

THE INFLUENCE OF PARITY AND AGE ON PERINEUM WOUND CARE BEHAVIORS IN PUBLIC WOMEN AT PMB N

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ABSTRACT

The behaviour of caring for perineal wounds in postpartum mothers needs attention. This is related to the risk of infection, so mothers must always maintain the cleanliness of their entire body, clothing, and environment. This study aimed to determine the relationship between respondents' age, parity, and perineal wound care behaviour. This research activity was carried out in January 2024 at the Praktik Mandiri Bidan N. This type of research was correlational with a cross-sectional design. The population in this study was postpartum mothers at the Praktik Mandiri Bidan N, with a sample of 67 respondents. The sampling technique is Accidental Sampling. This research instrument is a questionnaire multivariate data analysis with multiple linear regression analysis. The study results showed that most respondents behaved adequately in terms of caring for perineal wounds in postpartum mothers (mean 18.37). Most respondents were aged 20-23 years (73.14%). The majority of respondents had parity 1-2. The bivariate analysis results showed a relationship between age and perineal wound care behaviour ($p=0.000$, $r=0.549$), and there was a relationship between parity and perineal wound care ($p=0.000$, $r=0.535$). Multivariate analysis with multiple linear regression showed that age and parity were significantly related to perineal wound care in postpartum women. However, the t-test showed that age was predominantly related to perineal wound care behaviour. In conclusion, there is a relationship between age and parity with the perineal wound care behaviour of postpartum mothers at the Praktik Mandiri Bidan N. Age is more dominantly related to the perineal wound care behaviour of postpartum mothers.

Keywords: age, parity, perineal wound care behaviour, postpartum mothers

INTRODUCTION

MMR, according to the 2017 Indonesian Health Demographic Survey (SDKI), was 177/100 thousand live births, and IMR was 24/1000 live births (Badan Pusat Statistik, BKKBN, Kementerian Kesehatan, 2018; Susiana, 2019). Meanwhile, the SDG's 2030 target for MMR is 70/100 thousand live births, and IMR is 12/1000 live births (Sebtalesy, 2018; Susiana, 2019). The causes of maternal death in Indonesia include bleeding (30.5%), infection (22.5%) and gestosis (17.5%) (Badan Pusat Statistik, BKKBN, Kementerian Kesehatan, 2018).

The maternal mortality rate in Banjarmasin Regency, according to the South Kalimantan Provincial Health Office (2022), is reported to be 129, and the infant mortality rate (IMR) is 1 per

100 live births. Based on this data, maternal and infant mortality are serious matters that must be reduced to achieve SDG targets (Dinas Komunikasi dan Informatika Provinsi Kalimantan Selatan, 2022).

One of the causes of postpartum infection is due to wounds on the placenta and lacerations in the genital tract, including episiotomies on the perineum, vaginal walls, and cervix (Idamayanti, 2022). Wounds in the perineum due to uterine rupture, episiotomy, or laceration are areas that do not dry easily (Malawat & Laisouw, 2022). The incidence of infection due to episiotomy is still high. It is estimated that the incidence of perineal trauma or episiotomy is experienced by 70% of women who give birth vaginally, more or less experiencing perineal trauma.

Tearing of the birth canal is the second cause of bleeding after uterine atony, which occurs almost during the first delivery and is not uncommon in subsequent deliveries. Injuries are usually minor, but sometimes extensive and dangerous injuries occur. As a result of childbirth, especially in primiparas, wounds usually occur on the vulva around the vaginal introitus, which are usually not deep, but sometimes heavy bleeding can occur (Tahir et al., 2022).

Maintaining cleanliness for postpartum mothers is very important because postpartum mothers are very susceptible to infections. Mothers always need to maintain the cleanliness of their entire body, the clothes they wear, and their environment. One of the suggestions for postpartum mothers is to clean the genital area with soap and water every time after defecating. Cleaning starts from the area around the vulva from front to back, then cleaning the area around the anus (DwiJayanti, Mumtazah & Sari, 2023).

