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## POSTPARTUM CARE BEHAVIOR OF MOTHERS WITH A HISTORY OF ANEMIA

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### ABSTRAK : PERILAKU IBU NIFAS DENGAN RIWAYAT ANEMIA DALAM PERAWATAN MASA NIFAS

Latar belakang: Masa nifas merupakan fase penting bagi pemulihan kesehatan ibu setelah melahirkan, terutama pada ibu dengan riwayat anemia yang memiliki risiko lebih tinggi terhadap komplikasi pascapersalinan.

Tujuan: Penelitian ini bertujuan untuk mengeksplorasi perilaku ibu nifas dengan riwayat anemia dalam perawatan diri.

Metode: Penelitian ini menggunakan pendekatan kualitatif dengan desain fenomenologi untuk menggambarkan pengalaman hidup para ibu. Informan utama terdiri atas lima ibu nifas dengan riwayat anemia yang dipilih dengan teknik purposive sampling di wilayah kerja Puskesmas Jembatan Kembar. Penelitian dilaksanakan pada bulan Agustus 2025. Data dikumpulkan melalui wawancara mendalam dan dianalisis secara tematik.

Hasil: Hasil penelitian menunjukkan empat tema utama: (1) gejala anemia yang dirasakan, (2) pola makan, (3) kepatuhan konsumsi tablet tambah darah, dan (4) perawatan diri selama masa nifas. Sebagian besar ibu mengalami kelelahan, pusing, dan penglihatan kabur namun menganggapnya hal yang wajar. Kepercayaan budaya memengaruhi pantangan makanan sehingga membatasi konsumsi pangan tinggi zat besi. Kepatuhan minum tablet tambah darah bervariasi karena efek samping dan kurangnya pendampingan. Dukungan keluarga berperan penting dalam membantu ibu memenuhi kebutuhan gizi, istirahat, dan kebersihan diri. Kesimpulannya, perilaku perawatan ibu nifas dengan riwayat anemia masih belum optimal.

Saran: Diperlukan intervensi edukatif, pendampingan gizi, serta penguatan dukungan keluarga dan tenaga kesehatan untuk meningkatkan perawatan diri ibu dan mencegah kekambuhan anemia.

Kata kunci: perawatan nifas, anemia, perilaku ibu

### ABSTRACT

Background: The postpartum period is a crucial phase for maternal recovery after childbirth, especially for mothers with a history of anemia who are at higher risk of postpartum complications.

Objective: This study aimed to explore the self-care behaviors of postpartum mothers with a history of anemia.

Methods: This research employed a qualitative approach with a phenomenological design to describe the lived experiences of the participants. The main informants consisted of five postpartum mothers with a history of anemia selected through purposive sampling in the working area of the Jembatan Kembar Health Center. The study was conducted in August 2025. Data were collected through in-depth interviews and analyzed thematically.

Results: The findings revealed four main themes: (1) perceived symptoms of anemia, (2) dietary patterns, (3) adherence to iron supplementation, and (4) self-care during the postpartum period. Most mothers experienced fatigue, dizziness, and blurred vision but considered these symptoms normal. Cultural beliefs influenced dietary restrictions, limiting the intake of iron-rich foods. Compliance with iron supplementation varied due to side effects and lack of guidance. Family support played an important role in helping mothers meet nutritional needs, maintain adequate rest, and practice personal hygiene. It was concluded that postpartum self-care behavior among mothers with a history of anemia remains suboptimal.

Recommendations: Educational interventions, nutritional assistance, and strengthened family and healthcare support are essential to improve maternal self-care and prevent recurrent anemia during the postpartum period.

