



Empowering Independence in Post-Mother Care at Home

Fitriana Kurniasari Solikhah ¹, Erlina Suci Astuti ²

¹ Politeknik Kesehatan Malang, Indonesia

Email : fitriana@gmail.com

ABSTRACT

The postpartum period is often also known as the puerperium period is defined as the time after placenta born and ended when tools content return like condition before pregnant . The postpartum period lasts during approximately 6 weeks. Objective activity This is For empowerment public especially Mother postpartum in maintenance self and care postpartum injuries in the work area Health Center Wagir , through stages : improvement knowledge Mother postpartum about the post partum period , strengthening the support system (family) within accompanying the postpartum period mother and care postpartum wounds (for Mother sc or normal). Based on the implementation data of community service, the knowledge and practice scores of postpartum mothers before and after counseling increased by 51.62 points. The implementation of community service in the form of counseling and training in postpartum care at home, the intervention uses media in the form of modules, power point materials. Aids or media function to help and demonstrate something in the education or teaching process, the more senses are used to receive something, the more and clearer the knowledge or understanding obtained.

KEYWORDS

Post Partum, Puerperium, Postpartum Maternal Care

Received: 18 October 2024

Revised: 8 November 2024

Accepted: 8 December 2024

How to cite: Kurniasari, F K, Astuti, E S. (2024). *Empowering Independence in Post-Mother Care at Home. Inov Local Empowerment Mass in Developer Sustainable . 2(2): 1-5.*



INTRODUCTION

Postpartum period is a recovery period after labor until all reproductive organs woman recover return before pregnancy next . Postpartum period This in progress around 6-8 weeks after childbirth . Things to consider be noticed during the postpartum period including , temperature , output lochia , breast , tract urinary , and system cardiovascular . In addition from aspect clinic mother , condition mental health Mother after childbirth must also be always monitored and given support . No seldom condition mental health This underestimated and become one of factor the decline condition Mother after childbirth that results in death , such as The story of RA Kartini . In Indonesia in 2015 it was recorded as many as 305 mothers die in the postpartum period every 100,000 births . Various service and training maintenance after childbirth , especially during the postpartum period intense carried out by the ministry health and also various facility health , the hope slowly But surely AKI in Indonesia can lowered .





Mortality rate mothers in Indonesia still be one of objective important For lowered . In 2015 , the MMR was recorded at 305 people per 100,000 births. from the target of 102 people per 100,000 births . The role of health workers health during and after childbirth plays a very important role in decrease in maternal mortality rate. 68.6% of deliveries in Indonesia are assisted by midwives , 18.5% are assisted by doctors , 11.8% by non- health workers such as midwives , and 0.8 % without There is helper . Cause death the most mothers is bleeding that is usually happen during the postpartum period . Postpartum period is reproductive organ recovery period after Childbirth is an important period for Mother and also baby . Postpartum period This estimated happen for 6-8 weeks . Condition clinical mother who needs be noticed during the postpartum period including temperature , no may experience improvement until more from 38oC. If happen for 2 days consecutive suspect existence infection and mother recommended quick to doctor . Observe the changes breasts , is it more pain , tightness , or swell even though Already used For breastfeeding . When matter the happen quick going to doctor or facility health nearest . Besides That urination often felt difficult in the first 24 hours Because experience compression between head baby and mother's pubic bone during labor . Hb, hematocrit , and erythrocyte values will experiencing ups and downs / fluctuations in 1-2 weeks after childbirth . However when its value decrease Enough Far from normal limits after a number of day labor Mother recommended quick meet doctor or going to to facility health closest .

Besides condition clinical and psychology Mother various other things are also necessary be noticed like cleanliness self , adequate rest , exercise or sports especially in the section muscle stomach , intake nutrition , and also how to breast-feed as well as nurse breast during the postpartum period . In addition That education related when to have sex safe done after childbirth and planning pregnancy next as well as use tool contraception .

