

Mapping Knowledge Of Gymnastics Nifas, Stomach Tapel And Massage In Mother Nifas

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ABSTRACT

Maternity care period is an urgent transition period for mother's, babies and their family physiologically, socially and emotionally. The condition caused pain and death of mothers and baby risks commonly within maternity care in this period. The objective of this study is to discover the knowledge of Tapel, postpartum exercise and massage oxytocin used during postpartum. The population of this study is married woman who has got babies in Langkat, Deli Serdang and Medan. They are 74 women. The sample was taken by purposive sampling method. The data was collected by addressing questionnaire about Tapel, postpartum exercise and massage oxytocin knowledge such as definition, understanding the benefits, the way to use and the functions. The lowest knowledge about it was respondents with education Senior high school 66.7%, calling mothers (34, 6%) and they are 30-34 years old (34.8%). Furthermore, women who knows the way to treat Tapel correctly 54.1%. Postgraduate respondents within age 35-39 years old shows the sufficient knowledge about postpartum exercise (50%). This finding shows that it is very important to do an action to improve it in order to avoid abuse that impact pain so hard.

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1. Introduction

Postpartum is a critical transition period for the mother, baby and family emotionally, physiologically and socially. Maternal Mortality Rate (MMR) is one indicator in describing the welfare of society in a country. Data obtained from the Demographic and Health Survey of Indonesia, MMR reached 359 per 100,000 live births in 2012 and 93.52/100,000 live births in 2014. Several factors that cause maternal death include bleeding (28%), eclampsia (24%), infection (11%), abortion (10%), complications of the periperal mass (8%), obstructed labor (5%), and obstetric embolism (3%) [1]. Based on these data, it can be seen that postpartum care must be an important concern so as not to cause maternal death.

After delivery, the mother's body will enter a recovery period and will slowly return to its original state. In addition, during the postpartum period, the mother also complains about pain in the stomach, the body is tired, tired or tired, the body is stretched and the stomach bulges and the skin is stretched. Several efforts are believed by the community to have been carried out to accelerate healing and prevent bleeding, such as the use of tapel, postpartum exercises and massage. In general, mothers want the restoration of body shape and abdominal wall as usual [2]. The process of involution will also occur, where the uterus will return to its pre-pregnancy state. There are several factors that influence involution, namely postpartum exercise, early mobility of postpartum mothers, early initiation of breastfeeding, nutrition, psychological and age factors [3]. Knowledge of early mobilization after delivery,

Postpartum exercise can facilitate the involution process, so it can prevent bleeding. While tapel is a traditional ingredient consisting of whiting and lime juice which is rubbed on the stomach before the mother uses jicama which is believed to help healing. Knowledge of the use of tapel, postpartum gymnastics and massage from the medical side (Minister of Health Regulation No. 6, 2012) is not yet known by the public. Massage aims to stimulate the secretion of endorphins which can stimulate the production of the hormone oxytocin.

Based on the results of the novice lecturer grant research that the author got in 2020, it is proven that postpartum mothers (66.7%) have less knowledge regarding postpartum, postpartum care and the use of postnatal traditional medicines. Lack of knowledge about postpartum care can cause complications and bleeding if the postpartum mother does traditional medicine without knowing how to use it. This phenomenon makes this research very important to carry out, so that it can prove to postpartum mothers about proper postnatal care such as postpartum gymnastics, tapel and massage in an effort to improve wound healing and involution. The purpose of the study was to determine the effectiveness of wound healing and involution of postpartum mothers through postpartum gymnastics, the use of tapel and massage. This research is in line with the research roadmap of the Langkat Academy of Midwifery, which is included in the leading research topic of midwifery (knowledge of traditional medicine). The lead researcher has experience in research on the use of traditional medicine for pregnant women and childbirth, and is the second stage of research according to the research roadmap, in addition, researchers have conducted pre-study that 45% of postpartum mothers do not understand postpartum care.

2. Method

This research was conducted in Langkat, Deli Serdang and Medan. The population in this study are women who are married and have children totaling 100 people. Then, 74 people were selected as samples. The sample was selected using a purposive sampling technique, namely selecting women who intentionally because they had used abdominal tape, postpartum gymnastics and massage during postpartum care. Data were collected using a questionnaire about knowledge of stomach

tapel including understanding, understanding the benefits, how to use it and the advantages of using it, as listed in table 1.

