

# RELATIONSHIP BETWEEN DIET RESTRICTION AND ACCELERATION OF PERINEUM WOUND HEALING IN POST PARTUM NORMAL DELIVERY MOTHERS IN TIRON PUBLIC HEALTH CENTER, KEDIRI, EAST JAVA

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## ABSTRACT

**Background:** There are several factors, one of which is the cultural factor that influences the post-partum mother's experience of changing abstinence behavior from the cultural aspect, and should be encouraged. Taboo foods are well known in almost all human societies. Indirectly this can affect the level of health and recovery in post-partum mothers. This study aimed to determine the relationship between diet restrictions and acceleration of perineum wound healing in post-partum normal delivery mothers in Tiron Community Health Center, Kediri, East Java.

**Subjects and Method:** This was a cross sectional study conducted at working area Tiron community health center from June to July 2019. A sample of 32 respondents selected by purposive sampling. The data was analyzed by Spearman Rank.

**Results:** Perineal wound healing in post-partum mothers was associated with diet restrictions, and it was statistically significant.

**Conclusion:** Perineal wound healing in post-partum mothers is associated with diet restriction in working area of Tiron Community Health Center, Kediri, East Java.

**Keywords:** diet restriction, perineal wound healing in post-partum mothers, post-partum

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## BACKGROUND

Infections during the puerperium, which support high maternal mortality and morbidity in Indonesia, are indicators of successful development in the health sector. The maternal mortality rate (MMR) in the period 1992 to 2007 decreased by 228 per 100,000 live births. This figure is lower than the MMR in 2002, which was 307 per 100,000 live births (Narnawati et al., 2008). The 2017 RISKESDAS shows that the Maternal Mortality Rate (MMR) in Indonesia reaches 305 per 100,000 live births. Even though it has shown a decline, this figure is far from satisfactory.

Indonesia is still the country with the highest MMR in Southeast Asia. The deaths were due to hemorrhage 30%, eclampsia 25%, postpartum infection 12%, abortion 5%, and postpartum complications 16%. According to

data from the East Java Provincial Health Office, in 2017, 54% of maternal deaths in East Java occurred during the puerperium or 0-42 days after delivery. The factors that cause infection during the puerperium include low immunity after childbirth, poor care such as traditional medicines, which can cause infection, poor hygiene can cause foreign objects such as dust and germs during the culture of abstinence. Food can cause malnutrition, or malnutrition can inhibit insulin secretion and increase blood glucose, resulting in a depletion of protein calories that can inhibit the wound healing process; anemia can decrease the availability of oxygen and nutrients useful for wound healing (BKKBN, 2016).

Labor often results in openings of the birth canal, the injuries are usually minor, but sometimes extensive and dangerous wounds

are also present. Perineal tears occur in nearly all first deliveries and not infrequently with subsequent deliveries. Injury to the birth canal can again happen on purpose, such as in an episiotomy. Usually, wound healing in this perineal tear will heal varies, some are routine healing and some experience delays in recovery; depending on the knowledge of post-partum mother about the care of her perineal wound, improper treatment of the perineum can result in a perineal condition that is exposed to locea and humidity will result in development. Bacteria that can cause perineal infection. The emergence of disease in the perineum can spread to the urinary tract or in the birth canal, resulting in infection complications in the bladder and the birth canal. The disease not only inhibits the wound healing process but can also cause damage to the supporting cell tissue so that it will increase the size of the wound, itself both in length and depth of the injury itself (Suwiyoga, 2012).

Based on a preliminary survey in the work area of the Tiron Public Health Center, Kediri Regency, on June 2, 2019, of the 10 women who gave birth 33 respondents gave birth who had perineal wounds with the following data characteristics: respondents with the speed of healing perineal wounds in the category of "slow" were 6 respondents (60%), the rate of healing perineal wounds with the type "normal" as many as 4 respondents (40%). Meanwhile, 7 respondents (70%) did not abstain from food, while 3 respondents (30%) did not refrain from food. So that in the working area of the Tiron Public Health Center, Kediri Regency, there is a problem of still high delays in healing perineal wounds in post-partum mothers caused by post-partum mothers abstaining from food that the speed of healing of perineal wounds is slow.

Based on the phenomenon of the culture of eating recess, which can cause slow healing

of the perineal wound, it can lead to infection during the puerperium. Therefore, researchers are interested in revealing the relationship between dietary culture and perineal wound healing in the Tiron Public Health Center's working area, Kediri Regency in 2020.

