

The Danger Signs in Pregnancy in Pregnant Women in the UPT area of the Ulaweng Public Health Center, Ulaweng District, Bone Regency in 2022

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ABSTRACT

75% of maternal deaths are caused by bleeding, infection, and high blood pressure in the mother during pregnancy. Danger signs in pregnancy are a sign that a serious problem has occurred in the pregnant mother or the fetus in her womb so that it can cause illness or death before or after delivery. The method of this community service is the extension method in the form of direct presentation of lecture material to 20 pregnant women using leaflets and browsur media. This community service as a whole is very effective, so that an increase in knowledge is obtained after counseling on the danger signs of pregnancy to pregnant women.

Keywords: Danger Signs of Pregnancy, Pregnant, Women.

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INTRODUCTION

Pregnancy is a health-prone period, both the health of the pregnant mother and the fetus she contains, so that during pregnancy it is necessary to have regular check-ups. This is done in order to avoid interference as early as possible from everything that is harmful to the health of the mother and fetus in the womb (South Sulawesi Health Office, 2020)

Pregnancy and childbirth are phases of women's lives and the lives of their families. It can be a great hope and a joyful time but it can also be a time of fear, suffering and even death. Complications of pregnancy and childbirth are often a major cause of maternal morbidity and mortality. (Sulistianingsih, 2018)

Pregnancy is fertilization or union of spermatozoa and ovum and is continued by nidation or implantation. When calculated from the time of fertilization to the birth of the baby, a normal pregnancy will take place within 40 weeks or 10 months or 9 months according to the international calendar. Pregnancy is divided into 3 trimesters, where the first trimester lasts for 12 weeks, the second trimester is 15 weeks (weeks 13 to 27), and the third trimester is 13 weeks (weeks 28 to 40) .

Pregnancy check-ups are very necessary to monitor the condition of the mother and fetus at least 4 times, namely: first trimester pregnancy (<14 weeks) one second trimester pregnancy visit (14-28 weeks) one third trimester pregnancy visit (28-36 weeks and after 36 weeks) two visits. (Herliani Siti, 2018)

The South Sulawesi Health Office said that the number of maternal deaths in 2019 was 144 people or 94.29 per 100,000 live births. Consisting of maternal deaths 31 people (22%), maternal deaths 36 people (25%), postpartum maternal deaths 77 people (53%). (South Sulawesi Health Office, 2020)

The maternal mortality rate is mostly contributed by the occurrence of dangers/complications in pregnancy such as preeclampsia with a percentage of 24%.3 The incidence of anemia in urban (36.4%) and rural (37.8%) areas is almost the same. Abortion is one of the contributors to maternal mortality and morbidity with a frequency of 10%-15%, or from 5 million pregnancies each year there are 500,000-750,000 pregnant women who experience abortions (Napitupulu et al., 2018)

The most common cause of maternal death was bleeding (30.3%), followed by hypertension in pregnancy (27.1%), infection (7%), other causes (45%) quite large, including non-obstetric causes. The high maternal mortality is also caused by the high number of unwanted pregnancies. Approximately 65% of pregnancies still occur because of "4 too" related to pregnancy "too young (less than 20 years), "too old: (more than 35 years)," too often (gestational interval of less than 2 years, "too many" (more than 3 children). (Windari & Lohy, 2019)

Danger signs in pregnancy are a sign that a serious problem has occurred in the pregnant mother or the fetus in her womb so that it can cause illness or death before and after delivery (Hotman et al., 2022)

Danger signs of common pregnancy complications In pregnant women include vaginal bleeding, convulsions, severe headache with blurred vision, fever and unable to get out of bed, severe abdominal pain and shortness of breath. Fast or difficult breathing, Bleeding that comes out of the birth canal, adequate abdominal

pain , weakening movement fetus, swelling/oedema on face, hands, feet; vision blurry eyes, headache unbearable fever , hyperemesis gravidarum , discharge fluid amniotic sac spontaneously suddenly from Street born . (Maryuni et al., 2021)

