

THE EFFECT OF VIDEOS EDUCATION IN KNOWLEDGE AND ATTITUDE AMONG POSTPARTUM MOTHERS

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ABSTRACT

Background: The postnatal period is critical for the newborn and the mother. It is essential to provide education to mothers regarding appropriate postpartum care. This study aimed to determine the effect of videos education in knowledge and attitude among postpartum mothers.

Methods: This was a one group pretest-posttest study conducted at PMB Bundarini, Tepus, Yogyakarta. A total of 31 postpartum mothers were selected for this study. The variable dependent was knowledge and attitude. The independent variable was videos education. The data were collected by questionnaire and analyzed using wilcoxon test.

Results: The knowledge after videos education (Mean= 19.03; SD= 0.06) was higher than before education (Mean= 8.42; SD= 1.40), and it was statistically significant ($p < 0.001$) and the attitude after videos education (Mean= 44.87; SD= 1.62) was higher than before education (Mean= 38.39; SD= 1.08), and it was statistically significant ($p < 0.001$).

Conclusion: Videos education increases knowledge and attitude among postpartum mothers.

Keywords: knowledge, attitude, postpartum exercises, postpartum mother

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BACKGROUND

The postpartum period (puerperium) is the period after the release of the placenta until the reproductive organs recover as before pregnancy and normally the postpartum period lasts for 6 weeks or 42 days (Andriani and Pitriani, 2014). The process of restoring health during the postpartum period is important for mothers after giving birth. Changes that occur in the uterus and reproductive organs as well as the stretching of the supporting tissues of the pelvic floor muscles due to pregnancy and childbirth Bobak (2004) in Rahayu (2013).

When the postpartum recovery process cannot be resolved properly,

postpartum mothers will experience several problems. The problem is that post-partum bleeding occurs due to the failure of the myometrium to contract, Bobak (2005) in Priscilla (2013), then the failure of uterine involution to return to a non-pregnant state causes sub-involution. Symptoms of sub-involution include persistent lochia (fresh red), slow decline in uterine fundus, soft uterine tone, no feeling of heartburn in the puerperal mother as a result of bleeding (Anggraini, 2010).

One of the efforts to reduce morbidity during the puerperium other than early ambulation is to make the uterine muscles contract well until the

end of the puerperium, accelerate uterine involution, restore body functions to a normal state, improve strengthening the abdominal muscles and pelvic floor muscles, and preventing postpartum complications, as well as helping to improve blood circulation throughout the body by doing simple movements such as postpartum exercises. Postpartum exercises is an exercise that can be done 24 hours after giving birth with movements that have been adapted to the conditions of postpartum mothers. Postpartum exercises are useful for accelerating healing, preventing complications, restoring and strengthening the back muscles, pelvic floor muscles and abdominal muscles (Ambarwati, 2010).

The implementation of postpartum exercises must be done gradually, systematically, and continuously by doing each movement 8 times every day. Postpartum exercise should be done after the body has completely recovered and there are no obstetric complications or complications during the puerperium, such as hypertension, post-convulsions, fever (Walyani and Purwoastuti, 2017). According to Indriati et al. (2014) in 11,000 postpartum mothers who did postpartum exercise, it was found that 76.4% of mothers experienced rapid uterine involution. A study by Hadi et al. (2014) almost 33.8% of mothers experience uterine sub-involution because mothers postpartum exercises after delivery, Some of the reasons mothers do not do have never done postpartum exercises. Including because they do not know how to exercise, fatigue, pain after giving birth, and too happy with the arrival of the baby. Whereas

mothers may carry out early mobilization, including postpartum exercises after 6 hours of normal delivery or 8 hours after cesarean section (Alisjahbana, 2015).

The impacts that occur if you do not do postpartum exercises include the emergence of varicose veins, venous thrombosis due to venous blockage by blood clots that are not smooth due to the mother restricting movement during the puerperium, infection due to poor uterine involution so that residual blood cannot be removed, and abnormal bleeding. By doing postpartum exercises, it can stimulate better uterine contractions so as to avoid the risk of bleeding (Andryani, 2013).

Health education about postpartum exercise is very important given to postpartum mothers. Various educational methods commonly used in health education are counseling. Counseling is an activity of delivering information from the giver of information to the recipient of the information. Health education media is one component of the learning process that supports other components (Sadiman et al., 2009). Interesting media will give you confidence. Audio visual is one of the interesting media that presents information or messages in audio and visual (Dermawan & Setiawati, 2008). Health education through video media has advantages in terms of providing good visualization so that it can facilitate the process of absorbing knowledge. Video is included in audio-visual media because it involves the sense of hearing as well as the sense of sight (Cecep, 2011).

