

# The relationship between maternal knowledge about nutrition and abstinence behavior during postpartum eating in the work area of Uptd Puskesmas Simpang Kiri of Subulussalam City Year 2025

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## ABSTRACT

In Indonesia, there are still many postpartum mothers who abstain from eating during the postpartum period, out of 4,406,437 postpartum mothers who abstain from eating, which is as much as 86%. Abstaining from eating is a term used to describe a person's practice of not consuming certain foods due to cultural prohibitions passed down from generation to generation. The purpose of this study is to determine the relationship between maternal knowledge about nutrition and the behavior of abstinence from postpartum eating in the Work Area of the UPTD Puskesmas Simpang Kiri, Subulussalam City in 2025. This study is correlational analytics with a cross sectional approach using primary data and secondary data. The population in this study is all postpartum mothers in the Work Area of the UPTD Simpang Kiri Health Center. The sampling technique in this study used Total sampling, with a sample of 32 respondents and the measuring tool used was a questionnaire. The results of the study using the chi-square test obtained a result of  $0.000 < 0.05$ , so it can be concluded that there is a relationship between maternal knowledge about nutrition and the behavior of abstinence from postpartum eating in the UPTD Puskesmas Simpang Kiri Work Area of Subulussalam City in 2025. It is hoped that health workers, especially midwives, can further improve the quality of midwifery services, one of which is by increasing counseling on nutrition during the postpartum period.

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## INTRODUCTION

The postpartum period is an important period of a mother's life journey after childbirth, *the* postpartum period where a mother's body undergoes physical and emotional changes. The postpartum period lasts about 6 weeks, during this period in addition to the physical and emotional changes of the mother, this period is a period to take care of the baby and adapt to the new role of the mother who needs social support, especially family and other support (Anjelina et al., 2025).

According to the *World Health Organization* (WHO) Maternal mortality rate (AKI) Very high, about 287,000 women died during pregnancy and childbirth in 2020. Nearly 95% of all maternal deaths occurred in low- and lower-middle-income countries in 2020. The Sustainable Development Goals (SDGs) region and sub-regions are conducted in this region, Sub-Saharan Africa and South Asia accounted for about 87% (253,000) of the estimated global maternal mortality in 2020. Sub-Saharan Africa alone accounts for about 70% of maternal deaths (202,000), while South Asia accounts for about 16% (47,000) (Skhvitaridze, 2024).

Cases of maternal death can occur due to complications during pregnancy, childbirth and postpartum periods, nutritional problems are one of the causes of maternal death (Musfirowati, 2021)(Rohati & Siregar, 2023). Complications that often occur during the postpartum period are bleeding 17%, infection 14%, ecclesiastes 37% and others 32%. The problem of infection during the postpartum period is 25-55% caused by a birth canal infection (Yorita et al., 2022)(Harti et al., 2023)(Kamila et al., 2024). This infection occurs because it is still the number of mothers who do not eat nutritious food, the 2 highest cases of nutritional problems during the postpartum period include iron nutritional anemia 24.02%, Chronic Energy Deficiency (SEZ) 13.91% (Mazel et al., 2023).

Based on data from the *Maternal Perinatal Death Notification* (MPDN) of the Ministry of Health of the Republic of Indonesia, the number of maternal deaths in 2022 reached 4,005 and in 2023 it will increase to 4,129. Meanwhile, infant deaths in 2022 were 20,882 and in 2023 it was recorded at 29,945. Based on data from the 2020 Population Census, AKI gave birth to 189/100,000 live births. This figure makes Indonesia the second highest in ASEAN in terms of maternal mortality, much higher than Malaysia, Brunei, Thailand, and Vietnam which are already below 100/100,000 live births (Rahvy, 2025).

Data in Indonesia shows that 4,406,437 mothers (86%) do not eat sea fish, eggs, vegetables and spicy foods (Masluroh & Puspitasari, 2022)(ROFIQA MAYA et al., 2024). In the region, there are still wrong abstaining habits and certain food taboos, such as fish. During puberty and breastfeeding, fish is a source of necessary nutrients (Suryanti et al., 2023)(Hardaningsih et al., 2024).

Based on research conducted by (Zakiyuddin & Reynaldi, 2020), in Bogor Regency, West Java, it was found that 7 out of 10 postpartum mothers carried out a culture of abstinence by eating only rice, tofu, tempeh, boiled eggs and boiled vegetables without gravy.

