup>2</sup>  
202322033.students@aiska-university.ac.id  
Universitas 'Aisyiyah Surakarta

***SUMMARY***

***Background:*** Perineal tears are tears that occur in the birth canal during the birthing process. Perineal tears that are not treated properly can cause infection and increase morbidity in postpartum mothers. Perineal massage is a massage technique in the perineal area with the aim of increasing the elasticity of the perineum to minimize the occurrence of perineal tears. ***Objective:*** Increase knowledge about perineal massage so that it can reduce the incidence of perineal tears. ***Method:*** Using a description of the output of the pocket book created using the Canva application in its preparation. ***Results:*** A pocket book entitled "Safe Perineum for Mothers Comfortable with Perineal Massage" which contains information about perineal tears and perineal massage. ***Conclusion:*** A pocket book has been created which can provide education about perineal massage to pregnant women so that it can minimize the incidence of perineal tears. ***Suggestion:*** It is hoped that pregnant women who are preparing for childbirth can understand and carry out perineal massage so that perineal tears do not occur during the birth process.

***Keywords:*** Perineal Tears, Perineal Massage, Pocket Book