

Level of Knowledge of Third Trimester Pregnant Women About Birthing Ball Therapy To Reduce Pain During Childbirth at Helen Tarigan Clinic in 2022

Aprilita Sitepu¹, Yuni Manurung²

^{1,2}Midwifery Study Program, STIKes Santa Elisabeth, Medan, Indonesia

ARTICLE INFO

Keywords :

Third Trimester Pregnant,
Pain,
Labor,
Birthing Ball.

ABSTRACT

Pregnancy is defined as fertilization or fusion of spermatozoa and ovum and subsequent implantation. The third trimester of pregnancy is often called a period of waiting and full of vigilance. Some fears arise in the third trimester. Birthing ball is one of the gymnastic techniques as well as therapy for physical training for all pregnant women and is able to help improve comfort and fitness for pregnant women. Based on research in May at Helen Tarigan Clinic, it was found that most mothers did not know for sure about the benefits of Birthing Ball therapy to reduce pain during labor. The sampling technique is accidental sampling. The location of this research was at Helen Tarigan Clinic 2022, May 2022. With 26 respondents, the measuring instrument used is a closed questionnaire, which is tested for validity with a frequency distribution. The results showed that of the 26 respondents at Helen Tarigan Clinic, there were respondents who had sufficient knowledge. Based on respondents who have sufficient knowledge as many as 18 people (69%), based on age with sufficient knowledge as many as 18 people (69%), based on education with sufficient knowledge as many as 3 people (75%), based on occupations with sufficient knowledge as many as 6 people (100%) and based on parity with sufficient knowledge as many as 3 people (100%). In conclusion, it is hoped that pregnant women will seek the latest information about a unique way to reduce pain during labor, what is a birthing ball and the benefits of childbirth.

Email:

Aprilitasitepu6@gmail.com

Copyright © 2022 Midwifery Science.

1. Introduction

The third trimester of pregnancy is often called a period of waiting and full of vigilance. Some fears arise in the third trimester. The woman may feel anxious about the baby's life and her own life, such as whether the baby will be born abnormally, related to labor and flight (pain, loss of control, other unknown things), whether she will realize that she is about to give birth, or the baby will not be able to out because his stomach is already unusually large. Or will her vital organs be injured from the baby's cuddle (Elisabeth siwi walyani, 2019).

Labor involves the opening and thinning of the cervix and the fetus descending into the birth canal. The process of expulsion of the fetus that occurs at term pregnancy, is born spontaneously with presentation behind the head without complications for both mother and fetus, including normal delivery. Childbirth is also defined as a normal physiological event in life. The birth of a baby is also a social event for mothers and families. The role of the mother is to give birth to the baby, while the role of the family is to provide assistance and support to the mother when childbirth occurs (Ika, 2021).

Pain is a natural process in labor and must be experienced by pregnant women who are about to give birth. If the way to handle it is not good, it will cause problems such as increased anxiety due to lack of knowledge and no experience in primigravida mothers when facing labor so that adrenaline hormone production increases and causes vasoconstriction which causes maternal

blood flow to the fetus to decrease. The fetus will experience hypoxia while the mother will experience prolonged labor and can increase systolic and diastolic pressure (Rejeki, 2020b).

Birthball is one of the gymnastic techniques as well as therapy for physical training for all pregnant women and is able to help improve comfort and fitness for pregnant women. According to Sari's research, using the birthball pregnancy exercise technique will reduce the perception of pain in labor and increase self-efficacy (Ika, 2021).

According to researchers (Lia, 2021) birthball therapy at PMB Desita is one of the PMBs that applies the birthing ball technique to help progress in the 1st stage of labor. At the time of the initial survey, the researchers observed 5 primigravida inparta mothers, 4 people who performed the birthing ball technique experienced a smooth delivery process. Meanwhile, 1 Primigravida mother did not perform the birthing ball technique during a vaginal examination, the cervix did not change.

The impact that will occur when pregnant women in the third trimester will experience pain causing fear and anxiety so that it can increase stress and drastic physiological changes during pregnancy. Pain and anxiety work synergistically, exacerbating each other. There is currently little empirical evidence to suggest that this has had an impact in the field of treating individuals suffering from pain, as acute pain that is poorly managed increases the risk of persistent pain, reduces quality of life and increases use of curative health services. Although the incidence is quite high, there are still few pregnant women who seek information about the problems that arise in low back pain during pregnancy and its effects (Purnamasari, 2019).

2. Method

The study was conducted in May 2022. The study was conducted in the working area of the Helen Tarigan Clinic in 2022. Sample in study this is The sample is part of the number and characteristics possessed by the population, or a small part of the population members taken according to certain procedures so that they can represent the population.

