

FOOD ABSOLUTE PROMOTION IN THE PROCESS OF PERINEUM WOUND HEALING USING COUNSELING MEDIA

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ABSTRAK : PROMOSI PANTANG MAKANAN DALAM PROSES PENYEMBUHAN LUKA PERINEUM MENGGUNAKAN MEDIA PENYULUHAN

Latar belakang; Budaya pantang makanan di masa nifas masih banyak terjadi di Indonesia yang menyebabkan lamanya proses penyembuhan luka perineum. Untuk menghadapi budaya tersebut, ibu nifas perlu diberikan penyuluhan. Berbagai media dapat digunakan untuk melakukan penyuluhan seperti media video dan leaflet yang bertujuan meningkatkan pengetahuan ibu nifas tentang budaya pantang makanan dalam proses penyembuhan luka perineum.

Tujuan; mengetahui perbedaan peningkatan pengetahuan ibu nifas tentang pantang makanan dalam proses penyembuhan luka perineum menggunakan media video dan leaflet

Metode: Jenis penelitian yang digunakan *Quasi Experimental* dengan *Pretest-posttest control group design*. Lokasi penelitian dilaksanakan di Poskesdes Mahang Sungai Hanyar dengan jumlah sampel 30 orang ibu nifas yang dibagi menjadi dua kelompok yaitu kelompok eksperimen dengan menggunakan media video, dan leaflet. Analisa data menggunakan Uji T

Hasil; Hasil analisis didapatkan ada perbedaan rata-rata antara peningkatan pengetahuan pretest dengan posttest pada media video dan leaflet dengan nilai Sig (2-tailed) sebesar $0.000 < 0.05$ dan nilai rata-rata media video (-1.533) serta leaflet (-1.867).

Kesimpulan: Ada perbedaan peningkatan pengetahuan dengan penyuluhan menggunakan media video dan leaflet

Kata kunci : Pantang Makanan, Luka Perineum, Media Video Dan Leaflet

ABSTRACT

Background; The culture of abstinence from food during the puerperium still occurs in Indonesia which causes the perineal wound healing process to take longer. To deal with this culture, postpartum mothers need to be given counseling. Various media can be used to provide counseling such as video media and leaflets that aim to increase the knowledge of postpartum mothers about the culture of abstinence from food in the perineal wound healing process.

Objective; knowing the difference in increasing knowledge of postpartum mothers about food abstinence in the perineal wound healing process using video media and leaflets

Methods: The type of research used is *Quasi Experimental* with *Pretest-posttest control group design*. The research location was carried out at Poskesdes Mahang Sungai Hanyar with a sample of 30 postpartum mothers who were divided into two groups, namely the experimental group using video media, and leaflets. Data analysis used t Test

Results; The results of the analysis showed that there was an average difference between increasing pretest and posttest knowledge on video media and leaflets with a Sig (2-tailed) value of $0.000 < 0.05$ and an average value of video media (-1.533) and leaflets (-1.867).

Conclusion: There is a difference in increasing knowledge with counseling using video media and leaflets

Keywords: Abstinence of Food, Perineal Wounds, Video Media and Leaflets

INTRODUCTION

Postpartum care is a very important factor to pay attention to, especially regarding nutrition in postpartum mothers. Nutritional problems have a big

influence on the postpartum period, especially in Indonesia, which cannot be separated from local cultural factors. This is due to the existence of beliefs and taboos on some foods. One of them is the Banjar

tribe who inhabit most of South Kalimantan. Traditions related to pregnancy, birth and postpartum ceremonies are still important for the Banjar people. Pregnant and postpartum women in the Banjar ethnic group also recognize restrictions passed down from their ancestors, aiming to prevent mothers during pregnancy and childbirth from situations that could endanger the mother. Strong abstinence related to abstinence from food during pregnancy and childbirth can have a negative impact on health and maternal morbidity rates (Sari, 2017).

Abstinence from food for a long time can be bad for the health and morbidity of the mother. Adequacy of nutrients plays an important role in the process of wound healing. This abstinence is due to recommendations or the culture that prevails in the family. According to Ayu's research (2020), food taboos that often occur are, for example, prohibited from eating meat, eggs and chicken (53.5%), mustard greens and spinach (12.4%), abstinence from hot foods (6.3%), and abstinence from marine fish (27.8%), all of these food restrictions interfere with the wound healing process, especially perineal wounds and can cause infection (Ayu, 2020)

