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MOTHER'S KNOWLEDGE ABOUT THE BENEFITS OF DATES (*Phoenix dactylifera L.*) AS AN EFFORT TO SPREAD LABOR

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ABSTRAK: PENGETAHUAN IBU TENTANG MANFAAT KURMA (*Phoenix dactylifera L.*) SEBAGAI UPAYA MEMPERLANCAR PERSALINAN

Latar Belakang: Kebutuhan cairan dan nutrisi merupakan kebutuhan fisiologis yang harus dipenuhi ibu secara adekuat selama persalinan. Salah satu buah yang mengandung banyak energi adalah kurma. Kurma mengandung banyak karbohidrat, mempengaruhi jalannya persalinan dan spontanitas persalinan serta mengurangi perdarahan setelah melahirkan. Kurma juga mengandung vitamin B, mineral, zat besi, kalsium, magnesium, potasium, asam lemak jenuh dan asam lemak tak jenuh. Asam lemak juga menyediakan energi untuk prostaglandin. Asam lemak dapat membantu menyimpan energi dan memperkuat otot-otot rahim. Kurma juga mengandung hormon yang dapat meregangkan rahim menjelang kelahiran bayi.

Tujuan: Mengetahui gambaran pengetahuan ibu tentang manfaat kurma (*Phoenix dactylifera L.*) sebagai upaya memperlancar persalinan.

Metode: Jenis penelitian ini menggunakan jenis penelitian deskriptif. Sampel dalam penelitian ini adalah ibu hamil trimester III yang berjumlah 40 orang. Penelitian ini menggunakan teknik pengumpulan data melalui kuesioner secara door to door. Data yang diperoleh dianalisis secara univariat dengan menggunakan program SPSS dan disajikan dalam bentuk distribusi frekuensi dan persentase.

Hasil: Berdasarkan distribusi frekuensi gambaran pengetahuan tentang manfaat kurma berdasarkan karakteristik didapatkan bahwa pengetahuan responden tentang manfaat kurma sebagian besar baik yakni berjumlah 21 (52.2%). Sedangkan yang pengetahuan cukup berjumlah 19 (47.5%).

Simpulan: Pengetahuan responden sebagian besar memiliki pengetahuan yang baik mengenai manfaat kurma (*Phoenix dactylifera L.*) sebagai upaya memperlancar persalinan.

Saran: Kurma sangat dianjurkan untuk dikonsumsi oleh ibu hamil, ibu menyusui dan anak-anak untuk mendukung tumbuh kembang fisik dan kecerdasan yang optimal.

Kata Kunci: Pengetahuan, Manfaat, Kurma, Persalinan

ABSTRACT

Background: Fluid and nutritional needs are physiological needs that must be met adequately by the mother during labour. One fruit that contains a lot of energy is the date. Dates contain a lot of carbohydrates, affect the course of labor and the spontaneity of labor and reduce bleeding after childbirth. Dates also contain B vitamins, minerals, iron, calcium, magnesium, potassium, saturated fatty acids and unsaturated fatty acids. Fatty acids also provide energy for prostaglandins. Fatty acids can help store energy and strengthen the uterine muscles. Dates also contain hormones that can stretch the uterus before the baby is born.

Purpose: To find out the description of mother's knowledge about the benefits of dates (*Phoenix dactylifera L.*) as an effort to facilitate labor.

Method: This type of research uses a descriptive research type. The sample in this study were third trimester pregnant women, totaling 40 people. This study used data collection techniques through door to door questionnaires. The data obtained were analyzed univariately using the SPSS program and presented in the form of frequency and percentage distributions.

Results: Based on the frequency distribution of knowledge about the benefits of dates based on characteristics, it was found that the respondents' knowledge about the benefits of dates was mostly good, namely 21 (52.2%). While those with sufficient knowledge amounted to 19 (47.5%).

Conclusion: Most of the respondents have good knowledge about the benefits of dates (*Phoenix dactylifera L.*) as an effort to facilitate labor.

Suggestion: Dates are highly recommended for consumption by pregnant women, nursing mothers and children to support optimal physical and intelligence growth.

Keywords: Knowledge, Benefits, Dates, Childbirth

INTRODUCTION

The success of maternal health efforts, among others, can be seen from the indicator Maternal Mortality Rate (MMR). AKI is the number of maternal deaths during pregnancy, childbirth and childbirth caused by pregnancy, childbirth and childbirth or their management but not due to other causes such as accidents or ⁴ in every 100,000 live births. The results of the 2017 Indonesian Demographic and Health Survey show that the Maternal Mortality Rate in Indonesia is still high, namely 305 per 100,000 live births (Kementerian Kesehatan RI, 2017).

