

Knowledge and Attitudes of Postpartum Mothers in Caring for Perineal Wounds in the Independent Practice of the Endang Midwife T S.S.T

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ABSTRACT

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Incorrect perineal care can cause postpartum infection. This is due to the condition of the perineal wound area which is moist, thus supporting the growth of bacteria. Infections resulting from poor care lead to complications such as bladder infections and infections of the birth canal. Efforts are being made to prevent the risk of infection by taking good care of the perineal wound so that it can speed up the healing of the perineal wound. This study aims to determine the attitude of postpartum mothers regarding perineal wound care in the Midwife Independent Practice in 2022. The study used a descriptive method with a total population of 122 mothers giving birth for 6 months. The sample in this study were 30 postpartum women with perineal injuries in June-July 2022, sampling technique with Total Sampling Method. The results of the research on the healing time of perineal wounds in postpartum mothers showed that 63.33% of respondents had good knowledge, and 76.67% of respondents had a positive attitude. From this research, an active role is needed for community health service units, especially midwives' independent practice to provide perineal wound care counseling to postpartum mothers and check stitches at 1 week of postpartum period to the midwife.

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1. INTRODUCTION

Death after childbirth, known as maternal death, is an important global health issue. Maternal death occurs when a woman dies within 42 days of giving birth. Progress has been achieved in medical care and attention to maternal health, but even so, maternal mortality is still a problem in many countries, especially in developing countries. High maternal mortality rates indicate challenges in providing adequate health care and access to safe medical facilities during pregnancy, childbirth and postpartum (Ratih, 2020).

The postpartum or postpartum period is a time of healing, a time of change, and a time to return to a non-pregnant state, as well as adjustments to the presence of a new family member. According to the Indonesian Ministry of Health (2014) the length of the postpartum period is calculated from the time the delivery is finished until the uterine devices recover to their pre-pregnancy state and the length of the postpartum period is approximately 6 weeks. At this time, maternal death can still occur due to bleeding or infection. Infection in the postpartum period is likely to originate from an infected perineal suture wound. These sutures are caused by an episiotomy or an incision that is infected and due to tears in the birth canal or tears in the perineum. Stitches caused by episiotomies or perineal tears take 6 to 7 days to heal. post partum mothers who do good perineal wound care can accelerate perineal wound healing, improper perineal care can cause postpartum infection. This is supported by the fact that the perineal wound area affected by lochia is a moist area, so it will greatly support the growth of bacteria. Infection due to poor treatment can cause complications such as; bladder infections and infections of the birth canal (Manuntungi, 2019). Infection due to poor treatment can cause complications such as; bladder infections and infections of the birth canal (Manuntungi, 2019). Infection due to poor treatment can cause complications such as; bladder infections and infections of the birth canal (Manuntungi, 2019).

Attitude is a habit that is carried out by every individual or group in their daily life. Attitudes are born and formed by experiences during their lifetime, where these attitudes are largely determined by the knowledge received from human birth to maturity. Attitudes or habits are reflected in patterns

of daily life and matters related to health are no exception. Postpartum mothers are no exception. Postpartum mother's attitude influences the treatment of perineal wounds in postpartum mothers, a good attitude will have an impact on good perineal wound care as well. Meanwhile, a lack of attitude certainly results in unwanted things, such as postpartum infections.

An independent practicing midwife, which is a health management unit managed by individuals or the private sector, is an extension of the government, in this case the Ministry of Health of the Republic of Indonesia, to provide services primarily in the health sector and more particularly for pregnant women, mothers giving birth, breastfeeding, postpartum, family planning and new babies. born. Based on a preliminary survey in 2022 conducted by researchers at the Endang T SST Independent Practice Midwife, from the delivery data from January to July there were a total of 52 deliveries. From parturition, 30 birth mothers (67%) experienced perineal rupture, 22 delivery mothers (33%) did not experience perineal rupture. Meanwhile, from the results of a case study conducted in June 2022 at the Endang T SS Independent Practice Midwife

