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Correlation between Vegetable Consumption Behavior During Pregnancy and Perineal Elasticity of Mothers Giving Birth at Sungai Lulut Midwife Independent Practice in 2022

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ABSTRACT

Based on the experience of researchers when sewing perineal wounds in childbirth, it was found that there was a dense and elastic perineum, from the results of brief interviews with patient behavior during pregnancy. Of the 10 mothers who gave birth with the perineum stitched and the perineum was dense and elastic, there were similarities in behavior, namely they like to eat green vegetables . The research method in this study used a cross-sectional approach, this type of research was a quantitative study. The population in this study were all birth mothers who were recorded in the Sungai Lulut Midwife Independent Practice register from July to December 2022 totaling 33 respondents. The sample technique used was with the total sampling method, the data analysis used was univariate and bivariate analysis, with the Chi Square statistical test (confidence level 0.05). The research results show that the p value is 0.03, thus the p value is less than 0.05, so Ho is rejected and Ha is accepted. The conclusion is that there is a significant relationship between Vegetable Consumption Behavior During Pregnancy and the Elasticity of the Perineum of Maternity Mothers in Sungai Lulut Midwife Independent Practice in 2022

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1. INTRODUCTION

Pregnancy iHealth is a condition that is desired by every married couple. The condition of a healthy mother and fetus is greatly influenced by many factors that do not only come from the mother, but also come from her husband, family and community environment.(Andarwulan et al 2022).

Ibpregnant women should pay more attention to the amount of food they eat, both in terms of quantity and quality, complete and balanced nutritional value is needed, during pregnancy the mother not only takes care of herself, but also the baby in the womb. pregnant women need at least 400 kcal calories, an increase in needs of at least 15% from before consumption(Andarwulan, Setiana Anjarwati et al., 2022).

Failurein fulfilling nutrients during pregnancy results in malnutrition known as KEK (Chronic Energy Deficiency). Pregnant women who suffer from KEK during pregnancy can result in risks of pregnancy, childbirth, and can result in losses from fetal growth or fetal defects. complications caused by CED such as anemia, bleeding, not gaining weight normally and getting infectious diseases. KEK also affects childbirth, can result in difficult and long labor, premature delivery (premature), and bleeding. Against the fetus can result in abortion, stillbirth, neonatal death, birth defects, anemia in infants, babies with low birth weight(Widati et al., 2017).

Indonesiaa is a tropical country that is rich in a variety of biological food ingredients. This wealth allows Indonesians to consume food easily because almost all the time they can find a variety of foodstuffs. This includes a variety of vegetables and fruit. Vegetables can grow almost all the time, so it doesn't interfere with your intake of vegetable consumption. All the time can find a variety of vegetables, only a few vegetables follow the season(Hamidah, 2015).

Vegetable Fruit has low calories and is a source of fiber and micronutrients such as vitamins and minerals. Based on the 2013 Riskesdas, it is recommended to consume vegetables and/or fruit at least 5 servings/day, however, the proportion of under-eating vegetables and fruit in Indonesia is very high, namely 93.6%. (Febriana & Sulaeman, 2014).

Vegetables and fruits have been known to have benefits for the body, among others, as a source of vitamins and fiber, and what is important is to sustain human life to keep the body healthy. Green vegetables in Indonesia are still relatively economical, even very easy to grow yourself. Based on research by Indriany 2014, it was found that social level. The economic condition of pregnant women does not affect the occurrence of KEK(Indriany, Siti Helmyati, 2014).

According to Dietary guidelines in the United States contribution of fruits and vegetables when consumed together are estimated to contain 91% vitamin C, 48% vitamin A, 27% of vitamin B6, 17% of thiamine and 15% of niacin. Vegetables such as peas, potatoes, and nuts (such as almonds, filberts, pecans, pistachios, and walnuts) contribute to the 5% protein requirement in the US dietary guidelines, and fruits and vegetables also contain high-quality protein. the same as the essential amino acid content(Hanani et al., 2016).

