



RELATIONSHIP BETWEEN THE CHARACTERISTICS OF PREGNANT WOMEN AND PREGNANT WOMEN CLASS PARTICIPATION AT THE PANOMBEIAN PANEI HEALTH CENTER, PANOMBEIAN PANEI DISTRICT, SIMALUNGUN REGENCY, 2022

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Article Info

Article history:

Received : 12 October 2022
Revised : 07 November 2022
Accepted : 19 December 2023

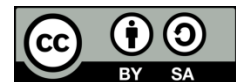
Keywords:

Parity, Age, Occupation, Class of Pregnant Women

ABSTRACT

The class for pregnant women is a study group for expectant mothers about overall health for pregnant women. The purpose of the class for pregnant women is to educate pregnant women so that they can go through the process of pregnancy and childbirth smoothly, as well as go through the early phases of the baby's life with the provision of basic knowledge. This study aims to determine the relationship between the characteristics of pregnant women and the class participation of pregnant women. This research is an analytic research with cross sectional study design. The population in this study were all pregnant women at the Panombeian Panei Health Center as many as 53 people. The sample in this study uses total sampling. Data collection was carried out by distributing questionnaires to respondents. Data processing by editing, coding, entering, cleaning and tabulating data. Data analysis used the chi square test. The results showed that there was no correlation between parity ($p=0.371$) and class participation for pregnant women. There is a relationship between age ($p=0.008$), occupation ($p=0.000$) and pregnant women's class participation. Thus it is suggested to pregnant women to conduct counseling to health workers regarding the benefits of participating in pregnant women classes

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1. INTRODUCTION

Maternal and child health services are efforts in the health sector that involve the service and care of pregnant women, mothers giving birth, breastfeeding mothers, infants and toddlers and preschoolers. The aim of Maternal and Child Health Services (MCH) is to achieve the ability to live healthily through increasing optimal health status, for mothers and their families towards the

Norms of a Happy Prosperous Small Family (NKKBS) and increasing the health status of children to ensure an optimal growth and development process which is the foundation for improving the quality of the whole person.

The Ministry of Health (Depkes) targets a reduction in MMR in Indonesia in 2030 of 70 per 100,000 live births, whereas the previous Millennium Development Goals (MDGs) targeted an MMR of 102/100,000 live births (Director General of KIA Nutrition Development, 2015). The maternal mortality rate in North Sumatra in 2010-2015 has decreased from 328/100,000 live births to 93/100,000 live births. Meanwhile, the infant mortality rate has also decreased from 21.59/1000 live births to 20.22/1000 live births (North Sumatra Health Office 2015).

One of the government's efforts to reduce maternal and infant mortality is to create a class program for pregnant women. The class for pregnant women is a study group for expectant mothers about overall health for pregnant women. The aim of the class for pregnant women is to educate pregnant women so that they can go through the process of pregnancy and childbirth smoothly, as well as go through the early phases of the baby's life with the provision of basic knowledge. In addition, the purpose of the class for pregnant women is to change the attitude and behavior of the mother so that she understands about pregnancy, body changes and complaints during pregnancy, pregnancy care, childbirth, childbirth, postpartum care, postpartum family planning, newborn care, local myths / beliefs / customs , sexually transmitted disease.

The advantages of the class for pregnant women are that the material is given in a comprehensive and planned manner, the delivery of the material is more comprehensive because there are officers preparing before presenting the material, they can bring in experts to provide explanations on certain topics, the time for discussing the material becomes effective because the pattern of presenting the material is well structured, there is interaction between health workers and pregnant women during the material discussion. Conducted periodically and continuously, evaluation of health workers and pregnant women is carried out in providing material presentation so as to improve the quality of the learning system.

From the results of an initial survey conducted by interviewing 10 pregnant women, only 4 pregnant women took part in the class for pregnant women because they knew the benefits of taking classes for pregnant women. Meanwhile, 6 pregnant women did not have time to attend classes for pregnant women due to work factors. Based on this, the authors want to conduct research on "the effect of the characteristics of pregnant women on class participation for pregnant women at the Panombeian Panei Health Center, Panombeian Panei District, Simalungun Regency in 2022.

2. RESEARCH METHODE

This research is an analytical study with a cross-sectional study design that is used to determine the effect of the characteristics of pregnant women on class participation of pregnant women at the Panombeian Panei Health Center, Panombeian Panei District, Simalungun Regency. The population in this study were all pregnant women at the Panombeian Panei Health Center as many as 53 people. The sample in this study using a total sampling of 53 people.

The instrument used in this study was a questionnaire and was filled in by the respondents themselves. The questionnaire used is standard / previous questionnaire that has been researched by other researchers so that it no longer needs to be tested for validation and reliability in research because someone has already researched this research.

3. RESULT AND ANALYSIS

Relationship between Age and Participation in Pregnant Women's Classes

The results showed that out of 6 pregnant women aged <20 years, there were 2 people (33.3%) who took part in the pregnant women class and 4 people (66.7%) who did not take part in the pregnant women class. Of the 21 pregnant women aged 21-35 years, there were 2 people (9.5%) who took part in the pregnant women class and 19 people (90.5%) who did not take part in the pregnant women class. Meanwhile, out of 26 pregnant women aged >35 years, there were 13 people (50%) who participated in the pregnant women class and 13 people (50%) who did not participate in the pregnant women class. There is an effect of age on class participation of pregnant women ($p = 0.008$).

