

ANALYSIS OF FACTORS INFLUENCING THE SUCCESS OF ENHANCED RECOVERY AFTER CAESAREAN SURGERY (ERACS) THROUGH EARLY MOBILIZATION AMONG POST-CAESAREAN PATIENTS AT HERMINA DEPOK HOSPITAL

Tri Lestari Handayani^{1*}, Ine Eka Aprilia², Nur Endah Rakhmawati³

^{1,2,3} Nursing Study Program, Institut Kesehatan Hermina

Article Info	ABSTRACT
Article History: Received 06/05/2026. Revised - Accepted 14/07/2026 Keywords: Cesarean Section, ERACS, Early Mobilization Nursing Care Maternal Health.	<i>Background: Cesarean section (CS) is an obstetric procedure with an increasing prevalence globally and nationally, including in Depok City. The Enhanced Recovery After Cesarean Surgery (ERACS) protocol was implemented to accelerate postoperative recovery, with early mobilization as a key indicator. However, its implementation remained suboptimal and was influenced by various factors. Objective: This study aimed to analyze factors influencing the success of early mobilization among post-cesarean patients undergoing the ERACS protocol at Hermina Depok Hospital. Methods: A quantitative cross-sectional study was conducted involving 155 respondents selected through purposive sampling. Independent variables included pain level, knowledge, family support, and patient motivation, while the dependent variable was early mobilization success. Data were analyzed using univariate and bivariate analyses with the Chi-square test. Results: The results showed that 59.4% of respondents successfully performed early mobilization. Pain level was not significantly associated with early mobilization ($p = 0.724$). In contrast, knowledge ($p = 0.001$; OR = 3.33), family support ($p = 0.001$; OR = 5.47), and patient motivation ($p = 0.001$; OR = 11.7) were significantly associated with early mobilization success. Conclusion: Psychosocial and educational factors played a significant role in early mobilization success. Strengthening nursing education and family involvement was essential to optimize ERACS implementation and improve maternal nursing care.</i> <i>Keywords: Cesarean Section; ERACS; Early Mobilization; Nursing Care; Maternal Health.</i>

*Corresponding Author: tari_1971@yahoo.com