



## Preventing Pregnancy Complications Through Counseling on Danger Signs of Pregnancy

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Abstract	Article Information
<p><b>Purpose:</b> Danger signs of pregnancy must be recognized and detected early so that they can be handled properly because any danger signs of pregnancy can lead to pregnancy complications. Based on research, it is currently recognized that every pregnancy can have potential and carry risks for the mother. <b>Methods:</b> This activity is divided into two stages through communication media featuring Power Point presentations on danger signs in pregnancy and using leaflets to distribute leaflets about danger signs in pregnancy. The targets in this service activity are pregnant women in the first, second and third trimesters at RS ty <b>Results:</b> of the pre test respondents who had good knowledge were 4 people (40%) and respondents who had sufficient knowledge were 6 people (60%) about the danger signs of pregnancy. Counseling activities for pregnant women are expected to be a motivation and behavior change for pregnant women. Husbands and families are expected to play an active role and recognize and bring pregnant women to health workers as soon as possible, cadres are expected to play an active role in finding high-risk <b>Conclusion:</b> pregnant women and it is hoped that the participation of local community leaders will support activities to provide immediate assistance in the event of an emergency, especially for pregnant women.</p>	<p><b>Keywords:</b> Danger sign of pregnancy; pregnant women; pregnancy complication</p>
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### INTRODUCTION

Based on research, it has been recognized today that any pregnancy can have potential and carry risks for the mother. The WHO estimates that about 15% of all pregnant women will develop complications associated with their pregnancy and may

be life-threatening (Agusrini, 2013). One of the attempts to improve the understanding of pregnant mothers about pregnancy hazards is to conduct social persuasion in the form of education to improve self-effectiveness in understanding the hazards. (Herinawati, et al 2021).Implementation of counselling in pregnant mothers has proven to be an effective strategy for improving understanding and practice of maternal health by monitoring the condition of the pregnant mother so that consistency levels of counseling should be taken into account. (Dewi, 2021).

Pregnancy hazards must be recognized and detected early so that they can be treated properly as any hazard signs can lead to pregnancy complications. Signs of pregnancy include: vaginal bleeding, swelling of the face or hands accompanied by severe headache, blurred vision and seizures, pain in the lower abdomen, excessive nausea, vomiting, high fever, low movement of the fetus as usual and premature abdominal rupture. (Wijayanti, 2017; Desi, 2019).Lack of knowledge about the dangers of pregnancy can cause maternal death among others bleeding (25%), infection (15%), unsafe abortion (13%), eclampsia (12%), poor delivery (8%), other direct obstetric causes (8%), and indirect causes (20%) (WHO,2016). Some of the causes of maternal deaths include complications that may arise through signs of danger. (Katmini, 2020; Herinawati, 2021). The purpose of this dedication is to socialize the understanding of the hazardous signs in pregnancy, raise public awareness of the importance of knowing the signs of danger that will occur in pregnantness and provide information about the benefits of knowledge of the danger signs.

## METHOD

The event will take place at the Aulia Hospital in the KIA Room on September 7, 2022. The target in this PPM activity is pregnant mothers of trimester I, II and III at Aulia Hospital. The selection of participants takes into account the priority of the participants' needs and quotas. The invitation will be submitted in coordination with the Sugar team at the Aulia Hospital. The activity is divided into two stages through the communication media: 1. Showing Power Point percentage on hazard signs in pregnancy. 2. Lefleat: sharing lefleat on hazardous signs at pregnancies. The PPM activities are carried out through several steps including: 1. Preparation: coordinating with partners, preparation of tools and materials, publication/proposals and administration. 2. Implementation: formulation of 3. presentation of power point materials. 4. Evaluation and follow-up: filling the consumer satisfaction trailer, active cadet support and network maintenance with partners.

## RESULTS AND DISCUSSION

Preparation Stage At the preparation stage, the staff planned the activities by carrying out the stages: (1) preparation of materials, administration of letters, permits, materials, etc; (2) media preparation (Lefleat, Slide Percentage as well as place of settlement); (3) staff preparation (pembagian tugas dan tanggung jawab). A. Make a plan for the activities of the medical examination at the Aulia Hospital. b. make a plan

on the system of the examination. c. create a plan about the tools to be used in the diagnosis. d. make plans about the targets of the diagnostication. e. Make plans so that the pregnant mothers at Aulia hospital can follow the evaluation well and play an active role during the sessions of examination and counseling.