2. METHOD

This study used a descriptive method with a population of all postpartum mothers who had given birth at the Endang SST Independent Practice Midwife who had Perineal Sutures from January to July 2022. The sampling technique used was total sampling, where the entire population was sampled. The data collection technique uses primary data, namely the researcher collects data and information directly from the patient regarding the attitudes and knowledge of postpartum mothers regarding perineal wound care. Before the research is carried out, the researcher ensures that the respondent's consent is obtained voluntarily, informationally, and without coercion. Research respondents were given an understanding of the research objectives, procedures, benefits, risks, and respondents' rights before giving their consent. The identity and personal information of the respondent is kept confidential and only used for research purposes. The data collected is stored securely and only accessed by the team. Secondary data is in the form of data and information obtained from book reports and notes from the Independent Practice Midwife Endang T SST at Jalan Cemara Ujung complex based on research conducted from June to July 2022 with a total of 30 respondents.

Data collection was carried out by distributing questionnaires to be filled in by respondents. The research instrument used a questionnaire with 20 questions to measure the percentage of knowledge and attitudes of postpartum mothers regarding perineal wound care. Questions containing attitudes and knowledge in accordance with research objectives adapted to the conditions of the research site, questionnaires were given to selected respondents who were willing to participate in research according to the research sample that had been conducted.

3. RESULTS AND DISCUSSION

The results of the knowledge and attitudes of postpartum mothers in treating perineal wounds in the Independent Practice of Midwives Endang.T SST are as follows:

Knowledge

Frequency distribution based on the level of knowledge of postpartum mothers in treating perineal wounds

Table 1. Distribution of Knowledge Frequency of Postpartum Mothers

Knowledge Category	Frequency	Percentage (%)
Good	19 People	63,33
Enough	9 People	30
Not enough	2 persons	6,67
Total	30 People	100

From table 1 above, it can be seen that out of a total of 30 respondents, 19 respondents who had good knowledge (63.33%), 9 respondents who had sufficient knowledge (30%), respondents who had less knowledge 2 people (6.67%).

Knowledge and Attitudes of Postpartum Mothers in Caring for Perineal Wounds in the Independent Practice of the Endang Midwife T S.S.T. Sri Norlina

Attitude

Frequency distribution based on attitude can be measured by scores based on 30 respondents.

Table 2. Frequency distribution based on the attitude level of postpartum mothers

Attitude Category	Frequency	Percentage (%)
Positive	23	76,67
Negative	7	23,33
Total	30	100

Based on the frequency distribution table above, it is known that of the 30 respondents regarding the attitude of postpartum mothers in treating perineal wounds, the majority had a positive attitude, namely as many as 23 people (76.67%) while the other 7 people (23.33%) had a negative attitude in perform perineal wound care.

Discussion

Perineal tears occur in almost all first deliveries and not infrequently in subsequent deliveries. This is due to the pressure of the head or body parts of the fetus suddenly, so that the skin and perineal tissue are torn. (Sukarni K, I., & ZH, M, 2013)

The occurrence of tears or lacerations in the perineum needs to be handled carefully and correctly, if not treated immediately it will be very dangerous for the mother's condition because the possibility of infection in the lacerated wound is very large, because when the needle enters the body tissue an injury will also occur (Sukarni K, I., & ZH, M, 2013)

The results showed that of the 30 respondents, 19 people (63.33%) had good knowledge about perineal wound care, while 9 people (30%) had sufficient knowledge and only 2 people (6.67%) had good knowledge. less about perineal wound care.

Knowledge is everything that is known based on the experience gained by every human being. The experience gained can come from one's own experience or experience gained from other people (Ambarwati, 2010),

Respondents who have good knowledge tend to treat perineal wounds well compared to respondents who have poor knowledge. This is because mothers with a good level of knowledge understand more about the methods and benefits of treating perineal wounds, while mothers with a poor level of knowledge tend to lack understanding of the methods and benefits of treating perineal wounds (Devita & Aspera, 2019).

