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Relationship Of Mom's Knowledge About Delivery Technique And Perineum Rupture In Normal Delivery At The Yani Delitua Midwife Clinic In 2022

Rini Febrianti

Department of Midwifery, STIKES Senior Medan

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ABSTRACT

Normal delivery is the process of expelling the products of conception that have been enough months, born spontaneously with a back of the head presentation that takes place within 18 hours, without complications to both the mother and the fetus. Pregnant women are really looking forward to the arrival of the time of delivery, because they crave the presence of the baby who has been waiting for 40 weeks. The formulation of the problem in this study is 'Is there a relationship between maternal knowledge about straining techniques and perineal rupture in normal delivery at the Yani Delitua Midwife Clinic in 2022. The research design in this study was an analytic survey with a cross sectional approach. In this study, the relationship between the independent variable (mother's knowledge) and the dependent variable (perineal rupture) at the Midwife Yani Delitua Clinic in 2022 was studied. The sample in this study from March to May 2022 was 37 people. Sampling used a non-probability sampling approach and the sampling technique in this study was accidental sampling. There is a significant relationship between mother's knowledge of pushing techniques and perineal rupture at the Yani Delitua Midwife Clinic in 2022 with $p = 0.043 < 0.05$. Suggestions to respondents to seek more information to increase their knowledge, especially about pushing techniques to avoid perineal rupture on the internet, health workers, and so on.

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Corresponding Author:

Rini Febrianti,
Department of Midwifery
STIKES Senior Medan
Email: rinfibrianti408@gmail.com

1. INTRODUCTION

Normal delivery is the process of expelling the products of conception that have been enough months, born spontaneously with a back of the head presentation that takes place within 18 hours, without complications to both the mother and the fetus. Pregnant women are really

looking forward to the arrival of the time of delivery, because they crave the presence of the baby who has been waiting for 40 weeks. Pregnant women consider childbirth to be the most thrilling time because childbirth is synonymous with intense pain, exhausting and very tiring, even a stressful struggle because it is risking their lives.

Data in various worlds in 2009 showed that there were 2.7 million cases of perineal tear (rupture) in women giving birth. This figure is estimated to reach 6.3 million by 2020, in line with midwives who do not know midwifery care well and mothers lack knowledge about maternal self-care at home. Data in America from 26 million mothers giving birth, there are 40% experiencing perineal rupture. Data in Asia shows that the problem of perineal tears is quite a lot in society, 50% of the incidence of perineal tears in the world occurs in Asia. The prevalence of childbirth mothers who experience perineal tears in Indonesia in the 25-30 year age group is 24%, and in the 32-39 year old mother it is 62%.

This indicator is not only able to assess maternal health programs, it is also able to assess the degree of public health, because of its sensitivity to improving health services, both in terms of accessibility and quality. The decline in the MMR in Indonesia occurred from 1991 to 2007, from 390 to 228. However, the 2012 IDHS showed a significant increase in the MMR, which was 359 maternal deaths per 100,000 live births. MMR again showed a decline to 305 maternal deaths per 100,000 live births based on the results of the 2015 Inter-Census Population Survey (SUPAS).

Meanwhile, 40% of maternal deaths in Indonesia are caused by postpartum hemorrhage. The main cause of bleeding is uterine atony while perineal rupture is the second cause that almost occurs in every vaginal delivery. The mucosal and skin layers of the perineum in a primiparous mother are prone to rupture which can cause vaginal bleeding.

Meanwhile, in North Sumatra Province, MMR in the last 7 years has shown a downward trend, from 360 per 100,000 live births in North 2002 to 345 per 100,000 live births in 2003, 330 per 100,000 in 2004, 320 per 100,000 live births in 2005, 315 per 100,000 live births in 2005, and 315 per 100,000 live births in 2005. 100,000 live births in 2006, 275 per 100,000 live births in 2007, and in 2008 it was 260 per 100,000 live births, which is still higher than the 2007 national average of 228 per 100,000 live births.