Based on data in the 2019 Indonesia Health Profile, the maternal mortality rate in 34 provinces in Indonesia in 2018-2019 decreased from 4,226 to 4,221 maternal deaths in Indonesia based on reports. In 2019 the most common causes of maternal death were bleeding (1,280 cases) and hypertension during pregnancy (1,066 cases) (Kementerian Kesehatan RI, 2019).

Data on the health profile of West Nusa Tenggara Province in 2020, the number of maternal deaths in 2020 was 122 deaths, where the highest number of death cases were in East Lombok Regency, namely 43 cases, followed by Central Lombok 29 cases, and West Lombok 14 cases (Dinas Kesehatan Provinsi NTB, 2020).

Based on data in the 2020 West Nusa Tenggara Province Health Profile, the main causes of maternal death in West Nusa Tenggara Province are bleeding (38 cases) and hypertension in pregnancy (31 cases) (Dinas Kesehatan Provinsi NTB, 2020).

Prolonged labor and bleeding is a very serious problem that until now has not been resolved and has even become a big scourge in the world of obstetrics. During the delivery process greatly affects the quality of the baby being born. Fluid and nutritional needs are physiological needs that must be met by the mother during labor (Kumiarum, 2016).

Childbirth is a normal process characterized by uterine contractions that cause significant dilation of the cervix, accompanied by expulsion of the fetus and placenta from the woman's body (Azis et al., 2020; Begley et al., 2019). The delivery process requires a lot of energy and stamina so that additional sources of energy are needed from outside the body which can help conserve the use of glycogen stores during labour (Giugliano et al., 2008). Lack of nutritional intake during labor can lower blood glucose

levels, cause muscle fatigue which is characterized by high levels of lactate in the blood, and inadequate uterine contractions. Lack of nutritional intake during childbirth can have a negative impact on the mother, child and the course of labor (Maharaj, 2009).

Childbirth is influenced by three main elements, namely energy (his strength of straining), the condition of the birth canal, and the size of the fetus. In addition to the psychological condition of the mother, the ability of the helper can affect the delivery process. Good uterine contractions, balanced by the optimal strength of the mother's pushing, so the baby can be pushed out until it is born. Uterine contractions and the mother's ability to strain can be optimized by providing adequate nutrition, especially in the first stage of labor (I). During childbirth, mothers need patience and excellent physical condition, so it is very important to eat nutritious food before giving birth (I gusti ayu Adnyawan, 2013).

Nutrition is prioritized to cover the energy needed for uterine contractions. The labor process in phase 1 of the active phase requires a lot of energy, so the nutritional needs in phase 1 require special attention from the maternity manager (Pascawati et al., 2019). Maternal nutrition in labor, especially in the first phase of labour. Work can be obtained from food that contains quite a lot of energy (Kamaruddin et al., 2019).

Good nutrition before and during labor is part of mother's love. Pregnant women really need lots of sweet drinks and foods because the contractions of the uterine muscles become more frequent, especially if they last for a long time. In addition, at 27-36 weeks of gestation, levels of the hormones estrogen and progesterone change within 5 weeks. Together, these changes increase the irritability and sensitivity of the uterus to factors that stimulate contractions (Kordi et al., 2014).

The work energy demands are believed to be similar to those of sustained moderate aerobic exercise. From several existing research journals, the energy needs of birthing mothers have been estimated at 50-100 kcal/hour (Malin et al., 2016). Rahmani et al., (2012), in his research stated that the average level of carbohydrate intake of 47 Kcal / hour can prevent ketosis.

In principle, the mother still needs all the nutrients needed during delivery, only physiological changes occur during delivery, such as delays in

gastric emptying and gastrointestinal motility, which means that the absorption of nutrients takes longer. Apart from that, psychological changes also occur during childbirth, such as B. Afraid of giving birth, the mother does not want to eat and drink. This is also because the pain from the contractions increases. The nutritional needs of mothers in labor can be met by giving fluids that are easily digested and converted into energy, tasty (not causing nausea), comfortable and suitable for childbirth (Bobak L, Lowdermilk D, 2004).

One fruit that contains large enough energy is the date palm. Dates (*Phoenix dactylifera L.*) are an ideal food that provides a variety of important nutrients and health benefits. Dates are highly recommended for consumption by pregnant women, nursing mothers and children to support optimal physical and intelligence growth (Fitriyani, 2013). Dates contain fructose and glucose, all of which are energy sources that are easily absorbed by the body (Kamaruddin et al., 2019).