The following steps are made to facilitate the diagnosis, where in the time of this pandemic we try to prevent the spread of covid-19, then this diagnosis is done according to the standards of the health protocol and it is hoped that all the participants can perform it well. Thus, the planning in these activities is carried out as minimal and as effectively as possible to adapt to the situation and conditions of the Covid-19 pandemic.

After the preparation phase according to the designation program, the next phase is the activity phase. The main thing of this phase of activity is the delivery of material about signs of danger of pregnant mothers to mothers at the Aulia Hospital. This presentation was followed by 10 pregnant women who came to check Pregnancy in the KIA Room.

Signs of pregnancy hazard at the time of pre-test well-informed respondents were 4 people (40%) and sufficient knowledgeable respondents are 6 people (60%). In this disguise, there are some things that are done by the disguiser. In this section, things described by the author are as follows: 1. Understanding the signs of pregnancy danger 2. Types of pregnant danger signs 3. Complications of the pregnant hazard signs

**Table 1.** Descriptive Analysis Results Knowledge Level Pregnant Mother Pretest. (N=10)

Knowledge	F (%)	p
Pre Test		
Good	4 (40) %	0,013
Enough	6 (60) %	

N;sample f=percentage p:p-value from pre test

Table 1 shows that out of ten pregnant mothers before the examination, there are four pregnant women who have good knowledge, while six pregnant mother have sufficient knowledge.

**Table 2.** Results of Descriptive Analysis Level of Knowledge of Pregnant Mother Posttest (N=10)

Knowledge	F (%)	p
Post Test		
Good	10 (100) %	0,003
Enough	0 (0) %	

Note: n = Sample;; p-value was calculated using the Pair T.Test test.

Table 2 shows that out of ten pregnant mothers after a pregnancy, there are 10 pregnant women who have good knowledge, whereas for those who have previous knowledge it is enough to have sufficient knowledge.3. Evaluation of Activities The third stage of this assessment activity is the evaluation stage of the activity. There were four well-informed respondents (40%) and a sufficient number of knowledgeable respondents (60%). Then the post-test results were obtained of all respondents with

good knowledge of pregnancy hazard signs of 10 respondents (100%). Based on the activities of this community service, the pre-test result was received of 4 well-knowing respondents of 40% and sufficient knowledge of 6 people (60%) with regard to pregnancies hazardous signs.

Although pregnant mothers have already obtained approval of pregnancy hazard signs, refresher of hazardous signs should always be done in pregnant women, according to the implementation of public dedication on refreshing of pregnant hazard sign approval, the results of the knowledge of the respondents about the pregnancies hazardous signs at the time of the pre-test were most well-informed, namely 17 respondents (68%) and sufficiently informed respondents, 8 respondents (32%). (Pamungkas, Esty, and et al 2020; Maisura A. 2016.).

This is supported by research in Puskesmas Darussalam Aceh Besar, the results of the research show that there is a significant difference in knowledge of pregnant mothers before and after given health certification about pregnancy hazard signs mean value of the difference between pretest and post-test 1,296 with standard deviation of 0.768 there is disability of recognition after performing effective certification (Yulanda et al., 2015) This in line with the research carried out in Minahasa South district there is an improvement in the knowledge of pre-testing mothers in Pushesmas Amundring from sufficient (74.3%) to good (80%) on post-tests after doing health promotion about pregnant hazard signals (Wenas et al. 2014)

Thus, the activities of assessment and counseling in pregnant women are expected to be motivation and behavioral change in pregnancies mothers. Husbands and families are expected to be able to play an active role in identifying and bringing pregnant mothers to the health officer as soon as possible, the cadres are anticipated to be active in finding pregnant women at high risk and the role and figures of the community around them to support the activities of providing immediate assistance in the event of emergencies, especially in the pregnant mother.

## CONCLUSION

The baby should be able to detect as soon as possible any signs of danger to the pregnant woman that may occur, because each pregnant lady is at risk of complications. Signs of danger to beware during pregnancy include: bleeding, per vaginal pain, severe headache, blurred vision, swelling of the face and hands, fluid discharge, abdominal pain/ severe pain, fetal immobility.

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