Based on the above background, researchers are interested in conducting research on perineal rupture where the above problems must be investigated what the exact cause of perineal rupture can occur so that researchers conduct research on the Relationship of Knowledge about Straining Techniques with Perineal Rupture at the Yani Delitua Midwife Clinic in 2022.

2. RESEARCH METHODE

The research design in this study was an analytic survey with a cross sectional approach. In this study, the relationship between the independent variable (mother's knowledge) and the dependent variable (perineal rupture) at the Midwife Yani Delitua Clinic in 2022 was examined. The research time needed for this study was in March-July 2022. The population is a generalization area consisting of objects/subjects. which have certain qualities and characteristics that are applied by researchers to be studied and then drawn conclusions. The population in this study were all pregnant women in the Midwife Clinic Yani Delitua in 2022, March-May, as many as 37 people. Sampling used a non-probability sampling approach and the sampling technique in this study was accidental sampling. A total of 37 people using inclusion and exclusion criteria.

The analysis used is univariate analysis and bivariate analysis. Univariate analysis is used to get an overview of the frequency distribution and percentage of each dependent and independent variable to be studied. The data is presented in the form of a frequency distribution table. Bivariate analysis was conducted to determine the relationship (correlation) between the independent variable (independent variable) and the dependent variable (dependent variable). To prove that there is a significant relationship between the dependent variables, Chi-Square analysis is used, at the statistical significance limit of the p value calculation (0.05). If the calculation results show the value of χ^2 table < p value (0.05) then it is said (Ho) is rejected, meaning that the two variables have a statistically significant relationship.

3. RESULT AND ANALYSIS

Frequency Distribution of Respondents' Knowledge at Delitua Midwife Clinic in 2022

No	Pengetahuan	F	(%)
1	Baik	7	19
2	Cukup	17	45,9
3	Kurang	13	35,1
	Total	37	100

Based on table 4.2 of 37 respondents it is known that the respondents have good knowledge, namely 7 people (19%), who have sufficient knowledge as many as 17 people (45.9%), and who have less knowledge as many as 13 people (35.1%).

Table 4.3. Distribution of Perineal Rupture Frequency at the Midwife Clinic Yani Delitua in 2022

No	Ruptur Perineum	F	(%)
1	Tingkat 1	13	35,1
2	Tingkat 2	20	54,1
3	Tingkat 3	4	10,8
	Total	37	100

Based on table 4.3 of 37 respondents, it is known that respondents who experienced level 1 perineal rupture were as many as 13 people (35.1%), who experienced level 2 perineal rupture were 20 people (54.1%), and those who experienced grade 3 perineal rupture were 4 people (10,8).

Table 4.4 Cross-tabulation of Knowledge Relationship with Perineal Rupture at the Midwife Clinic Yani Delitua in 2022

No	Pengetahuan	Ruptur Perineum						Jumlah		P Value
		Tingkat 1		Tingkat 2		Tingkat 3		f	%	
		f	%	f	%	f	%			
1	Baik	6	16,2	1	2,7	0	0	7	19	0,043
2	Cukup	6	16,2	10	27	1	2,7	17	45,9	
3	Kurang	1	2,7	9	24,3	3	8,1	13	35,1	
	Jumlah	13	35,1	20	54,1	4	10,8	37	100	

Based on table 4.4 of 37 respondents, it was found that the relationship between mother's knowledge of the technique of pushing with perineal rupture at the Deli Dentist Midwife Clinic in 2022 showed that from 7 respondents who had good knowledge, 6 people (16.2%) had grade

1 perineal rupture and 1 person (2.7%) had grade 2 perineal rupture. 1 person (2.7%) experienced a grade 1 perineal rupture and 10 people (27%) experienced a grade 2 perineal rupture and 1 person (2.7%) had a grade 3 perineal rupture. Meanwhile, 13 respondents lacked knowledge, of which 1 person (2.7%) had a grade 1 and 9 perineal rupture. 9 people (24.3%) had grade 2 perineal rupture and 3 people (8.1%) had grade 3 perineal rupture.

The results of the Chi-square test showed that $p = 0.043 < 0.05$, meaning that there was a significant relationship between mother's knowledge of pushing techniques and perineal rupture at the Yani Delitua Midwife Clinic in 2022.