Kordi et al., (2014), showed in his research that dates contain lots of carbohydrates as an energy source, affect the progress of labor, the spontaneity of labor and reduce postpartum hemorrhage. Carbohydrates as an additive are sugars that are absorbed and used by the body's cells shortly after consumption. Dates also contain B vitamins, minerals, iron, calcium, magnesium, potassium, saturated fatty acids and unsaturated fatty acids. Fatty acids also provide energy for prostaglandins. Fatty acids can help store energy and strengthen the uterine muscles. Dates also contain hormones that can stretch the uterus when the baby is born.

Saadah's research, showed that some mothers who were given dates had a shorter second phase of labor and others had a normal labor phase (Saadah, 2011). In line with Mugi's study, which showed that the length of the first stage in the group given dates was faster than the control group which was not given dates (Mugi, 2017)

Martasari et al., (2019), combining dates into mix-juice with a mixture of fruits, Tunisian dates, honey, and red beans, which were given to 30 mothers during the first later phase. It was found that giving a mixed drink of date juice during the first stage of labor had an effect on the progress of uterine contractions and cervical dilatation.

Based on the statement above, the authors are interested in research that aims to find out the description of mother's knowledge about the benefits of dates (*Phoenix dactylifera L.*) as an effort to facilitate labor.

METHOD

This type of research uses a descriptive research type, in which to find out an accurate description of the mother's knowledge about the benefits of dates (*Phoenix dactylifera L.*) as an effort to facilitate labor.

This research was conducted in Jempong Baru Village, Sekarbela District, Mataram City, West Nusa Tenggara from November 2022 to January 2023. The sample in this study were third trimester pregnant women, totaling 40 people.

This study used data collection techniques using questionnaires distributed door to door. The data obtained were analyzed univariately using the SPSS program and presented in the form of frequency and percentage distributions.

RESULT

1. Characteristics of Respondents

Table 1 Distribution of Respondents

Category	N	%
Age		
At risk (< 20 years or > 35 years)	8	20
Not At Risk (20 to 35 years)	32	80
Education		
Low (≤ Junior High School)	20	50
Height (≥ High School)	20	50
Parity		
At risk (> 3)	0	0
Not At Risk (≤ 3)	40	100
Pregnancy Distance		
At risk (< 2 tahun)	2	5
Not At Risk (≥ 2 tahun)	38	95

Based on table 1 above, it can be stated that most of the respondents who are reproductively healthy are aged 20-35 years with a frequency of 32 respondents (80%). The frequency of respondents' education was the same between lower education or junior high school and higher education or high school, namely 20 respondents (50%) each. The parity of respondents was 100% not at risk or 3. Respondents with pregnancies spacing were mostly not at risk or > 2 years with a frequency of 38 respondents (95%).

2. Analisis Univariat

Table 2 Distribution of Knowledge About the Benefits of Dates

Category	N	%
Good	22	55
Enough	18	45
Total	40	100

Based on table 2 above, it can be stated that the respondents' knowledge about the benefits of

dates is mostly good, namely 22 (55%). While those with sufficient knowledge amounted to 18 (45%).

Table 3. Frequency distribution of knowledge about the benefits of dates based on characteristics

Characteristics	Knowledge level			
	Good		Enough	
	N	%	N	%
Age				
At risk (< 20 years or > 35 years)	3	7.5	5	12.5
Not At Risk (20 to 35 years)	19	47.5	13	32.5
Education				
Low (≤ Junior High School)	9	22.5	11	27.5
Height (≥ High School)	13	32.5	7	17.5
Parity				
At risk (> 3)	0	0	0	0
Not At Risk (≤ 3)	22	65	18	45
Pregnancy Distance				
At risk (< 2 tahun)	0	0	2	5
Not At Risk (> 2 tahun)	22	65	16	40

Based on table 3 above, it can be stated that the respondents' knowledge about the benefits of dates is mostly good, namely 21 (52.2%). While those with sufficient knowledge amounted to 19 (47.5%).

Based on junior high school education, most of them had a sufficient level of knowledge with a frequency of 27.5% and high school education mostly had a good level of knowledge with a frequency of 32.5%. Based on parity not at risk 3 most of the knowledge level is good with a frequency of 65%. The spacing of risk pregnancies <2 years the level of knowledge is sufficient with a frequency of 5% and the spacing of pregnancies without risk is > 2 years, most of the levels of knowledge are good with a frequency of 62.5%.

DISCUSSION

The results of this study stated that most of the respondents had good knowledge about the benefits of dates as an effort to facilitate labor.

Birth is the process of expelling a pregnancy (fetus and afterbirth), namely nine months of pregnancy, or vice versa surviving outside the womb, with or without assistance (Chen et al., 2018). This process begins with several contractions which gradually move the cervix and end with the birth of the placenta (Geltore et al., 2018).

