

GIVING BOOKED CHICKEN EGGS WHITE AFFECTS PERINEAL WOUND HEALING

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ABSTRACT PEMBERIAN PUTIH TELUR AYAM REBUS MEMPENGARUHI PENYEMBUHAN LUKA PERINEAL

Background : For women, perineum is very important. Stretching and tearing on perineum during childbirth process can weaken the pelvic floor muscles in the vaginal wall. Trauma on perineum causes discomfortable feeling and pain when doing sexual intercourse. It is estimated around 85% of mothers who giving a birth have experience of tearing in the birth canal.

Purpose : by known the influence of giving boiled chicken eggswwhite toward perineal wound healing.

Methods: kind of quantitative research, Quasi- experimental research design by using *Pretest-Posttest Control Group design* approach, this study was done in worked area of Serupa Indah Public Health Center. The sample of the study is 32 postpartum mother by detailing 16 interventions, and 16 controls. This study was conducted on February – July 2021, purposive sampling technique, this research uses univariate and bivariate Man Witney's analysis.

The result : the average of perineal wound in the first day for the group who was not given boiled chicken eggswwhite by *Mean 6,69 Min 5 Max 8*. Perineal wound in the seventh day for the group who was not given boiled chicken eggswwhite by *Mean 1,81 Min 0 Max 4*. For the result of statistical test is gotten, *P-value= 0.029 (<0,05)*.

Conclusion: there is the influence of giving boiled chicken eggswwhite toward perineal wound healing.

Suggestions: for medical workers are hoped to educate society about the importance of protein intake one of them is egg for would healing, especially the wound of perineum.

Keyword: Protein, egg, perineum

ABSTRAK

Latar Belakang: Bagi perempuan, perineum sangatlah penting. Peregangan dan robekan pada perineum selama proses persalinan dapat melemahkan otot – otot dasar panggul pada dinding vagina. Trauma pada perineum juga menimbulkan rasa tidak nyaman dan nyeri pada saat berhubungan seksual. Diperkirakan 85% ibu bersalin mengalami robekan jalan lahir

Tujuan: Diketahui pengaruh pemberian putih telur ayam rebus terhadap penyembuhan luka perineum.

Metode: Jenis penelitian kuantitatif, rancangan penelitian quasy eksperimen dengan pendekatan *Pretest-Posttest Control Group design*, penelitian dilakukan diwilayah kerja puskesmas serupa indah, sampel dalam penelitian ini sebanyak 32 ibu nifas dengan pembaguan 16 intervensi, 16 kontrol, penelitian ini dilakukan pada bulan Februari-Juli Tahun 2021, teknik sampling *purposive sampling*, penelitian menggunakan analisa univariat dan bivariat *man witney*

Hasil: Rata-rata luka perineum pada hari 1 kelompok yang tidak diberi putih telur ayam rebus dengan *Mean 6,69 Min 5 Max 8*.luka perineum pada hari 7 kelompok yang tidak diberi putih telurayam rebus dengan *Mean 1,81 Min 0 Max 4*.Hasil uji statistic didapatkan nilai *P-value= 0.029 (<0,05)*

Kesimpulan: terdapat pengaruh pemberian putih telur ayam rebus terhadap penyembuhan luka perineum.

Saran : Bagi tenaga medis diharapkan dapat mengedukasi masyarakat tentang pentingnya asupan protein salah satunya telur untuk penyembuhan luka khususnya luka perineum.

Kata kunci: Protein, telur, perineum

INTRODUCTION

Perineal Rupture is a tearing that occurs when the baby is born spontaneously or with tools or actions. Generally, Perineum's tearing occurs in the midline and can be extensive if the baby's head is born too fast. A tearing occurs in almost of all

primiparas (Winkjosastro, 2005; Rochmayanti et.al, 2019). Perineal Rupture is a complication of vaginal's childbirth as the main cause the occurrence of vaginal incontinence, for the women in this world and until this time, its management is still limited (Akbar et.al, 2020).

For Women, perineum is very important. Stretching and tearing on perineum during childbirth process can weaken the pelvic floor muscles in the vaginal wall. Trauma on perineum causes discomfortable feeling and pain when doing sexual intercourse (Barret et.al 2000, Eason et all 2002: Aprillia, 2010). It is estimated around 85% of mothers who giving a birth have experience of tearing in the birth canal (Kettle and Tohil 2008: Aprillia,2010).

The occurrence of perineal tearing can cause some effects such as 10 % of the women feel uncomfortable pain and it will be ended 3 – 18 months after giving birth. Infection after childbirth is risked to be happened. It is because the wound does not unite soon, as the result appearing of scar tissue (Mochtar, 2013: Andanawarih, 2021).

One of solutions for postpartum mother is an idea that gotten from the world like animal food , namely boiled eggs. Eggs are type of animal protein's side dish which is cheap and easy to be founded, economic and one of the most nutrients –dense foods. Nutritional content of whole boiled eggs contains more than 90 % calcium and iron. One egg contains 6 grams of quality protein and essential amino acids. On this research, boiled eggs and proven to heal wound of perineum sutures in postpartum or post partem mother because the accelerating wound healing of perineum in puerperium is highly expected to avoid postpartum mother from the dangers of infection (Rifani,2017: Dewi,2019).