Infection is one of the complications experienced by postpartum mothers and can cause discomfort during the postpartum phase. Infection is not only experienced by mothers who give birth by Caesarean section, mothers who give birth normally can also experience infection. As many as 11% of women who gave birth normally experienced perineal infections. One of the risk factors for perineal infection is prolonged wound healing at the suture marks on the perineum. Healing of stitches on the perineum is influenced by several factors, including the quality of sleep, wound care, suturing techniques, and knowledge of postpartum mothers about perineal wound care. In addition, nutritional factors are also considered to play an important role in the perineal wound healing process. Good nutritional status will be achieved if the mother consumes diverse, nutritious and balanced foods (Rahmawati, 2015)

Sulistianingsih's research (2019) shows that the most dominant factor that makes the process of perineal wound healing take a long time is abstinence from food (Sulistianingsih, 2019). Marcelina's research (2018) shows that almost 76% of postpartum mothers who do not abstain from food almost entirely (82%) heal the wound is good. The statistical test results obtained $p = 0.000 < \alpha = 0.05$, it was concluded that the more the mother abstains from food needed during childbirth, the more it will affect the healing of perineal wounds (Marcelina, 2018). And based on Frilasari's research (2020) it

shows that 63.3% of postpartum mothers have good nutritional patterns and good perineal wound healing (Frilasari, 2020)

In dealing with the culture that occurs in this community, postpartum mothers need to be given counseling or counseling about abstinence from food and its effect on healing perineal wounds so that it is hoped that mother's knowledge can be increased in providing positive motivation for mothers. With the increase in mother's knowledge, it is hoped that postpartum mothers will no longer practice abstinence from food. Because by abstaining from food the postpartum mother cannot meet her nutritional needs so that it has an impact on the healing process of the perineal suture wound which is longer and is feared to cause infection (Frilasari, 2020).

This counseling can be done using several learning media. According to Arsyad (2011) learning media are all tools that can be used to assist in conveying a concept, idea or subject matter in teaching and learning activities and conducting counseling. There are many kinds of media, for media counseling that can be used including videos and leaflets (Arsyad, 2011)

The use of video as a means of health education is now starting to be developed along with current technological advances. Health education through video media has advantages in terms of providing good visualization so as to facilitate the process of absorbing knowledge. Video is included in the audio-visual media because it involves the senses of hearing as well as the sense of sight. This audiovisual media is able to produce better learning outcomes for tasks such as remembering, recognizing, recalling and connecting facts and concepts (Imran, 2017). Rarome's research, (2019), states that health education media or outreach with videos is more effective than flipchart media in increasing knowledge and positive attitudes. While leaflet media can be used to provide information that cannot be given orally and reduce the need to take notes (Rarome, 2019), Imran's research, (2017), shows that leaflets have a role in increasing knowledge (Imran, 2017).

RESEARCH METHODS

This research method is a quasi-experimental research with pretest-posttest control group design. In this study, the authors used two groups, namely the video media group and the leaflet media. This group will be given the same treatment, namely pretest first, treatment, then post test. The study population was postpartum mothers at Mahang Sungai Hanyar Poskesdes with a total sample of 30

respondents divided into 2 groups, each group consisting of 15 respondents, samples were taken by probability sampling technique. The data used are primary data, namely data directly taken from research subjects. Data was collected, processed and analyzed using the t test.

RESEARCH RESULT

Univariate analysis

Table 1
Distribution of Increasing Knowledge of Postpartum Mothers About Food Abstinence In the Process of Healing Perineal Wounds Through Video Media in 2022 at the Mahang Sungai Hanyar

Category	Videos Group			
	Pre-test		Post-test	
	n	%	N	%
Good	0	0	13	87
Pretty Good	7	46,7	2	13
Not god	8	53,3	0	0

Bivariate analysis

Table 3
Increasing Knowledge of Postpartum Mothers About Abstinence from Food in the Process of Healing Perineal Wounds Using Video Media and Leaflets at the Mahang Sungai Hanyar

Group	n	Pre-post Mean	SD	T	Low	Upper	P value
Video	15	-1.533	0.516	-11.500	-1.819	-1.247	0.000
Leaflet	15	-1.867	0.352	-20.546	-2.062	-1.672	0.000

Based on table 3 showing the results of the paired t-test in the Video experimental group and the Leaflet experimental group with a p-value of 0.000, it can be concluded that there is a difference in increasing the knowledge of postpartum mothers about abstinence from food in the process of healing perineal wounds between before and after counseling with video media and leaflets (p value <0.05). The mean ± SD value in the Video and Leaflet groups, namely the pretest and posttest results for video media was -1.533 ± 0.516 and for leaflet media -1.867 ± 0.352.

