

## **Analysis of Mothers' Knowledge About Postpartum Visits in the Work Area of Gunung Tua Community Health Center**

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Article Info	ABSTRACT
<p><b>Article history:</b></p> <p>Received September 09, 2024 Revised December 05, 2024 Accepted January 06, 2025</p> <hr/> <p><b>Corresponding Author:</b></p> <p>Ratna Wulandari, STIKes Paluta Husada, Gunungtua, Indonesia Email: wulan_surb@yahoo.co.id</p>	<p>The postpartum period is a fairly important period for health workers to always monitor because less than optimal implementation can cause the mother to experience various problems, and can even lead to postpartum complications. Among the causes of maternal death, infection is the second most common cause of death after bleeding. The type of research used was descriptive, namely, to determine the mother's knowledge about postpartum visits. The sampling technique used in this study was total sampling. The total population is a sampling technique in which the total number of samples is the same as the population (Sugiyono 2010). Thus, the sample in this study was the entire population of postpartum mothers-form January to August 2024 in the Gunung Tua Health Center work area, totaling 34 people. Based on the data analysis conducted, it is known that the majority of respondents' knowledge is in the lowers category, (38.2%). This is understandable, considering that the majority of respondents' education was in the basic education category, (44.1%). Education is a formal and non-formal activity in an effort to develop a person's mindset, personality, and abilities, both inside and outside of school, as well as life experiences that last a lifetime. The majority of the respondents' knowledge was in the sufficient category, (17.6%). This is understandable, considering the majority of respondents' ages in the 21-35 year category, namely (47.0%). Most respondents' knowledge was in the insufficient category, (20.6%). This is understandable, considering that the majority of respondents' jobs were in the unemployed/housewife category, (44.1%). Every health worker, especially midwives, should be able to provide counseling to mothers regarding the importance of visits during the postpartum period.</p> <p><b>Keywords:</b> <i>Maternal, knowledge, postpartum visits</i></p> <p>This article is licensed under a <a href="https://creativecommons.org/licenses/by/4.0/">Creative Commons Attribution 4.0 International License</a>.</p> <div style="text-align: center;"></div>

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### **1. INTRODUCTION**

Maternal health refers to the health of women during pregnancy, childbirth, and postpartum period. Each stage should be a positive experience, ensuring that women and their babies reach their full potential for health and well-being. Approximately 295,000 women died during and after pregnancy, at birth, and during the postpartum period in 2017 [2]. Based on the cause, most maternal deaths in 2020 were caused by bleeding as many as 1,330 cases, hypertension in pregnancy as many as 1,110 cases, and circulatory system disorders as many as 230 cases [2].

Adequate monitoring and health care during pregnancy until the postpartum period are important for the survival of the mother and her baby. To accelerate the reduction in maternal mortality, the Indonesian Ministry of Health (Kemenkes RI) emphasizes the availability of maternal health services in the community. Maternal health status is a top priority in health development in Indonesia. The success of maternal health efforts can be observed in the Maternal Mortality Rate (MMR). MMR is an indicator of the degree of health. The maternal mortality rate is a health problem that is of concern to the World Health Organization (WHO). [3].

The government has made various efforts to improve maternal and child health services by ensuring that every mother can access quality health services, one of which is postpartum care or postpartum maternal health services. The success of postpartum care is achieved if postpartum mothers and their families have good basic knowledge about the postpartum period and possible danger signs, and have access to postpartum care services so that postpartum mothers can go through their postpartum period well and are prepared to face complications [7].

The postpartum period is a fairly important period for health workers to always monitor because less-than optimal implementation can cause mothers to experience various problems, and can even lead to postpartum complications. When viewed from the perspective of the causes of maternal death, infection is the second most common cause of death after bleeding, so it is appropriate for health workers to pay close attention during this period [4]-[5]. The existence of maternal problems will also have an impact on the welfare of the baby she gives birth to, because the baby will not receive maximum care from the mother. Thus, the rate of infant morbidity and mortality will also increase, and the postpartum period is also a vulnerable period for mothers, approximately 60% of maternal deaths occur after birth, and almost 50% of deaths during the postpartum period occur in the first 24 h after delivery, some of which are caused by postpartum complications. Therefore, the role and responsibility of midwives in providing midwifery care to postpartum mothers with monitoring prevents some of these deaths [1].

