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**CHARACTERISTICS OF POSTPARTUM MOTHERS WITH PERINEAL WOUNDS IN THE
BATU ANAM HEALTH CENTER SIMALUNGUN REGENCY**

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ABSTRACT

An indicator of women's health status and a component of the development index and quality of life index is the Maternal Mortality Rate. Bleeding that occurs during postpartum is an important issue because it is related to the mother's health and can cause death. Anemia and perineal tears are one of the causes of postpartum bleeding (Yurniati, 2019). In Indonesia, perineal wounds were experience by 75% of mothers giving birth vaginally. In 2013, perineal wounds found that of a total of 1951 spontaneous vaginal births, 57% of mothers received perineal sutures (Ministry of Health of the Republic of Indonesia, 2018)).

This study aims to describe the characteristics of postpartum mothers with perineal wounds in the Batu Anam Health Center area, Simalungun Regency.

The design of this research was descriptive with a cross-sectional design. The analysis uses univariate analysis to describe the characteristics of postpartum mothers who experience perineal wounds. The population is postpartum mothers who experienced a perineal tear who gave birth in the working area of Batu Anam Health Center from May 2023 to September 2023. The sample for this study was the whole population of 30 postpartum mothers.

The results of the study showed that the majority of postpartum mothers who experienced a tear were aged 20-35 years (90%), the majority of postpartum mothers who experienced a tear had higher education (70%), the majority of postpartum mothers who experienced a tear were primigravida (56.7%), and the majority of postpartum mothers who experienced tearing worked as housewives (73.3%).

The conclusion of the research above showed that most of the respondents who experienced perineal wounds were postpartum mothers aged 20-35 years (90%).

Keywords: postpartum, perineal wounds

Background

Bleeding, hypertension, and infection still dominate the causes of maternal mortality (MMR) (Pusdatin, 2016). Bleeding that occurs during postpartum is a crucial problem because it is related to the mother's health and can cause death. The risk of complications during the postpartum period occurs more frequently, namely anemia and perineal wounds, and is a predisposing factor for postpartum infections. Anemia and perineal tears are one of the causes of postpartum bleeding (Yurniati, 2019). Women with postpartum bleeding are at risk of developing anemia (Ministry of Health of the Republic of Indonesia,

2015). Most perineal wounds do not cause long-term complications for women, but severe perineal wounds can cause pain and dyspareunia. (Ramar, 2023)

According to the World Health Organization (WHO), the incidence of perineal rupture in postpartum mothers in 2019 was 2.5 million cases of mothers experiencing perineal rupture, it is predicted that this figure will be 6.3 million cases in 2050. (Rahmawati, 2023) Perineal wounds are experienced by 75 % of mothers giving birth vaginally in Indonesia. In 2013 perineal wounds were found 1951 spontaneous vaginal births, and 57% of mothers received perineal sutures (28% due to episiotomy and 29% due to spontaneous tears (Kesehatan and Indonesia, 2018)).

Based on the results of research conducted by Triyani (2021), the results show that there is a relationship between age $p = 0.000$, pain $p = 0.017$, nutrition $p = 0.000$, and personal hygiene with the perineal wound healing process $p = 0.005$. Based on research conducted by Subekti (2021) stated that there is a relationship between parity ($p = 0.001 < 0.05$, $\alpha = 95\%$), baby birth weight ($p = 0.000 < 0.05$, $\alpha = 95\%$), the incidence of perineal rupture, there is a significant relationship between parity and birth weight of the baby and the incidence of perineal rupture.

Perineal rupture in postpartum mothers can cause discomfort to postpartum mothers. According to Rodaki (2022), perineal rupture can affect the physical, psychological, and mental health of postpartum mothers. Based on research, Rodaki (2022) stated that there was a significant correlation between the degree of perineal rupture and constipation ($p = 0.001$), dyspareunia ($p = 0.010$), urinary incontinence ($p = 0.001$), and their sexual quality ($p < 0.001$). Similar research conducted by Yolandia (2018) stated that all birthing mothers experienced anxiety about perineal suture wounds, so mothers experienced difficulty defecating, and 80% of mothers after sixth weeks postpartum were still not ready to have sexual intercourse.

A preliminary study conducted from January to March 2022 found that the incidence of perineal rupture and anemia in pregnant women was high enough. The 18 women giving birth in the Pematangsiantar city area, 16 people experienced grade 1 and 2 perineal tears and mild anemia. This study aims to look at aims to describe the characteristics of postpartum mothers with perineal wounds in the Batu Anam Health Center area, Simalungun Regency.

Method

This research method is descriptive and uses a cross-sectional design. The analysis used univariate analysis to describe the characteristics of postpartum mothers with perineal wounds in the Batu Anam Health Center area, Simalungun Regency. The population of this study was population is postpartum mothers who experienced a perineal tear who gave birth in the working area of Batu Anam Health Center from May to September 2023. The sample for this study was the whole population of postpartum mothers who experienced a perineal tear, with as many as 30 respondents. The analysis uses univariate to describe age, level of education, parity, and employment status of postpartum mothers who experienced a perineal tear at the Batu Anam Health Center in Simalungun Regency.