Age affects one's mindset. According to Ariestanti, et al. (2020) that the more mature, the level of maturity and strength of a person will be more mature in thinking and working. Mothers of productive age (20 to 35 years) can think more rationally than mothers who are too young or too old. Mothers of productive age have better perceptions and motivation to check their pregnancies (Rachmawati, et al., 2017).

According to the researchers' assumptions, the high number of respondents aged <20 years (66.7%) did not attend classes for pregnant women due to their immature age to become mothers so that respondents did not understand the importance of classes for pregnant women. Whereas at risk age > 35 years as much as 50% do not take part in the implementation of the class for pregnant women due to lack of information or lack of knowledge about the class for pregnant women and the importance of participating in these activities, even though at this age the respondents have to be more intensive and take care of their pregnancy because the many complications that will occur during pregnancy at the age of the mother who is at risk. Meanwhile there were also respondents who were not at risk (age 20-35 years), namely as many as (90.5%) who did not attend classes for pregnant women, this was because

Because they were busy or did not have time to attend the class and some said it was because the location was too far away and their husbands did not allow them to attend the class for pregnant women. Meanwhile, respondents knew the benefits and purposes of holding a class for pregnant women.

The Relationship between Parity and Participation in Pregnant Women's Classes

The results showed that of the 6 pregnant women who had a parity of ≤ 2 people, there were 6 people (24%) who participated in the pregnant women class and 19 people (76%) who did not participate in the pregnant women class. Meanwhile, of the 28 pregnant women who had parity > 2 people, there were 11 people (39.3%) who participated in the pregnant women class and 17 people (60.7%) who did not participate in the pregnant women class. There was no effect of parity on class participation of pregnant women ($p = 0.371$). This is not in line with research (Nur Aisyah & Ibrahim, 2019) showing a p value = 0.002, which means there is a relationship between maternal parity and maternal participation in pregnant women classes in Harjosari Village, Tebing District, Karimun Regency.

Parity is Parity is the number or number of deliveries that have been experienced by mothers, both live and dead births (Prawirohardjo, 2017). According to the researchers' assumption that the high number of respondents (76%) with parity ≤ 2 who did not attend classes for pregnant women was due to a lack of information about the importance of classes for pregnant women and because they did not receive support from their husbands so that even with good parity for

pregnant women the respondents also did not take part in the program. With parity that is not yet at risk, respondents can plan their next pregnancy well by understanding the materials that will be given during the class for these pregnant women, for example how to detect high-risk pregnancies, about nutrition during pregnancy and fetal growth and development during this pregnancy. . And there are still responses with parity at risk > 2 as many (60.7%) who do not take part in the class for pregnant women, the respondents also do not understand the intent and purpose of the program for the class for pregnant women, while the benefits of this class for pregnant women are to find out early detection the risk of pregnancy, especially for mothers who already have more than 2 children and plus if the mother's age is also at risk for pregnancy, besides that the benefits of this class for pregnant women are also to know about care during childbirth, postpartum and baby care and family planning.

The Relationship between Work and Participation in Pregnant Women's Classes

The results showed that of the 34 pregnant women who worked, there were 3 people (8.8%) who participated in the pregnant women class and 31 people (91.2%) who did not participate in the pregnant women class. Meanwhile, of the 19 pregnant women who did not work, there were 14 people (73.7%) who participated in the pregnant women class and 5 people (26.3%) who did not participate in the pregnant women class. There is a relationship between work and class participation for pregnant women ($p = 0.000$).

Work is a person's activity to earn income to meet the needs of everyday life. Someone who has a job with a fairly tight time will affect absence in the implementation of the health program (pregnant women class) (Notoatmodjo, 2013)

According to the researchers' assumptions, there are (91.2%) working mothers who do not attend classes for pregnant women. have a lot of time to attend classes for pregnant women, so many of them don't do it, and there are (8.8%) who attend classes for pregnant women. While some of the mothers who don't work also do or attend classes for pregnant women because they can arrange their own time to attend classes for pregnant women, so that some of them attend classes for pregnant women as much (73.7%) and there are still (26, 3%) mothers who do not work do not attend classes for pregnant women. This may be due to insufficient information or no support from husbands or family, even though by not working the respondents have a lot of free time to attend classes for pregnant women.

4. CONCLUSION

From the results of this study entitled Effect of the characteristics of pregnant women on class participation for pregnant women at the Panombeian Panei Public Health Center, Panombeian Panei District, Simalungun Regency in 2022, the following conclusions can be drawn: There is a relationship between age and class participation for pregnant women ($p = 0.008$). There is no relationship between parity and class participation of pregnant women ($p = 0.371$). There is a relationship between work and class participation of pregnant women ($p = 0.000$).

It is recommended for pregnant women to take part in counseling organized by health workers at the health center about classes for pregnant women and being able to take classes for pregnant women for the health of the mother and the fetus they contain and can reduce the risk of pregnancy and reduce maternal and infant mortality. To the puskesmas in order to improve health promotion specifically for pregnant women about the benefits of conducting classes for pregnant women.

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