According to The World Health Report Lack of consumption of fruits and vegetables can cause gastrointestinal cancer by 19%, ischemic heart disease by 31% and stroke by 11%. There are around 2.7 million citizens of the world who die every day due to lack of consumption of vegetables and fruit. The low consumption of these two sources of fiber makes it one of the top 10 causes of death in the world(Hanani et al., 2016).

Impact Lack of vegetables and fruit in pregnant women will cause bleeding, anemia, premature rupture of membranes, hypocalcemia, risk of neural tube defects, and delayed fetal growth. Factors that influence the consumption of vegetables and fruit in pregnant women in Indonesia are based on the results of Hanani's 2016 study which affect the consumption of vegetables and fruit, namely the mother's employment status, mother's education level, and number of family members.(Hanani et al., 2016).

Laceration ak now the risk of perineal tears occurring in the delivery process, especially in the first delivery and not infrequently also in subsequent deliveries. The tear becomes more extensive if the fetal head is born too soon and the elasticity of the vagina is less. Vaginal elasticity is influenced by many factors. Based on research results from Rifai in 2017, it was found that there is a relationship between pregnancy exercise and the incidence of perineal tears in women giving birth, pregnant women who carry out routine pregnancy exercises, as much as 73.68% do not experience perineal tears(Rifai & Fitiyanti, 2017).

Based on The experience of the researchers when sewing the perineal wound in labor, found that there was a dense and elastic perineum, the results of a brief interview on the patient's behavior during pregnancy, from 10 mothers who gave birth had their perineum stitched and had a dense and elastic perineum, there were similarities in behavior, that they like to eat vegetables green.

2. METHOD

The scope of this research is Midwifery. The research location is the Sungai Lulut Midwife Independent Practice. This type of research is a quantitative study, with a design using a cross sectional approach. The population in this study were all birth mothers registered in the Sungai Lulut Midwife Independent Practice register from July to December 2022 totaling 33 respondents. The sample technique used was the total sampling method.

3. RESULTS AND DISCUSSION

Results

Table 1. Frequency Distribution of Respondents based on Age, Education Level, Status Jobs, and Gravida

No	**Age**	**F**	**%**
1	<20	1	3.03
2	20-35	31	93.94
3	>35	1	3.03
	Amount	33	100
No	**Gravida**	**F**	**%**
1	1 - 2	21	63,64

2	>2	12	36,36
	Amount	33	100

Based onTable 1 shows that the age of the majority of respondents was aged 20-35 years (93.94%) and the most Gravida were pregnancies 1-2 (63.64%).

Discussion

Most of the respondents were aged 25-35 years. According to researchers, 25-35 years old is the age that is still safe and the best for pregnancy and childbirth, and still has an open mindset to receive information. Age 25-35 years is an age that is considered productive and can produce, where the mindset is open, the energy is still strong, and when it is related to reproductive health this age is the age of being ready for pregnancy and childbirth, the age that is not so at risk.

The best age for women to get pregnant and give birth is the age of 20-30 years. Pregnancy over 35 years is considered to have a high risk, especially for congenital abnormalities. Age over 40 years is not recommended to get pregnant, except for certain reasons(Endjun, 2019).

Age has an influence on skin quality and wound healing, the higher the age, the less collagen in the skin, the decrease in collagen production usually begins in the late 20s, the benefits of collagen in the skin are Helping the formation of the middle skin layer which is important for stimulating the growth of new cells , Stimulates the turnover of dead skin cells, Provides a protective layer for important organs, Provides structure, strength, and elasticity to skin, bones, and joints. With decreased levels of collagen in the body, it will result in a slower wound healing process(Bonifant & Holloway, 2019).

According toAinunita (2018) in his research stated that there was a strong relationship between age and the incidence of post sc wound healing. The younger the mother is, the faster the wound healing process will be, this is because the formation of skin collagen is still good(Ainunita, 2018).