Results

This research is about the characteristics of postpartum mothers with perineal wounds in the Batu Anam Health Center area, Simalungun Regency in 2023. This research was conduct in from May to September 2023. During this period, 30 respondents were obtained as a research sample. The results of the study obtained the following data :

Table 1. Characteristic of Respondents were by Age, Level Education, parity and Employment Status Of Postpartum Mothers Who Experienced A Perineal Tear At The Batu Anam Health Center In Simalungun Regency.

No	Characteristic of Respondents	n	%
1	Age		
-	Risk Age (< 20 Years & > 35 Years Old)	3	10%
-	Not Risk Age (20-35 Years Old)	27	90%
	Total	30	100%
2	Level of Education		
-	Higher Education (SMA/PT)	21	70%
-	Low Education (SMP/SD)	7	30%
	Total	30	100%
3	Parity		
-	Primipara (1)	17	56.7%
-	Multipara (>1)	13	43.3%
	Total	30	100%
4	Employment Status		
-	Housewives	22	73.3%
-	Working	8	26.7%
	Total	30	100%

Base on the table above showed that that most of the respondents were not at risk age (were 20 to 30 years old), as many as 27 respondents or (90%), and small of the respondents were at risk age (less than 20 years & more than 35 years old), as many as 3 or (10%) respondents. The majority of respondents, 21 respondents or (70%) had higher school education and almost half of the respondents, 7 respondents or 30 % had low education. Most of the respondents, 17 respondents (56.7%) had primipara parity, and almost half of the respondents, 13 respondents or 43.3 % had Multipara parity. The majority of postpartum mothers who experienced tearing worked as housewives and and almost half of the respondents, 8 respondents or 26.7 % was working.

Discussion

The results showed that most of the respondents were not at risk age (20 to 30 years old), as many as 27 respondents (90%), and most of the small respondents were at risk age (less than 20 years old & more than 35 years old), as many as three respondents (10%). Women of childbearing age (WUS) range in age from 20-35 years and have their reproductive organs functioning and developing well (WHO, 2009). Based on the results of research by Hukubun (2021) state that there is a relationship between maternal age and the incidence of perineal rupture ($p < 0.05$), where the younger the mother, the greater the risk of perineal rupture. Mothers aged less than 20 years are at higher risk of perineal rupture than mothers aged 20-35 years. The results of a similar study conducted by Sumarni (2020) stated the majority of mothers aged in the healthy reproductive category, namely 20-35 years, did not experience perineal rupture, 66.7%. Meanwhile, mothers who were in the risky reproductive age category (35 years old) experienced perineal rupture in as many as 3 respondents. Sumarni's research results showed that there was a relationship between maternal age and the incidence of perineal rupture ($p < 0.05$).

Based on the level of education, the majority of respondents 21 respondents (70%), had higher education, and (56%) and almost half of the respondents, 7 respondents (30%), had low education. According to Notoadmodjo (2010), education is an activity that can increase knowledge, where knowledge can be obtained through information. So it is hoped that with higher education, a person's knowledge will also increase so that it can influence health behavior. Based on research conducted by Situmorang (2023) states that there is a relationship between maternal knowledge regarding pushing techniques for women giving birth and the incidence of perineal rupture with a P value < 0.05 . So, according to Situmorang (2023), it is hoped that mothers will seek more information to increase their knowledge, especially about pushing techniques to avoid perineal rupture.

The results showed that most of the respondents, 17 respondents (56.7%) had primipara parity, and almost half of the respondents, 13 respondents or 43.3% had multipara parity. Based on the results of research by Hukubun (2021) stated that there is a relationship between parity and perineal rupture ($p < 0.05$). The results of a similar study also conducted by Istnaini (2022) stated that there was a relationship between parity and the incidence of perineal rupture in mothers giving birth ($p < 0.05$). Primipara is a mother who has given birth to 1 child, and multipara is a mother who has given birth to more than 1 child. According to Mochtar (2012), primipara have a perineum still intact or stiff, so they are more at risk of tearing than multiparas. The results of a similar study by Yolandia (2018) stated that 10 mothers who experienced grade 3 perineal rupture were aged 20-31 years, 6 of whom were giving birth for the first time.

The majority of postpartum mothers who experienced tears worked as housewives, and almost half of the respondents 8 respondents or 26.7% were working. According to Notoadmojo (2018), one thing that influences a mother's knowledge is work. Work can enable a person to obtain information. Information is one source of knowledge. Based on research conducted by Kundaryanti (2016) regarding the relationship between education and sources of information and the level of maternal knowledge about postpartum blues, it shows that good maternal knowledge about postpartum blues is mostly in highly educated respondents, namely 75% who received the source, direct information from health workers namely 57.9%. The research results show that there is a significant relationship between education sources of information and postpartum mothers' knowledge about postpartum blues. Work can also be related to daily activities and physical activities. Based on research conducted by Sumarni (2020), the research results show that there is no relationship between maternal employment and the incidence of perineal rupture ($p\text{-value} = > 0.05$). According to Sumarni (2020), this is because not all of the work carried out by pregnant women is carried out with appropriate physical activity to train the pelvic floor muscles to flex.

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International Congress on Scientific Research - IV

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