

THE RELATIONSHIP BETWEEN THE UTILIZATION OF THE MATERNAL AND CHILD HEALTH (MCH) HANDBOOK AND KNOWLEDGE AND FREQUENCY OF ANTENATAL CARE (ANC) VISITS

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ABSTRAK : HUBUNGAN PEMANFAATAN BUKU KESEHATAN IBU DAN ANAK (KIA) DENGAN PENGETAHUAN DAN FREKUENSI KUNJUNGAN ANTENATAL CARE (ANC)

Latar Belakang: Berdasarkan data rekam medis di Puskesmas Rawat Inap Candipuro tahun 2024 diketahui dari 1147 ibu hamil dengan kunjungan K1 sebesar 88,93%, K4 sebesar 81,26% dan K6 sebesar 71,3%. Keberhasilan program kesehatan ibu dapat dinilai melalui indikator utama Angka Kematian Ibu (AKI). Ibu hamil yang membaca buku KIA akan mengalami peningkatan pengetahuan dan kesadaran kesehatan.

Tujuan: Tujuan penelitian diketahui hubungan pemanfaatan buku kesehatan ibu dan anak (KIA) Dengan pengetahuan dan frekuensi kunjungan antenatal care (ANC) di Puskesmas Rawat Inap Candipuro Tahun 2025

Metode: Jenis penelitian ini adalah kuantitatif, rancangan penelitian cross sectional. Populasi dalam penelitian ini adalah seluruh ibu hamil di Wilayah Kerja Puskesmas Rawat Inap Candipuro sebanyak 68 ibu hamil dengan sampel yang digunakan sebanyak 54 responden, menggunakan teknik acidental sampling. Pengumpulan data menggunakan lembar kuesioner, analisis data secara univariat dan bivariat (uji chisquare).

Hasil: Hasil penelitian diketahui bahwa sebanyak 28 (51,9%) responden memanfaatkan buku KIA, sebanyak 35 (64,8%) responden memiliki pengetahuan baik, dan sebanyak 30 (55,6%) responden melakukan kunjungan ANC tidak sesuai.

Kesimpulan: . Ada hubungan pemanfaatan buku KIA dengan pengetahuan ibu hamil ($p\text{-value} = 0,013$) dan hubungan pemanfaatan buku KIA dengan frekuensi kunjungan ANC pada ibu hamil ($p\text{-value} = 0,00$) di Puskesmas Rawat Inap Candipuro tahun 2025.

Saran: Saran bagi Ibu hamil diharapkan dapat memanfaatkan Buku KIA dengan membaca isinya secara rutin dan membawanya saat kunjungan ANC sebagai sumber informasi dan pencatatan kesehatan kehamilan.

Kata Kunci: frekuensi kunjungan ANC, Ibu hamil, pemanfaatan buku KIA, pengetahuan

ABSTRACT

Background: Based on medical records at Candipuro Inpatient Health Center in 2024, out of 1,147 pregnant women, the percentage of K1 visits was 88.93%, K4 visits was 81.26%, and K6 visits was 71.3%. The success of maternal health programs can be assessed through a key indicator, the Maternal Mortality Rate (MMR). Pregnant women who read the Maternal and Child Health (MCH) Handbook are expected to experience an increase in knowledge and health awareness.

Purpose This study aimed to determine the relationship between the utilization of the Maternal and Child Health (MCH) Handbook and knowledge as well as the frequency of antenatal care (ANC) visits at Candipuro Inpatient Health Center in 2025.

Methods: This was a quantitative study with a cross-sectional design. The population consisted of all pregnant women in the working area of Candipuro Inpatient Health Center, totaling 68 women, with a sample of 54 respondents selected using accidental sampling. Data were collected using questionnaires and analyzed through univariate and bivariate analyses (Chi-square test).

Results: The results showed that 28 respondents (51.9%) utilized the MCH Handbook, 35 respondents (64.8%) had good knowledge, and 30 respondents (55.6%) had ANC visits that were not in accordance with the recommended schedule.

