

THE EFFECT OF CULTURE LIFEWAYS-BASED MIDWIFERY EDUCATION ON THE DURATION OF PERINEAL WOUND HEALING DURING THE POSTPARTUM PERIOD

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ABSTRAK PENGARUH EDUKASI KEBIDANAN BERBASIS CULTURE LIFEWAYS TERHADAP LAMA PENYEMBUHAN LUKA PERINEUM

Latar Belakang: Luka perineum merupakan salah satu masalah kesehatan yang umum dialami ibu pada masa nifas, terutama akibat persalinan pervaginam. masih banyak ibu nifas yang mengalami keterlambatan penyembuhan luka perineum karena kurang optimalnya perawatan mandiri. Keterlambatan penyembuhan luka dapat meningkatkan risiko infeksi, menimbulkan rasa nyeri berkepanjangan, hingga mengganggu aktivitas ibu dalam merawat bayi.

Tujuan: Menganalisis pengaruh edukasi kebidanan berbasis culture lifeways terhadap lama penyembuhan luka perineum

Metode: Jenis penelitian pre – eksperimental dengan desain one group pretest posttest design. Populasi pada penelitian ini seluruh ibu nifas mengalami luka perineum, jumlah sampel sebanyak 32 ibu nifas dengan Teknik purposive sampling. Penelitian ini dilaksanakan di TPMB Riesma Dwi Mayantie pada bulan Juni – Juli tahun 2024. Data dikumpulkan menggunakan lembar observasi dan SOP edukasi kebidanan berbasis culture lifeways. Data dianalisis menggunakan uji Wilcoxon sign rank test.

Hasil: Sebelum diberikan edukasi kebidanan berbasis culture lifeways sebagian besar responden dengan penyembuhan cukup sebanyak 25 ibu nifas (78,1%), sesudah diberikan edukasi kebidanan berbasis culture lifeways sebagian besar responden dengan penyembuhan baik sebanyak 24 orang (75%). Hasil analisis menggunakan uji *Wilcoxon sign rank test* menunjukkan nilai $p\text{-value } 0,000 < \alpha = 0,05$.

Kesimpulan: Terdapat pengaruh edukasi kebidanan berbasis culture lifeways terhadap lama penyembuhan luka perineum pada ibu nifas.

Saran: Edukasi kebidanan berbasis culture lifeways perlu diterapkan dalam pelayanan kebidanan karena terbukti efektif mempercepat penyembuhan luka.

Kata Kunci: Culture lifeways, Edukasi, Luka perineum, Masa nifas

ABSTRACT

Background: Perineal wounds are a common health problem experienced by mothers during the postpartum period, especially as a result of vaginal delivery. Many postpartum mothers still experience delayed perineal wound healing due to suboptimal self-care. Delayed wound healing can increase the risk of infection, cause prolonged pain, and interfere with the mother's activities in caring for the baby.

Purpose: To analyze the effect of culture lifeways-based midwifery education on the duration of perineal wound healing.

Methods: This research used a pre-experimental design with a one-group pretest-posttest approach. The population consisted of all postpartum mothers with perineal wounds, with a total sample of 32 postpartum mothers selected through purposive sampling. The study was conducted at TPMB Riesma Dwi Mayantie in June–July 2024. Data were collected using observation sheets and standard operating procedures for culture lifeways-based midwifery education. Data analysis was performed using the Wilcoxon sign rank test.

Results: Before receiving culture lifeways-based midwifery education, most respondents (25 postpartum mothers, 78.1%) showed moderate healing. After the intervention, most respondents (24 postpartum mothers, 75%) demonstrated good healing. Statistical analysis using the Wilcoxon sign rank test showed a $p\text{-value of } 0.000 < \alpha = 0.05$.

Conclusion: Culture lifeways-based midwifery education has a significant effect on the duration of perineal wound healing in postpartum mothers.

Recommendation: Culture lifeways-based midwifery education should be implemented in midwifery care services as it is proven effective in accelerating wound healing.

Keywords: Culture lifeways, Education, Perineal wound, Postpartum period

INTRODUCTION

Perineal wounds are a common health problem experienced by mothers during the postpartum period, particularly following vaginal delivery. The healing process of perineal wounds is strongly influenced by several factors, including perineal hygiene, nutritional intake, maternal knowledge, and family support. In practice, many postpartum mothers still experience delayed perineal wound healing due to inadequate self-care (Herlina et al., 2023). This delay may increase the risk of infection, cause prolonged pain, and disrupt the mother's ability to care for her baby. Therefore, perineal wound care requires special attention during the postpartum period (Febyola, 2024).

