

THE INFLUENCE OF MATERNAL AND CHILD HEALTH (KIA) BOOK ASSISTANCE ON INCREASING THE KNOWLEDGE OF PREGNANT WOMEN

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ABSTRAK : PENGARUH PENDAMPINGAN BUKU KESEHATAN IBU DAN ANAK (KIA) TERHADAP PENINGKATAN PENGETAHUAN IBU HAMIL

Latar Belakang: Penyebab rendahnya pengetahuan ibu mengenai tanda bahaya kehamilan salah satunya adalah rendahnya proporsi kepemilikan buku Kesehatan Ibu dan Anak (KIA) dan bagi ibu yang memiliki buku KIA, kurangnya kesadaran membaca apalagi mempelajari isinya. Hal ini bisa menimbulkan banyaknya kasus yang dialami ibu hamil bahkan berujung pada kematian ibu.

Tujuan: Untuk mengetahui pengaruh pendampingan buku KIA terhadap peningkatan pengetahuan ibu tentang pelayanan kesehatan ibu hamil di Kota Metro tahun 2023. **Metode:** Penelitian kuantitatif jenis *praeksperimen* dengan pendekatan *one group pretest-posttest design*, populasi penelitian yaitu seluruh ibu hamil di Kota Metro pada bulan September – November 2023 dengan sampel sebesar 37 ibu hamil. Pengumpulan data menggunakan kuisioner dan analisis data menggunakan uji *t test dependen*. **Hasil:** Terdapat peningkatan pengetahuan ibu dengan rata-rata sebesar 19,03 poin dan hasil uji bivariat dengan menggunakan uji *t test independen* didapatkan *p value* sebesar 0,000. **Kesimpulan:** Ada pengaruh pendampingan buku KIA dengan pengetahuan ibu hamil tentang pelayanan kesehatan ibu selama hamil di wilayah Kota Metro tahun 2023. **Saran :** Kader kesehatan diharapkan agar lebih aktif mendampingi dan memberikan informasi kepada ibu hamil tentang pelayanan kesehatan selama kehamilan

Kata Kunci : Buku KIA, Ibu Hamil, Pendampingan, Pengetahuan

ABSTRACT

Background: One of the causes of low maternal knowledge regarding the danger signs of pregnancy is the low proportion of ownership of Maternal and Child Health (KIA) books and for mothers who own MCH books, a lack of awareness of reading and studying the contents. This has an impact on the many cases experienced by pregnant women and even leads to maternal death. **Purpose:** To find out the effect of KIA book assistance on increasing mothers' knowledge about health services for pregnant women in Metro City in 2023. **Methods:** Pre-experiment type quantitative research with a one group pretest-posttest design approach, the research population is all pregnant women in Metro City in September - November 2023 as many as 230 pregnant women with a sample of 37 pregnant women. Data collection used a questionnaire and data analysis used *the dependent t test*. **Results:** there was an increase in maternal knowledge with an average increase of 19.03 points and the results of the bivariate test using the independent t test obtained a *p value* of 0.000. **Conclusion:** There is an influence of KIA book assistance on pregnant women's knowledge about maternal health services during pregnancy in the Metro City area in 2023. **Suggestions:** Health cadres should be more active in assisting and providing information to pregnant women about health services during pregnancy

Keyword: KIA Books, Pregnant Women, Assistance, Knowledge.

INTRODUCTION

Maternal Mortality Rate (MMR) and Infant Mortality Rate (IMR) are indicators of the level of health development and quality of human resources in a country. AKI and IMR are used to monitor and evaluate existing population and health programs and policies in Indonesia. The still high MMR and IMR in Indonesia has spurred the Directorate of Family Health of the Ministry of Health to implement several programs to reduce MMR and IMR. One of the efforts made is to optimize the use of the MCH book which is an instrument for monitoring maternal and child health (Effendi et al. 2020; Kementerian Kesehatan Republik Indonesia 2022). Apart from that, another effort to reduce MMR is to support and realize Sustainable Development Goals (SDGs) (Kirana B.S ; Astuti P 2023)