Keywords: postpartum care, anemia, maternal behavior

## INTRODUCTION

The postpartum period is the time after the delivery of the baby and placenta until 42 days postpartum. It is a recovery phase after childbirth that requires appropriate care and treatment, either independently or with the assistance of healthcare providers. Independent postpartum care is especially important for mothers with a history of anemia. Postpartum mothers with anemia are at greater risk of developing anemia during the puerperium because of blood loss during delivery (Endang Yuliani, 2020). The effects of anemia on postpartum mothers include an increased risk of infection during the puerperium (Susiana et al., 2015). Moreover, anemia in pregnant women with a history of anemia can increase the risk of postpartum hemorrhage (Janah et al., 2023). Anemia also contributes to postpartum depression, not only due to hormonal changes but also because of reduced oxygen supply to the brain caused by low iron levels (Kusumawardani et al., 2018).

Based on a preliminary survey conducted in South Lembar Village, West Lombok Regency, 50% of postpartum mothers had a history of anemia. According to the Postpartum Care Guidelines (Ministry of Health, 2019), around 15–20% of normal deliveries and postpartum periods experience complications that are often unpredictable. Postpartum care is therefore crucial. Several studies have shown that postpartum care still involves cultural practices applied by families (Endriyani, 2020). Other studies on postpartum care in Bugis culture found traditional practices such as avoiding outdoor activities for 40 days, refraining from heavy physical activity, and observing dietary restrictions (Israwati et al., 2024).

In Indonesia, maternal care during pregnancy, childbirth, and the postpartum period cannot be separated from behavioral norms and cultural traditions believed to have beneficial effects. This study aims to explore in depth the postpartum care practices of mothers with a history of anemia.

## RESEARCH METHODS

This study employed a qualitative design with a phenomenological approach. The phenomenon examined was the experience and perception of postpartum mothers with a history of anemia in practicing postpartum care within the working area of the Jembatan Kembar Health Center. The informants were postpartum mothers with a history of anemia, selected using purposive sampling, consisting of five main informants. The research was conducted at the Jembatan Kembar Health Center in August 2025. Data were collected

using in-depth interview guides. Thematic analysis was performed by coding words or phrases from interview transcripts to facilitate analysis and identify themes. Data were presented in the form of quotations from informants' statements in their original language. The validity of the data was ensured through source triangulation involving family members and midwives.

## RESEARCH RESULTS

Based on interviews with five informants, several main themes were identified that reflect the experiences of postpartum mothers with a history of anemia in performing self-care, fulfilling nutritional needs, and overcoming challenges during the puerperium.

### Perceived Symptoms of Anemia

Most informants did not experience anemia symptoms during pregnancy but began to feel complaints after delivery, such as dizziness, blurred vision, and fatigue. One informant stated:

"I feel dizzy, my vision gets blurry when exposed to sunlight, so I avoid going outside."

These findings indicate that postpartum anemia symptoms are often unrecognized and perceived as normal, which can delay mothers from seeking medical care when symptoms worsen.

### Dietary Patterns and Nutritional Fulfillment

Three informants reported eating three times a day with snacks. Their meals included katuk leaves, chicken, fish, tofu, and tempeh. However, some still followed local beliefs, as expressed by one participant:

"They say if I eat too much fish, my baby will vomit."

This illustrates the influence of cultural beliefs on dietary patterns. Although some mothers followed medical advice to eat nutritious foods, their understanding of nutrition was still limited. This emphasizes the need for culturally sensitive educational approaches to increase awareness of the importance of iron and animal protein intake.

### Compliance with Iron Supplementation

Compliance with iron tablet consumption varied among participants. Some mothers took them only while supplies lasted. One informant stated:

"When the iron tablets run out, my husband goes to the village clinic to get more."

Others experienced side effects such as nausea and dizziness, which reduced adherence:

"When I take iron tablets, I feel dizzy and nauseous."

This suggests that although mothers understand the benefits of iron supplementation, side effects and lack of follow-up support lead to irregular use.

#### Postpartum Self-Care

Self-care practices among mothers were still basic.

One informant said:

"I only bathe once a day because I'm afraid of feeling cold," while another added,

"I bathe twice a day but still don't dare use skincare."