The phenomenon of abstinence also occurs in postpartum and breastfeeding mothers in Aceh, the *madeung* culture is one of the traditions in Aceh which is a process that is believed to take care of the mother during postpartum period, one of the provisions of this tradition is abstinence. Based on an initial survey conducted by darmawan on 15 mothers who had undergone *the madeung tradition* in Leukeun village, West Aceh Regency, it was found that 6 mothers were moderately dehydrated, 4 mothers experienced delayed wound healing after childbirth, and 5 mothers experienced breast milk drought (Darmawan et al., 2022).

In the people of West Aceh, there is also a culture or tradition of abstinence from eating certain foods that is assigned to postpartum mothers, namely the Badapu tradition (Dara et al., 2021)(Rachmawati et al., 2024). This tradition is carried out by postpartum mothers starting on the 7th day - 60 days for the birth of the first child and 40 days for the next child (Mardiyyah et al., n.d.)(Seran et al., 2024)(Rahmawati et al., 2024). When carrying out the Badapu tradition,

postpartum mothers are prohibited from consuming several types of foodstuffs such as: eggs, shellfish, shrimp, cod, milk, papaya, bananas, pineapple, and chili peppers as well as fruits that are considered to contain a lot of water such as oranges, watermelons and others (Molina, 2024).

Maternal nutritional knowledge serves as a cognitive foundation in shaping perceptions and decisions related to dietary restrictions, as mothers who understand postpartum nutritional needs tend to be able to rationally assess the health impacts of culturally based restrictions and are more likely to make decisions that support physical recovery and milk production. Conversely, limited nutritional knowledge encourages reliance on traditional norms without consideration for health. A research gap exists because most previous studies have emphasized the cultural aspects of dietary restrictions descriptively, while empirical studies that specifically link mothers' nutritional knowledge levels with dietary restriction decision-making in the local Indonesian context are still limited. Therefore, this study is important to strengthen the basis for contextual nutritional education interventions.

Based on an initial survey conducted at the UPTD Simpang Kiri Health Center, Subulussalam City, there are 12 villages with the number of maternity and postpartum mothers from January to September 2025, which is 603 people. Data on the number of postpartum mothers as of June 2025 is 32 people. The results of interviews conducted in East Subulussalam village from 8 postpartum mothers were obtained 6 people who abstained, and 2 of them did not abstain from eating.

## RESEARCH METHOD

The sampling technique used in this study is to use total sampling, namely the collection of overall data from the population, which is as many as 42 respondents. The type of research used in this study is correlational analytics because this study looks for the relationship between two variables which will then be looked for for correlation coefficients. The time approach used is a cross sectional approach, meaning that each research subject is only observed once and measurements are made on character status, namely data collection involving independent and dependent variables at the same time.

## RESULTS AND DISCUSSIONS

### Analisa Univariat Knowledge

**Table 1.** Distribution of the frequency of maternal knowledge about nutrition in working area of UPTD Simpang Kiri Health Center Year 2025

Not	Knowledge	Sum	
		f	%
1	Good	14	33
2	Enough	12	29
3	Less	16	38
Entire		42	100

Based on the results of the study in table 4.1, it was known that out of 42 respondents, 14 (33%) were well-informed mothers, 12 were well-informed mothers (29%), and 16 were poor-informed mothers (38%).

### Behaviour

**Table 2.** Distribution of frequency of abstinence behavior during postpartum period in the working area of UPTD Simpang Kiri Health Center Year 2025

Not	Behaviour	Sum
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		f	%
1.	Not abstinence	18	43
2.	Pantang	24	57
	Entire	42	100

Based on table 2, it is known that out of 42 respondents, 18 postpartum mothers who behaved unfasting to eat and 24 postpartum mothers who behaved abstained (57%).

### Analyzing Bivariate

**Table 3.** The relationship between maternal knowledge about nutrition and behavior abstinence from eating naples in UPTD Work Area Health Center at Simpang Kiri, Subulussalam City Year 2025

No	Knowledge	Behaviour						Value p
		Pantang		Not Abstinence		Entire		
		f	%	f	%	f	%	
1.	Good	2	4,7	12	28,5	14	33	0,000
2.	Enough	9	21,4	3	7,1	12	29	
3.	Less	15	35,7	1	2,3	16	38	
	Entire					42	100	

Based on Table 3, it is shown that of the 42 respondents, 12 people (28.5%) were well-informed postpartum mothers who did not abstain from meals, 9 respondents (21.4%), and respondents who were less knowledgeable who abstained from eating as many as 15 people (35.7%).