Age and parity are factors that are quite risky for pregnancy complications. At the age of pregnant women should not be too young or too old, this is because if you are too young, namely < 20 years, physically/anatomically, you are not ready because the uterus and pelvis have not yet grown to their adult size. If you are too old, namely the mother who is pregnant for the first time at the age of >35 years, at that age it is easy for diseases to occur in the mother and the organs of the womb are aging. The birth canal is also getting stiffer, there is a greater chance that pregnant women will have children with disabilities, there will be obstructed labor and bleeding. Dangers that can occur are hypertension, preeclampsia, premature rupture of membranes, labor is not smooth / jammed, bleeding after the baby is born, babies born with low birth weight <2500 grams (Komariah & Nugroho, 2019)

The incidence of pregnancy complications can be caused by risk factors during pregnancy, one of which is pregnancy and gravida delivery. Gravida is the total number of maternal pregnancies, including normal and abnormal intrauterine pregnancies, abortions, ectopic pregnancies, and hydatidiform moles (Sulastri et al., 2019)

Reports from the WHO that 75% of maternal deaths are caused by bleeding, infection, and high blood pressure in the mother during pregnancy. This happens because of the mother's non-compliance in conducting *antenatal care* so that the mother does not get information about the health of the mother and baby during pregnancy, and one of these things is also influenced by the level of knowledge of the mother about the danger signs of pregnancy which is still lacking so that she does not have the motivation and self-awareness. to perform *antenatal care checks* . Therefore, it is very important for pregnant women to have knowledge about the danger signs of pregnancy so that they are obedient in conducting *antenatal care checks*. (Kolantunga et al., 2021)

Knowledge of pregnant women about the signs and dangers of pregnancy plays a very important role in reducing maternal mortality (MMR), because with knowledge of signs and dangers in pregnancy, a pregnant woman will find a place for health services more quickly so that the risks that occur in pregnancy can be detected early . (Fitrianingsih N, 2019)

If a pregnant woman has more knowledge about the high risk of pregnancy, it is likely that the mother will think about determining attitudes and behavior to prevent, avoid or overcome the problem of the risk of pregnancy. And mothers have the awareness to make antenatal visits to check their pregnancy, so that if there is a risk during pregnancy it can be handled early and appropriately by health workers (Mauluddina, 2018).

One of the ways to prevent the dangers of pregnancy is by doing yoga, the results of the study show that yoga carried out in the third trimester has a very good impact on mothers and children so that they can prevent the dangers of pregnancy (Katmini, 2020)

Antenatal care (ANC) is care given to pregnant women with the aim of securing a safe pregnancy and a healthy baby. Inadequate prenatal care is associated

with adverse outcomes. In 2015 about 303,000 women worldwide died from quality health care during pregnancy and during childbirth, according to the World Health Organization (WHO), almost of maternal deaths in poor countries could be prevented 26% with adequate prenatal care 48% with improved access quality obstetric nursing (Silviera, 2021). Utilization of antenatal care services by pregnant women is basically a manifestation of one form of behavior in the health sector in an effort to prevent and overcome diseases or disorders that endanger health. (Sriyanah et al., 2021)

Another action that can be taken to increase knowledge and attitudes of the community, especially pregnant women about the danger signs of pregnancy is to provide education or health education. Education or health education itself is an activity or effort in conveying health messages to the community, group or individual. (Sari et al., 2018)

In addition to increasing knowledge about the dangers of pregnancy, pregnant women can also be given education related to early prevention so that stunting does not occur in children, as we know that stunting is still a chronic nutritional problem in Indonesia, so that through the National Medium Term Development Plan (RJPM) Program The government targets that by 2025 it will reduce 40% of the number of short toddlers. (Sriyanah & Efendi, 2022)

Stunting or shortness is defined as a condition of failure to thrive in infants (0-11 months) and children under five (12-59 months) as a result of chronic malnutrition, especially in the first 1,000 days of life so that the child is too short for his age. Malnutrition occurs since the baby is in the womb and in the early days of birth, but stunting only appears after the child is 2 years old. (Sriyanah & Efendi, 2022)