Conclusion: There was a significant relationship between the utilization of the MCH Handbook and maternal knowledge ($p\text{-value} = 0.013$), as well as between the utilization of the MCH Handbook and the frequency of ANC visits among pregnant women ($p\text{-value} = 0.00$) at Candipuro Inpatient Health Center in 2025.

Suggestion: Pregnant women are encouraged to make use of the MCH Handbook by regularly reading its contents and bringing it during ANC visits as a source of information and a record of maternal health.

Keywords: ANC visit frequency, pregnant women, utilization of the MCH Handbook, knowledge

INTRODUCTION

Integrated antenatal care (ANC) services are comprehensive health services for pregnant women that are integrated with other health programs. These services aim to reduce the Maternal Mortality Rate (MMR) through early detection of risk, prevention, and management of pregnancy complications (Sakinah, 2022; Ministry of Health RI, 2024). The standard requirement is a minimum of six visits during pregnancy, with at least two visits conducted by a physician (Ministry of Health RI, 2020). However, maternal mortality remains a serious problem. WHO (2024) reported that nearly 800 women die every day from preventable pregnancy complications, with 95% of cases occurring in low- and middle-income countries. In Indonesia, 4,482 maternal deaths were recorded in 2023, most commonly caused by hypertensive disorders of pregnancy and obstetric hemorrhage (Ministry of Health RI, 2023). The coverage of six antenatal care (K6) visits in Indonesia in 2023 was 74.4%. In South Lampung, the coverage reached 81.5%. However, data from Candipuro Inpatient Health Center indicated that K6 coverage was still lower at 71.3%, with 230 pregnant women identified as high-risk (Candipuro Health Center, 2025). This was lower compared with Sidomulyo Health Center, which achieved 85.6% (Sidomulyo Health Center, 2025).

Non-compliance of pregnant women in attending ANC visits can result in complications that endanger both maternal and fetal health, such as bleeding, hypertensive disorders, and miscarriage (Sari, 2024). According to Gibson in Milah (2022), health behavior is influenced by predisposing, enabling, and reinforcing factors, including knowledge, facilities, and family support (Notoatmodjo, 2014). One medium that can increase maternal knowledge is the Maternal and Child Health (MCH) Handbook. Utilization of the handbook has been shown to be associated with improved knowledge and increased ANC visit frequency (Hanifa, 2024; Halida, 2023; Sari et al., 2025). However, preliminary surveys conducted at Candipuro Health Center in February 2025 showed that the majority of third-trimester pregnant women had not optimally utilized the MCH Handbook.

This phenomenon indicates low awareness among pregnant women regarding the importance

of routine ANC visits and the role of the MCH Handbook as a source of health information. Based on this, the researcher was motivated to examine the relationship between utilization of the MCH Handbook and knowledge as well as frequency of ANC visits at Candipuro Inpatient Health Center in 2025.

RESEARCH METHODS

This study employed a quantitative method grounded in positivist philosophy, focusing on hypothesis testing through data collection using research instruments and statistical analysis (Sugiyono, 2018). The study was conducted from February to June 2025 at Candipuro Inpatient Health Center. The research design used was analytical with a cross-sectional approach, in which independent and dependent variables were measured simultaneously at one point in time without follow-up (Sugiyono, 2019).

The population in this study included all third-trimester pregnant women in the working area of Candipuro Inpatient Health Center in May 2025, totaling 68 women based on delivery records. The sample consisted of 54 respondents selected using accidental sampling. Inclusion criteria were third-trimester pregnant women attending ANC at the health center, able to read and write, and in possession of the MCH Handbook. Exclusion criteria were pregnant women with cognitive impairments or communication difficulties, and those who refused to participate. A total of 14 women did not meet the criteria due to various reasons, such as being unavailable, refusal to participate, preeclampsia, or not bringing the MCH Handbook.

The research variables consisted of the independent variable, namely the utilization of the MCH Handbook, and the dependent variables, namely maternal knowledge and the frequency of ANC visits. Operational definitions of variables were established to ensure measurement consistency, using questionnaires and the MCH Handbook as instruments, both tested for validity and reliability. The MCH Handbook utilization questionnaire consisted of 10 items with a Cronbach's alpha of 0.918, while the knowledge questionnaire consisted of 16 items with a Cronbach's alpha of 0.965, and

both instruments met the validity and reliability criteria.