A meta-analysis study concluded some of the benefits of dates for the health of the body, including as an antioxidant in the body. Cellulose fiber is useful for awakening the work of the intestines, as a panacea for healing diseases caused by lack of food. This fiber cannot be digested by our

digestive system, so it can protect the body from food shortages in the stomach. Vitamin A is useful for the health and sharpness of the eyes and to prevent infection. Phosphorus and calcium are needed to form healthy bones and teeth. Phosphorus also plays an important role as a nutrient for the brain, so that when consumed regularly, in the long run it has an intellectual effect on the brain. Magnesium is important for life activities in the body. Iron is very important for the activity of forming hemoglobin and red blood substances in the bone marrow. Zinc, needed to treat body sensitivity disease. Dried dates contain natural aspirin (acetylsalicylic acid) which can reduce pain (analgesic). Potassium is significant for overcoming fatigue, making the heart work more optimally, activating muscle contractions, and playing a role in regulating blood pressure (Nasiri et al., 2019; Kuswati & Handayani, 2019).

Dates are also good for pregnant women. Pregnant women who are about to give birth need additional sweet foods and drinks before the baby is expelled, especially if it takes a long time, due to the many contractions of the uterine muscles. The content of sugar and vitamin B1 is very useful for regulating the speed of movement of the uterus and regulates heart contractions when pumping blood into the arteries. Both of these elements are contained in ruthab (wet dates). The sugar content in ruthab is very easy for the body to digest quickly. In addition, dates can facilitate breast milk (Kuswati & Handayani, 2019; Mona Sarigih et al., 2020).

Glucose is the main substrate for metabolism needed by the uterus. Lack of energy supply in the form of glucose causes fatigue in the

uterine muscles. When fatigue sets in, the accumulated lactic acid inhibits the activity of glycolytic enzymes, disrupts the chemical reactions of muscle cells and prevents the release of Ca²⁺ ions which weaken or interfere with muscle contraction (Yuliana & Astari.RY, 2019; Martasari et al., 2019).

The results of Romadloniyah's research, show that consuming dates during pregnancy can strengthen the womb and expedite the delivery process (Romadloniyah et al., 2020).

Dates have benefits such as reducing mental tension and hysteria. This is very beneficial for mothers who are about to give birth to remain calm thereby reducing the risk of bleeding in the uterus. The absorption of dates in the body is faster when compared to the absorption of rice starch which takes a long time, so dates are a very good food because they can supply energy quickly (Satuhu, 2010).

Dates can induce labor by consuming 60-67 grams of dates per day at 4 weeks before giving birth in pregnant women. Consuming dates daily for the 4 weeks leading up to labor affects the oxytocin receptors, causing more effective contractions, and better preparing the cervix for labour (Kordi et al., 2014).

Dates contain certain stimulants that strengthen the uterine muscles in the last few months of pregnancy. This helps strengthen uterine contractions during labour. Dates are a fruit that is rich in nutrients. It contains carbohydrates, fiber, calcium, potassium, B complex vitamins, magnesium and iron. Dry dates contain 70% carbohydrates, whereas wet dates contain 60% carbohydrates in the form of glucose and fructose. These two types of sugar are harmless because they are processed naturally (Bolsinger et al., 2014). Natural glucose and fructose are very easily absorbed by the body, whose function is to replace lost energy. The energy from the sugar produced is very beneficial for pregnant women to increase their strength during labor (Rosita, 2009).

Research conducted by Al-Kuran et al., (2011), 96% of the group of pregnant women who consumed dates experienced normal delivery. Whereas in pregnant women who do not eat dates regularly, normal births only reach 79%.

Apart from being researched in the medical field about the benefits of dates for pregnant women, in the Al-Qur'an letter Maryam verse 23 it has been explained about the benefits of dates. The verse explains that, when the pain of giving birth appeared, Maryam leaned against a date palm and was ordered to shake the tree so that the dates that were

on it fell on her. Maryam ate the fallen dates as a source of energy for energy when she was about to give birth (Romadloniyah et al., 2020).

CONCLUSION

Knowledge of most of the respondents had good knowledge about the benefits of dates (*Phoenix dactylifera L.*) as an effort to facilitate labor. Dates have benefits such as reducing mental tension and hysteria. This is very beneficial for mothers who are about to give birth to remain calm thereby reducing the risk of bleeding in the uterus. Pregnant women in the process of giving birth also really need food and drinks with high sugar content with dates because of the many contractions of the uterine muscles when pushing the baby out, especially if it is done for a long time. The content of sugar and vitamin B1 is very useful for regulating the speed of movement of the uterus and regulates heart contractions when pumping blood into the arteries.

SUGGESTION

Dates (*Phoenix dactylifera L.*) are an ideal food that provides a variety of important nutrients and health benefits. Dates are highly recommended for consumption by pregnant women, nursing mothers and children to support optimal physical and intelligence growth.

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