DISCUSSION

The increase in knowledge is due to the learning process by the respondent and occurs because of an increase in the subject's sensitivity or readiness for the test given to the respondent. Knowledge is the result of knowing what happens after people sense a certain object. Sensing occurs through the senses of sight, hearing, smell and

Table 2
Distribution of Increasing Knowledge of Postpartum Mothers About Food Abstinence In the Process of Healing Perineal Wounds Through Media Leaflets in 2022 at the Mahang Sungai Hanyar

Category	Leaflet Group			
	Pre-test		Post-test	
	N	%	n	%
Good	0	0	10	67
Pretty Good	2	13,3	5	33
Not Good	13	86,7	0	0

Based on tables 1 and 2, it is known that before being given counseling using video media, postpartum mothers had balanced knowledge and after being given knowledge counseling, the majority of postpartum mothers had good knowledge, 87%. whereas in the leaflet group before being given counseling the majority of mothers had less knowledge 86.7%, after being given counseling the majority of knowledge of postpartum mothers became good 67%.

touch. Most of human knowledge is obtained through the eyes and ears.

Increased knowledge through Video Media

Video media is one type of audio-visual media. Audio-visual media is media that relies on the senses of hearing and sight. Audio visual media is one of the media that can be used in listening learning. According to the research by Telly Khatarina and Yuliana (2017) concluded that there is an effect of counseling through audio-visual with the results of knowledge after counseling. 32 This research is in line with the research of Lia Kurniasari (2017) which shows that knowledge can be influenced by the provision of video media because video can reflect the absorption of information that is more effectively by using the senses of sight and hearing and can increase knowledge compared to just using the sense of sight. 33 while research (Igiyany, 2016), said the information provided to respondents using audio-visual or video media is understandable because each respondent will easily

observe if there is visible images and audible sounds. In this case it is considered efficient and practical, video is easier to understand and can be shown repeatedly so it is effective for changing the views of the target to be intervened (Igiyany et al., 2016). According to the writer's assumption, Knowledge can be increased through Audio Visual media. Because Audio Visual relies on hearing and sight from the material presented, so it can improve brain abilities, especially brain acuity and memory through media that can be heard and seen.

Increased knowledge through Media Leaflets

Leaflets are small sheets of paper containing printed messages to be distributed to the general public as information about a matter or event. The advantage of leaflets is that the presentation of leaflets can be said to be simple and concise. Leaflets can be distributed on various occasions in terms of roles and functions. Even though it has a more complicated and colorful design than a flyer, its simple design means that it doesn't take the recipient much time to read it. 34 According to research by pusparina (2019), the results of the study show that there is an effect of leaflet media on knowledge. 35 This study is not in line with Putri Larasari's research (2015) analysis of the effect of knowledge on the rationality of antibiotic use behavior during the pre-test and during the post-test shows where before and after counseling with the help of knowledge leaflet media does not affect the rationality of the behavior of using antibiotics. 36 According to the author's assumption Knowledge can be increased through print media or electronic media. So if we hold counseling should be able to use the media. Leaflet media can also increase one's knowledge because there are explanations in accordance with the material presented

Differences in increasing knowledge between video media and leaflets

There is an increase in the knowledge of postpartum mothers about abstinence from food in the process of healing perineal wounds using video and leaflets at the Mahang Sungai Hanyar Poskesdes. Video media relies on the hearing and sight of the target, where the use of audiovisual involves all the senses, so that the more senses are involved to receive and process information, the more likely the contents of the information can be understood and retained in memory, and with moving image effects and sound effects can make it easier for the audience to understand news content so that they can add to their knowledge (Maulana et al., 2009), while a leaflet is an information medium that

has been assembled into concise and clear information so that it can make it easier for everyone to understand the information that has been provided. The information contained in the leaflet must use grammar that is easy for everyone to understand. The title contained in the leaflet must also be made attractive and can be combined with pictures related to the contents of the leaflet. Then the contents in the leaflet must be adjusted to the target to be given the intervention (Yulianti et al., 2011) videos have a greater effect on increasing knowledge. According to the writer's assumption, counseling using video media is more effective than counseling using leaflet media because there are pictures, sounds, movements in video media so that the respondents have a sense of curiosity to see it. Rather than media leaflets that must take time to read, so the respondents are lazy

CONCLUSION

There is a difference in the average level of knowledge of postpartum mothers regarding abstinence from food in the process of healing perineal wounds before and after counseling with video media and leaflets. The results of video media are more effective than leaflet media.

SUGGESTION

It is hoped that health workers at the Mahang Sungai Hanyar will provide counseling to postpartum mothers more frequently regarding nutritious and balanced food that must be consumed during the postpartum period to accelerate the healing of perineal wounds so that there are no postpartum mothers who abstain from eating during the postpartum period through various types of media.

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