Data collection was carried out in several stages. In the preparation stage, the researcher obtained research permits, prepared and consulted the questionnaire, determined the criteria and number of samples, and prepared enumerators. The implementation stage included registering pregnant women, gathering respondents at the village hall, explaining the purpose of the study, obtaining informed consent, and distributing the questionnaires. The final stage consisted of data processing and analysis.

The data processing included editing to check data completeness, coding to assign numerical codes, entering to input data into the computer, processing to analyze data using statistical tests, and cleaning to ensure data accuracy. Data analysis was conducted univariately to describe the characteristics of each variable, and bivariately to examine the relationship between independent and dependent variables using the Chi-square test. The significance level was set at $\alpha = 0.05$ with a 95% confidence interval, where $p \leq 0.05$ indicated a statistically significant relationship (Hastono, 2021).

RESEARCH RESULTS

Respondent Characteristics

Table 1
Respondent Characteristics

Variabel	Frequency	Percentage (%)
Age		
< 20 years	1	1,9
20–35 years	36	66,7
> 35 years	17	31,5
Parity		
Primipara	13	24,1
Multipara	40	74,0
Grandemultipara	1	1,9
Occupation		
Housewife	49	90,8
Employed	5	9,2
Education		
Bachelor (S1)	2	3,7
SHS	28	51,9
JHS	24	44,4

Based on Table 1, it can be seen that out of 54 respondents, 36 respondents (66.7%) were aged 20–35 years, 40 respondents (74.0%) had multiparous parity, 49 respondents (90.8%) were

housewives, and 28 respondents (51.9%) had their highest education level at Senior High School.

Univariate Analysis

Table 2
Frequency Distribution of the Utilization of the MCH Handbook at Candipuro Inpatient Health Center in 2025

Utilization of the MCH Handbook	Frequency	Percentage (%)
Underutilized	26	48.1
Utilized	28	51.9

Based on Table 2, it is known that 26 respondents (48.1%) underutilized the MCH Handbook, while 28 respondents (51.9%) utilized it.

Table 3
Frequency Distribution of Knowledge at Candipuro Inpatient Health Center in 2025

Knowledge	Frequency	Percentage (%)
Poor	19	35.2
Good	35	64.8

Based on Table 3, it can be seen that 19 respondents (35.2%) had poor knowledge, while 35 respondents (64.8%) had good knowledge.

Table 4
Frequency Distribution of ANC Visits at Candipuro Inpatient Health Center in 2025

ANC Visits	Frequency	Percentage (%)
Non-compliant	30	55.6
Compliant	24	44.4

Based on Table 4, it is shown that 30 respondents (55.6%) had ANC visits that were non-compliant, while 24 respondents (44.4%) had ANC visits that were compliant.

Bivariate Analysis

Based on Table 5, it can be seen that among the 26 respondents who underutilized the MCH Handbook, 14 respondents (53.8%) had poor knowledge and 12 respondents (46.2%) had good knowledge. Meanwhile, among the 28 respondents who utilized the MCH Handbook, 5 respondents (17.9%) had poor knowledge and 23 respondents (82.1%) had good knowledge.

Table 5
Relationship Between Utilization of the MCH Handbook and Maternal Knowledge
at Candipuro Inpatient Health Center in 2025

Utilization of MCH Handbook	Knowledge				Total		P-Value	OR 95% CI
	Poor		Good					
	N	%	N	%	N	%		
Underutilized	14	53,8	12	46,2	26	100,0	0,013	5,367 (1,558-18.487)
Utilized	5	17,9	23	82,1	28	100,0		

The statistical test obtained a p-value of 0.013, which means $p < \alpha = 0.05$ (H_a accepted and H_o rejected). Therefore, it can be concluded that there is a significant relationship between the utilization of the Maternal and Child Health (MCH) Handbook and maternal knowledge at the

Candipuro Inpatient Health Center in 2025. The odds ratio (OR) was 5.367, indicating that respondents who underutilized the MCH Handbook were 5.3 times more likely to have poor knowledge compared to respondents who utilized the MCH Handbook.