Based on the results of a preliminary study carried out at the Praktik Mandiri Bidan N, data on spontaneous births in October-December 2023 was found to be 201 spontaneous births; of the number who experienced infections, episiotomies were carried out and 150 experienced birth canal lacerations without episiotomy from October-December. 2023. Efforts made to reduce MMR are Safe Motherhood efforts. Safe Motherhood was initiated to address the vast differences between MMR in developed and developing countries. The Safe Motherhood effort is to save women so that pregnancy and childbirth can be carried out healthily and safely and produce healthy babies. The Safe Motherhood effort aims to reduce the morbidity rate of pregnant, maternity and postpartum mothers, in addition to reducing the morbidity and mortality rates of newborn babies.

Objective

This study aimed to determine the frequency distribution of respondents' age, the number of parities in respondents and the relationship between parity and perineal wound care behavior in respondents. Also, to determine the relationship between respondents' parity and perineal wound care behaviour and the correlation between age and parity and perineal wound care behaviour.

Time and place

This research activity was carried out in January 2024 at the Praktik Mandiri Bidan N. This activity was attended by 67 postpartum mothers who were at the Praktik Mandiri Bidan N.

Target

The targets for this research are postpartum mothers at the Praktik Mandiri Bidan N, with a total of 67 people.

METHOD

The sampling technique used was accidental sampling. This research instrument is in the form of a questionnaire. The researcher created the research instrument by first testing the instrument's validity at Sultan Suriansyah Banjarmasin Hospital in September 2023 on 20 postpartum mother respondents with 30 items statements. After testing the validity, 27 items that were valid and three invalid items. The reliability of the instrument's alpha value is 0.688. The data analysis used is multivariate analysis with multiple linear regression tests.

RESULTS AND DISCUSSION

Table 1. Distribution of Postpartum Mothers' Behavior Scores Based on Perineal Wound Care Behavior

Indicator	Behaviour
Mean	18.37
Median	20.00
Mode	15
Standard Deviation	4,093
Minimum	11
Maximum	26

Table 1 shows that the majority of respondents at Praktik Mandiri Bidan N scored 15 in terms of perineal wound care behavior, which was categorized as sufficient. The average value of response behaviour is 18.37 in the sufficient category. It can be concluded that the respondents' perineal wound care behaviour is categorized as adequate.

Bivariate Analysis

The analysis results using Pearson product-moment for the parity and age variables are presented in **Table 2**.

Table 2. Results of Pearson Product Moment Analysis

Variable	Pearson Correlation	Sig. (2-tailed)
Parity	0.535	0,000
Age	0.549	0,000

Based on **Table 2**, shows that there is a positive relationship between parity and perineal wound care behaviour with a moderate strength of relationship $r = 0.535$. The direction of correlation is in the same direction, meaning that the greater the parity value, the greater the value of perineal wound care behaviour in postpartum mothers. There is a positive relationship between age and perineal wound care behaviour with moderate strength of the relationship ($r=0.549$). The direction of correlation is in the same direction, meaning that it can be interpreted that the greater the age value, the greater the value of perineal wound care behaviour in postpartum mothers.

Multivariate Analysis

The results of the multiple linear regression test to determine the effect of parity and age variables are presented in **Table 3**.

Table 3. Multiple Linear Regression Test Results

Parameter	Mark	Sig.
F test	16,114	0,000
R	0.549	
R ²	0.335	
Adjusted R ²	0.315	

Based on **Table 3** above, the sig value. The F test is 0.000, so it can be concluded that with a confidence level of 95% together, the variables parity and age significantly affect perineal wound care behaviour in postpartum mothers. The practical contribution value of the independent variable to the dependent variable can be seen from the adjusted R square, namely 0.335. It can be interpreted that the contribution of the effectiveness of parity and age to perineal wound care behaviour is 33.5%, so other variables contribute 66.5%.