MATERIALS AND METHODS

Activity community service using electronic media (powerpoint and video) will increase knowledge Mother postpartum and cadres in independence maintenance Mother postpartum at home . Activity empowerment community on mother postpartum in the work area Health Center Wagir as form implementation empowerment society and as implementation of the tri dharma of education high . The target of Community Empowerment for postpartum mothers in the Wagir Health Center work area is postpartum mothers and cadres. Community service activities include several parts, the first of which is to increase postpartum mothers' knowledge about the postpartum period and strengthen the support system (family) in accompanying the mother's postpartum period through education. The next activity is to carry out education related to wound care during the postpartum period (for c-section or normal mothers) and the implementation of demonstrations from speakers assisted by students. The last activity is the implementation of monitoring and evaluation related to postpartum care at home.

RESULTS AND DISCUSSION

Table 1. Results Analysis Average Score *Pretest* And *Posttest* Knowledge And Practice Postpartum Care at Home

Based on table on , score practice maintenance self obtained average score *pretest* 30.95 And average score *posttest* 82.57. Average score *pretest* and *posttest* experienced improvement of 51.62.





	N	Minimum	Maximum	Mean	Std. Deviation	P-value
Pretest	30	19.35	58.06	30.95	10.6704	0.003
Posttest	30	70.26	80.64	82.57	7.4477	

Based on implementation data community service mark knowledge and practice Mother postpartum before and after given counseling experience improvement of 51.62 points . Implementation community service in the form of counseling and training maintenance Mother postpartum at home , intervention the using media in the form of module , power point material . Tools or media function For help and demonstrate something in the educational process or teaching , increasingly Lots the senses used For accept something so the more many and more also clear knowledge or understanding obtained (Notoatmodjo , 2007 : 62). In the activity This using visual media and audio visual media. Visual media is counseling with using print media in the form of modules and power point (PPT).

According to Cushway (1994) in Widodo (2004), explains that training capable change attitudes and behavior through knowledge and skills acquired during training . According to Susanto (2013:145), individuals who receive attention and support from family will more obedient to service health . According to Friedman (2002) in Susanto (2013:154), the power of family is ability Good potential or actual from individual For control or influence For change other people's behavior to direction positive . According to (Notoloedirdjo and Latipun , 2005 in Hutabarat , 2008) in Susanto (2010), family as institution social will to plant values and ideology to member his family .

This result in line with Wilkinson, 2002, intervention education can used as intervention nursing independent For increase knowledge Mother about psychological Mother maintenance health at home For prevent and overcome postpartum depression . Intervention education material covering recognition and prevention of PPD, equipped with technique relaxation . Relaxation techniques given to mothers postpartum can used at the time Mother postpartum experience stress , anxiety and depression . Imagination guided and relaxed is method For increase relaxation tense muscles .

CONCLUSIONS

Training maintenance Mother postpartum at home can increase knowledge Mother postpartum and her family as effort prevention post partum blues until with depression post partum which can done in a way independent with access applications that have been available on playstore and implementation activity community service This in accordance with the target. Socialization related to the prevention of postpartum blues is further enhanced, also coupled with increasing motivation of pregnant women to seek information related to the postpartum period so that the results can be more optimal.

Acknowledgement

We would like to thank the resource persons who took the time to share their stories and provide motivation regarding the importance of acting wisely when entering this phase of the quarterlife crisis. Thanks are also expressed to there search team members who have actively contributed to the completion of this research (from planning, creating and publishing podcasts to writing and publishing articles). Apart from that, we would also like to thank other parties who have helped so that this research can be carried out well.