Tabel 6
Relationship Between Utilization of the MCH Handbook and Frequency of ANC Visits
Among Pregnant Women at Candipuro Inpatient Health Center in 2025

Utilization of MCH Handbook	ANC Visits				Total		P- Value	OR 95% CI
	Non-compliant		Compliant					
	n	%	n	%	N	%		
Underutilized	20	76,9	6	23,1	26	100,0	0,006	6,000 (1,815-19,837)
Utilized	10	35,7	18	64,3	28	100,0		

Based on Table 6, it can be seen that among the 26 respondents who underutilized the MCH Handbook, 20 respondents (76.9%) had non-compliant ANC visits and 6 respondents (23.1%) had compliant visits. Meanwhile, among the 28 respondents who utilized the MCH Handbook, 10 respondents (35.7%) had non-compliant ANC visits and 18 respondents (64.3%) had compliant visits.

The statistical test obtained a p-value of 0.006, which means $p < \alpha = 0.05$ (H_a accepted and H_o rejected). Therefore, it can be concluded that there is a significant relationship between the utilization of the Maternal and Child Health (MCH) Handbook and the frequency of antenatal care (ANC) visits among pregnant women at the Candipuro Inpatient Health Center in 2025. The odds ratio (OR) was 6.000, indicating that respondents who underutilized the MCH Handbook were 6 times more likely to have non-compliant ANC visits compared to those who utilized the MCH Handbook.

DISCUSSION

Univariate Analysis

Utilization of the Maternal and Child Health (MCH) Handbook

The results of this study showed that 26 respondents (48.1%) underutilized the Maternal and Child Health (MCH) Handbook, while 28 respondents (51.9%) utilized it. The MCH Handbook serves as the main communication, information, and education (CIE) tool for pregnant women, families, and child caregivers. It contains comprehensive information related to pregnancy care, nutritional fulfillment, immunization, child growth and development stimulation, as well as promotive, preventive, and early detection efforts for health problems (Ministry of Health RI, 2016). These findings differ from those of Halida (2023) and Rofiqoch (2023), who reported MCH Handbook utilization rates above 90%, as well as Rejeki's (2019) study, which showed that 78.4% of third-trimester pregnant women utilized it. The lower percentage in this study may indicate ongoing limitations in understanding, reading interest, or guidance from healthcare providers. Conversely, respondents who actively utilized the MCH Handbook were likely to have received adequate educational support, enabling them to make better use of the available information to support a healthy pregnancy.

Knowledge

A total of 19 respondents (35.2%) demonstrated poor knowledge regarding pregnancy, antenatal care (ANC) examinations, and the utilization of the MCH Handbook, while 35 respondents (64.8%) demonstrated good knowledge. Poor knowledge was characterized by a lack of understanding of the purpose of ANC, the minimum recommended frequency of six visits during pregnancy, and the essential services that should be obtained, such as TT immunization, iron supplementation tablets, and blood type examinations. This limited knowledge may have been influenced by insufficient information provided by healthcare workers and the underutilization of the MCH Handbook. These findings are consistent with studies conducted by Yunica et al. (2022), Husniyah (2023), and Padesi et al. (2021), which reported that the majority of pregnant women had good knowledge of ANC. In the present study, respondents with good knowledge generally understood the benefits of ANC, received education from healthcare providers, and actively utilized the MCH Handbook as an important source of information.

Antenatal Care (ANC) Visits

The study showed that 30 respondents (55.6%) did not attend ANC visits according to the standard, while 24 respondents (44.4%) complied with the standard. The purpose of ANC visits is to enable early detection of pregnancy risks, monitor the health of both mother and fetus, and reduce maternal mortality (WHO; Wirke, 2022). These findings are consistent with studies by Husniyah (2023) and Padesi et al. (2021), which also reported that some respondents did not attend ANC visits regularly. Factors contributing to low ANC compliance include limited knowledge, restricted access, time constraints, and financial barriers. Conversely, respondents who attended ANC visits in accordance with the standard generally had adequate knowledge, received family support, and utilized the MCH Handbook as a guide during pregnancy.