Table 4. Results of t-test analysis

	Unstandardized Coefficients Beta	t	Sig.
(Constant)	7,531	2,542	0.013
Parity	1,376	1,804	0.076
Age	0.277	2,173	0.034

Based on **Table 4** above, the results of the multiple linear regression equation can be obtained with the formula $Y = 7,531 + 1,376$.

The coefficient value of 1.376 indicates that an increase in parity of 1 will increase perineal care behaviour by 1.376. It can be interpreted that parity provides significant and positive changes in perineal wound care behaviour in postpartum mothers. The coefficient value of 0.277 indicates that every increase in the age variable will increase the value of perineal wound care behaviour by 0.277.

The t-test value shows the significance level of constants and independent variables. The significance of the constant variable sig.=0.0130.05 indicates that parity has no significant effect in the multiple regression. The significance of the age variable is sig.=0.034 <0.05, which indicates that age has a significant effect in multiple regression.

In general, the postpartum period tends to be related to the process of returning the mother's body to its pre-pregnancy condition, and many of these processes are related to the uterine involution process, accompanied by the healing of the placenta and wounds in the perineum (Anwar & Safitri, 2022). Successful involution is very important for maternal health, besides basic nutritional guidelines and advice on hygiene and lifestyle (Asmirah, 2020).

Postpartum infections are the second leading cause of maternal death after bleeding if not treated immediately (Oktaviani, 2022). Postpartum infections occur in the genital tract after birth and are caused by bacteria; this will increase the risk of postpartum infections, one of which is caused by episiotomy wounds, which can cause septic shock (Rahayuningsih, (2022).

Perineal infections can be avoided; even healing can be accelerated if treatment is carried out quickly and appropriately. Improper treatment can be detrimental to the patient. Perineal pain is a significant source of problems for many women after childbirth, not only in the immediate postnatal period but also in the long term. Post-episiotomy wounds must be treated properly so that the wound heals quickly and infection does not occur (Sari, 2020).

The results of this study indicate that some respondents behaved adequately in terms of caring for perineal wounds. This is interpreted from the respondents' mean value of perineal wound care behaviour, namely 18.37. Respondents' perineal wound care behaviour was categorized as adequate.

The success of behaviour is, of course, influenced by several internal and external factors. Based on the bivariate analysis results, this study shows that parity and age influence perineal care behaviour in postpartum mothers with a moderate level of closeness (>0.5). The results of this study are research conducted by Darling B. on self-care research for postpartum mothers in Madurai, showing the results that there is a positive correlation between parity and self-care for postpartum mothers (Darling & Benjamin, 2014).

Through past experiences, a person can learn how to care for themselves. If the mother is familiar with the benefits of self-care or the techniques used, it will be easier to carry out postpartum self-care. In this case, experience influences the mother's behaviour in postpartum self-care. Mothers' experiences where multiparous mothers will be more realistic in anticipating their physical limitations and more easily adapt to their roles and social interactions, support where mothers who receive support can enrich their ability to be parents and care for children (Bobak & Duncan, 2008). According to Straight, some factors influence postpartum mothers' self-care, namely postpartum experience factors, including the nature of childbirth, number of births, the purpose of birth, preparation for labour/birth, and previous role as a parent (Straight, 2005).

Self-care activities will be different for each individual. This can also be influenced by age, education, character, health condition, place of birth, character, and culture. For young mothers, postpartum care will differ from that of more mature mothers. Likewise, with education, the higher a mother's education, the better her concern for self-care.

In the multivariate analysis with multiple linear regression, the two variables, both the parity variable and the age variable, have a significant influence in the multiple linear regression. However, in the correlation with the t-test, the age

variable has a more dominant influence on the linear regression. Predisposing factors influence perineum care behaviour. The predisposing factors influencing behaviour are age, parity, education, attitude, work, culture and knowledge. Apart from parity, age influences perineal wound care behaviour (Herlina, Handayani, & Situmorang, 2023). This following the theory that age shows the development of the ability to learn and the form of teaching behaviour required. Age can affect a person's physical, psychological and cognitive maturity. A person's maturity can develop by learning from themselves or other people's experiences (Potter & Perry, 2009).