According to 2018 Riskesdas data for the proportion of ownership of Maternal and Child Health (KIA) books, 24.9% of mothers did not have a KIA book, 9% of mothers said they had a KIA book but could not show it and 66.2% said they had a KIA book and could show it. According to Riskesdas data in 2013, for the proportion of ownership of Maternal and Child Health (KIA) books, 19.2% of mothers did not have a KIA book, 40.4% of mothers said they had a KIA book but could not show it and 40.4% said they had a KIA book and could show it. Based on these data, it can be seen that the proportion of ownership has increased and can show as much as 21.8%, but there has also been an increase in the proportion of those who do not own as much as 5.7% (Kementerian Kesehatan Republik Indonesia 2013, 2018)

Assessing the use of the Maternal and Child Health (KIA) book can be seen from the results of observations of the Maternal and Child Health (KIA) book on the 5 components of P4K (delivery assistance, delivery funds, village vehicles/ambulances, family planning methods and blood donation) showing that birth assistance amounting to 35.4 percent, on maternity funds amounting to 17.3 percent, on village vehicles/ambulances amounting to 4 percent, on postpartum family planning methods amounting to 19.2 percent and 12.1 percent on blood donations. Completeness of all components is 10.7 percent 64.0 percent 5 P4K components are not filled at all (Hanum and Safitri 2018). Utilization of maternal and child health services is still hampered by low knowledge and attitudes of mothers regarding the danger signs of pregnancy and other matters relating to pregnancy, childbirth, and children under 5 years of age regarding the use of Maternal and Child Health books (Apriyanti Sihole, Heru Santosa, and Lubis

2020). Most pregnant women think that the KIA book is only used for pregnancy records

Some previous research have stated that there is a relationship between pregnant women's knowledge and the use of KIA books (Dalimunthe E 2020; Sari E.M ; Perangin Angin S.Y 2023; Simatupang and Silalahi 2022; Zahro A 2023), but this research has not looked at whether assistance is provided to pregnant women. increasing existing maternal knowledge so that it has an impact on increasing the use of MCH books and improving the welfare of pregnant women and fetuses. This research looks at this impact resulting in an increase in the welfare of pregnant women and the fetus they are carrying

RESEARCH METHODS

The research method is Quasy Experimental with a one group pretest-posttest design. The dependent variable in this research is pregnant women's knowledge about pregnant women's health services and the independent variable is assistance with KIA books. The population in this study were all pregnant women in the Metro City area in the period September – November 2023, totaling 230 pregnant women, with the sample being representatives of pregnant women in each health post in the Metro City area, 37 pregnant women, taken randomly. accidentals calculated based on the Lemeshow sample calculation formula (Sastroasmoro, S., & Ismael 2014). The sample inclusion criteria were pregnant women who were willing to be respondents and had a KIA book, while the exclusion criteria were mothers who did not live in Metro City. Researchers using enumerators, namely students from the Metro Applied Midwifery Study Program, provided assistance to pregnant women who were used as respondents by visiting and accompanying the mothers, especially in studying and applying the KIA Book once a week for 2 months. The questionnaire before mentoring was given on 18 – 22 September 2023. On 20 – 24 November, the questionnaire was filled out again after the mentoring was carried out. The research instrument is a questionnaire with a questionnaire filling method. Data processing uses a paired simple t test. Data presentation will be carried out using univariate and bivariate presentation

RESEARCH RESULT

Based on the results of data collection, the results obtained regarding the characteristics of respondents regarding the influence of KIA Book assistance on increasing mothers' knowledge about health services for pregnant women are as follows:

Table 1
Characteristics of Respondents for KIA Book Assistance in Metro Cities in 2023

Variable		Amount	Percentage (%)
Education	ES	1	2,7
	JHS	2	5,4
	SHS	25	67,6
	Diploma	3	8,1
	Bachelor	5	13,5
	Post Graduate	1	2,7
	Amount	37	100
Work	Housewife	30	81,1
	Private Employees	4	10,8
	Government Employees	3	8,1
	Amount	37	100
Gravida	1	23	62,2
	2	8	21,6
	3	3	8,1
	4	3	8,1
Gestational Age	Amount	37	100
	TM I	1	2,7
	TM II	1	2,7
	TM III	35	94,6
	Amount	37	100

Based on the characteristics data, it is known that the majority of mothers (67.6%) have a high school education, the majority of mothers' occupation (82.1%) is housewife, the majority are first pregnancies (primi gravida), namely 62.2% and gestational age most of TM III as much as 94.6%

Based on the univariate test, it can be seen that the average knowledge of mothers after being provided with the KIA book is higher than before being provided with the KIA book. Apart from that, there was a decrease in the standard deviation after the KIA book assistance was provided, meaning that the mother's knowledge after assistance was closer to the average value.

