

Factors affecting mothers' activeness in attending classes for pregnant women

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ABSTRACT

The government implemented a class program for pregnant women to reduce maternal mortality. The participation of pregnant women and their families in pregnant women's classes is expected to increase knowledge and influence the behavior of pregnant women. The purpose of this study was to determine the factors that influence the activeness of mothers in attending classes for pregnant women. This research is analytic in nature. The population is all pregnant women in the working area of the Mutiara Barat Public Health Center, totaling 439 pregnant women, and the sample in this study was 81 pregnant women. The sampling technique is accidental sampling. The results showed that there was an effect of knowledge on the activity of the mother in taking classes for pregnant women (p value = 0.001), and there was an effect of family support on the activity of the mother in attending classes for pregnant women (p value = 0.013). (p = 0.006), and there is a motivational effect on the activeness of mothers in attending classes for pregnant women (p = 0.006). It is recommended that pregnant women be active in conducting class visits for pregnant women so that pregnant women can obtain correct information about pregnancy, childbirth, postpartum care, and good baby care.

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INTRODUCTION

The government implemented a class program for pregnant women to reduce maternal mortality. This class program for pregnant women began to be launched by the Government of the Republic of Indonesia through Health in 2009. (Alisa, 2019).

The pregnant women class is a means to learn about health for pregnant women in the form of face-to-face groups that aim to improve the knowledge, attitudes, and skills of mothers and families regarding pregnancy, pregnancy care, childbirth, postpartum care of diseases or complications during pregnancy, childbirth, and postpartum, newborn care using MCH books as the main material, and gymnastics for pregnant women. (Wahyuni et al., 2021) The purpose of the class meeting for pregnant women is to improve the knowledge and skills of mothers and families regarding pregnancy care, childbirth, postpartum, diseases and complications during pregnancy,

childbirth and postpartum, newborn care, and pregnancy gymnastics using MCH books. (Yusnidar & Suriati, 2021).

Efforts are made to increase the activeness of mothers coming to pregnant women's classes by promoting, providing motivation, or inviting mothers directly to come to pregnant women's classes so that active roles of cadres and health workers are needed. (Frumence et al., 2019) As a result, health workers must approach pregnant women with effective, informative, educative, and motivating communication for all pregnant women. The frequency of maternal presence in pregnant women's classes is one example of the behavior of a pregnant woman. (Ida & Afriani, 2021).

Efforts are made to increase the activeness of mothers coming to pregnant women's classes by promoting, providing motivation, or inviting mothers directly to come to pregnant women's classes so that active roles of cadres and health workers are needed. As a result, health workers must approach pregnant women with effective, informative, educative, and motivating communication for all pregnant women. (Fitrianingsih & Hapitria, 2018) The frequency of maternal presence in pregnant women's classes is one form of behavior of a pregnant woman. factors that affect maternal activeness in attending classes for pregnant women, namely knowledge, education, and age. (Fitriani & Dewita, 2021).

Knowledge and education can influence a person's behavior regarding lifestyle, especially in motivating attitudes to participate in development. In general, the higher a person's education, the easier it is to receive information (Lestari, 2018). The participation of pregnant women and their families in the pregnant women class is expected to increase their knowledge and influence their behavior. With this increase in knowledge and behavior change, it is expected that awareness of the importance of health care during pregnancy and the recognition of signs of complications will increase. (Fitriani & Dewita, 2021)

Based on data obtained from the MCH room of the Pidie Health Center in 2022, there were 439 pregnant women from January to December 2002. Based on initial interviews conducted by researchers on January 10, 2022, with 10 pregnant women, it was found that 5 pregnant women said they attended classes during pregnancy 4 times, and these mothers could name some of the danger signs of pregnancy correctly. And five mothers did not actively attend the class for pregnant women; during pregnancy, they only attended the class twice and could not mention the signs and dangers of pregnancy.

