

**THE EFFECT OF GIVING BOILED CHICKEN EGGS ON
ACCELERATING THE HEALING OF PERINEAL WOUNDS IN PUBLIC
WOMEN AT PMB ARIESTINA BR MAHA**

Devi Eli Yani¹, Enny Yuliaswati²
202322043.students@aiska-university.ac.id
¹Aisyiyah University, Surakarta

ABSTRACT

Background: Perineal wounds are tears that occur when a baby is born spontaneously or through an episiotomy. According to (WHO) 80% of postpartum mothers in the world experience perineal wounds, in 2017 in Indonesia there were 57% of mothers experiencing perineal stitches due to tears. To treat perineal wounds with non-pharmacological therapy, you can consume animal foods, namely boiled eggs. The nutritional content of whole boiled eggs contains more than 90% calcium, iron, one egg contains 6 grams of quality protein and essential amino acids. **Objective:** To determine the effect of giving boiled chicken eggs on accelerating the healing of perineal wounds in postpartum mothers. **Method:** This research uses a quasi-experimental or quasi-experimental method with a two group post test only design research design. The number of samples in this study was 20 respondents using the Mann-Whitney statistical test. **Results:** Based on the results of data analysis using the Mann-Whitney test, a p value of $0.001 < 0.05$ was obtained, which means that there was an effect of giving boiled chicken eggs on accelerating the healing of perineal wounds in postpartum mothers. **Conclusion:** There is an effect of giving boiled chicken eggs on accelerating the healing of perineal wounds in postpartum mothers

Keywords: Perineal Wounds, Boiled Chicken Eggs