

Description of postpartum mothers' knowledge about bathing newborns aged 0-7 days at the Bertha Mabar Hilir Primary Clinic, Medan Deli District in 2024

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ARTICLE INFO

Article history:

Received Aug 31, 2024

Revised Sep 2, 2024

Accepted Sep 4, 2024

Keywords:

Bathing Babies
Knowledge
Postpartum Mothers

ABSTRACT

Bathing a baby is a way to clean the body, maintain the cleanliness of the umbilicus, and the neonate is given a sense of comfort. The impact of improper bathing can result in misery such as accidents (falling and drowning), water entering the ears and nose, and the baby experiencing cold stress, because the mother cannot bathe her baby and can cause hypothermia. To determine the description of the knowledge of postpartum mothers about bathing newborns aged 0-7 days. This study is a descriptive study. The research sample consisted of 30 primiparous and multiparous postpartum mothers. This study used primary data obtained based on the results of a questionnaire with the Accidental Sampling Technique. From the results of the study, it was found that postpartum mothers had a low level of knowledge in bathing newborns aged 0-7 days as many as 18 people (60%), and a minority had sufficient knowledge of 12 people (40%). The level of knowledge of postpartum mothers about bathing newborns at the Bertha Mabar Hilir Pratama Clinic, Medan Deli District is Low. Suggestion: Postpartum mothers should also continue to seek information from social media or health workers about the proper and correct way to bathe a newborn baby.

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INTRODUCTION

The postpartum period (puerperium) is the period that begins after the placenta is born and until the reproductive organs, especially the uterus, return to their pre-pregnancy state. This period begins after 2 hours of monitoring the fourth stage of labor until six weeks or forty-two days. In Latin, puerperium is the period after labor is complete, "peur" means baby and "parous" means giving birth. Until it is concluded as after giving birth to a baby" (Wulandari, 2023).

In 2020, the coverage of postpartum maternal health services in North Sumatra province was 77.52%, a decrease compared to the coverage of postpartum visits of 81.5% in 2019. Compared to the target of the North Sumatra health strategic plan in 2020 of 86.0%, the coverage of postpartum visits has not been achieved. Of the 33 provinces and cities that achieved the health target, Sibolga City reached 96.1%, followed by Batubara Regency at 90.98%, and Langkat Regency

at 90.53%. And the lowest figure was in Padang Lawas Regency at 43.17% (North Sumatra Health Office, 2020).

Neonates are full-term babies weighing 2500 grams to 4000 grams., crying loudly and no genetic abnormalities (congenital defects) A newborn baby is a newborn baby aged zero to 28 days (Nadia et al., 2022)(Puspitaningsih et al., 2022)(Suzanah, 2019).

The neonatal visit rate indicator in the 2020-2024 Ministry of Health's strategic plan is a new indicator. The number of newborn visits is calculated based on the number of newborns aged 0 to 28 days. The neonatal visit coverage rate increased from 71.3% in 2013 to 84.1% in 2018, an increase of 12.8% in 5 years, while the number of complete neonatal visits only increased by 2% in 2013(OKTAVIANI, 2021)(Norfai et al., 2022). Where the inhibiting factors for neonatal visits are still deliveries that are not carried out in health facilities, the existence of social and cultural factors in the community, and the distribution and lack of health facilities, especially in remote areas and areas (Ministry of Health, 2022).

Based on data received from the North Sumatra provincial health office from 298,156 live births, (KN1) it is known that 243,670 babies or 81.69%, and complete KN visits were 254,792 babies or 85.46%. The complete neonatal visit indicator in North Sumatra in 2020 reached 85.46%. With the highest neonatal visits in the city of Sibolga with a size of 103.07, Binjai 99.11% and Batu Bara Regency at 97.17% while the lowest neonatal visit indicator was in Padang Lawas Regency at 47.78%, Gunungsitoli at 51.53%, and Central Tapanuli at 62.34% (North Sumatra Health Office, 2020).

Bathing a baby (neonate) is a way to clean the baby's body using clean water, maintaining the cleanliness of the umbilicus, and the neonate is given a sense of comfort(Rani, 2018)(Putri, 2021). Bathing a neonate begins six hours after the neonate is born to prevent the neonate from hypothermia. Before the baby is bathed, we must ensure that the room temperature is warm and there is no strong wind, therefore in the process of bathing a baby, special knowledge is needed for postpartum mothers. There are two things that can affect bathing a baby, namely the lack of knowledge so that they are overwhelmed in bathing the baby, the second is the mother's method and skills are lacking because they have no previous experience in bathing their babies (Zakiyyah et al., 2017).