RESEARCH METHOD

Research uses analytical research methods, namely to see the factors that affect the activeness of mothers in the class of pregnant women. The design of this study was a cross-sectional. The process by identifying research variables and identifying risk factors and effect factors, determining the research subject or population and sample, making observations or measurements of variables that are risk factors and effects at once based on the status of the variable state at that time (data collection) and conducting correlation analysis by comparing portions between groups of observation results (measurement). Data analysis used univariate and bivariate analysis. The population in this study was all pregnant women in the Pidie Health Center Working Area, Pidie Regency, totaling 439 pregnant women. For sampling using the accidental sampling technique. Thus, the sample set in this study is 81. The research was carried out in the working area of the Pidie Health Center, Pidie Regency. The study was carried out from July 18 to July 26, 2022.

RESULTS AND DISCUSSIONS

Mother's Activeness in Attending Classes for Pregnant Women, Knowledge, Family Support, Education, Age, Attitude and Motivation

The results showed that the majority of mothers in participating in pregnant women's classes were active, namely 44 respondents (54.3%), the majority of pregnant women's knowledge was sufficient,

namely 37 respondents (45.7%), family support in attending classes for pregnant women was the majority supportive, namely 47 respondents (58%), the majority of pregnant women's education was moderately educated, namely 39 respondents (48.1%), the age of pregnant women was the majority of early adults, namely 39 respondents (48.1%), The attitude of pregnant women is mostly positive, namely 44 respondents (54.3%), that the motivation of pregnant women in attending the majority of pregnant women classes is low, namely 52 respondents (64.2%).

Activeness is the voluntary involvement of people in themselves in shaping the desired change. Activeness can also be interpreted as community involvement in efforts to develop the environment, life, and themselves. (Muhith et al., 2019)

Efforts are made to increase the activeness of mothers coming to pregnant women's classes by promoting, providing motivation or inviting mothers directly to come to pregnant women's classes so that active roles of cadres and health workers are needed. Thus, it is necessary to approach health workers with pregnant women with effective, informative, educative, and motivational communication by health workers for all pregnant women. (Fitrianingsih & Hapitria, 2018).

The Influence Of Knowledge On Mothers' Activeness In Participating In Classes For Pregnant Women In The Working Area Of The Pidie Health Center, Pidie Regency In 2022

Based on the results of the study, the majority of well-informed mothers were in the active category in attending classes for pregnant women (76.2%), the majority of mothers who were knowledgeable were in the active category in attending classes for pregnant women (62.2%) and mothers who were less knowledgeable were in the category of inactive in attending classes for pregnant women (78.3%). The results of the statistical test obtained $p.value = 0.001 < 0.05$.

Knowledge helps to shape one's actions. People have certain thinking patterns, and thinking patterns are expected to change with the acquisition of experience, education, and knowledge through interaction with their environment. Knowledge basically consists of a number of facts and theories that allow a person to be able to solve the problems he faces. Knowledge as a means of assurance is very important for the formation of one's actions from experience. (Anugerah et al., 2020)

According to the researcher's assumption that there is a relationship between knowledge and maternal activity in attending classes for pregnant women, mothers who have good knowledge can influence the behavior of pregnant women in participating in class activities for pregnant women. Besides that, pregnant women with good knowledge of their mothers know the signs of pregnancy and the risks that occur during pregnancy. This is in accordance with the results of the study, where the majority of well-informed respondents were active in attending classes for pregnant women (76.2%).

The Effect of Family Support on Mothers' Activeness in Participating in Pregnant Women Classes in the Working Area of the Pidie Health Center, Pidie Regency in 2022

Based on the results of the study, the majority of mothers who received family support in attending classes for pregnant women were in the active category in attending classes for pregnant women (66%) and mothers who did not get family support were in the category of inactive in attending classes for pregnant women (61.8%). The results of the statistical test obtained $p.value = 0.013 < 0.05$. Explained that family support plays a role in encouraging mothers' interest or willingness to participate in class activities for pregnant women. Family can be a strong motivator for pregnant women if they always make themselves available to accompany or deliver to the posyandu, remind pregnant women if they forget the posyandu schedule, and try to help overcome all problems with pregnant women. (Suryani, n.d.)