3. Results and Discussion

Table 1

Frequency Distribution of Respondents' Characteristics About Level of Knowledge of Pregnant Women TM III About Birthing Ball Therapy To Reduce Pain During Childbirth Based on Age, Education, Occupation and Parity at Helen Tarigan Clinic in 2022.

Characteristics	Frequency	Percentage
Age		
a. < 20 years	0	0
b. 20-34 years old	24	92
c. >35 years old	2	8
Total	26	100
Education		
a. JUNIOR HIGH SCHOOL	4	15
b. SENIOR HIGH SCHOOL	13	50
c. DIII	4	15
d. S1	5	19
Total	26	100
Work		
a. IRT	13	50
b. Teacher	7	27
c. Entrepreneur	6	23
Total	26	100
parity		
a. Primipara	7	27
b. Multipara	16	61
c. Grande multipara	3	11
Total	26	100

Table 2.

Frequency Distribution of Knowledge of Pregnant Women TM III About Birthing Ball Therapy To Reduce Pain During Childbirth at the Clinic Helen Tarigan Year 2022.

No	Knowledge	frequency	%
1	Well	7	27
2	Enough	18	69
3	Not enough	1	4
Total		26	100

Source: 2022 Questionnaire Results

Table 3.

Frequency Distribution of Knowledge of Pregnant Women TM III About Birthing Ball Therapy to Reduce Pain in the Process Childbirth At Helen's Clinic dance Based on Age in 2022.

No. _ Age	Knowledge level						Amount	
	Good		Enough		Less		f	%
1 < 20	f	%	f	%	f	%	f	%
2 20-35	0	0	0	0	0	0	0	0
3 > 35	7	29	16	67	1	4	24	100
	0	0	2	100	0	0	2	100

Source: 2022 Questionnaire Results

Table 4

Frequency Distribution of Knowledge of Pregnant Women TM III About Birthing Ball Therapy to Reduce Pain in the Process Childbirth At Helen's Clinic dance Based on Education Year 2022.

Education	Knowledge level						Amount	
	Good		Enough		Less		f	%
	f	%	f	%	f	%	f	%
Junior High School	1	25	3	75	0	0	4	100
Senior High School	2	15	11	85	0	0	13	100
Diii	3	60	1	2	0	0	5	100
Si	3	60	1	2	0	0	5	100

Source: 2022 Questionnaire Results

Table 5

Frequency Distribution of Knowledge of Pregnant Women TM III About Birthing Ball Therapy to Reduce Pain in the Process Childbirth At Helen's Clinic dance By 2022 Jobs.

Education	Knowledge level						Amount	
	Good		Enough		Less		f	%
	f	%	f	%	f	%	f	%
1 IRT	3	23	10	74	0	0	13	100
2 Teachers	4	57	2	29	11	4	7	100
3 Entrepreneur	0	0	6	100	0	0	6	100

Table 6.

Frequency Distribution of Knowledge of Pregnant Women TM III About Birthing Ball Therapy to Reduce Pain in the Process Childbirth At Helen's Clinic dance Based on 2022 Parity.

Education	Knowledge level						Amount	
	Good		Enough		Less		f	%
	f	%	f	%	f	%	f	%
1 Primipara	1	14	6	86	0	0	7	100
2 Multipara	6	37	9	56	1	7	16	100
3 Grande	0	0	3	100	0	0	3	100

Source: 2022 Questionnaire Results

3.2 Discussion

a. Frequency Distribution of Knowledge Level of Pregnant Women TM III About Birthing Ball Therapy to Reduce Pain in the Process at Helen Tarigan Clinic in 2022

Donsu (2017) knowledge is a result of curiosity through sensory processes, especially in the eyes and ears of certain objects. Knowledge is an important domain in the formation of open behavior or open behavior. The higher the mother's knowledge, the better her knowledge. Based on the results of the study, that the level of knowledge of the mother's level of knowledge of pregnant women in the first trimester of I I about birthing ball therapy to reduce pain in labor at the Helen Tarigan Clinic , who have good knowledge as many as 7 people (27%), with sufficient knowledge as many as 18 people (69%), with less knowledge as many as 1 person (4%),

According to the researcher's assumptions, the results of the study indicate that the level of knowledge of the respondents is more knowledgeable enough, this shows that the mothers of some respondents do not know how to use birthing ball therapy to reduce pain in labor. Because they still lack information about birthing balls , and also lack of curiosity about the latest delivery, that's why pregnant women in the third trimester are less aware of the techniques for using and the benefits of doing the birthing ball therapy .

b. Frequency Distribution of Knowledge Level of TM III Pregnant Women Based on Age About Birthing Ball Therapy to Reduce Pain During Childbirth at Helen Tarigan Clinic in 2022.