Young age also affects the maximum absorption of nutrients that are good for wound healing, for example proteins that are useful for the process of replacing damaged cells. there is a relationship between protein intake and wound healing, this study recommends that respondents increase protein intake to accelerate wound healing(Sanusi, 2018).

Gravidathe most were pregnancies 1-2 (63.64%). According to the BKKBN (National Family Planning Health Agency) program, 2 children are indeed enough, usually couples who have 1 to 2 children are still young couples.

According to Maternal gravia researchers will influence a person's experience in pregnancy and childbirth, mothers with gravida 2 clearly already have experience in previous pregnancies, so what is said to be good will be continued, and what is not good will be corrected for the purpose of healthy mothers and babies.

Parity sa woman can affect the psychological health of pregnant women and a person's readiness to undergo her pregnancy. Pregnant women with primigravida parity still have no idea about what will happen during pregnancy and childbirth, and they are often found to feel scared because they often hear stories about what will happen. when the gestational age is getting closer to the time of delivery by imagining the frightening process of childbirth, while the majority of pregnant women with multigravida parity already have an idea about pregnancy and the delivery process from previous pregnancies. So that during pregnancy tend to be more mentally and psychologically prepared, and will meet the body's needs with nutrients(Kholisotin et al., 2019).

IbThose who are pregnant with sufficient parity (1-2 pregnancies) are considered to have planned their pregnancy, so that in terms of fulfilling balanced nutrition, it will be fulfilled for the health of the pregnant woman and fetus.

Vegetable Consumption Behavior

The results showed that the frequency distribution of respondents based on vegetable consumption behavior during pregnancy was mostly yes or consumed (66.67%).

Vegetable dFruit has low calories and is a source of fiber and micronutrients such as vitamins and minerals. Based on the 2013 Riskesdas, it is recommended to consume vegetables and/or fruit at

least 5 servings/day, however, the proportion of under-eating vegetables and fruit in Indonesia is very high, namely 93.6%.(Febriana & Sulaeman, 2014).

The factor chords that influence a person's behavior are personal experience, the influence of people who are considered important, culture, mass media, educational institutions, emotional factors. The formation of attitudes is not only influenced by the experience experienced by a person, but the information provided by other people will also influence it. One of the predisposing factors is the knowledge factor(Andira, 2015).

Power Health more or less influences behavior by providing information. The role of health workers, especially midwives who always accompany pregnant women during their pregnancy, especially to fulfill nutrition during pregnancy makes pregnant women more obedient in consuming balanced nutrition (one of which is green vegetables), pregnant women who usually do not consume vegetables regularly during pregnancy, after being given counseling by midwives about the content and benefits of green vegetables, more or less will change the behavior of pregnant women to learn to consume green vegetables for the health of the mother and the fetus they contain.

Vegetables are foods that are rich in sources of nutrients, including phytochemical compounds. These phytochemicals have mechanisms of action that complement or overlap with other nutrients, including stimulating the immune system(Hanum, 2018).

Vegetables ism healthy food for pregnant women dand the fetus, the content contained in vegetables such as folic acid, iron, minerals, energy, protein, fat, carbohydrate, fiber, calcium, phosphorus, vitamins, carbohydrates, and others. There are lots of good kinds of vegetables, one of the many that is recommended is spinach which is a disorientation of one type of vegetable that can be found easily in the surrounding environment (Febriana & Sulaeman, 2014).

ContentSpinach is also good for health such as vitamins, iron and minerals. The iron in spinach is very good for increasing energy and being able to expedite metabolism in the body, high enough folic acid, helps in the formation of the baby's neural tube in early pregnancy, prevents babies from being born with low weight, prevents mothers from anemia because it contains benefits. calcium and iron which play a role in helping the mother in the formation of red blood cells, so that they can meet the needs of blood in the uterus(Wulandari, 2021).