Stunting can be prevented through specific nutritional interventions aimed at the first 1,000 days of life and fulfillment of nutrition and health services for pregnant women, fulfillment of nutritional intake needs for pregnant women, consumption of protein in the daily menu for toddlers aged over 6 months with protein levels according to their age. , maintain sanitation and meet the need for clean water as well as routinely bring the baby to attend the posyandu at least once a month. (Sriyanah & Efendi, 2022)

In an effort to achieve optimal growth and development of children, especially during the toddler years, preparations are needed from both parents, especially mothers and health workers. high during pregnancy and then assist in childbirth and take care of the baby and mother after delivery. (Sriyanah & Efendi, 2022)

METODE

The method of this community service is the extension method in the form of direct presentation of lecture material to 20 pregnant women using leaflets and browsur media.

RESULTS AND DISCUSSION

Community service activities carried out in the form of counseling with the aim of increasing knowledge about Danger Signs in Pregnancy. This outreach activity uses

the lecture method, namely the delivery of material that explains the Danger Signs in Pregnancy for pregnant women.

Table 1: Respondents' Knowledge of Danger Signs of Pregnancy

Knowledge Category	Pre-Test		Post Test	
	N	%	N	%
Not enough	17	85	6	30
Well	3	15	14	70
Amount	20	100	20	100

Source: primary data

In the table above, the results obtained before the education was carried out there was a level of knowledge of pregnant women who were still lacking as many as 17 people (85%) while those who had good knowledge were 3 people (15%). So counseling about the danger signs of pregnancy in pregnant women is very important and after the counseling it is obtained that the knowledge of pregnant women is still lacking as many as 6 people (30%) while pregnant women who have good knowledge increase are 14 people (70%). So it can be concluded that there is an increase in knowledge obtained by pregnant women after counseling about the danger signs of pregnancy given.

The results of this study are in line with the research conducted by Faulia Mauluddina and Siska Olin Sari entitled The Relationship of Knowledge Levels of Primigravida Pregnant Women About Pregnancy Danger Signs With Early Detection of Pregnancy Complications at the Sukaraya Baturaja Timur Public Health Center . greater, namely as many as 21 people (60%) compared to respondents with less knowledge, namely as many as 14 people (40%). (Mauluddina, 2018)

Knowledge is very closely related to education, where it is hoped that with higher education, the person will have wider knowledge. However, it should be emphasized, it does not mean that someone with low education is absolutely low in knowledge. (Katmini, 2020)

Table 2: Pregnancy History

Pregnancy History	n	%
Experiencing Complications	11	55
No Complications	9	45
Amount	20	100

Source: primary data

In the table above, 11 people (55%) had pregnancies with complications while 9 (45%) did not experience complications, so it is important to have a health check in order to avoid complications or dangers during pregnancy. With this community service, pregnant women can control their health so as to minimize the increase in danger or complications during pregnancy.

The core activity in this community service is giving lectures/counseling about the importance of education and pregnancy check-ups. Submission of material about the danger signs in pregnancy with the effectiveness of the counseling pregnant women can gain knowledge of the danger signs of pregnancy in pregnant women.

In this outreach activity, there were 20 people consisting of pregnant women who met the criteria. It can be seen that pregnant women who were present at the time the counseling was held on average did not know the danger signs or complications and the impact on pregnant women. In this counseling, leaflets are given about danger signs for pregnant women to be studied at home, print media is media that is easy to read by people during the discussion. The evaluation of this counseling is that pregnant women are enthusiastic about knowing the signs of danger and complications in pregnancy



Figure 1. Extension Process Mother Pregnant



Figure 2. The process of gymnastics light mother pregnant

The importance of disseminating information on pregnancy danger signs to pregnant women, monitoring and evaluating the prevention of dangers and complications in pregnant women so that mothers who give birth can avoid death.

CONCLUSION

This community service as a whole is very effective, so that an increase in knowledge is obtained after counseling on the danger signs of pregnancy to pregnant women

Thank-you note

The servant would like to thank Allah SWT for His grace so that we can carry out this useful activity to increase knowledge for pregnant women, thank you also to pregnant women who are involved in community service for their support in the implementation of this community service.

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