The most widely provided support is in the form of instrumental support. The form of instrumental support provided by the husband is to provide costs for checking her pregnancy and paying cash for class activities for pregnant women, meeting the needs of mothers such as nutritional

fulfillment needs during pregnancy. Provide means of transportation and give permission to mothers to attend classes for pregnant women. (Norfai et al., 2022)

According to the researchers' assumptions, the support of the family plays a very large role in determining the health status of the mother. The health status of the mother. The involvement of family members or the closest people, especially spouses or husbands, can help change behaviors and also increase awareness of the need to change toward a healthy life. Family support is very helpful in the formation of maternal health behavior because pregnant women will tend to obey what is advised by their husbands, so husband support is a big factor related to the mother's activeness in attending classes for pregnant women. From the results of the study, it was found that mothers who attended the class for pregnant women because of support from their family or husband did so at a percentage rate of 66%).

Effect of Education on Mothers' Activity in Attending Classes for Pregnant Women in the Working Area of the Pidie Health Center, Pidie Regency in 2022

Research results of the study, the majority of highly educated mothers are in the active category in attending classes for pregnant women (80%), mothers with secondary education are in the active category in attending classes for pregnant women (66.7%) and mothers with low education are mostly in the category of inactive in attending classes for pregnant women (68.8%). The results of the statistical test obtained $p.value = 0.003 < 0.05$.

Education means guidance given by a person to others in order to understand something. It is undeniable that the higher a person's education, the easier they will receive information, and in the end, the knowledge they have will be greater. (Fitrianiingsih & Hapitria, 2018) Conversely, if a person has a low level of education, it will affect the person's attitude towards accepting newly introduced information and values. (Muhith et al., 2019)

For pregnant women, the higher a person's education, the easier it is to receive information, so the more knowledge they have. In addition to formal education, non-formal education can be used to increase the knowledge of pregnant women by having them attend classes for pregnant women, so that through these classes pregnant women can increase their maternal knowledge about pregnancy and childbirth so as to facilitate the process of childbirth. This is in accordance with the results of a study where respondents who have higher education (80%) are active in attending classes for pregnant women.

The Effect Of Age On Mothers' Activeness In Attending Classes For Pregnant Women In The Working Area Of The Pidie Health Center, Pidie Regency In 2022

Based on the results of the study, the majority of middle adult mothers were in the active category in attending classes for pregnant women (73.5%) and mothers in early adulthood were mostly in the category of inactive in participating in classes for pregnant women (59.6%). The results of the statistical test obtained $p.value = 0.003 < 0.05$.

Age is one of the factors that influence a person's knowledge and attitude; some people who are still young have the motivation to learn more than people who are older. (Uzza et al., 2021) Age greatly affects the reproductive process; a mother should get pregnant at the age of 20-25 years because this is a safe period to get pregnant. Starting at the age of 20, the uterus and other parts of the body are ready to accept pregnancy. In addition, women usually feel ready to become mothers. (Nur & Sali, 2020)

According to researchers, age greatly affects the mother's activeness in attending classes for pregnant women; the older she is, the more mature her level of thinking is. A person's age greatly affects their mindset, maturity, experience, and behavior. The older a person is, the more he will increase his knowledge, become more responsible, and be able to stand alone. It is not enough to be given information; he also needs experience. Where the age of middle-aged respondents (73.5%) is higher, pregnant women are more active in attending classes.

The Influence Of Attitudes Towards Mothers' Activeness In Participating In Classes For Pregnant Women In The Working Area Of The Pidie Health Center, Pidie Regency In 2022

Based on the results of the study, the majority of mothers who have a positive attitude are in the active category in participating in the class of pregnant women (68.2%) and mothers who have a negative attitude are mostly in the category of inactive in participating in the class of pregnant women (62.2%). The results of the statistical test obtained $p.value = 0.006 < 0.05$.