Univariate analysis

Table 2. Frequency Distribution of Respondents Based on Vegetable Consumption Behavior during gestation period

No	Consumption Behavior	F	%
1	Yes	22	66,67
2	No	11	33,33
	Amount	**33**	**100**

Based on Table 2, it shows that the frequency distribution of respondents based on vegetable consumption behavior during pregnancy was mostly yes or consumed (66.67%).

Table 3. Frequency Distribution of Respondents Based on Perineum Elasticity

No	Perineal elasticity	F	%
1	Elastic	12	36,36
2	Not Elastic	21	63,64
	Amount	**33**	**100**

Based on Table 3 it shows that the frequency distribution of perineum elasticity of the respondents with the most is inelastic (63.63%).

Discussion

Factor to make perineal elasticity are perineal massage, age, skin health, coitus, pregnancy exercise, nutrition, medicine, parity, nutrition, and others. So that the inelasticity of the perineum of the respondent is uncertain due to lack of nutrition.

Consumptionvegetables are not the main factor in the formation of perineal elasticity, many other factors influence it, such as perineal massage. Based on research by Rifai (2017) it was concluded that there is a relationship between the implementation of pregnancy exercise and the incidence of perineal tears in women giving birth, tears can be prevented if the perineum is elastic(Rifai & Fitiyanti, 2017).

Based onresearch by Subroto (2022) found that the results of perineal massage can reduce the degree of perineal laceration in primiparous postpartum mothers with implementation according to the recommended time(Subroto & Sangkala, 2022).

Bivariate Analysis

Bivariate analysis is used to determine the relationship between the independent variables and the dependent variable. In the bivariate analysis, the Chi Square correlation test was used.

Table 4. Relationship between Vegetable Consumption Behavior During Pregnancy and Elasticity Maternity Perineum

Vegetable Consumption Behavior	Perineal elasticity				Total		P Value
	Elastic		Not Elastic				
	n	%	n	%	N	%	
Yes	12	54.55	10	45,45	22	100	0.03
No	1	9,1	10	90.9	11	100	
Total	**12**	**36,36**	**21**	**63,64**	**33**	**100**	

Based on Table 4 shows that the majority of respondents who have vegetable consumption behavior have an elastic perineum (54.55%), while respondents who do not have vegetable consumption behavior have an inelastic perineum (90.9%).

Analysis The research in table 4 above uses the Chi Square statistical test with a confidence level of 0.05, it is known that the p value is 0.03, thus the p value is less than 0.05, then Ho is rejected and Ha is accepted. This means that there is a significant relationship between consumption behaviorVegetables During Pregnancy With Mother's Perineum Elasticity

Discussion

Quality dThe quantity of food is one of the factors in making pregnant women healthy during their pregnancy. During pregnancy, complete and balanced nutritional value is needed, because during pregnancy the mother not only looks after herself, but also the baby in the womb. pregnant women need at least 400 kcal calories, increasing the need for at least 15% of consumption before pregnancy(Andarwulan, Setiana Anjarwati et al., 2022).

In kvegetable content contains protein, where protein is a substance that is useful for repairing damaged cells, there is a relationship between protein intake and wound healing, this study recommends that respondents increase protein intake to accelerate wound healing(Sanusi, 2018)

Vitamin sang contained in vegetables, such as vitamin C in helping the formation of skin collagen, so that the skin including the perineum will be elastic, plus the majority of respondents in this study were still relatively young, the formation of skin collagen was still maximal.

4. CONCLUSION

Based on resultsl research, it can be concluded that most respondents were aged 20-35 years and the most Gravida was 1-2 pregnancies. Responding behavioren during pregnancy who consumed the most vegetables, the elasticity of the perineum of the most respondents was inelastic. RespondentsMost of those who have vegetable consumption behavior have an elastic perineum, while respondents who do not have vegetable consumption behavior have an inelastic perineum. There is a significant relationship between Vegetable Consumption Behavior During Pregnancy and the Elasticity of the Perineum of Mothers in the Sungai Lulut Midwife Independent Practice in 2022

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