Postpartum visits are an effort to detect the emergence of complications or dangers of postpartum faced by the mother, bleeding, infection, mastitis, shock, high fever and breast congestion. 5 Postpartum visits aim to assess the health of the mother and newborn, prevent-possible health problems for the postpartum mother and baby, and detect postpartum events. The results of Situmorang and Pujiyanto's study showed that the proportion of complete postpartum visits in Indonesia is still low, where postpartum mothers who made their first postpartum visit (KF1) were 58,779 (76.9%), the second postpartum visit (KF2) was 46,576 (60.9%), and the third postpartum visit (KF3) was 30,519 (39.9%). Services at the second postpartum visit (KF2) include examination of vital signs, monitoring the amount of blood loss, examination of fluid coming out of the vagina, breast examination and recommendations for exclusive breastfeeding for six months, taking iron tablets every day, and postpartum family planning services.

From the preliminary survey conducted in the Gunung Tua Health Center Working Area, out of the six postpartum mothers interviewed, four did not know about the importance of postpartum visits.

Based on the problems above, the researcher is interested in conducting a study, namely, the Analysis of Mothers' Knowledge about Postpartum Visits in the Working Area of the Gunung Tua Health Center.

## **2. METHODODO**

The design of this study was descriptive, namely, to determine mothers' knowledge about postpartum visits. This research was conducted in the Working Area Gunung Tua Health Center, Padang Bolak District, North Padang Lawas Regency, in 2024. The study population comprised 34 postpartum mothers from January to August 2024. Sampling is an object studied, and is considered to represent the entire population. The sampling technique used in this study was total sampling. The total population is a sampling technique in which the total number of samples is the same as the population [8]. Thus, the sample in this study comprised the entire population of 34 people [9].

## **3. RESULTS AND DISCUSSION**

Based on the results of research conducted from January to August 2024, an analysis of mothers' knowledge of postpartum visits at the Gunung Tua Health Center, Padang Bolak District, North Padang Lawas Regency in 2024 obtained the following results:

Table1. Frequency Distribution Based on Respondents' Knowledge.

No.	Respondent Knowledge	Frequency	
		N	Percentage (%)
1.	Good	9	26.5
2.	Enough	12	35.3
3.	Not enough	13	38.2
	Amount	34	100

Based on the table above, the frequency distribution of respondents' knowledge is as follows: From 34 respondents, it is known that 9 people (26.5%) were in the good knowledge category, 12 (35.3%) in the sufficient knowledge category, and 13 people (38.2%) in the poor knowledge category.

Based on the data analysis conducted, it is known that the majority of respondents' knowledge is in the poor category, (38.2%) in Saba Sitahul-Tahul village by 2022. This is understandable, considering that the majority of respondents' education was in the basic education category, (44.1%). Education is a formal and non-formal activity in an effort to develop a person's mindset, personality, and abilities, both inside and outside of school, as well as life experiences that last a lifetime.

Knowledge is the result of "knowing", which occurs after a person senses a particular object. Sensing occurs through the five human senses, namely, the senses of sight, hearing, smell, taste and touch. Knowledge is closely related to an individual's education. A person with higher education will broaden their horizons so that better knowledge is formed, but a person with lower education cannot be said to have absolute low knowledge [11]-[12]. This is because increasing knowledge is not absolutely obtained from formal education alone, but can be obtained through non-formal education. A low level of education will affect a person's understanding of the information they receive, thus affecting the actions that will be taken next based on that information. This shows that a person with a low level of education tends to have difficulty accepting and making mistakes in interpreting the information received [13] Based on the data analysis carried out, it is known that the majority of respondents' knowledge is in the sufficient category, namely (17.6%) in the village of Saba Sitahul Tahul in 2022. This is understandable, considering that the majority of respondents' ages are in the 21-35 year category, (47.0%). As age increases, the ability to grasp and think also develops. Thus, knowledge improves [8].

Based on the data analysis conducted, the majority of respondents' knowledge is in the lower category, (20.6%) in the village of Saba Sitahul-Tahul in 2022. This is understandable, considering that the majority of respondents' jobs were in the unemployed/housewife category, (44.1%). Work is a formal and non-formal activity in an effort to develop a person's mindset, personality, and abilities both inside and outside of school, as well as life experiences that last a lifetime.

## CONCLUSION

Based on the results of research conducted by researchers analyzing mothers' knowledge about postpartum visits in the Gunung Tua Health Center Work Area, Padang Bolak District, North Padang Lawas Regency in 2024, it can be concluded that the majority of mothers had poor knowledge (38.2%), and the minority of mothers had good knowledge (26.5%). The results of this study suggest that health workers, especially midwives, provide counseling to pregnant women and postpartum mothers about the benefits of visits, so that postpartum mothers care about their health.

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