This is in accordance with research conducted by Harijati; it was found that 26 respondents (86.67%) behaved positively about vulva hygiene, and four respondents (13.33%) behaved negatively about vulva hygiene (Harijati, 2012). This is influenced by maturity, level of education and information obtained.

Chasanah's research states that the most common perineal wound care behaviour is the behaviour of cleaning the genital area every time after defecating 40 respondents (100%) (Chasanah, Sutanto, & Arisanti, 2015). The most rarely performed perineal wound care behaviour is washing hands with water and soap before cleaning the genital area 35 respondents (87.5%). The results of the research based on materials and tools showed that the majority of respondents at the Praktik Mandiri Bidan N used the correct tools and materials, namely 62 people (92.54%), and the majority of respondents misused the tools and materials, five people (7.46 %) caused by the respondent's habit of cleaning perineal wounds without using soap and betadine.

According to Andriani, factors related to perineal wound care include the mother's ability to provide facilities and infrastructure for perineal wound care, such as antiseptics (Andriani, 2015). So that the perineal suture wound does not become infected, use a clean, sanitary napkin every 4-6 hours, then tighten it so the bandage does not move back and forth. When you clean the bed, use soap, and the wound can be given betadine (Eisenberg, Damon, & Lerner, 2006).

According to Harijati, vulva care is carried out every morning and evening before bathing,

after urinating or defecating. How to care for the vulva starts from washing your hands before and after treating the wound, after defecating from front to back, changing the sanitary napkin every time it gets wet or after urinating and defecating (Harijati, 2012).

According to Notoatmodjo, behaviour is a person's response or reaction to stimulus or stimuli from outside the organism (person), which is influenced by several factors, including predisposing factors, including a person's knowledge and attitude towards health (Notoatmodjo, 2007). Possible factors include infrastructure or health facilities.

Based on the analysis of the effective contribution of age and parity of 33.55, it can be concluded that other factors are related to perineal wound care behaviour in postpartum mothers. Factors influencing behaviour include emotions, perception, motivation, learning, and intelligence. An effort to develop personality and abilities inside and outside school lasts a lifetime. Education influences a person's learning process. The higher a person's education, the easier it is for that person to receive information (Nurhayati, Utami, & Irawan, 2020). According to Tarwaoto and Wartonah, personal hygiene is influenced by body image, social status, knowledge, culture, habits and physical condition (Tarwoto & Wartonah, 2010). These results are following research by Pertiwi et al. In the early postpartum phase, postpartum mothers need help and support from the family (Pertiwi, Armini, & Has, 2021).

According to Harijati, the consequences of improper perineal care can result in the condition of the perineum being exposed to local dampness, which will result in the development of bacteria which can cause perineal infections (Harijati, 2012). The emergence of infection in the perineum can spread to the urinary bladder or birth canal, which can result in complications of infection in the bladder and birth canal.

Infection not only inhibits the wound healing process but can also cause damage to the supporting cell tissue, thereby increasing the size of the wound itself, both the length and depth of the wound itself.

CONCLUSION

Based on the results and discussion, it can be concluded that the majority of respondents are mothers aged 20-35 years, the majority of respondents have junior high school education, the majority are domestic workers, and the majority have 1-2 children. The bivariate analysis results showed a relationship between age and perineal wound care behaviour and a relationship between parity and perineal wound care behaviour, with the level of correlation between the independent variables being at a moderate level. Based on multiple linear regression multivariate analysis, the results of the study showed that the age factor had a dominant influence on perineal wound care behaviour in postpartum mothers at the Praktik Mandiri Bidan N.

SUGGESTIONS

1. Medical personnel should provide better health education to patients, especially regarding perineal wound care, hoping that patients will behave better in perineal wound care to prevent postpartum infections.
2. Future researchers are expected to conduct further research on other factors influencing perineal wound care behaviour in postpartum mothers.

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