This indicates that most mothers focused only on basic hygiene and lacked understanding of comprehensive care, including reproductive hygiene. Myths and fear of illness influenced their behavior. Family members also played an important role by helping with nutrition, rest, and daily tasks. One participant said,

"My sister helps me cook; I only take care of the baby," while another shared,

"My husband keeps telling me to eat a lot so I can recover quickly."

This highlights how family support—both physical and emotional—helps ease the mother's recovery during the postpartum period.

## DISCUSSION

This study identified four major themes regarding the postpartum care behavior of mothers with a history of anemia: (1) perceived symptoms, (2) dietary patterns, (3) adherence to iron supplementation, and (4) postpartum self-care. These themes are interrelated and represent the overall picture of postpartum health behavior among mothers recovering from childbirth with anemia.

#### Symptoms Experienced During the Postpartum Period

This study revealed complaints that represent signs and symptoms of anemia. Postpartum mothers with a history of anemia during the third trimester of pregnancy reported symptoms such as dizziness and blurred vision. According to Biges (2018), common signs and symptoms of anemia include fatigue, frequent dizziness, and blurred vision.

The findings showed that postpartum mothers with a history of anemia continued to experience physical complaints such as easy fatigue, dizziness, and visual disturbances. This condition indicates that the recovery process had not yet been optimal due to low hemoglobin levels after childbirth. Similar findings were reported by Afria et al. (n.d.), who identified symptoms such as

weakness, fatigue, dizziness, and blurred vision among postpartum women with anemia.

Anemia during the postpartum period can significantly affect maternal health. One of the complications that may occur is delayed uterine involution. A study by Irma (2021) reported that mothers with anemia had an 11.2 times higher risk of experiencing uterine subinvolution compared to non-anemic mothers. In addition, Seriana and Yusnaini (2021) found changes in fundal height from the first to the seventh day of the postpartum period; however, these changes did not follow the expected physiological pattern. Postpartum mothers with a history of anemia are also at increased risk of postpartum hemorrhage (Aslina & Amalia, 2018; Saragih, 2023).

Anemia not only presents with physical symptoms but also negatively affects quality of life. Postpartum anemia has been associated with reduced quality of life, as evidenced by a systematic review showing that anemia during the postpartum period can impair physical health, psychological well-being, and maternal role adaptation (Rokhimawaty et al., 2025). Similar findings were reported by Moya et al. (2022), who noted that postpartum anemia was associated with physical fatigue and depression. Other studies have demonstrated that iron supplementation among postpartum mothers can increase hemoglobin levels and reduce PHQ-9 scores, indicating a decrease in depressive symptoms (Sulistiawati & Fitriani, 2025). In line with these findings, a review by Khotimah et al. (2025) concluded that anemia during pregnancy or the postpartum period increases the risk of postpartum depression through hormonal changes, while persistent fatigue leads to decreased energy and activity levels that may exacerbate depressive symptoms.

#### Dietary Patterns

The dietary patterns of postpartum mothers with a history of anemia generally did not meet the recommended nutritional requirements. Some informants continued to restrict the consumption of certain foods due to cultural taboos or limited knowledge regarding nutritious foods. Intake of animal protein, iron, folic acid, and vitamin C—nutrients that play a critical role in hematopoiesis—was found to be inadequate.

According to the World Health Organization (2020), energy and iron requirements increase during the postpartum period to support red blood cell production and promote tissue healing. Inadequate nutrient intake can worsen anemia and increase the risk of complications. Improvement in

hemoglobin levels during the postpartum period can be achieved by enhancing maternal nutritional intake. Several studies have reported that consumption of certain foods, such as dragon fruit juice and date palm extract, can increase hemoglobin levels among postpartum mothers (Ulyanisa et al., 2024; Meti Sulastri, Heni Nurakilah, & Lina Marlina, 2023). Regular consumption of 100 grams of dragon fruit juice daily for seven consecutive days was shown to significantly increase hemoglobin levels (Meti Sulastri et al., 2023).

These findings are consistent with a study by Titien Indah Saputri (2015), which reported that postpartum mothers with low nutritional intake and dietary restrictions had lower hemoglobin levels compared to those with balanced diets. Therefore, culturally sensitive nutrition education and continuous support are essential to improve dietary patterns among postpartum mothers.