Attitude is the readiness or availability to act and is not the executor of a particular motive. Attitude is not yet an action or activity but is a predisposition to action or behavior. (Keikutsertaan & Ibu, 2019) Attitude is the readiness to react to an object in the environment as an appreciation of the object (Wulandari, 2017). Attitude is the disposition to respond well or unkindly to an object, person, institution, or event. (Daud & Arifin, 2021)

According to researchers, a good or positive attitude of pregnant women toward the group of pregnant women is an influential factor in the participation of pregnant women in the group of pregnant women. The positive attitude of mothers toward the class of pregnant women in the study is because the mother gets good information or knowledge about the benefits of the class of pregnant women and knows that the activity is beneficial for her; therefore, the pregnant woman will try to seek services or activities and participate in classes for pregnant women. More mothers who have a positive attitude are more active in attending classes for pregnant women (68.2%) compared to those who are not active in attending classes for pregnant women (31.8%).

The Influence of Motivation on Mothers' Activeness in Attending Classes for Pregnant Women in the Working Area of the Pidie Health Center, Pidie Regency in 2022

Research results of the study, the majority of highly motivated mothers were in the active category in participating in the class of pregnant women (75.9%) and the majority of mothers who had low motivation were in the category of inactive in attending the class of pregnant women (57.7%). The results of the statistical test obtained $p.value = 0.004 < 0.05$.

Motivation is a set of attitudes and values that influence the individual to achieve a specific thing according to their goals. These attitudes and values are essential in empowering individuals to act in order to achieve their goals. In addition, this motivation can be interpreted as an individual's encouragement to take action because they want to do it. (Fitriani & Dewita, 2021)

According to researchers, there is a relationship between motivation and the activeness of pregnant women in attending classes for pregnant women due to maternal curiosity about pregnancy. Pregnant women who have good knowledge about pregnant women classes tend to have a correct and appropriate thought about pregnant women classes. Pregnant women know that pregnant women's classes are a very useful learning tool for them related to their pregnancy, thus motivating them to take pregnant women's classes. This is according to the results of a study where those who have high motivation (74.9%) are active in attending classes for pregnant women compared to those who are not active in attending classes for pregnant women (24.1%).

CONCLUSION

The conclusion of the research are: (1) There is an influence of knowledge on the activity of mothers in attending classes for pregnant women in the working area of the Pidie Health Center, Pidie Regency ($p. value = 0.001$). (2) There is an influence of family support on mothers' activeness in attending classes for pregnant women in the working area of the Pidie Health Center, Pidie Regency ($p. value = 0.013$). (3) There is an influence of education on the activity of mothers in attending classes for pregnant women in the working area of the Pidie Health Center, Pidie Regency ($p. value = 0.003$). (3) There is an influence of age on the mother's activeness in attending classes for pregnant women in the working area of the Pidie Health Center, Pidie Regency ($p. value = 0.003$). (4) There is an influence on the attitude towards the activeness of mothers in attending classes for pregnant women in the working area of the Pidie Health Center, Pidie Regency ($p. value = 0.006$). (5) There is an

influence of motivation on the mother's activeness in attending classes for pregnant women in the working area of the Pidie Health Center, Pidie Regency (p. value = 0.006).

It is expected that pregnant women are active in conducting class visits for pregnant women so that pregnant women can get correct information about pregnancy, childbirth, postpartum care, and good baby care.

Based on the direct experience of researchers in this research process, there are several limitations experienced and can be some factors that can be more considered for future researchers in further refining their research because this research itself certainly has shortcomings that need to be improved in future studies. Some limitations in the study, among others: a). The number of respondents who were only 81 people, of course, is still insufficient to describe the real situation. b). In the process of taking data, the information provided by respondents through questionnaires sometimes does not show the actual opinions of respondents, this happens because sometimes differences in thoughts, assumptions and understandings are different for each respondent, as well as other factors such as honesty factors in filling in respondents' opinions in the questionnaire.

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