

The Postpartum Mother's Level Of Independence Meet Your Self-Care Needs

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ABSTRACT

Postpartum care is a follow-up action for women after giving birth. Self-care during the postpartum (postpartum) period is necessary because during the postpartum period a woman will experience many changes in herself, both physically and psychologically. Independence in self-care during the postpartum period is very important for health recovery. The aim of this research was to determine the level of independence of postpartum mothers in meeting their self-care needs in the Delima Room at RSD Kertosono. This research used a descriptive design which was carried out from 23 to 30 May 2023 in the Delima Room at RSD Kertosono. The population in this study was postpartum mothers for an average of 5 months (January to May 2023) totaling 91 respondents, the sample size was 30 postpartum mother respondents using an incidental sampling technique, the research variable was the level of independence of postpartum mothers in meeting their self-care needs. Data collection uses a questionnaire. Based on the research results, the research results of 30 respondents can be seen. The majority, namely 17 respondents (57%) have the category of independence, dependency, almost half, namely 9 respondents (30%) have the category of independence requiring help and a small portion, namely 4 respondents (13%) has the independence of the independent category to fulfill postpartum self-care needs. The results of the study stated that the majority, namely 17 respondents (57%), had the independence category to fulfill their self-care needs. This is influenced by the mother's type of birth SC (Section Caesarea), the 1st day of postpartum, the mother's education, the housewife's job and the mother having never received any information. Therefore, nurses provide encouragement and motivation so that mothers are more independent in meeting their postnatal self-care needs.

Keywords: Level of Independence, Postpartum Mother, Self Care

BACKGROUND

Postpartum care, also known as "postpartum", is given to pregnant women who have finished giving birth until their uterine organs return to their pre-pregnancy state, which lasts for six to eight weeks. During this time, her entire genetic system returns to what it was before pregnancy within three months. Postpartum care actually starts from the uterine period to prevent infection and postpartum bleeding. Postpartum care is a follow-up action for women after giving birth. Self-care during the postpartum (postpartum) period is necessary because during the postpartum period a woman will experience many changes in herself, both physically and psychologically. The activities a person does to maintain their own health are known as self-care. Postpartum mothers are expected to be able to provide care for themselves so that they do not experience health problems (Safitri & Cahyanti, 2016).

During the postpartum or postpartum period, the mother's body experiences physiological changes, including changes in the reproductive system, such as shrinking of the

uterine wall (involution), lochia, changes in the cervix, vulva, and vagina and perineum, and there are changes in the cardiovascular system, urinary system, gastrointestinal system, endocrine system, musculoskeletal system, and changes in vital signs (Walyani & Purwoastuti, 2015). Psychological adaptation in postpartum mothers includes the dependency phase (accepting 1 to 2 days postpartum), the transition phase (holding 2 to 7 days postpartum) and the independent phase (letting go around 7 days postpartum) (Lockhart & Saputra, 2014). Independence during postnatal care is not only important for reducing maternal mortality and morbidity, but is also important for strengthening and improving maternal healthy behavior. The mother's knowledge, motivation, culture, beliefs, experience, age, support and physical condition influence the postpartum mother's independence in caring for herself.

Factors that influence a mother's independence after giving birth are factors in the mother's past, internal factors in the postpartum mother, environmental factors in the postpartum mother, health workers. And usually the ability to care for oneself cannot be carried out optimally because there are factors that influence, including early discharge (24 to 48 hours after giving birth) that the mother's willingness to go home is still low, this can be measured by the emergence of the physical problems that are most complained of. episiotomy, hemorrhoidal constipation, sore nipples and swollen breasts. Psychosocial problems include postpartum blues/depression and fatigue (Apriyani, Suarni, & Sono, 2016). The mother's knowledge, motivation, culture, beliefs, experience, age, support and physical condition influence the independence of the postpartum mother in caring for herself. Lack of self-care in postpartum mothers can cause problems such as postpartum infections consisting of endometritis, peritonitis, salpingitis, breast infections, mastitis and urinary tract infections, and can cause bleeding and thromboembolic complications consisting of postpartum bleeding, pulmonary embolism, thrombophlebitis due to mobilization. lack, vulvar hematoma, and there are also postpartum affective disorders consisting of postpartum depression, postpartum blues and postpartum psychosis (Mardiatun., 2013).

METHODS

This research design uses descriptive. This research was carried out on 23 – 30 May 2023 in the Delima Room at RSD Kertosono, Nganjuk Regency. The population in this study were all 40 postpartum mothers. The sampling technique used is accidental sampling. The sample used was 30 respondents. In collecting data, research ethics with anonymity were used. The variable in this study is the level of independence of postpartum mothers in meeting their self-care needs. The measuring tool in this research uses a questionnaire.

RESULTS

1. Characteristics Respondent

Table 1. Distribution of Characteristics Respondent

Variable	f	(%)
Age		
16 – 24 Years	8	27
25 – 35 Years	15	50
36 – 45 Years	7	23
46 – 55 Years	0	0
Birth to		
1 st	11	37
2 nd	11	37
3 th	6	20
4 th	2	7
5 th	0	0
6 th	0	0
Types of childbirth		
Spontan	19	63
Vakum	0	0
SC	11	37
Postpartum day		
0	2	7
1 st	22	73
2 nd	5	17
3 th	1	3
Education		
Elementary School	1	3
Middle School	9	30
High School	18	60
College	2	7
Profesion		
Housewife	29	97
Self-employed	1	3
Information		
Ever	11	37
Never	19	63

Based on Table 1. It is known that almost all of them, namely 29 respondents (97%) profession housewife. Most of the respondents Types of childbirth normal namely 19 respondents (63%), Postpartum day 1stnamely 22 respondents (73%), Education High School namely 18 respondent (60%) and never informasion namely 19 respondent (63%). A Half age 25 – 35 Years namely 15 respondent (50%). Almost half of them birth to 1st, namely 11 respondents (37%)

2. The Post Partum Mother's Level of Independence

Table 2. Distribution of Post Partum Mother's Level of Independence

No.	Post Partum Mother's Level of Independence	f	(%)
1.	Independent	4	13
2.	Need help	9	30
3.	Dependency	17	57
	Total	30	100

Based on table 2, it can be seen that of the 30 respondents, the majority, namely 17 respondents (57%) have a level of independence and dependence in fulfilling their self-care needs.