TABLE 1.
OPERATIONAL DEFINITION

No	Variable	Operational definition	How to measure	Measuring instrument	Measurement result
Knowledge					
1	Knowledge	Everything that postpartum mothers know about postpartum gymnastics, tapel and massage	Distribute a questionnaire with the following criteria: Good, if correct 76% - 100% (16-20) Sufficient if true : 56% - 75% (12-15) Less if true < 55% (12)	questionnaire	Tall Low
	Culture	A growing characteristic of life	Spread the questionnaire	questionnaire	Agree Do not agree
Culture					
2	Use of Stomach Tape	Use of stomach tape	Distribute a questionnaire with the following criteria: • Yes, if you use traditional medicine • Nothing, if the mother does not use traditional medicine	questionnaire	Yes No
3	Postpartum Gymnastics Treatment	Doing gymnastics	Distribute a questionnaire with the following criteria: • Yes, if you do postpartum exercises • Nothing, if the mother does not do postpartum exercises	questionnaire	Yes No
4	Massage Treatment	Doing massage	Distribute a questionnaire with the following criteria: • Yes, when mom does a massage • Nothing, if mom doesn't do massage	questionnaire	Yes No

2.1 Data Collection and Analysis

The method of data collection was carried out using primary data, primary data obtained through questionnaires in forming open questions that gave respondents the freedom to express problems which aimed to see whether the mother's level of knowledge about abdominal tape, postpartum exercise and massage can affect the use of abdominal tape, postpartum exercise, and massage during the puerperium.

Data from the description of maternal and cultural knowledge about the use of abdominal tape, postpartum gymnastics and massage during the puerperium were analyzed descriptively, if you answered 1 question correctly, you were given a score of 5, if you answered incorrectly, you were given a score of 0, out of 20 questions, research on respondents' knowledge categorized as :

1. Good: If the respondent is able to answer 16-20 questions correctly then the score (76%-100%) of the number of questions.
2. Enough: If the respondent is able to answer 11-15 questions correctly then the score (56%-75%) of the number of questions.
3. Less: If the respondent is able to answer 0-10 questions correctly then the score (< 56%) of the number of questions

For the measurement aspect of the use of abdominal tape, postpartum gymnastics and massage during the postpartum period, 1 question is given, where if you choose the answer "yes" you get a score of 1, and if you choose the answer "no" you get a score of 0, then the highest answer score is 1 and the lowest answer is 0.

Data analysis in this study used descriptive data analysis methods so as to produce a frequency distribution table and percentage of the research, using the formula:

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$$P = \frac{f}{n} \times 100\%$$

Description: P = Percentage

F = frequency

N = Number of respondents

3. Results and Analysis

Based on table 2, it is found that from 74 respondents consisting of high school education, undergraduate and postgraduate. As many as 70% of respondents are working women aged between 25-39 years.

TABLE 2.
CHARACTERISTICS OF RESPONDENTS

Characteristics	Respondent	%
senior High School	6	8.11
S1	30	40.5
S2	38	51.4
25-29 years old	4	5.4
30-34 years old	46	62.2
35-39 years old	24	32.4
Work	52	70.3
Does not work	22	29.7

3.1 Mapping Knowledge of Postpartum Mothers on Tapel

The results showed that as many as 70.6% of respondents knew the meaning of belly tapel, but as many as 51% of respondents knew the benefits of using tapel. Furthermore, as many as 56.1% of respondents know how to use tapel correctly (Table 3). This shows that there are still 43.9% of respondents who do not know how to use the tapel properly. This can lead to the misuse of tapel, which can be bad for health.

TABLE 3.
RECAPITULATION OF RESPONDENTS' ANSWERS

Question	% Correct answer
tapel	
Definition	70.6
Understanding the benefits	67.8
How to use	56.1
Advantages of use	51.1
Postpartum gymnastics	
Definition	26.7
Understanding the benefits	26.7
How to implement	23.3
Advantages of use	20.0
Massage	
Definition	80.0
Understanding the benefits	77.0
How to use	65.0
Advantages of use	55.0

The results of this study are in line with the results of a previous study [9], which stated that 10% of women had good knowledge about the use of tapel.