It is very important for mothers to prepare themselves, improve and hone their skills in performing neonatal care, because with this, bathing neonates is influenced by the mother's level of knowledge(Agustina et al., 2022). Providing care to postpartum mothers to increase their ability to bathe neonates is a difficult and confusing action for postpartum mothers because the umbilicus is not yet dry and the mother's fear of the umbilicus being infected because it is still wet, the postpartum mother's fear of hypothermia that occurs in babies, not to mention the mother's condition after giving birth feeling tired so that she is overwhelmed in mobilizing after giving birth by termination or because of a long labor. However, if they have experience and the ability to bathe babies, bathing newborns is not a difficult job, where postpartum mothers need helpers, baby sisters, or help from people around them to bathe newborns (Anggraini & Nopitasari, 2020).

The impact of improper bathing can result in misery such as accidents (falling and drowning), water entering the ears and nose, and the baby experiencing cold stress, because the mother cannot bathe her baby and can cause hypothermia.(Yusri, 2020) When a mother is unable to bathe her newborn baby, there is a lack of bonding and affection between the mother and her child, which causes a lack of communication between the parents, especially the mother and her child (Yuliani & Amalia, 2021)

According to the Ministry of Health in 2022, neonatal, around 7% of newborns with a mortality rate of approximately 118 out of 21.17/1000 per first life. This has been attempted to act in preventing hypothermia in neonates (infants), namely bathing the baby before their body temperature is stable. In addition, neonatal infection in umbilicus is also one of the causes of unclean bathing and umbilical cord care around 11.56% - 49.9% (Ministry of Health, nd).

According to (WHO), the number of caesarean sections is increasing globally, and is currently at 1 in 5 (21%) of all births. This is expected to continue to increase in the next period, and almost half (29%) of births will be by caesarean section by 2030 (WHO, n.d.). So that post-CS mothers do mobilization is very difficult, because early mobilization after surgery is a movement or activity carried out by the mother after giving birth, so that the mother becomes stronger and healthier so that the mother is able to be independent in caring for her baby (WHO, nd).

Based on the research results from Sundalangi (2020) with the results of the study, the mother's knowledge of bathing newborns is influenced by age and education, because age greatly influences the level of productivity, and education influences a person's intellectual maturity. Based on the study, the mother's attitude about bathing babies is in the good category, although there are still respondents who have insufficient and sufficient knowledge. Meanwhile, the mother's attitude about bathing babies has a negative attitude due to the mother's lack of experience in bathing babies (Sundalangi et al., 2020).

Based on research by Silvana et al, there were 24 respondents used, 12 of whom had knowledge about bathing neonates, 12 respondents had no experience at all in bathing babies. Meanwhile, when the questionnaire was given to postpartum mothers who had the knowledge, there were ten people (83.3%) and 9 people (75%) had inappropriate attitude values. So it is concluded that postpartum mothers who have experience are not necessarily able to bathe babies and care for babies (Eva Silviana, nd).

Based on the research results by Waqit et al (2020) et al., Faculty of Health, University of Kediri, with the research results, some mothers who have just given birth and have children before receiving counseling on bathing babies have sufficient knowledge, while mothers who have just had children have good knowledge in bathing babies, primiparous mothers have less knowledge (Waqit Dea et al., 2020).

Based on research by Sarkiah et al, Sari Mulia University Banjarmasin with the title of the study "the relationship between attitudes and abilities of postpartum mothers on how to bathe babies in the work area of the S. Parman Banjarmasin Health Center" in 2020. The ability of postpartum mothers to care for babies, especially bathing neonates, is usually due to knowledge and attitudes, based on the survey results there were 24 respondents who showed inappropriate behavior, mostly due to lack of knowledge, and 20 respondents (83.3%) respondents with the lowest level of education from elementary school to junior high school, and generally have a negative attitude towards bathing babies. Low levels of education greatly affect the knowledge and abilities of postpartum mothers in bathing babies in the work area of the S.Parman Banjarmasin Health Center (Sarkiah et al., 2020).

Based on Hidayah Nurul's research in 2015 with the title of the study Overview of Knowledge and Attitudes of Postpartum Mothers about Bathing Babies in the Sungai Lulut Banjarmasin Health Center work area. Where the results are based on characteristics, that the influence of bathing babies based on age is very influential, where there are primiparous mothers with an average age of 20-25 years who have sufficient knowledge about bathing newborns, based on the knowledge of postpartum mothers about bathing newborns, they have less knowledge with 30 respondents (48%) of the respondents' sufficient knowledge because the postpartum mothers only receive news from various social media such as magazines, television advertisements, neighbors, and individuals around them, based on the attitude of postpartum mothers bathing newborns, 37 out of 63 (59%) after giving birth for the first time have a negative attitude. This negative attitude is badly influenced by people around them such as friends and parents, after giving birth, the mother is worried that her child will be in pain, fall, and get hurt because the mother is unable to bathe her baby (Hidayah, 2015).