DISCUSSION

Based on the research results, it can be seen that the majority of the research results from 30 respondents, namely 17 respondents (57%) have the category of independence to fulfill self-care needs. This is supported by the majority of 10 respondents (59%) giving birth by SC (Secsio Caesarea), almost all 14 respondents (82%) postpartum on the 1st day, most of them have a high school education, 9 respondents (53%), a total of 17 respondents (100 %) housewife work, Most of the 12 respondents (70%) had never received information about postnatal self-care.

According to research Indanah, et al. post-cesarean section maternal independence is the mother's ability to carry out daily activities including eating, bathing, dressing, dressing, defecating, urinating, toileting, moving. place (ambulation), mobility. Knowledge, birth experience and maternal parity status, age, family support, and early mobilization are several factors that influence maternal independence after cesarean section in caring for themselves (Indanah, Aulia, & Wardana, 2021). According to Rahmadhani, 2018 Early mobilization can be carried out for mothers who have just given birth after a caesarean section on the first day. They can lie on their right and left sides from six to ten hours after waking up, and they can do breathing exercises while sleeping on their backs (Rahmadhani, 2018). Meanwhile, according to theory (Orem in Nababan's research, 2010), a patient's heavy dependence is caused by a lack of self-care agency, namely a lack of self-care abilities such as knowledge, skills, motivation which influence the mother's age, family system and environment. During the early postpartum post-cesarean section mothers experience self-care deficits due to limitations caused by the incision wound. A professional nurse/midwife is responsible for helping clients and families to achieve independence. If nurses and midwives work together well in providing knowledge and incentives to postpartum mothers to meet their needs, then the care program can achieve the independence of postpartum mothers. The independence of postpartum mothers is very important because after returning home, the mother must be able to care for herself and her baby so that they remain healthy. This is also in accordance with the statement (Arianto, 2009 quoted from research by Nababan, 2010) that during the first one to two weeks, the mother will need someone to help the mother in doing silence. Meanwhile, according to (Johnson, 2004, quoted from research by Nababan, 2010), he also believes that a mother's independence to overcome new things depends on her physical health. Where after giving birth by caesarean section the mother needs quite a long time to restore the body's organs to the way they were before pregnancy and the treatment takes longer compared to a natural birth.

According to research (Safitri, et.al., 2016) mothers with secondary education are expected to have more knowledge and motivation about self-care during the postpartum period so that self-care during the postpartum period can be carried out independently. The higher the mother's education, the more concern she will have regarding care. herself and her baby are getting better (Safitri & Cahyanti, 2016). Meanwhile, according to research (Nurhabibi, 2018), someone with a high school and college education level has relatively good ability to absorb information about postpartum care, so their knowledge about postpartum care is also good. This is as stated by (Mubarak and Chayatin, 2009 in research by Nurhabibi, 2018) who revealed that the higher a person's level of education, the easier it is for them to accept information, but a lack of education will hinder the development of their attitudes towards accepting information and new values. Easy information related to knowledge about postpartum care can be obtained from various sources, for example from books, magazines, electronic media, health workers, and people around the mother's environment. The existence of information about postpartum

care that mothers receive, both obtained personally and supported by information obtained when carrying out Posyandu activities, helps them know and understand good and correct knowledge of postpartum care (Nurhabibi, 2018).

According to research (Nurhabibi, 2018), being a housewife means they have more time to pay attention to their health condition and how to maintain their health during pregnancy. The freer time housewives have should help them to more easily get information about postpartum care by reading books or asking village midwives (Nurhabibi, 2018). However, this condition is slightly different from the opinion of (Notoatmodjo, 2010 in Nurhabibi, 2018) who explains that working mothers tend to have better knowledge than non-working mothers. Information obtained by working mothers from the work environment and from co-workers.

Based on the results of this research, the level of independence of respondents regarding fulfilling the self-care needs of postpartum mothers is half in the dependency category. According to the researchers, this result is influenced by the type of birth of the mother SC (Section Caesarea), the 1st postpartum day, the postpartum mother's education and never having received information. Researchers are of the opinion that the type of SC delivery (Section Caesarea), the 1st postpartum day, the respondent's education and never having received information can influence the level of independence of postpartum mothers in meeting their self-care needs. This is because the type of SC delivery (Sectio Caesarea) often causes independence in the postpartum mother because of the pain caused after the operation, the postpartum mother feels weak and lacks mobility or activity, the 1st day of postpartum also affects the level of independence of the postpartum mother because the mother thinks that the post-SC (Section Caesarea) wound has not dried and will be dangerous if it is used to move around a lot, postpartum mother's education also influences the mother's level of independence in meeting her self-care needs. Usually mothers with high school education absorb care information about postpartum relatively well but in research Many mothers with high school education do not learn enough about what needs to be done to improve self-care for postpartum mothers, and according to researchers, someone who has not received information about fulfilling postpartum self-care needs has very little knowledge of being independent after giving birth.

CONCLUSION

Postpartum Mother's Level of Independence in Fulfilling Personal Care Needs in the Delima Room, Kertosono Hospital. Most of the 17 respondents (57%) were in the dependency category.

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