The results of a preliminary study that researchers conducted at PMB Bundarini Tepus in April 2022, the number of postpartum mothers interviewed in April was 11 postpartum mothers with the results of the interviews stating that 4 postpartum mothers knew about postpartum exercise but had never done it and 7 other mothers did not know about postpartum exercise. It can be concluded that most postpartum mothers do not know about postpartum exercise. Based on this background, the researcher is interested in researching the Effect of Health Education Through Video Media on the Knowledge and Attitudes of Postpartum Mothers About Postpartum Exercises at PMB Bundarini Tepus in 2022.

SUBJECTS AND METHOD

1. Study Design

This was a pre experimental with one group pretest and posttest design. The research was conducted at Bundarini private clinic, Tepus, from January to June 2022.

2. Population and Sample

As many as 31 postpartum mothers was selected by purposive sampling.

3. Study Variables

The variable dependent was knowledge and attitude. The independent variable was videos education.

4. Operational Definition of Variables

Videos health education is Providing education and information using video media that lasts 9 minutes, containing material about Postpartum Exercise and Postpartum Exercise Movement Techniques and their benefits for postpartum mothers includes

definitions, objectives, benefits, implementation time, contraindications, disadvantages of not doing postpartum exercise, preparation and implementation of postpartum exercise.

Knowledge Postpartum

Mother is the result of the mother's curiosity deep answer questions for 20 minutes correctly on tests of matter Postpartum Exercise for Postpartum Mothers includes definition, purpose, benefit, time implementation, contraindication, disadvantages of not doing postpartum exercises, preparation and implementation of puerperal exercises. Knowledge measurement is carried out before and after administration Intervention.

Attitude Postpartum mother is the reaction or response of the postpartum mother in answering the 10-minute statement on the test about the material for Postpartum Exercise. Measurement of attitudes about postpartum gymnastics before and after the intervention.

5. Study Instruments

The instrument used for data collection in this study was a questionnaire.

6. Data Analysis

Analysis of the data using the Wilcoxon test statistic.

RESULT

1. Univariate Analysis

Subjects included in the study aged <20 years were 1 with a percentage of 3.2%, ages 20-35 years were 87% and ages >35 years were 9.6%. Primipara 74.2% and multipara 25.8%. Basic education 32.2%, high school 48.4%, university 19.3%. The mother's profession as an employee is 45.2%, and a housewife is 54.8%.

The knowledge after videos education (Mean= 19.03; SD= 0.06) was higher than before education (Mean= 8.42; SD= 1.40), and it was statistically significant ($p < 0.001$) and

the attitude after videos education (Mean= 44.87; SD= 1.62) was higher than before education (Mean= 38.39; SD= 1.08), and it was statistically significant ($p < 0.001$).

Tabel 1. Sample Characteristic

Characteristic	Frequency	Percentage
Age:		
<20 year	1	3.2
20-35 year	27	87.0
>35 year	3	9.6
Parity:		
Primipara	23	74.2
Multipara	8	25.8
Education:		
Basic	10	32.2
Senior High school	15	48.4
College	6	19.3
Profession:		
employee	14	45.2
Housewife	17	54.8

2. Bivariate Analysis

Table 2. Statistical test of Knowledge and attitudes before and after being given Health Education with video

Variable	Mean	SD	p
Knowledge			0.001
Pre test	8.42	1.40	
Post test	19.03	0.60	
Attitude			0.001
Pre test	44.87	1.62	
Post test	38.39	1.08	

DISCUSSION

One of the efforts to reduce morbidity and accelerate recovery during the puerperium is to perform postpartum exercise. Postpartum exercises is a muscle training movement that is carried out after childbirth. However, there are still many postpartum mothers who do not know about postpartum exercise itself and its benefits. In this study, as many as 31 postpartum mothers did a knowledge pretest by answering 22 statement questions before being given health counseling through video media about postpartum exercises and showed a

median value of 8.00 with the lowest score 6 and the highest 11. This is related to the mother's experience. Postpartum to get information about puerperal exercises. Most of the respondents had never received information about postpartum exercise and its benefits in the mother's recovery process during the puerperium. The results of this study are in line with the results of Andriyani's research, (2016) that the average knowledge prior to health counseling through audio-visual media respondents' knowledge about postpartum exercises is still low. This is because respondents have

never received information about postpartum exercises, knowledge will be formed after someone senses an object or gets information from information sources.