Figures 1 - 3 show the mapping of knowledge on the use of abdominal tape, postpartum exercises and massage. Based on the results of the study, it shows that respondents who have good knowledge (>76% correct) are respondents who have a master's degree education (39.4%), work (19.2%) and are aged between 30-34 years (21.7%). Meanwhile, those who have the lowest knowledge about the use of belly tape are respondents with high school education (66.7%), working (34.6%) and aged 30-34 years (34.8%). Respondents with undergraduate education (66.7%) who do not work (72.7%) and aged between 35-39 years (66.6%) have sufficient knowledge of the use of tapes.

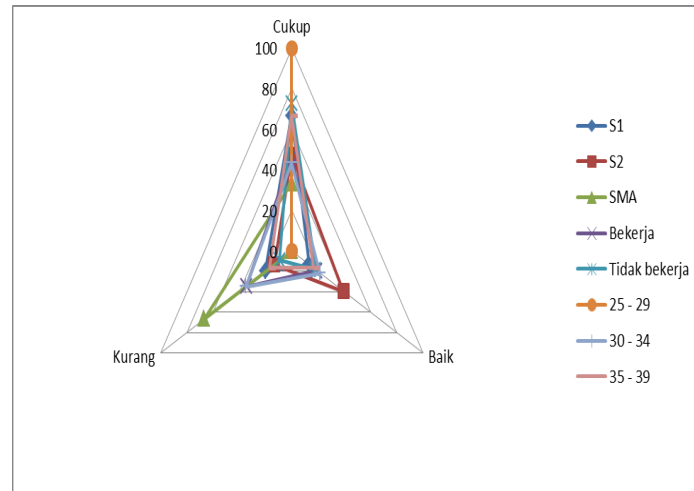


Figure 1. Knowledge Mapping of the Use of Stomach Tape

These results are in accordance with the theory presented by Notoadmojo [10] that the level of education, age, and employment status are factors that influence knowledge. The higher a person's level of education, the easier it is for that person to receive information, so that the level of education affects the learning process. Lack of knowledge is caused by a low level of education, so that receiving messages or information that has been conveyed has difficulty [11]. According to Siregar [12], that 50% of respondents consisting of secondary and higher education levels choose to use traditional medicine. This means that there are still many people who prefer to use traditional medicine. At this time the use of traditional medicine is increasingly popular, it can be seen from the number of patients in America who use traditional medicine compared to those who go to general practitioners. Meanwhile in Europe, such as Denmark and France, users vary from 23% and 49%. Meanwhile, in Taiwan 90% of patients combine traditional and general (conventional) medicine [13].

According to Sooi and Keng [13], that respondents aged > 30 who use herbs as medicine, while the basic education level uses herbs more than the highest level of education. Based on the results of the study, it is necessary to implement an action to increase knowledge about the use of tapel, postpartum gymnastics and massage to women with low education level (high school and below). This is because it is very important to emphasize that abdominal tape and massage should only be used for women who have given birth naturally. Postpartum exercise also needs to be done in the right way so as not to cause injury to the wound in the postpartum mother. Abdominal tape, massage and postpartum exercises may be used for women giving birth surgically if the surgical wound is declared good by the doctor (2 weeks after delivery). However, the use of tape and massage is not allowed if there are still postpartum wounds [14]. Although the stomach tape can warm the stomach, make the intestines work faster so that the wind can get out easily from the body, its use is not recommended for those with sensitive skin. This is because the whitening content contained in the tapel material can cause burns.

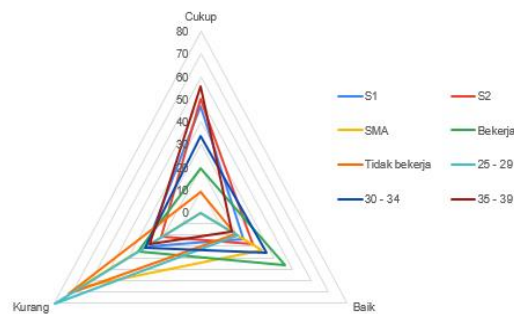


Figure 2. Knowledge Mapping of Postpartum Gymnastics

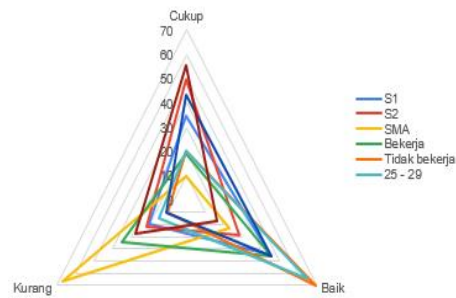


Figure 3. Mapping of knowledge of postpartum massage

3.2 Mapping Knowledge of Postpartum Mothers on Postpartum Gymnastics

Based on the results showed that 26.7% of respondents who know the meaning and understand the benefits of postpartum gymnastics. Respondents as much as 23.3% understand how to do postpartum exercise and 20% of respondents know the benefits of postpartum exercise.