According to the World Health Organization (WHO), in 2020 there were 2.7 million cases of perineal rupture in women during childbirth. In Asia, the prevalence of perineal rupture is around 50%. In the United States, 26 million women experienced perineal rupture, of which 40% occurred in primigravida and 20% were due to improper pushing techniques (WHO, 2020). In Indonesia, the prevalence of perineal rupture in 2020 was 24% among women aged 25–30 years and 62% among those aged 32–39 years, with 52% of cases complicated by infection (Kemenkes RI, 2020). Preliminary studies conducted at health facilities indicated that most postpartum mothers did not know the proper way to care for perineal wounds and were still influenced by cultural food taboos and traditional practices that could delay wound healing. This highlights the need for educational interventions that take cultural aspects into account.

Perineal wounds in postpartum mothers generally occur due to spontaneous tears, episiotomy, or other obstetric procedures during delivery. These tears typically occur because the perineum is unable to stretch optimally during the birth of the baby, especially in primigravida. Episiotomy, though performed to facilitate delivery, also results in wounds requiring healing (Agustina et al., 2025; Ugwu et al., 2022). Without proper care, the risk of infection and delayed healing is high. Thus, maternal knowledge and skills in perineal wound care are crucial (Oktafiani et al., 2022).

Delayed perineal wound healing can have multiple impacts on both mother and baby. For the mother, prolonged wound healing may cause pain,

limit mobility, and increase the risk of postpartum depression. Perineal wound infections can also lead to severe complications that threaten maternal health (Wahyuni et al., 2025). For the baby, impaired maternal recovery may interfere with breastfeeding and newborn care, potentially affecting growth and development (Lestari & Tridiyawati, 2022).

One solution to address this issue is culture lifeways-based midwifery education. This educational approach integrates cultural values, beliefs, and practices of postpartum mothers into perineal wound care, making interventions easier to accept and practice. With the culture lifeways approach, mothers can retain positive cultural practices that support healing while being guided away from harmful traditions (Damayanti et al., 2022; Wijayanti & Vellyana, 2021). It is expected that culture lifeways-based midwifery education will improve maternal self-care and accelerate perineal wound healing, thereby preventing complications (Oktaviana, 2023).

This study aimed to analyze the effect of culture lifeways-based midwifery education on the duration of perineal wound healing in postpartum mothers.

RESEARCH METHODS

This study used a pre-experimental design with a one-group pretest-posttest approach. The study population consisted of all postpartum mothers who had delivered normally at TPMB Riesma Dwi Mayantie, totaling 46 individuals. A sample of 32 mothers was obtained using purposive sampling. Inclusion criteria: (1) Postpartum mothers who delivered vaginally with perineal wounds (tears or episiotomy); (2) ≤48 hours postpartum; (3) Able to read/communicate in the local language; (4) Willing to sign informed consent. Exclusion criteria: (1) Mothers with comorbidities such as diabetes mellitus, autoimmune disorders, blood clotting abnormalities, or severe postpartum complications; (2) Use of medications affecting wound healing (e.g., chronic high-dose corticosteroids, chemotherapy); (3) Local perineal infections requiring antibiotics; (4) Infants with severe congenital abnormalities or requiring long-term intensive care.

The study was conducted in June–July 2024 at TPMB Riesma Dwi Mayantie. Observations were

performed after obtaining informed consent, following standard operating procedures for perineal care and cultural-lifeways-based education. Each observation was documented on the REEDA (Redness, Edema, Ecchymosis, Discharge, Approximation) observation sheet (Aliyah & Insani, 2023), observed on day 10 postpartum (Dona et al., 2023), and SOPs for providing culture lifeways-based midwifery education (Azzahra & Prajayanti, 2025). Data analysis used the Wilcoxon signed-rank test with significance at $p < \alpha = 0,05$.

RESEARCH RESULT

The research findings are presented in univariate and bivariate analyses. The univariate analysis includes maternal age, education, parity, ethnicity, and history of perineal wounds.

Table 1 presents the frequency distribution of respondents based on the characteristics of postpartum mothers. Based on age, almost all respondents were 20–35 years old, totaling 28 postpartum mothers (87.5%). Based on education, most had completed senior high school, totaling 20 postpartum mothers (62.5%). Based on parity, the majority were primiparas, totaling 22 respondents (68.7%). Based on ethnicity, most were Madurese, totaling 18 respondents (56.2%). Based on history of perineal wounds, most had a history, totaling 24 respondents (75%).

The results of the bivariate analysis regarding the effect of culture lifeways-based

midwifery education on the duration of perineal wound healing in postpartum mothers are presented in Table 2 below.