In a study conducted at the Helen Tarigan clinic, based on the frequency distribution of respondents, the level of knowledge of pregnant women TM III about Birthing ball therapy to reduce pain during childbirth, found respondents aged 20-35 years as many as 26 people. Based on the results of the study, that the level of knowledge of pregnant women TM III about Birthing ball therapy reduces pain in the labor process with good knowledge as many as 7 people (29%), adequate knowledge as many as 16 people (67%), less knowledge as much as 1 person (4%). From the results of the study, the level of knowledge of pregnant women in the third trimester about birthing balls reduces pain in the labor process, it was found that there were sufficient knowledge at the age of > 35 years 2 people (100%),

According to (Darma et al., 2021) age is the age of an individual starting from birth to birthday, the more old enough, the level of maturity and strength of a person will be more mature in thinking and working. According to the researcher's assumptions, the results of the study indicate that third trimester pregnant women aged >35 years know enough about birthing ball therapy, compared to pregnant women aged >20 to 20-35 years , because along with this age they may have seen or even seen I've never ridden the ball, because I've experienced pregnancy and childbirth. However, they do not quite know what the benefits of using it are. Young or old age must have experienced pain during childbirth.

c. Knowledge Level of Pregnant Women TM III About Birthing Ball Therapy To Reduce Pain During Childbirth Based on Education at Helen Tarigan Clinic in 2022.

Based on the results of research on the knowledge of pregnant women about the level of knowledge of pregnant women in the first trimester I I about birthing ball therapy to reduce pain in labor carried out at the Helen Tarigan clinic based on secondary education with good knowledge of 1 person (25%), enough 3 (75%) , 2 people with good knowledge of high school education (15%), with sufficient knowledge of 11 people (85 %), and based on DIII education with good knowledge as many as 1 person (25 %), and 3 people with sufficient knowledge (75%), and based on S1 education with good knowledge 3 people (60%), 1 person with sufficient knowledge (20%), less than 1 person (4%). So from the results of research, the most knowledge is in high school education, 11 people (85%) are knowledgeable enough to know the birthing ball technique, maybe because of the source of the information obtained.

The results of this study are in line with the results of the study (Dewi et al., 2020) which showed that the research subject was based on a history of education with the lowest frequency, namely elementary school as many as 1 person with a percentage of 4.3% and the highest having a history of high school education (high school), namely 13 people with a percentage of 56.5% are sufficient, from the results of research the most knowledge with sufficient knowledge is in high school. Where is the lack of knowledge of pregnant women about the birthing ball therapy method.

Based on this research, there are also those with high school education who are more knowledgeable than those with higher levels of education, this may mean that pregnant women get

more information about birthing balls and care more about their pregnancy, so they prefer to learn about techniques that are unique to women. childbirth process.

d. Knowledge Level of Pregnant Women TM III About Birthing Ball Therapy To Reduce Pain During Labor Based on Work at Helen Tarigan Clinic in 2022.

Based on the results of research, knowledge of pregnant women TM II I about The level of knowledge of pregnant women in the first trimester I I about birthing ball therapy to reduce pain in labor at the Helen Tarigan Clinic , based on the category of IRT with good knowledge of 3 people (23%), with sufficient knowledge of 10 people (75%), based on category There are 4 teachers with good knowledge (57%), 2 people with sufficient knowledge (29%), less than 1 person (14%) and 6 people based on work as entrepreneurs (100 %) with sufficient knowledge. This is because housewives (IRT) may not pay much attention to the latest and unique education in health circles, especially in the delivery department.

This study is also in line with research (Dewi et al., 2020) which shows that research subjects based on work history with the lowest frequency, namely self-employed as many as 3 people with a percentage of 13.0% and the highest having a work history of IRT (housewives), namely 11 people. with a percentage of 47.8% is sufficient, due to perhaps a lack of concern for pregnant women about lessons related to childbirth. According to the researcher's assumption that work affects a person's level of knowledge. Where working mothers will be able to do valuable, useful and gain various experiences. Besides that, Work also affects a person's thinking power, so that he can receive more sources of information according to his experience. However, for pregnant women whose gestational age is old, it is not recommended to do heavy work.

e. Knowledge Level of Pregnant Women TM III About Birthing Ball Therapy To Reduce Pain During Labor Based on Parity At Helen Tarigan Clinic in 2022.

