

The Effect of Health Education on Knowledge of Birth Danger Signs

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Abstract	Article Information
<p>Purpose: This study was conducted to determine the effect of providing Health Education on the knowledge of pregnant women in the third trimester about the danger signs of labor. Methods: data were collected by distributing questionnaires to pregnant women in the third trimester before and after Health Education about the danger signs of childbirth, which was carried out in 1 meeting. Results: The results of this study prove that by providing intervention through Health Education about the danger signs of childbirth, it is able to increase the knowledge of pregnant women in the third trimester as evidenced by the average value before the intervention of 5.40 to 7.60 after the intervention (<i>p-value</i> 0.000). Conclusion: Providing Health Education to pregnant women in the third trimester about the signs of labor danger is very important to increase their knowledge and be able to make decisions and actions if the next signs of labor are found.</p>	<p>Keywords: Danger Signs of Communication, Knowledge</p>
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INTRODUCTION

Pregnancy is a fertilization process between ovum cells in women and spermatozoa in men where fertilization will occur so that a new life called a fetus that grows in the womb of a mother is formed (Syaiful, Yuanita; Fatmawati, 2019).

The Maternal Mortality Rate (MMR) is one of the impacts due to the lack of maternal knowledge about the signs of childbirth. In this case, the government targets a maternal mortality rate of 194 per 100,000 live births in 2023, namely through improvements to reproductive health services such as Family Planning (KB) services, increased access to antenatal services, safe childbirth, and postpartum care (Ministry of Health of the Republic of Indonesia, 2022). Childbirth helpers are one of the efforts to determine safety in childbirth, so the government also regulates that childbirth helpers

are carried out by trained health workers including obstetricians, general practitioners, nurses and midwives.

Based on data from Riskesdas West Java in 2018, the incidence of danger during pregnancy such as fetal immobility was 1.04%, bleeding in the birth canal was 2.54% and amniotic fluid discharge was 2.97% (Ministry of Health of the Republic of Indonesia, 2019). This indicates that the maternal mortality rate and fetal mortality rate are still high based on pregnancy and towards childbirth. It can also be proven from the data on rescue efforts carried out for first aid when pregnant women immediately go to the nearest service and are immediately referred as much as 57.54%, while 23.76% are those who are not referred to get services (Ministry of Health of the Republic of Indonesia, 2019).

Pregnant women in the third trimester are important targets to be educated about the dangerous signs of labor that are likely to occur, because their gestational age is already approaching the labor process. Pregnant women who already know about the signs and dangers of labor will be able to provide good behavior to prevention efforts and overcome the risks that will occur during childbirth.

Based on the observation of pregnant women who came during the examination, they said that they did not really understand the danger signs in the labor process, even some of them only wanted to have surgery without health workers for the reason of low cost. This community service was carried out to identify the level of knowledge of pregnant women in the third trimester about the signs of childbirth danger at the Sri Amur Health Center.

METHOD

This study used a descriptive analysis of the influence of health education on pregnant women's knowledge about the danger signs of childbirth at the Sri Amur Health Center and used an experimental technique by providing health education to 15 pregnant women in the third trimester who visited to check their pregnancy at the Sri Amur Health Center.

RESULTS AND DISCUSSION

Table 1. Frequency Distribution of Respondent Characteristics (N=15)

Characteristic		N (%) or M±SD	p
Age	20-30	9	60
	31-40	6	40
Education	Primary	2	13,33
	Junior	4	26,67
	Senior	9	60
Occupation	Housewives	11	73,33
	Private	4	26,67

M=mean;SD=standar deviation

Table 1 shows that the majority of pregnant women between the ages of 20-30 years are 9 people (60%), with the average education of pregnant women being high school as many as 9 people (60%) and the majority of them as housewives as many as 11 people (73.33%).

Table 2. Knowledge Distribution Before and After Intervention

Variable		Mean	SD	SE	p
Knowledge of PAP Smear	Before Intervention	5,40	0,828		0,000
	After Intervention	7,60	0,910		

Note: SD = Standard Deviation; SE = Standard Error Mean; p-value was calculated using the Pair T. Test test.

Table 2 shows that the value of pregnant women's knowledge about the danger signs of labor before the intervention is 5.40, with a standard deviation value of 0.828. However, after intervention was carried out on pregnant women about the danger signs of childbirth, the value became 7.60 with a standard deviation of 0.910. The results of the statistical test showed that there was a difference between before the intervention and after the intervention with a value of 0.000. This means that the provision of Health Education to increase the knowledge of pregnant women about the danger signs of childbirth is very important.

The characteristics of pregnant women in the third trimester greatly determine their knowledge of the danger signs of labor, it can be seen that before the intervention with the average knowledge of the respondents was only 5.40, this could be related to the education that the mother has and is not familiar with the danger signs of pregnancy, the labor process and the postpartum period, and the mother's lack of ability to know the dangerous situation for them.

This result is in line with Rahman's research on the relationship between knowledge and attitudes of pregnant women in recognizing the danger signs of pregnancy and childbirth at the Managaisaki Health Center that there is a relationship between the knowledge of pregnant women and the danger signs of childbirth with *P value* 0,000 (Rahman, 2015). Knowledge is a mental process that can be developed by learning and will be poured and poured out when a person needs it again. Knowledge is very closely related to behavior because it is able to stimulate the person's attitude and give birth to individual actions.

According to Putu, et al, respondents (pregnant women in the third trimester) who have sufficient knowledge about the danger signs of menstruation, will make it easier for them to receive information submitted by health workers (Putu et al., 2020). A person who has knowledge will always have curiosity after going through the learning process obtained before, anywhere and anytime. This proves that learning is very important to improve one's knowledge.

Knowledge is a variable that is closely related to a person's behavior in all things. So it can be interpreted that the higher or better a person's knowledge, the higher or

better the decision and the choice of place to undergo the delivery process, although this knowledge can be influenced by many factors such as the characteristics possessed by the respondent, the supporting factors that exist around the respondent and the enabling factors that can increase knowledge. This was revealed by Kamila, et al, that the knowledge of pregnant women in the third trimester in the working area of the Lendang Nangka Health Center in 2019 had a significant relationship with the danger signs of childbirth (*p value* 0,034) (Auliya Kamila et al., 2020). Based on this, pregnant women in the third trimester are able to determine their place to give birth, a place that has complete health facilities, a safe and comfortable place for mothers.

CONCLUSION

Based on the results of this study, it can be concluded that knowledge about the danger signs of childbirth is very important to be given to pregnant women who will experience the labor process so that they can get good knowledge, so that they can make the right decisions and determine a good and comfortable delivery. It is recommended to health workers to always provide health education to pregnant women who will experience the labor process, especially about the danger signs of childbirth in order to be able to recognize and make the right decisions.

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