Conflict of Interest

No conflict of interest

REFERENCES

- Afiyanti , Y. 2002. Negotiating Motherhood: The Difficulties and Challenges of Rural First-Time Mothers in Parung , West Java. Makara Health University of Indonesia, Vol.6 No. 2 : 29-34
- Ambarwati ER, Wulandari Diah . 2010. Foster Care Midwifery Postpartum . Yogyakarta : Noah Medica .
- Bloch M, Rotenberg N, Koren D, Klein E. 2005. Risk Factors Associated With the Development of Postpartum Mood Disorder. *Journal of Affective Disorders* ; 88:9-18
- Bobak , Laudermilk , Jensen, et all. 2005. Nursing Textbook Maternity . Jakarta: EGC Azwar , S.,2007, Attitude Man Theory and Its Measurement , 2nd Edition , Pustaka Belajar , Yogyakarta.
- Alligood, MR & Tomey , AM, 2006, Nursing Theorists and Their Work. 6th. ed, Mosby Missouri.
- Alligood, MR & Tomey , AM,2017, Expert Theory Nursing and Work They , 8th Indonesian Edition Volume 2, Elsevier, Singapore.
- Benjamin, JS 1994, Book Pocket : Psychiatric Clinic , Jakarta: Binarupa Script .
- Japaries W, 1994, Book Pocket : Psychiatric Clinic , Jakarta: Binarupa Script .
- Bobak , Lowdermil , Jensen 2005, Nursing Textbook Maternity , Jakarta: EGC. Translator Wijayarini A, 2005 , Nursing Textbook Maternity , Edition 4, Jakarta:EGC
- Fatimah, Siti. (2009). Connection Support Husband With Postpartum Blues Occurrence in Primiparous Mothers in the Bugenvile Room HOSPITAL Tugurejo Semarang. Ejournal.Undip.ac.id
- Gutira , Tia. (2011). Relationship between Support Family with The Occurrence of Baby Blues Syndrome in Post- Sectio Mothers Caesaria . Eprint.ums.ac.id.
- Irawati , Dian. (2010). The Influence of Factor Psychosocial To The occurrence Post Partum Blues in Postpartum Mothers (Study in the Postpartum Room) RSUD RA Boseni Mojokerto). Dppm.uui.ac.id.
- Kasman . (2013). Relationship between the Level of Knowledge of Postpartum Mothers about Post Partum Blues with Incident Post Partum Blues.ejurnalp2m.poltekkesmajapahit.ac.id
- Na'im, Nur, Jannatun , 2010. Relationship Support Family with the Level of Anxiety of Primiparous Mothers Facing Childbirth at the Health Center Pamulang, South Tangerang City. Jakarta: Syarif State Islamic University Hidayatullah. Yogyakarta:DIVA Press (Member of IKAPI).
- Nichols, M.R., Roux, G.M., & Harris, N.R. (2007). Primigravid and Multigravida Women: Prenatal Perspectives, *The Journal of Perinatal Education*, 16(2), 21-32.
- Pfuhmann , B., Stoeber , G., & Beckmann , H . (2002). Postpartum Psychoses: Prognosis, Risk Factors, and Treatment, *Curr Psychiatric*, 64,1284-1292.
- Pieter, HZ & Lubis , NL (2010). Introduction to Psychology For Midwifery, Jakarta : Kencana .
- Pilliteri . (2003). Maternal and Child Health Nursing: Care of Childbearing and Childrearing Families, 3rd edition, Lippincott.
- Rahmandani , A., Karyono , & Dewi , EK 2008. Coping Strategies for Mothers Experiencing Postpartum Blues at the Semarang City Regional Hospital. *Journal Psychology*
- Rahmawati , et al . 2009. Postpartum Care . 3rd edition . Yogyakarta: Fitramaya .





- Rusli , RA, Meiyuntariningsih , T., & Warni , WE 2011. Differences Depression Post Childbirth in Primiparous Mothers Reviewed from Age of Pregnant Women . INSAN Journal . Vol 13, No 01: 21-31.
- Urbayatun , S. 2010. Support Social and Trends Postpartum Depression in Primiparous Mothers in the Region Bantul Earthquake . Humanitas , Vol.VII No.2: 114-122
- Stuart and Sundden . (2002). Book Pocket Mental Health Nursing , Jakarta: EGC.
- Widyastuti Y. 2009, Reproductive Health , Yogyakarta: Fitramaya .