Based on the results of research on knowledge of pregnant women TM II I about the level of knowledge of pregnant women TM I I I about birthing ball therapy to reduce pain in labor . Based on parity, Primipara with good knowledge of 1 person (14 %), moderately knowledgeable 6 people (86 %), Based on Multipara with good knowledge 6 people (37 %) , enough 9 people (56%), less than 1 person (7%) and Grade multipara enough 3 people (100%). Mother's knowledge can be influenced by the level of parity (birth history). Grademultipara mothers know more about the intensity of pain and how to handle it, and are more informed about the delivery process, compared to Primipra pregnant women.

This is in line with research (Irawati et al., 2019) in this study with primiparous parity as many as 11 people (55%), while the parity grade multiparous mother was 15 people (75%). Primiparous women experience a longer labor, they feel tired. This causes increased pain. Patients experiencing labor for the first time will generally feel more pain when compared to patients who have experienced labor. The feeling of pain in one delivery compared to pain in the next delivery will be different. According to (Sitepu 2019) husbands or companions, especially those closest to the mother during the delivery process, can make labor shorter, pain less, birth canal tears less frequently, and better APGAR scores, but currently, male participation in reproductive health is still very low. , there are still very many husbands who have not been able to show full support for the delivery process, there are 68% of deliveries in Indonesia that are not accompanied by their husbands during childbirth. According to the researcher's assumption, the more mothers have children, the better the mother's knowledge is along with life experiences, and knowing the level of pain in childbirth that has been experienced.

4. Conclusion

From the results of the research, the level of knowledge of the respondents can be concluded that most of them have sufficient knowledge as many as 18 people (69%), who have good knowledge are 7 people (27%), and less knowledgeable are 1 person (4%). From the results of the research on the level of knowledge based on age, it can be concluded that all respondents aged >35 years who have sufficient knowledge are 2 people (100%) and 1 person has less knowledge (4%). it can be concluded that the majority of respondents who have adequate knowledge are 11 people (85%) and 1 person (4%). From the results of the research on the level of knowledge based on occupation, it can be concluded that all respondents are mostly self-employed who have sufficient

knowledge as many as 6 people (100%) and 1 person with less knowledge (14%). From the results of the research on the level of knowledge based on parity, it can be concluded that all respondents grade multipara enough 3 (100%) and less knowledgeable 1 person (7%).

References

- Choirunissa, R., Widowati, R., & Nabila, P. (2021). Knowledge Improvement about Therapy Birth Ball for Subtraction Pain Labor in Clinic P Serang City. *Journal of Community Engagement in Health*, 4 (1), 219–224. <https://www.jceh.org/>
- Darma, IY, Idaman, M., & Zaimy, S. (2021). Technique Active Birth (Birth ball and hypnobirthing) .
- Dewi, PIS, Aryawan, KY, Ariana, PA, & Nandarini, NAPE (2020). No Title. INTENSITY OF LATEST PAIN IN PARTURIENT MOTHERS USING BIRTH BALL EXERCISE .
- Dina, C. (2021). Birthing Ball (Alternative In Reducing Labor Pain) . Expertmedia Press (IKAPI Member: 264/JTI/2020) Jl. Ki Ageng Gribig, Gangkaserin MU No. 36.
- Donsu, TDJ (2017). Nursing Psychology, Aspects of Psychology, Basic Concepts of Psychology, Theory of Human Behavior. Yogyakarta: New Press Library.
- Elisabeth siwi walyani, (2019). Midwifery Care in Pregnancy. Yogyakarta: PT Pustaka Baru.
- Irawati, A., Susanti, S., & Haryono, I. (2019). Reducing Labor Pain with the Birthing Ball Technique. *Journal of Smart Midwives (JBC)*, 2 (3), 129. <https://doi.org/10.33860/jbc.v2i3.282>
- Ika. (2021). Technique Active Birth (Birth Ball And Hypnobi) .
- Nursalam. (2017). Nursing Research Methodology Practical Approach. (Peni Puji Lestari, Ed.) (4th Edition). Jakarta: Salemba Medika
- Purnamasari, K. D. (2019). Painful Back Lower On Mother Pregnant Trimester
- Fortune, D. N. S. (2020a). TEACH, BOOK LABOR, MANAGEMENT PAINFUL IN THE PHARMACEUTICAL PROCESS), (NON Fortune, Dr. Ns. Sri . Published by Publisher Unimus Press.
- Sari, EK (2014). Childbirth Midwifery Care. Jakarta: CV. Trans Media Info
- Sitepu, AB r. (2019). HUSBAND'S LEVEL OF KNOWLEDGE REGARDING MOM U'S ASSISTANCE DURING THE DELIVERY PROCESS AT THE PERA MEDAN CLINIC IN 2019 .