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## SUBJECTS AND METHOD

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### 1. Study Design

This was a cross-sectional study conducted at working area Tiron community health center from June to July 2019.

### 2. Population and Sample

A sample of 32 respondents selected by purposive sampling.

### 3. Study Variables

This study's independent variable is the culture of eating habits and the dependent variable is the perineal wound healer.

### 4. Study Instrument

The instrument used in this study was a questionnaire. The data taken in the form of primary data, namely age and anxiety level with an ordinal data scale.

### 5. Data Analysis

Data analysis used is the Spearman Rank test.

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## RESULTS

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### A. Characteristics of Respondents

The research results on the cultural relationship of abstinence from eating perineal wound healing in the Work Area of the Tiron Health Center, Kediri Regency in 2020 are presented in the form of a frequency distribution table as follows: Education of respondents is almost half of respondents (46.87%). Almost all of the respondents (93.75%) were 20-35 years old. History of chronic disease based on chronic disease history is that all respondents (100%) do not have a chronic illness. The distribution can be seen in Table 1 below:

**Table 1. Frequency Distribution of Respondents**

Characteristics	Category	Frequency (n = 32)	Percentage (%)
<b>Education</b>	Primary	15	46.87
	Middle	10	31.25
	High	7	21.87
<b>Age</b>	<20 Years	2	6.25
	30-35 Years	30	93.75
	> 35 Years	0	0
<b>History of Diseases</b>	Digestive Diseases	0	0
	Diabetes	0	0
	Does not have a chronic disease	32	100

Characteristics of respondents based on the culture of eating distance, most (62.5%) are that there is a culture of eating intolerance

among post-partum mothers. Characteristics of respondents based on perineal wound healing mostly (53.25%) were slow.

**Table 2. Frequency Distribution Characteristics of Respondents by Tarak Culture Spot and perineum Wound Healing**

Variable	Frequency	Percentage
<b>Culture Tarak Eat</b>		
Yes	20	62.5%
No	12	37.5%
<b>Perineum Wound Healing</b>		
Slow	17	65.63%
Normal	15	34.37%

### B. Spearman Rank Test Results

Based on a statistical test using the chi-square test on the culture variable eating sparing (X) and perineal wound healing (Y), the value of  $\rho$  value = 0.000 is obtained with a confidence level of  $\alpha = 0.05$ , it can be concluded that  $\rho < \alpha$  then  $H_0$  is rejected and  $H_1$  is accepted, which means that there is a relationship between

abstinence culture and perineal wound healing. The strength of the correlation between two strong variables is indicated by the r-value of 0.728 positively. The higher the culture of abstinence from food, the longer the perineal wound healing will be.

**Table 3. The relationship between eating tarak culture and duration of wound healing**

Independent Variable	r	p
Wound Healing	0.73	<0.001

### DISCUSSION

From the analysis using the chi-square test with a significance level of 5% or  $\alpha = 0.05$  using SPSS 16 for windows software. Where it is known that  $\rho$  value:  $0.001 < \alpha: 0.05$ , so  $H_0$  is rejected and  $H_1$  is accepted, meaning that

there is a cultural relationship of abstinence from eating with the speed of wound healing in post-partum mothers in the Tiron Health Center, Kediri Regency. The strength of the correlation between two strong variables is indicated by the r value of 0.728 positively.

The higher the culture of abstinence from food, the longer the perineal wound healing will be.

During the post-partum period, the mother needs 3 times more nutrition than the usual condition for restoring the mother's energy or activity, metabolism, reserves in the body, healing birth canal wounds, and meeting the baby's needs in the form of milk production. The diet given must be of high quality with sufficient calories, sufficient protein, fluids, and lots of fruits because post-partum mothers experience hem concentration (Wiknjosastro, 2008).

Post-partum mothers need the nutrients needed to accelerate the healing of perineal wounds. Still, mothers abstain from eating in the name of the food recommended for consumption. Many are not consumed, which causes delays in healing perineal wounds. From the results of this study, it can be concluded that there is a relationship between the culture of abstinence from food and the healing of perineal wounds in post-partum mothers in the Tiron Health Center, Kediri Regency. The recommended suggestion is that health workers are expected to be a source of information in providing counseling for post-partum mothers with perineal injuries to avoid food spacing and consume more protein-containing foods such as egg whites, meat, and fish.

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