3.3 Mapping Knowledge of Postpartum Mothers on Postpartum Massage

The results showed that 80% of respondents understood the meaning of postpartum massage, 77% of respondents understood the benefits of massage, 65% of respondents understood how to massage and 55% of respondents knew the goodness of postpartum massage.

Based on Figure 2, it shows that the respondents with a master's degree in education, age 35-39 years old and working the most (50%) have sufficient knowledge about postpartum gymnastics. As for massage, respondents who have the most knowledge about massage are respondents with undergraduate education (45%), working and aged 30-34 years (45.7%).

Respondents in the age group <30 years, the age group 30-40 years, and the age group >50 years generally answered incorrectly on the questions in the questionnaire which amounted to 30 questions that discussed knowledge, understanding, goals, benefits, how to implement. This shows that the age of the respondents in this study does not affect the level of knowledge of the respondents.

The low knowledge of respondents may be caused by many factors. Researchers assume that the respondent's lack of knowledge may be caused by the lack of information obtained from both health workers and electronic media. Another factor that may be the cause of the low knowledge of mothers about postpartum exercise is the lack of public awareness to find out maternal health problems. Another factor that may be the cause of the low knowledge of mothers about postpartum exercise is the lack of public awareness to find out maternal health problems.

One of the factors that influence knowledge is the information obtained. The ease of obtaining information can help someone to accelerate the acquisition of new knowledge. The majority of respondents answered incorrectly the question about the meaning of postpartum exercise in the questionnaire which stated that postpartum exercise was exercise performed by the mother after childbirth, after the mother's condition was normal. Postpartum gymnastics is the right exercise to restore the condition of the mother's body physiologically and psychologically.

From the research that has been done, it shows that the mother's level of knowledge is less about postpartum gymnastics. Which includes the understanding, goals, benefits, and how to carry out postpartum gymnastics. In general, people do not realize that postpartum exercise is very important for mothers after childbirth, after the mother's condition is normal. Postpartum gymnastics is the right exercise to restore the condition of the mother's body physiologically and psychologically.

It can be explained that a person's knowledge in this case respondents who participate in this study can be influenced by various factors including information from health workers, friends, relatives and various electronic media. Thus, the information obtained can provide various results and affect the level of knowledge of respondents about postpartum exercise.

Lack of knowledge can be caused by a low level of education, making it difficult to receive messages or information that has been conveyed [14]. That 50% of respondents consisting of secondary and higher education levels choose to use traditional medicine [14].

At this time the use of traditional medicine is increasingly popular, it can be seen from the number of patients in America who use traditional medicine compared to those who go to general practitioners. Meanwhile in Europe, such as Denmark and France, users vary from 23% and 49%. Meanwhile, in Taiwan 90% of patients combine traditional and general (conventional) medicine [14].

Postpartum gymnastics is a physical exercise carried out by postpartum mothers after the body recovers, which serves to restore health conditions, accelerate healing, prevent complications, improve back muscle strain, pelvic floor and abdomen [15]. Postpartum exercise can prevent postpartum hemorrhage, because when carrying it out there is a contraction of the abdominal muscles which will help involution after the placenta comes out immediately after the involution process [16].

The maternal mortality rate according to the Indonesian Health Demographic Survey (IDHS) in 2012 was 359 maternal deaths per 100,000 live births, bleeding was the cause of the highest maternal mortality rate (MMR) in Indonesia in 2013. postpartum, use of traditional medicine, massage and others.

4. CONCLUSION

Based on the results of the study, it can be concluded that the lowest about the use of abdominal tapel, postpartum exercise, and massage are respondents with high school education (66.7%), working (34.6%) and aged 30-34 years (34.8%). Furthermore, there were 54.1% of women who knew how to use the tapel properly, 23.3% of postpartum gymnastics, and 65% of women who knew massage. These results indicate that it is necessary to carry out an action or effort to increase knowledge about the use of tapel, postpartum gymnastics and massage so that there is no mishandling that can result in injury.

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