

## ABSTRACT

### THE EFFECT OF CONSUMING GABUS FISH ON WOUND VELOCITY OF PERINEUM

A quasi experiment study at BPS Ninik Artiningsih, Trenggilis Village  
Subdistrict Prajurit, Kulon Mojokerto

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Labor often caused laceration of perineum. The intervention that can be practiced by post partum woman to promote wound healing of perineum is by consuming Gabus fish that contains more protein than other species of fish. This study was aimed to explain the effect of consuming Gabus fish on wound healing velocity of perineum.

This was a quasy experiment using *post test only control group design*. Samples were divided into two groups, controlled group and treatment group. Each group consisting 10 post partum woman who dot wound in perineum. Data were collected using observation sheet to identify three phase of wound heling : inflammation, prolifiration, and maturation. Data were then statisticley tested using *Mann Whitney* with of significant of  $\alpha \leq 0.05$ .

Results showed that the average days of wound healing significant level was 9.20 for controlled group and 6,00 day for treatment group. *Mann Whitney* test showed that  $p = 0.00$ .

It means that consuming gabus fish have significant effect on wound heling velocity of perineum. It can be concluded that wound healing on perineum in intervention group are more faster than in controlled group. It was because of gabus fish consist of high protein. It was hoped that post partum woman with stitching wound in perineum to consume high protein food such as Gabus fish.

**Key word:** *post partum woman, perineum, wound, Gabus fish*