The results of the bivariate analysis using *the chi-square* test obtained a *p-value* of  $0.000 < 0.05$ , so it can be concluded that the decision is  $H_a$  accepted  $H_0$  is rejected which means that there is a relationship between maternal knowledge about nutrition and the behavior of abstinence from eating during the postpartum period in the UPTD Work Area of the Left Junction Health Center of Subulussalam City in 2025.

### Discussion

Based on the results of the research that has been carried out, it can be found from 42 respondents, who are well-informed, namely 14 people (33%), knowledgeable 12 people (29%), and less knowledgeable 16 people (38%), while mothers who abstain from eating as many as 24 people (57%) and mothers who do not abstain from eating as many as 18 people (43%).

The results of the statistical test using *the chi-square* test obtained a *p-value* of  $0.000 < 0.05$ . This proves that there is a significant relationship between maternal knowledge about nutrition and postpartum abstinence behavior in the UPTD Puskesmas Simpang Kiri Work Area of Subulussalam City in 2025.

This study is in line with (Roza & Sari, 2023) "The Relationship between Family Support and Maternal Knowledge with Abstinence in Postpartum Mothers in the Working Area of the Juli Health Center, Bireuen Regency" the results of *the chi-square* statistical test  $p=0.001 (<0.05)$  show that there is a relationship between maternal knowledge and abstinence from eating at the Juli Health Center, Bireuen Regency.

The results of this study are in line with Yulli Fety's research on "The Relationship between Postpartum Maternal Knowledge and Abstaining During the Postpartum Period" The results of *the chi-square* and *cramer's statistical tests*, obtained a value ( $X^2_{Hit} = 5.802 > X^2_{table} 3.841$ ,  $\phi = 0.390$ ). The results of this study show that the knowledge of postpartum mothers is related to abstinence from eating during the postpartum period.

The results of this study are in line with Ita Rahayu Aprilia's research on "The Relationship between the Level of Knowledge About Nutrition and the Attitude of Abstinence During Postpartum Period in the Kebumen Health Center Area" the results of *the chi-square* statistical test  $p=0.000 (<0.05)$  show that there is a relationship between maternal knowledge and abstinence during the postpartum period.

Knowledge is the result of knowing, this happens after people feel a certain object (Ridwan et al., 2021). The sense occurs through the five human senses, namely sight, hearing, smell, taste, and touch. However, most of human vision is obtained through the eyes and ears (Hendrawan, 2019).

Behavior is the result of all kinds of human experiences and interactions with their environment that are manifested in the form of knowledge, attitudes and actions. Behavior is an individual's response to stimuli that come from outside or from within (Loppies & Nurrokhmah, 2021).

According to the researcher's assumption about the research he conducted, he explained that the lower the knowledge, the higher the rate of abstinence. On the other hand, if the mother's knowledge is high, then the rate of abstinence is also low, and the mother understands that there is no need to abstain if what is eaten is in normal portions. Mothers also understand that during the postpartum period, adequate nutrition is needed, because mothers are in the recovery stage after giving birth and are breastfeeding.

## CONCLUSION

Based on the results of a study entitled The relationship between maternal knowledge about nutrition and postpartum abstinence behavior in the Keja Area, UPTD Puskesmas Simpang Kiri, Subulussalam City in 2025. It can therefore be concluded that: a) Based on the results of the frequency distribution of 42 respondents, 14 (33%) were well-informed mothers, 12 were well-informed mothers (29%), and 16 were poor-informed mothers (38%); b) Based on the results of the frequency distribution of 42 respondents, postpartum mothers who behaved unfasting were 18 people (43%) and postpartum mothers who behaved abstaining were 24 people (57%); c) The results of the chi-square statistical test obtained a p-value of 0.000 (<0.05), so it can be concluded that there is a significant relationship between maternal knowledge about nutrition and abstinence behavior during postpartum period in the Work Area of the UPTD Simpang Kiri Health Center, Subulussalam City in 2025.

This study contributes to the development of maternal health policies that are more responsive to local culture by showing that food avoidance practices cannot be separated from mothers' nutritional knowledge levels, so policy interventions need to integrate culturally sensitive nutrition education through family and community approaches. These findings provide a basis for formulating maternal health programs that are not confrontational to tradition, but emphasize improving nutritional understanding as a strategy for behavioral change. Further research is needed to assess the long-term impact of food restrictions on nutritional status, postpartum recovery, breast milk production, and infant growth and health through longitudinal studies and mixed approaches in order to obtain more comprehensive and sustainable evidence.

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