



## THE EFFECT OF HEALTH EDUCATION ON CHILDBIRTH PROGRAM AND PREVENTION OF COMPLICATIONS USING WA GROUP ON THE ATTITUDE OF THIRD TRIMESTER PREGNANT WOMEN AT SRENGAT HEALTH CENTER IN PREPARATION FOR CHILDBIRTH

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Article info	ABSTRACT
<p><b>Corresponding Author:</b></p> <p>Dwi Lukmawati <a href="mailto:dwi_lukmawati@stikesgane.shahusada.ac.id">dwi_lukmawati@stikesgane.shahusada.ac.id</a> Stikes Ganesha Husada Kediri</p>	<p>MMR in Indonesia is still high, mostly caused by direct causes, namely bleeding, infection, eclampsia, long labor and abortion in addition, maternal mortality is also motivated by low levels of knowledge, attitudes, education, parity, age too young to give birth, giving birth too often, too old to give birth, so it is necessary to prepare for childbirth, but in fact there are still many mothers who are not ready to face childbirth, so there is a need for education, one of which is through the WA group. This type of research uses <i>experimental quasy</i> with a research design, namely <i>Nonequivalent Control Group Design</i>. The population in this study is all III trimester pregnant women who are at the Srengat Health Center for the February 2023 period as many as 82 pregnant women. The sampling technique uses a formula for estimating the sample size of 20 people. Measuring instruments using SAP and questionnaires. Data analysis using <i>the Mann Whitney test</i>. The description of the attitude of pregnant women in the third trimester before education using the <i>WA group had an average value of 37.10</i>, after intervention an average value of 64.60. The description of the attitude of pregnant women in the third trimester before education using leaflets has an average value of 36.00, after intervention the average value is 53.65. There are differences in the attitudes of third trimester pregnant women in preparation for childbirth between those given health education for the Childbirth Planning and Prevention of Complications Program using <i>the WA group and leaflets</i> at the Srengat Health Center in 2023 with a significant value of <i>p value of 0.000</i>. Providing education using WA Group is more effective than leaflets because Whatsapps social media is easy to use to improve mothers' attitudes towards childbirth preparation because through WA Group can provide information and discussion about childbirth preparation rather than leaflets. Eeducation using WA group is more effective in improving the attitude of mothers in preparation for childbirth.</p> <p><b>Keywords:</b> <i>Education, Whatsapp Group, Pregnant Women, Preparation for Childbirth</i></p>
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## **INTRODUCTION.**

Number Maternal mortality (MMR) reflects the risks faced by mothers during pregnancy and childbirth which are influenced by maternal nutritional status, socioeconomic conditions, poor health conditions before pregnancy, the incidence of various complications in pregnancy and birth, the availability and use of health care facilities including prenatal and obstetric services. High maternal mortality rates indicate low socioeconomic conditions and low health care facilities including prenatal and obstetric services (The Ri, 2020).

The Minister of Health launched the Childbirth Planning and Prevention of Complications Program with stickers which is a new breakthrough in accelerating the reduction of maternal and newborn mortality rates through activities to increase access and quality of services as well as community building activities, concern for childbirth preparation and actions in saving mothers and newborns (Runjati, 2018).

Childbirth Planning and Complications Prevention Program activities are one of the effective instruments in achieving the target *Millenium Development Goals* (MDGs) especially in terms of reducing MMR, which has been integrated as an activity of standby villages. The contents of the Childbirth Planning and Prevention of Complications Program are the mother's name, estimated delivery, birth attendant, place of delivery, delivery companion, transportation and prospective blood donors (Depkes RI, 2020). The number of obstetric complications of the Kutai Kartanegara Regency Health Office in 2021 was 126,806 (20% of the number of pregnant women). The coverage of obstetric complications handled in 2021 was 90.81%. The achievement of coverage in 2021 has exceeded the SPM (Minimum Service Standard) target in 2021, which is 80% (Kutai Kartanegara Regency Health Office). Data from Puskesmas Samboja K1 coverage is 75%, program coverage is 90% and childbirth coverage in health facilities is 85%, from the Health Office data shows that many pregnant women at Srengat Health Center still have not carried out the Childbirth Planning and Complications Prevention Program (Puskesmas Srengat, 2023). One of the problems faced by pregnant women is the lack of a positive attitude regarding the Childbirth Planning and Prevention of Complications Program so that many pregnant women ignore the program and have an impact on maternal health. For this reason, it is necessary to increase maternal attitudes towards the Childbirth Planning and Complications Prevention Program through health education (Yusenta et al., 2020). Currently, the use of the Whatsapp (WA) application can help facilitate the delivery of health education because it is effective for delivering information because its use is easy and cheap. The use of WA applications has now become one of the choices in providing information (Yusenta et al., 2020).