Table 1
Characteristics of Postpartum Mothers (n=32)

Characteristics	Frequency (f)	Percentage (%)
Age		
<20 years	2	6.2
20-35 years	28	87.5
>35 years	2	6.3
Education		
Elementary School	1	3.1
Junior High School	8	25
Senior High School	20	62.5
University	3	9.4
Parity		
Primipara	22	68.7
Multipara	10	31.3
Ethnicity		
Madura	18	56.2
Javanese	14	43.8
History of Perineal Wound		
Present	24	75
Absent	8	25

Source: Primary Data

Table 2
The effect of culture lifeways – based midwifery education on the duration of perineal wound healing in postpartum mothers

Duration of Perineal Wound Healing	Midwifery Education Culture Lifeways-Based				<i>p-value</i>
	Pretest		Posttest		
	f	%	F	%	
Good healing	4	12.5	24	75	0.000
Moderate healing	25	78.1	8	25	
Poor healing	3	9.4	0	0	

Table 2 presents the research findings, showing that before receiving culture lifeways-based midwifery education, most respondents experienced moderate healing, totaling 25 postpartum mothers (78.1%). After receiving culture lifeways-based midwifery education, most respondents experienced good healing, totaling 24 mothers (75%).

The normality test using the Shapiro-Wilk test showed a p-value of 0.000 (pretest) and 0.000 (posttest), indicating that the data were not normally distributed. The analysis using the Wilcoxon signed-

rank test showed a p-value of $0.000 < \alpha = 0.05$, meaning that H_0 was rejected. Thus, there is a significant effect of culture lifeways-based midwifery education on the duration of perineal wound healing in postpartum mothers.

DISCUSSION

Perineal Wound Healing Before Receiving Culture Lifeways-Based Midwifery Education

The results of the study showed that before receiving culture lifeways-based midwifery education, most respondents experienced perineal

wound healing in the moderate category, namely 25 postpartum mothers (78.1%). This finding was supported by the REEDA scale results, which showed that the average score was in the range of 3–4, categorized as moderate. This indicates that the perineal wound healing process was not yet optimal and required more attention. The relatively high REEDA scores reflected the presence of inflammatory signs such as redness, edema, or incomplete wound approximation. Therefore, proper care and education are necessary to ensure faster and more effective wound healing.

Perineal wounds can occur due to spontaneous tears during childbirth or episiotomy procedures performed to facilitate delivery (Malawat & Laisouw, 2022). Etiologically, perineal tears are influenced by several factors, such as large fetal size, prolonged labor, the use of delivery aids, and reduced perineal tissue elasticity. In addition, delivery position, pushing technique, and medical interventions also contribute to the occurrence of perineal wounds. Such wounds are almost always found in both primigravida and multigravida mothers who undergo vaginal delivery (Herlina, I., Kusmintarti, A., Jayanti, K., & Prima, 2023).

The impact of prolonged perineal wound healing can disrupt the quality of life of postpartum mothers. Perineal pain may limit mobility, hinder daily activities, and reduce comfort during breastfeeding (Handayani et al., 2024; Kusumastuti et al., 2024). Improperly treated wounds are at risk of infection, bleeding, and scar tissue formation that can cause long-term pain. This condition may affect marital relationships, lower maternal self-confidence, and impact infant care. Therefore, perineal wound management must be taken seriously (Djonler & Wulaningsih, 2025).

According to the researchers, these findings indicate that most respondents experienced perineal wound healing in the moderate category. This was supported by REEDA scale assessments, which indicated that perineal wound healing was not yet optimal and required further attention. The prolonged healing of perineal wounds can interfere with the quality of life of postpartum mothers, affect marital relationships, lower maternal self-confidence, and negatively impact infant care.

Perineal Wound Healing After Receiving Culture Lifeways-Based Midwifery Education

The results of the study showed that after receiving culture lifeways-based midwifery education, most respondents experienced perineal wound healing in the good category, totaling 24 mothers (75%). This finding was supported by

assessments using the REEDA scale, which showed an average score of 0–2, categorized as optimal healing. This condition illustrates that signs of inflammation such as redness, edema, or incomplete wound approximation were minimal. Thus, culture lifeways-based midwifery education proved effective in improving knowledge, attitudes, and practices in perineal wound care according to local cultural values. This intervention facilitated mothers in receiving information while simultaneously accelerating the perineal wound healing process.

Improvement in perineal wound healing was influenced by respondent characteristics. Based on age, nearly all respondents were 20–35 years old, totaling 28 postpartum mothers (87.5%), which is considered a healthy reproductive age with relatively good tissue healing ability. In this age group, the physiological process of cell regeneration remains optimal, thereby supporting faster wound healing. Age also affects immune resilience and compliance with care recommendations (Nisak & Keswara, 2025; Triyani et al., 2021).