Table 2.
Average Value of Mothers' Knowledge about Pregnant Women's Health Services Before and After KIA Book Assistance

Treatment	Average	SD
Before Assistance	65,51	9,492
After Assistance	84,54	9,002

Before carrying out a bivariate test to determine the effect of KIA book assistance on maternal knowledge, a data normality test was carried out on the mother's knowledge variable both before and after assistance. The results of the normality test showed a p value of 0.428, meaning the data distribution was normal, so the statistical test was used is the *dependent t test*.

Table 3
The Effect of KIA Book Assistance on Average Mothers' Knowledge regarding Pregnant Women's Health Services

Group	N	Average Increase in Mother's Knowledge	p-value
Before-After KIA Book Assistance	37	19,03	0,000

Based on the results of the bivariate test, it was found that there was an increase in maternal knowledge with an average increase of 19.03 points

and the results of the bivariate test using an independent t test showed that there was an influence of KIA book assistance on pregnant

women's knowledge about maternal health services during pregnancy with a p value of 0,000

DISCUSSION

A. Average Mother's Knowledge Before and After KIA Book Assistance

Based on the research results, it was found that the average knowledge of mothers about pregnancy checks before being accompanied by the KIA book was 65.51 and the average knowledge of mothers about pregnancy checks after being accompanied by the KIA book was 84.54. This means that the average increase in maternal knowledge was 19.03. These results are in line with research in Tasikmalaya which found that there was an increase in knowledge of pregnant women by 20.5% after providing assistance for 5 weeks (Mintarsih W 2018). These results are also in line with the results of community service carried out by Damayanti for pregnant women in the Tanjungpinang Community Health Center area with the results of increasing mothers' knowledge about maternal health by 30% after providing counseling and assistance with KIA books for 1 month (Damayanti 2019). These results are also in line with research in Medan who experienced an increase in the knowledge of pregnant women after providing assistance in using the KIA book with an increase of 84% in mothers with good knowledge (Sari E.M; Perangin Angin S.Y 2023). This result is greater than research at the Jatinangor Community Health Center where the number of pregnant women with good knowledge was 52.5%, because the respondents taken were all pregnant women, both those who used and those who did not use the KIA book (Napitupulu et al. 2018).

Most knowledge can be gained from the eyes and ears through sight and hearing. Apart from that, knowledge can also be obtained through personal experience and the use of reasoning (Pakpahan M; Siregar D; Susilawaty A; Tasnim; Ramdany M. R; Manurung E.I; Sianturi E; Tomponu M.G.R; Sitanggang Y.F; M. Maisyarah; 2021). Based on other sources, it is stated that a person can gain knowledge through experience, both from their own experience and the experience of others. Knowledge is obtained by repeating the experiences a person has gained in solving the problems they face because in reality experience is something that has been experienced, lived or felt by someone which is then stored in their memory, so that repeating experiences can add information and can solve the problems faced by people (Erawati, Alfiani, and Kurniasih 2020).

B. The Effect of KIA Book Assistance on Increasing Mothers' Knowledge about Pregnant Women's Health Services

Based on the results of research carried out in the Metro City area in 2023, it was found that there was an influence of KIA book assistance on pregnant women's knowledge about pregnant women's health services. This is in line with Dalimunthe's research which stated that there was a relationship between pregnant women's knowledge and the use of KIA books with a value of $p=0.004$ (Dalimunthe E 2020). This research is also in line with research by Zahro, et al which states that the use of KIA books has a positive relationship with pregnant women's knowledge, where the higher the use of KIA books by pregnant women, the better the mother's knowledge (Zahro A 2023). Apart from that, this research is also in line with Mintarsih's research where this research concludes that the use of KIA books through mentoring students and cadres can increase the knowledge of pregnant women (Mintarsih W 2018) as well as other research which states that providing counseling about KIA books to pregnant women will be able to increase knowledge mothers about the use of KIA books which will hopefully improve the quality of use of KIA books by pregnant women (Armayanti LY; Dewi AP; Nurtini AN; Dewi NWEF 2023). This research is also supported by previous research which found that there was an effect of providing education on the level of knowledge of pregnant women in use of maternal and child health (KIA) books at the Sei Pancur Community Health Center (Murniasih, Wardhani, and Muthiasari 2023). Other research also states that there is a relationship between pregnant women's knowledge and the use of KIA books by pregnant women (Hanum and Safitri 2018)