Iron intake for postpartum mothers can be obtained not only from iron supplementation tablets but also from dietary sources. Adequate nutrition plays a vital role in postpartum recovery and immune function. A study conducted in Japan involving a nutrition intervention with a healthy behavior approach among postpartum mothers demonstrated increased intake of iron, protein, and other micronutrients among the intervention group (Shiraishi, Matsuzaki, & Haruna, 2021).

Another study reported that postpartum mothers with adequate nutritional status showed significantly better perineal wound healing outcomes (Rahmawati & Triatmaja, 2015).

#### Adherence to Iron Supplementation

Adherence to iron supplementation among postpartum mothers remains a significant challenge. Many mothers did not take iron tablets regularly due to side effects such as nausea and constipation, as well as insufficient understanding of the importance of iron supplementation after childbirth.

Research findings indicate a significant association between adherence to iron tablet consumption and hemoglobin levels (Ambarsari et al., 2023). Low adherence among pregnant women has been attributed to forgetfulness, reluctance to take medication, and difficulty swallowing tablets without food assistance, such as bananas (Wahyuni, 2019). These conditions may persist into the postpartum period, resulting in continued non-adherence. Moreover, maternal knowledge and attitudes toward iron supplementation significantly influence adherence behavior (Yanti, Yusuf, & Wahyuni, 2022).

In addition to side effects, maternal knowledge and psychological factors play an important role in adherence to iron supplementation. Limited knowledge about anemia and appropriate iron tablet consumption has been shown to negatively affect adherence among pregnant and postpartum women. Several studies have demonstrated a correlation between knowledge, attitudes, and adherence to iron supplementation (Lati, Sukarta, & Refu, 2024; Krisdai, Mien, & Muhaimin, 2023).

#### Postpartum Maternal Care

Postpartum care for mothers with a history of anemia includes maintaining personal hygiene, meeting nutritional needs, ensuring adequate rest, and attending regular health check-ups. This study found that postpartum mothers received assistance from family members in caring for the newborn, preparing meals, and performing household tasks. Family support extended beyond husbands to include parents, siblings, and older children. Such support plays a positive role in postpartum recovery.

Previous research has shown a significant relationship between family support and maternal readiness for independence during the postpartum period (Sari & Firawati, 2023). Postpartum care is particularly important in maintaining personal hygiene. A study by Rambang and Widyastuti Wiwin (2025) found a significant association between postpartum care practices and the incidence of postpartum infections. Therefore, postpartum mothers are encouraged to perform appropriate postpartum care practices, including maintaining cleanliness, ensuring adequate nutrition, and adhering to recommended care routines.

Maternal knowledge plays a crucial role in postpartum care. Knowledge regarding postpartum wound care has been shown to influence perineal wound healing (Salamah, 2023; Rumini, 2020). Furthermore, proper personal hygiene in perineal care has been associated with faster wound healing during the postpartum period (Sarwa et al., 2025).

Thus, postpartum care, particularly for mothers with a history of anemia, should be viewed as a multidimensional process encompassing physical, psychological, and social aspects. Personal hygiene practices, adequate nutrition, sufficient rest, family support, and routine health examinations interact synergistically to determine successful postpartum recovery.

## CONCLUSION

Overall, postpartum care behavior among mothers with a history of anemia remains suboptimal. Knowledge, cultural beliefs, and motivation play crucial roles in shaping maternal health behavior. A comprehensive improvement strategy involving educational interventions, nutritional support, and strengthened family and healthcare collaboration is needed to accelerate recovery and prevent recurrent anemia during the postpartum period.

## SUGGESTION

Healthcare providers are advised to enhance education and nutritional assistance for postpartum mothers with a history of anemia through counseling and home visits. Families are encouraged to play an active role in supporting maternal nutrition and self-care. Future research should examine other contributing factors, such as dietary patterns and social support, in preventing postpartum anemia.

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