DISCUSSION

Based on table 4.4 in the cross-sectional table of knowledge with perineal rupture, it shows that there is a significant relationship between mother's knowledge of pushing techniques and perineal rupture at the Yani Delitua Midwife Clinic in 2022 and 2018 with the result $p = 0.043 < 0.05$. Of the 37 respondents, it showed that 7 respondents who had good knowledge there were 6 people (16.2%) experienced level 1 perineal rupture and 1 person (2.7%) had grade 2 perineal rupture. 10 people (27%) experienced level 2 perineal rupture and 1 person (2.7%) the rest had level 3 perineal rupture. While knowledge was lacking as many as 13 respondents, where as many as 1 person (2.7%) experienced level 1 perineal rupture and 9 people (24.3%) experienced a grade 2 perineal rupture and 3 people (8.1%) had a grade 3 perineal rupture.

Knowledge can be obtained in various ways, one of which is by trial and error, this can be done by using several possibilities in preventing problems, and if these possibilities do not work, try other possibilities. If the second possibility fails, then try again with the third possibility, and if the third fails, try the fourth possibility and so on, until the problem can be solved.

A person's experience in his life can be a source of knowledge is a way to obtain the truth of knowledge by repeating the knowledge gained in solving problems faced in the past. Such as taking care of perineal wounds so that the perineal wound can heal quickly without disturbing infections, besides that age also affects a person's perception and mindset. The more you get older, the more your grasping power and mindset will develop, so that the knowledge you get is getting better.(19)

The above opinion is supported by a research conducted by Setyorini and Utami Elviandari with the title Knowledge of Third Trimester Pregnant Women about the Technique of Pushing in Labor at RB Sukoasih Sukoharjo 2016. The design of this study was a descriptive study with a Cross Sectional approach. The population of this study were all third trimester pregnant women in RB Sukoasih. Sukoharjo In 2015, the sampling technique used was Accidental Sampling where at the time of the study there were 30 respondents. The data collection tool was in the form of a questionnaire. Data analysis used the percentage formula and frequency distribution. 8 respondents (26.7%), 15 respondents (50.0%), less than 7 respondents (23.3%). Characteristics of respondents in RB Suko Asih Sukoharjo majority aged 21-25 as many as 16 respondents (53.3%), primigravida 19 respondents (63.3%), and high school education as many as 17 respondents (56.7%).(10)

Various treatments for perineal rupture are carried out to unite the tissues that are open due to a perineal tear or rupture. The perineal rupture repair procedure is to explore to identify the location of the laceration and the source of bleeding. Irrigation of the wound and provide antiseptic. Pin with the tip of the bleeding source clamp and then tie with threads that can be absorbed by the operator.

A good way to push is also determined by the position in the mother's labor. Positioning is one of the relaxation techniques because it can reduce pressure points and tension in the pelvic floor muscles. According to JNPK-KR, the type of position in labor is as follows.

According to the researchers, the thing that underlies the importance of knowledge about straining techniques. Straining is one of the strengths in labor (primary strength) that helps the mother to give birth to the fetus spontaneously. Knowledge of the technique of pushing the mother includes knowledge of the technique of breathing, straining, and the correct position in the labor process. Ignorance of the mother about the technique of straining can cause swelling of the cervix and possible tearing of the uterus, this is caused by straining before complete dilation.

4. CONCLUSION

1. Mother's knowledge about the technique of pushing at the Midwife Clinic Yani Delitua in 2022 showed that respondents who had good knowledge were 7 people (19%), sufficient knowledge was 17 people (45.9%), and 13 people lacked knowledge (35.1%).
2. Perineal rupture at the Midwifery Clinic Delitua in 2022 showed that respondents who experienced grade 1 perineal rupture were 13 people (35.1%), grade 2 perineal rupture was 20 people (54.1%), and grade 3 perineal rupture as many as 4 people (10.8).
3. There is a significant relationship between mother's knowledge of pushing techniques and perineal rupture at the Delitua Midwife Clinic in 2022 with $p = 0.043 < 0.05$.

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