Based on the results of a preliminary survey during clinical practice during September to November 2023 at the Pratama Bertha Mabar Hilir clinic, Medan Deli District, with the results of the researcher's experience during clinical practice, where during the three months there were 85

postpartum mothers, among them 65 postpartum mothers did not know at all how to bathe a newborn, and 20 others did not know how to bathe a newborn. The 65 postpartum mothers did not know how to bathe a baby, including 45 primiparous mothers who had just had children and had no experience in bathing a newborn, in addition, the postpartum mothers had reasons where the umbilicus was still wet, fear of injury to the baby, water entering the ears and the condition of the postpartum mother had not recovered, and with the reason that mobilization was not yet optimal, trauma with perineal wounds that made the mother afraid to do other activities. The other 20 postpartum mothers are multiparous postpartum mothers, mothers who have previously given birth and cared for newborns, but because of the large difference in the average age of their children before giving birth, postpartum mothers often hesitate and forget how to bathe their babies after giving birth.

Based on the data above, the author is interested in conducting research to determine "Description of Postpartum Mothers' Knowledge About Bathing Newborns Aged 0-7 Days at the Bertha Mabar Hilir Primary Clinic, Medan Deli District in 2024".

RESEARCH METHOD

The research used is Descriptive research, with the aim of knowing the Description of Postpartum Mother's Knowledge About Bathing Newborns Aged 0-7 Days at the Bertha Pratama Clinic, Mabar Hilir, Medan Deli District, in 2024. Population is the number of individuals or residents in an area who have the same characteristics, people, objects, or groups of objects that are the source of samples, people who are the objects of research or whose characteristics are studied (Indriani, 2021). The population in this study were postpartum mothers who had babies aged 0-7 days. Sample is a division of a population that has two similar meanings, namely the entire population whose characteristics can be described. Because, before taking a sample, researchers need to base their research on the characteristics, nature, and distribution of the population being studied and the provisions of the researcher's sample (Nursalam, 2015). The sample used in conducting this study was 30 respondents, both primipara and multipara. The sampling technique used by the researcher was by using the accidental sampling technique, which is a sample that happens to be in a place that is in accordance with the context of the study. The independent variables used in this study are characteristics and knowledge, the dependent variable in this study is postpartum mothers who have newborn babies aged 0-7 days.

The data analysis used is Univariate analysis, where this analysis is used to obtain a picture of each data from the variables studied. This data analysis aims to describe the knowledge and attitudes of each variable. The variables seen include a picture of the knowledge and attitudes of postpartum mothers about bathing newborns.

RESULTS AND DISCUSSIONS

Results

After conducting research with 30 respondents regarding "Description of Knowledge About Bathing Newborns Aged 0-7 Days at the Bertha Mabar Hilir Primary Clinic, Medan Deli District in 2024", the following results were obtained:

Table 1. Frequency distribution of respondents based on characteristics at the Berta Mabar Hilir Primary Clinic, Medan Deli District in 2024

No	Characteristics	(f)	(%)
	Age		
1	17-25 Years	10	33.3
2	26-35 Years	18	60
3	>35 Years	2	6.7
	Work		

No	Characteristics	(f)	(%)
1	Work	15	50
2	Doesn't work	15	50
	Parity		
1	Primipara	10	33.3
2	Multipara	20	60.7
	Education		
1	SD	0	0
2	Junior High School	2	6.7
3	Senior High School	22	73.3
4	Bachelor	6	20
	Total	30	100

Based on Table 5.1 above, it shows that based on the characteristics of postpartum mothers regarding bathing newborns aged 0-7 days, the majority are 26-35 years old 18 people (60%), 17-25 years old 10 people (60%), and a minority >35 years old 2 people (6.7%), based on occupation with the majority not working 15 people (50%), the minority working 15 people (50%), based on parity the majority are multiparas 20 people (60.7%) and the minority are primiparas 10 people (33.3%), based on the last education the majority are high school 22 people (73.3%), 6 are bachelors (20%) and the minority are junior high school 2 people (6.7%).

Overview of Postpartum Mothers' Knowledge About Bathing Newborns Aged 0-7 Days.

Based on the results of the research conducted by the researcher, the following distribution was obtained:

Table 2. Frequency Distribution Based on the knowledge of postpartum mothers about bathing babies aged 0-7 days at the Bertha Mabar Hilir Pratama Clinic, Medan Deli District in 2024.