## **RESEARCH METHODS**

Researchers use the *Nonequivalent Control Group Design*, which is to pre-test a group before *treatment or treatment and give post-test after treatment or treatment*.

## RESULT

The results of the study of respondent characteristics data were obtained in the group given education on the Childbirth Planning and Prevention of Complications Program using the WA group, mostly aged between 20-35 years, namely 9 people (45%), multiparity as many as 9 people (45%), high school education as many as 10 people (50%) and as IRT as many as 14 people (70%). Likewise, in the group that educates the Childbirth Planning and Complications Prevention Program using leaflets, most are between 20-35 years old, namely 11 people (55%), multipara parity is 10 people (45%), high school education is 10 people (50%), and as IRT as many as 15 people (75%).

Table 4.1.Characteristics Based on Respondent Characteristics at Puskesmas Srengat in 2023

Characteristic	Characteristics of Respondents	<i>Experiment</i>		<i>Control</i>	
		Frek (n)	(%)	Frek (n)	(%)
<b>Age</b>	< 20 years old	5	25	5	25
	20-35 years	9	45	11	55
	> 35 years old	6	30	4	20
<b>Paritas</b>	Primipara	7	35	6	30
	Multipara	9	45	10	50
	grandemulti	4	20	4	20
<b>Education</b>	SD	0	0	0	0
	SMP	5	25	6	30
	SMA	10	50	9	45
	Diploma 3	2	10	3	15
	S1	3	15	2	10
<b>Work</b>	IRT	14	70	15	75
	PNS	1	5	1	5
	Private	2	10	2	10
	Wiraswasta	3	15	2	10

Based on the results of collecting data on the attitude of third trimester pregnant women in preparation for childbirth before and after being given education on the Childbirth Planning and Prevention of Complications Program using *WA Group*, data on the average value (mean) of 36.00, standard deviation value of 5.849, median value of 35.50, minimum value of 28 and maximum value of 51 were obtained. The attitude of pregnant women in the third trimester in preparation for childbirth after being given education on the Childbirth Planning and Prevention of Complications Program using *WA Group* obtained data on the average value (mean) 53.65, standard deviation value 6.659, median value 56.00, minimum value 42 and maximum value 64.

Table 4.3. Results of Attitude Data for Third Trimester Pregnant Women in preparation for childbirth before and after provided education on Childbirth Planning and Prevention of Complications Program using *WA Group*

<b>Breast milk production</b>	<b>Mean ± SD</b>	<b>Median</b>	<b>Minimum - Maximum</b>
<b>Pre-Education Program for Childbirth Planning and Prevention of Complications with <i>WA Group</i></b>	36,00 (5,849)	35,50	28-51
<b>Post Education Program on Childbirth Planning and Prevention of Complications with <i>WA Group</i></b>	53,65 (6,659)	56,00	42-64

## DISCUSSION

Providing education using *WA Group* is more effective than leaflets because Whatsapps social media is easy to use to improve mothers' attitudes towards childbirth preparation because through *WA Group* can provide information and discussion about childbirth preparation rather than positive leaflets on labor preparation. The results of this study should be recommended by the Puskesmas to obstetric care for third trimester pregnant women at the Srengat Health Center with education on the Childbirth Planning and Prevention of Complications Program to be ready for childbirth and reduce the risk of problems in labor. Respondents can use social media to increase knowledge about maternal and infant health.

## CONCLUSIONS AND RECOMMENDATIONS

### Conclusion

Education of the Childbirth Planning and Prevention of Complications Program using *WA group* is more effective in improving mothers' attitudes in preparation for childbirth. The attitude of third trimester pregnant women in preparing for childbirth before health education The Childbirth Planning and Prevention of Complications Program using the *WA group* at the Srengat Health Center in 2023 has an average value of 37.10 and after intervention has an average value of 64.60

### Suggestion

Health workers can optimize social media in providing education and information about the importance of preparing for childbirth using media and innovation so that it is easily understood by pregnant women, especially the third trimester so that mothers have a positive attitude towards preparation for childbirth. The results of this study should be recommended by the Puskesmas to obstetric care for third trimester pregnant women at the Srengat Health Center with education on the Childbirth Planning and Prevention of

Complications Program to be ready for childbirth and reduce the risk of problems in labor. Respondents can use social media to increase knowledge about maternal and infant health.

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