Knowledge is a very important domain for the formation of one's actions or over behavior. The higher the knowledge of awareness to play a role and have a positive impact on the health of someone who has adequate knowledge about perineal wound care, then knowledge, attitude as the basis for action so that it can lead to action in postpartum mothers in the form of carrying out good and correct perineal care after delivery. (Notoatmodjo S, 2018)

The results of the research on the attitude of postpartum mothers in caring for perineal wounds showed that of the 30 respondents, the majority had a positive attitude, namely 23 people (76.67%) while the other 7 people (23.33%) had a negative attitude in treating perineal wounds.

According to Rismawati et al., (2012) many things can influence a person's attitude, one of which is a very supportive attitude that is influenced by the mother's knowledge which is quite good. There are other factors that can influence a person in taking an action.

Attitude is a manifestation and projection of one's habits and lifestyle. Attitude will be reflected in a person's behavior patterns, ways of behaving and ways of behaving in response to all things related to what is happening around him or even to himself. This will also be seen, how a person responds to his health life. Likewise, when a woman or mother has finished giving birth.

Every mother who has given birth will be faced with several healing processes to achieve normal health conditions. Realizing normal health is highly dependent on the attitude of the postpartum mother. A good attitude will certainly speed up the healing process in total and normally, but a lack of attitude will certainly have an impact on several risks, which in general will slow down healing.

Attitude is a readiness to react to a certain object as an appreciation which consists of receiving, responding, appreciating and being responsible. Attitude makes someone to close or away from something. Attitude will be followed or not by an action based on a little or a lot of one's experience. Maternal and child health problems are inseparable from socio-cultural and environmental factors in the society where they live. Based on it or not, factors of belief and traditional knowledge such as concepts regarding various taboos, causal relationships and concepts about health and illness, as well as habits sometimes have a positive or negative impact on Mother and Child Health (MCH) (Yulianti, 2014).

Postpartum infections still play a role as the main cause of maternal death, especially in developing countries like Indonesia, this problem occurs as a result of midwifery services which are still far from perfect. Other factors that cause puerperal infections include poor immune system, poor postpartum care, malnutrition/malnutrition, anemia, poor hygiene, and fatigue (Andriani, 2015).

Judging from the results of the study, the researchers argue that there is a need for promotive efforts from health workers, especially midwives, health workers or health extension workers to increase the knowledge of postpartum mothers from an early age, namely from after giving birth to 6 weeks during the postpartum period by conducting counseling about perineal wound care. the goal is for postpartum women who experience perineal wounds either rupture or episiotomy wounds to better understand how to treat the injured area so as to avoid infection that can occur during the puerperium

This is in line with the opinion of Agus & Budiman (2013) which stated that health education on perineal wound care is important to be given to post partum mothers because the information provided will affect the level of knowledge of post partum mothers. The information received will cause post partum mothers to take actions that lead to changes in behavior in the form of carrying out perineal care. Information affects a person's knowledge if he often gets information about a lesson, it will increase his knowledge and insight.

The limitation in this study is that the background of the problem was taken only in one Midwife Practice place because in the Endang T SST Independent Practice Midwife many birth mothers experienced suturing perineum wounds. In the research method using a questionnaire, sometimes the answers given by the respondents do not show the real situation or knowledge of the respondents.

4. CONCLUSION

Postpartum mothers in the Independent Practice of Midwives Endang T SST who have good knowledge in postpartum mothers regarding perineal wound care as many as 63.33% of respondents have good knowledge, 30% of respondents have sufficient knowledge and 6.67% of respondents have less knowledge. As for the attitude category of the 30 respondents, the majority were positive, namely as many as 23 people (76.67%) while the other 7 people (23.33%) had a negative attitude in treating perineal wounds. It needs an active role for community health service units, especially midwifery and units organized by the community such as midwives' independent practice to always periodically and continuously provide information on matters relating to the formation of attitudes for every postpartum mother.

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