Based on education, most respondents were senior high school graduates, totaling 20 mothers (62.5%). Educational attainment affects mothers' ability to understand health information provided, including perineal wound care. The higher a person's education level, the better their knowledge and awareness in applying received information. This supports the success of culture lifeways-based education because mothers more easily understand and adapt health messages aligned with their cultural values (Herlina et al., 2023; Nanda, 2024).

Based on parity, most respondents were primiparas, totaling 22 mothers (68.7%). Primiparous mothers tend to have limited experience in postpartum care, making education particularly beneficial to enhance their understanding and skills in perineal wound management (Husnida et al., 2022; Sudarmini et al., 2022). Based on ethnicity, most respondents were of Madurese origin, totaling 18 mothers (56.2%). Cultural and traditional values held by the Madurese community influence health care practices, making the culture lifeways approach more appropriate to ensure health messages are better accepted. Based on history of perineal wounds, most respondents had prior perineal wounds, totaling 24 mothers (75%), which made them more cautious and motivated to pay attention to wound care to avoid complications (Hardianty et al., 2021; Widiyanti et al., 2022).

According to the researchers, these findings show that the success of culture lifeways-based

midwifery education is not only determined by the intervention itself but also influenced by respondent characteristics such as age, education, parity, ethnicity, and history of perineal wounds. Respondents who were in their productive age, had secondary education, and prior experiences were more likely to receive education positively and apply it in daily life. The integration of cultural approaches with individual characteristics proved effective in accelerating perineal wound healing. Therefore, the application of culture lifeways-based education is recommended to improve the quality of midwifery care services and accelerate postpartum recovery.

The Effect of Culture Lifeways-Based Midwifery Education on the Duration of Perineal Wound Healing

The results of the study showed that there is an effect of culture lifeways-based midwifery education on the duration of perineal wound healing in postpartum mothers. Before receiving education, most respondents were in the moderate healing category, whereas after the intervention, the majority achieved good healing with average REEDA scores in the 0–2 range. This finding indicates that educational interventions can accelerate the perineal wound healing process. This is supported by other studies showing that health education tailored to local cultural contexts is more effective in improving the understanding and compliance of postpartum mothers in wound care. Thus, culture-based education plays an important role in improving the quality of postpartum recovery.

Culture lifeways-based midwifery education is an intervention that integrates medical knowledge with the values, beliefs, and cultural practices present in the community. This education not only provides evidence-based information on perineal wound care but also acknowledges local practices that are considered important by postpartum mothers (Hardianty et al., 2021; Widiya, 2024). With this approach, health messages become easier for respondents to accept, understand, and practice. The concept of culture lifeways aligns with Leininger's theory, which emphasizes the importance of culturally based health services in supporting better health outcomes (Fauzi, 2021).

The link between culture lifeways-based midwifery education and the duration of perineal wound healing is reflected in the increased compliance of respondents in self-care practices. Postpartum mothers who received this education were better able to understand the importance of maintaining wound hygiene, changing sanitary pads regularly, consuming nutritious foods, and avoiding

traditional practices that might worsen the wound. As a result, perineal wound healing occurred more quickly because mothers followed standard care without having to abandon their cultural values. This intervention helps mothers maintain a balance between cultural practices and modern health principles (Suksesty & Damayanti, 2023; Tiawati et al., 2023).

According to the researchers, the study findings confirm that culture lifeways-based midwifery education is effective in accelerating perineal wound healing. Education that accommodates cultural aspects is more readily accepted by postpartum mothers, thereby increasing active participation in self-care. Respondent characteristics such as age, education, parity, ethnicity, and history of previous wounds also played a role in strengthening the effects of the intervention. Therefore, a culture-based approach should be widely implemented in midwifery services to improve postpartum recovery quality and reduce the risk of perineal wound complications.

CONCLUSION

The research findings showed that culture lifeways-based midwifery education had an effect on the duration of perineal wound healing in postpartum mothers. Before receiving education, most respondents were in the moderate healing category, whereas after the intervention the majority achieved good healing with average REEDA scores of 0–2. This proves that a culture-based educational approach can improve the knowledge, compliance, and skills of postpartum mothers in caring for perineal wounds, thereby making the healing process faster and more optimal.

SUGGESTION

Culture lifeways-based midwifery education should be consistently implemented in midwifery services, particularly for postpartum mothers with perineal wounds, as it has been proven effective in accelerating wound healing. Midwives are encouraged to integrate local cultural aspects into health education delivery so that it is easier for mothers to understand and apply. For future research, it is recommended to examine psychosocial factors, family support, and sociocultural aspects that may influence the success of perineal wound healing.

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