Knowledge	(f)	(%)
Good	0	0
Enough	12	40
Not enough	18	60
Total	30	100

Based on table 5.2 above, it shows that the knowledge of postpartum mothers about bathing newborns aged 0-7 days at the Bertha Mabar Hilir Pratama Clinic, Medan Deli District in 2024, it was found that the majority of respondents had insufficient knowledge, as many as 18 people (60%) and the minority had sufficient knowledge, with the number of respondents being 12 people (40%).

Discussion

Description of Characteristics of Postpartum Mothers Regarding Bathing Newborn Babies Aged 0-7 Days at Pratama Bertha Clinic in 2024.

Based on the results of research conducted on 30 respondents of primiparous and multiparous postpartum mothers based on their characteristics, shows that based on the characteristics of postpartum mothers regarding bathing newborns aged 0-7 days, the majority are aged 26-35 years 18 people (60%), based on occupation, the majority are unemployed 15 people (50%), based on parity, the majority are multiparas 20 people (60.7%), and based on the last education, the majority are high school 22 people (73.3%).

This is in line with research (Nurul Hidayah 2015) description of knowledge and attitudes of postpartum mothers regarding bathing babies in the working area of Sungai Lulut Health Center, Banjarmasin with research results Based on the results of research conducted by researchers on 63 primiparous postpartum mothers based on characteristics, it is known that age, last education, and work greatly influence a person's knowledge, and greatly influence the level of maturity of a person's thinking in receiving information to increase knowledge.

Based on the author's assumption based on the characteristics of postpartum mothers about bathing newborns that age turns out to be one of the benchmarks for postpartum mothers in analyzing and accepting new knowledge. Because the higher the age, the level of maturity and strength of a person will be more mature in thinking and acting. Based on education, the author assumes that with the higher education a person will easily increase insight for self-development. With this education, postpartum mothers will have a sense of increasing knowledge and developing knowledge that can be a guarantee of future life. Work will also affect the knowledge of postpartum mothers about bathing babies, because when postpartum mothers work they can get information about bathing babies from friends in the environment around them who previously had babies and had experience in bathing newborns. and based on parity, according to the author parity greatly influences the level of knowledge of postpartum mothers about bathing babies, where the knowledge of primiparous and multiparous mothers will clearly be different because multiparous mothers already have personal experience in bathing newborns, while primiparous mothers have no experience at all bathing newborns which makes them afraid to bathe their babies for the first time. However, despite this, there are still many multiparous postpartum mothers who are afraid and anxious about bathing their babies because the gap between the birth of their first and next child is far apart, which results in postpartum mothers being less confident about bathing their babies.

Description of postpartum mothers' knowledge about bathing newborn babies aged 0-7 days at Pratama Bertha Clinic in 2024.

Based on the results of the study with the answers to the postpartum mothers' knowledge questionnaire about bathing newborns aged 0-7 monthsday at the Bertha Mabar Hilir Pratama Clinic, Medan Deli District in 2024, it was found that the majority of respondents had insufficient knowledge, as many as 18 people (60%), and the minority had sufficient knowledge, 12 people (40%).

This is in line with research (Sari, 2016) with the title of the study Overview of the Level of Knowledge of Postpartum Mothers About How to Bathe Babies at RSIA Prima Husada Waru Sidoarjo with the results of the study obtained that most (60%) of postpartum mothers respondents have a low level of knowledge about how to bathe newborns. According to the author, this is due to the lack of services and information on how to bathe babies properly for postpartum mothers from health workers.

In this case, according to the author's assumption, the lack of knowledge of postpartum mothers about bathing newborns aged 0-7 days at the Bertha Pratama Clinic is due to environmental factors where postpartum mothers rely on health workers who will bathe their babies from the beginning of birth until the umbilical cord is completely gone, which results in a lack of bonding between the mother and her baby and a lack of growth in maternal behavior about bathing newborns properly and correctly. In addition, postpartum mothers also feel tired due to childbirth, labor pain that makes it difficult for postpartum mothers to move, or post-cessation, especially in this study using postpartum mothers who have newborns aged 0-7 days where postpartum mothers aged 0-7 days need recovery time after giving birth, in addition, postpartum mothers also assume that midwives will bathe their babies until the umbilical cord is gone.

CONCLUSION

Based on the characteristics of most postpartum mothers at the Bertha Mabar Hilir Primary Clinic, Medan Deli District in 2024, it can be seen that the majority are aged 20-35 years with a total of 28 respondents (93.3%). And the majority of respondents do not work or are only housewives 15 people (50%), the majority have a high school education of 22 people (73.3%), and the majority are multiparous mothers 20 people (66.7%). Based on the knowledge of postpartum mothers about bathing newborns at the Bertha Mabar Hilir Primary Clinic, Medan Deli District in 2024, they have

a low level of knowledge in bathing newborns with the majority of respondents having low knowledge of 18 people (60%).

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