Protein is the main ingredients in forming of tissue cells, *abik*, body tissues, plants, either human

or animals' body. It is because protein called as building element (Moehji, 2017). It is strengthen by the research that conducted by Aisyah & Dali (2018). The effectivity of consuming boiled chicken eggswwhite toward Perineal Wound healing in the area of Pulubala public health center , Gorontalo district. Based on the result of statistical test by using *chi square* with $\alpha=0,05$ gotten $p = 0.000$ which means there is an effectivity of consuming boiled chicken eggswwhite toward Perineal Wound healing in the area of Pulubala public health center , Gorontalo district.

RESEARCH METHODOLOGY

The methods of this research are kind of quantitative research, *quasy experiment* research design by using *Pretest-Posttest Control Group design* approach. This study was conducted in the worked area of Serupa Indah Public Health Center, by sampling of this research was 32 postpartum mothers by detailing, 16 intervention, and 16 controls. This study was conducted on February – July 2021, purposive sampling technique, this research used univariate and bivariate Man Witney's analysis.

RESEARCH RESULT

From the table can be known that the average of perineal wound healing before given boiled chicken eggswwhite is 5,94 with the value *Min* 4 and *Max* 7. The average of perineal wound healing after given boiled chicken eggswwhite is 0,94 with the value *Min* 0 and *Max* 3.

Table 1
The Average of Perineal Wound toward the Group who given boiled Chicken eggswwhite

Perineum Wound	N	Mean	Min-Max	Std. Dev	Std. Error
Pre-test	16	5,94	4-7	0,854	0,213
Post-test	16	0,94	0-3	1,063	0,266

Table 2
The Average of Perineal Wound toward the group who is not given boiled chicken eggswwhite

Perineum Wound	N	Mean	Min-Max	Std. Dev	Std. Error
The 1 st day	16	6,69	5-8	0,793	0,198
The 7 th day	16	1,81	0-4	1,109	0,277

From the table 2 can be known that the average of Perineal wound healing on the first day of the group who is not given boiled chicken eggswwhite is 6,69 with the value *Min* 5 and *Max* 8. Then, the

average of perineal wound on the seventh day of the group who is not given boiled chicken eggswwhite is 1,81 with the value *Min* 0 dan *Max* 4.

Table 3
The influence of giving Boiled Chicken eggswwhite toward Perineal wound healing

Variable	N	Mean	Std. Dev	SE	P -Value
Post-test (boiled eggs)	16	0,94	1,063	0,266	0,029
Post-test(Control)	16	1,81	1,109	0,277	

From the table 3 is known that the average of perineal wound healing after given boiled chicken eggswwhite is 0,94 , the average of perineal wound healing on the seventh day of the group who is not given boiled chicken eggswwhite is 1,81. From the result of statistical test is gotten that the value P-value= 0.029 (<0,05) which means there is an influence of giving boiled chicken eggswwhite toward perineal wound healing.

DISCUSSION

Perineum is the surface part of the pelvic inlet which located from vulva and anus by length around 4 cm (Rochmayanti et.al, 2019). Most of perineal wound can be classified as the inside wound because of tissue trauma that involves coating under epidermis and dermis. Someone who have wound, the body will give reaction toward the occurrence of the wound itself (Susilowati, 2022)

Eggs contain high amount of vitamins and minerals. Eggs are a protein source for the human's body too. The content of protein in each boiled egg is 6,3 gram (Subandi, 2021). Protein is very important to form enzymes, antibody, and some hormones. So that, by consuming the food which high protein can fasten wound drying (Dinoyo,2013). Protein has important role in all phase of wound healing. The role of protein in composing is more than a half of cells, such as cells size, cells structure, and communication among the cells. Protein has function in protecting cells and body tissue. Each cells in the body either membrane or cytoplasmic contains protein which is used to synthesis and cleavage in wound healing. The supply of protein is very importan for collagen synthesis, angiogenesis, proliferation of fibroblast , the function of body's immune , tissue remodeling and wound contraction (Gropet et al, 2009; Mardiyantoro et.al,2018)

It is compatible with the research that conducted (Santika ,et.al, 2020) by entitled the influence of giving boiled eggs with speed-up of perineal wound healing. By known the result of statistical test is gotten the value P-Value =0.007 (<0,05) which means there is the influence of giving boiled eggs with speed-up of perineal wound healing.

Wound healing goes through some process. Nutrition is one of the most important factors, one of them is protein intake. It is compatible with its role in which the protein can help in protecting cells and new tissue. High enough protein content on eggs can help

to fulfill protein intake which is needed by body during perinial wound healing. Not all of people have the same time span in the length of perineal wound healing, there are many factors which can fasten wound healing that overlap and has correlation one with another such as the existence of infection or not , kinds of wound and intervention on the wound.

CONCLUSION

The average of perineal wound healing after given boiled chicken eggswwhite is 0,94 , the average of perineal wound healing on the seventh day toward the group that is not given boiled chicken eggswwhite is 1,81 . the result of statistical test is gotten P-value= 0.029 (<0,05) which means there is an influence of giving boiled chicked eggswwhite toward perineal wound healing.

SUGGESTIONS

For medical workers are hoped to educate society about the importance of protein intake one of them is egg for wound healing , especially the wound on perineum. For postpartum mothers are hoped to choose the eggs as the alternative of protein intake during perineal wound healing.

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