Knowledge is all forms of human actions carried out to understand certain objects. Knowledge is a very important domain for shaping a person's actions. There are several things that influence a person's knowledge, including memory, interest, testimony, curiosity, thoughts and reasoning, logic, language and human needs. Apart from that, there are other factors that can influence a person's knowledge, including information (Notoatmodjo 2021; Rachmawati W.C 2019). In this study, researchers conveyed information about pregnant women's health services to pregnant women in the Metro City area through assistance in using the KIA book. Through the information provided, pregnant women know more about maternal health services during pregnancy. Assistance for pregnant women in understanding the KIA book and applying it is very

important, because not all pregnant women use the KIA book. This is in accordance with what was stated in one study that not all pregnant women with good knowledge use KIA books because they think they already know everything so they do not read and use KIA books (Munna, Jannah, and Susilowati 2020). However, in other studies it is stated that good knowledge will help mothers make decisions about using KIA books and can improve the welfare of the mother and fetus (Ketut Suarayasa et al. 2022; Utami 2018).

Before assisting pregnant women, there were some who already knew about maternal health services during pregnancy, but there were still some things that mothers didn't know about. With assistance carried out once per week for two months by explaining to the mother the contents of the KIA book, there is an increase in the mother's knowledge about the KIA book, this happens because the mother gets more information from the companion so that the mother understands better what and how the service is. Maternal health during pregnancy. In addition, during assistance to mothers, there is also outreach about the KIA book to mothers, where this outreach will be able to increase the mother's knowledge about maternal health services, especially during pregnancy (Simatupang and Silalahi 2022).

Apart from that, the media used for mentoring also greatly influences the mother's level of understanding of what the companion conveys. In this case, direct assistance uses the KIA book media that the mother owns so that the mother will easily understand what is being conveyed because she uses words, pictures or posters in the KIA book and directly uses the KIA book media that the mother owns. This is in accordance with the theory which states that the senses that transmit the most knowledge to the brain are the eyes at 75-87%. Apart from that, the teaching aid that plays the biggest role in helping someone overcome problems, namely the actual object in this case, is the KIA book (Adventus MRL, Jaya I.M.M 2020).

Based on several previous studies, there will be an increase in mothers' knowledge after being given health education about the KIA book, namely by the mother repeating reading the KIA book after being at home about what the officers have conveyed (Siahaan N; Sinaga E.S; Rosmega 2022). In this study, pregnant women repeated themselves by reading the KIA book again after being assisted by an enumerator so that mothers could know and understand more about maternal health services during pregnancy. Apart from this, one of the literature review studies stated that the use of home-

based integrated KIA books (home visits) was effective in facilitating mothers' behavior in implementing the contents of KIA books (Jaya and Dinastiti 2020; Sugiarti, Rustina, and Efendi 2020). This research applies the home visit method in assisting pregnant women in studying the KIA book, so that mothers can implement the contents of the KIA book effectively to improve the quality of pregnant women's health. Based on the results of this research, it can be seen that the support of health workers, in this case accompanying KIA books, has an effect on increasing mothers' knowledge in using KIA books, this is in line with the results of research in Karawang (Farida 2016).

In the KIA book, you can see and learn about pregnancy check-up services, including pregnancy check-ups, classes for pregnant women, daily care for pregnant women, mother's food portions during pregnancy, physical activity and physical exercise, things that pregnant women need to avoid and danger signs of pregnancy (Kementrian Kesehatan Republik Indonesia 2022; Ministry of Health 2023). With the assistance and activeness of mothers in reading and studying the KIA book, there will be an increase in pregnant women's knowledge about the things in the KIA book

CONCLUSION

There is an influence of KIA book assistance on pregnant women's knowledge about maternal health services during pregnancy in the Metro City area in 2023 with a p value of 0.000

SUGGESTION

Health cadres are expected to be more active in assisting and providing information to pregnant women about health services during pregnancy so that the pregnancy can run smoothly without any obstacles until delivery and if abnormalities or risk factors are found they can be immediately identified and treated. Pregnant women themselves are advised to read and study more about KIA books so that danger signs can be detected early and they can be resolved immediately.

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