Bivariate Analysis

The Relationship Between Utilization of the MCH Handbook and Maternal Knowledge

The statistical test showed a p-value of 0.013 (< 0.05) with an OR of 5.367, indicating a significant relationship between the utilization of the MCH Handbook and maternal knowledge. Respondents who underutilized the MCH Handbook were 5.3 times more likely to have poor knowledge

compared to those who utilized it. When used optimally, the MCH Handbook can enhance the knowledge of mothers and families regarding maternal and child health, facilitate access to health information, and contribute to appropriate decision-making during pregnancy (Ministry of Health RI, 2016; Budiman, 2021). These findings are consistent with the studies of Rahmi (2018), Wijhati (2019), Astari (2020), Halida (2023), and Ariantika (2024), all of which reported a significant relationship between MCH Handbook utilization and the level of maternal knowledge.

Distribution analysis showed that 53.8% of mothers who underutilized the MCH Handbook had poor knowledge, while 82.1% of mothers who utilized it had good knowledge. This confirms that the MCH Handbook functions as an effective educational medium, although other factors such as education, experience, and support from healthcare providers also influence knowledge levels.

The Relationship Between Utilization of the Maternal and Child Health (MCH) Handbook and the Frequency of Antenatal Care (ANC) Visits

The statistical test showed a p-value of 0.006 (< 0.05) with an OR of 6.000, indicating a significant relationship between the utilization of the MCH Handbook and the frequency of ANC visits. Mothers who underutilized the MCH Handbook were six times more likely to have non-compliant ANC visits compared to those who utilized it. Non-compliant ANC visits can increase the risk of pregnancy complications due to insufficient monitoring and early detection (Sari, 2024). This finding is consistent with the study of Putri (2023), which reported a significant relationship between MCH Handbook utilization and regular ANC visits, although some studies, such as Rejeki (2019) and Purnami (2021), did not find a significant relationship.

Data distribution showed that 76.9% of mothers who underutilized the MCH Handbook had non-compliant ANC visits, while 64.3% of mothers who utilized it attended ANC visits according to standards. Nevertheless, some mothers who utilized the MCH Handbook were still non-compliant with ANC schedules, indicating the need for continuous guidance and motivation to ensure that the information contained in the MCH Handbook is effectively translated into health behaviors.

CONCLUSION

The results of this study indicate a significant relationship between the utilization of the Maternal and Child Health (MCH) Handbook and the level of

maternal knowledge at the Candipuro Inpatient Health Center in 2025 (p-value = 0.013). In addition, the utilization of the MCH Handbook was also found to have a significant relationship with the frequency of antenatal care (ANC) visits among pregnant women (p-value = 0.006). These findings suggest that the better the utilization of the MCH Handbook, the higher the maternal knowledge level and the more compliant the frequency of ANC visits conducted.

SUGGESTIONS

For pregnant women, it is expected that the MCH Handbook can be utilized optimally by reading the available information, recording examination results, and always bringing the handbook during ANC visits. The MCH Handbook is not only a medical record but also an important source of information on pregnancy, childbirth, and infant care. For the Candipuro Inpatient Health Center, it is recommended to maintain and further enhance the socialization of MCH Handbook utilization from the very first antenatal examination. This socialization should be complemented with comprehensive and continuous health education so that pregnant women can better understand the benefits of the MCH Handbook. Healthcare providers are also expected to be more proactive in providing counseling, directly monitoring the utilization of the handbook, and reviewing its contents during ANC visits. For Malayhayati University, the findings of this study can serve as a reference in the development of public health sciences, particularly regarding the utilization of the MCH Handbook, and as a resource for community service activities. Meanwhile, for future researchers, this study can be used as a reference for similar research by adding other variables, such as maternal attitudes, to broaden the understanding of factors influencing the utilization of the MCH Handbook.

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