One of the efforts that can be done to overcome the problem of knowledge and attitudes of postpartum mothers about postpartum exercises is: by providing health education. Health counseling is an educational activity that is carried out by spreading messages, instilling beliefs, so that people are aware, know and understand, but are also willing and able to carry out recommendations related to health (Azrul Anwar in Effendy, 2012). This health education is delivered using one of the media, namely video media, where this media relies on hearing and sight together so that it is faster to receive and process information.

The results of postpartum mother's knowledge after being given health counseling through video media about postpartum exercise increased which can be seen from the middle value to 19.00 with the lowest value of 18 and the highest 20. It can be concluded that postpartum mother's knowledge about postpartum exercise after health counseling through video media, it was obtained that all posttest results of postpartum mothers' knowledge increased with the results of the pretest and posttest measurements $p < 0.001$. The main reason for the increase in knowledge is due to exposure from the media or information sources, namely health education through media in the form of videos that are right on target, thus increasing knowledge of postpartum mothers.

The use of the video Postpartum Exercises can clarify the description of

the meaning, objectives, benefits, timing of postpartum exercises, contraindications for not doing postpartum exercises, implementation time, preparation and implementation of postpartum exercises. Postpartum mothers are easier to accept the information conveyed because the video displays an image with an attractive video background color, the sound of the video is clear, the video images are varied, and the text in the video is easy to read. The results of this study are in accordance with what was stated by Arsyad (2011) who said that video is one of the multimedia which is an audiovisual media that can display sound, image, and movement at the same time so that this media is effective in presenting information and increasing understanding.

Increased knowledge of postpartum mothers after receiving health counseling with video media is in line with research conducted by Sri Rahayu (2013) which showed that there was an influence of audio-visual media on knowledge of postpartum exercises in postpartum women in the Camar 1 room of Arifin Achmad Hospital Pekanbaru, this is evidenced by The results of the study were obtained from 25 respondents who had knowledge before being given health education through video media pretest 4.00 and the average knowledge after being given health education through posttest video media 12.36. The results of the Wilcoxon test of knowledge obtained a $p < 0.001$, this indicates that there is an influence in this study.

Then in this study also carried out a pretest of attitudes to postpartum mothers as many as 31 postpartum mo-

thers by answering 13 statement questions before being given health counseling through video media about postpartum exercise and showing the results of the median value of 38.00 with the lowest value 36 and the highest is 42. This shows that some postpartum mothers do not yet have an attitude of interest in doing postpartum exercise after giving birth because many postpartum women have not received information about how to implement postpartum exercise and its benefits. So that it affects the attitude of postpartum mothers about postpartum exercise. The results of research conducted by Maulina, (2012) showed that there was a relationship between the level of knowledge about postpartum exercises with attitudes towards postpartum exercises in postpartum mothers. According to Triwibowo, (2015) attitudes can be formed when someone has gained knowledge and understands what to do, so that person can act in accordance with the knowledge he has gained.

Attitudes of 31 postpartum mothers after being given health education through video media about postpartum exercises increased which can be seen from the median value to 45.00 with the lowest score being 43 and the highest 47. So it can be concluded that the attitude of postpartum mothers about postpartum exercise after health education through video media, obtained all the posttest results of postpartum mothers' attitudes have increased with the results of pretest and posttest measurements $p < 0.001$, so there is a significant difference between the attitudes of postpartum mothers before and after being given health education through video media. Increased knowledge

certainly affects a person's attitude and behavior. As stated by Notoatmodjo (2012) this shows that there is a link between changes in knowledge and attitudes where the higher a person's knowledge, the attitude becomes better.

There was an increase in attitude values obtained by postpartum mothers after being given health counseling which shows that providing health education through video media about postpartum exercise is very useful so that it can encourage postpartum mothers to behave healthily for the better. As stated by Azwar in Fridayanti and Laksono's research (2017) who said that explaining that attitude consists of three main components, namely the first beliefs, ideas, and concepts about an object. Second, emotional life or evaluation of an object. Third, the tendency to act. These three components together will form a person's attitude. Furthermore, Notoatmodjo (2012) argues that attitude is not yet an action or activity, but a predisposition to the action of a behavior. Attitude is still a closed reaction, not an open reaction or open behavior. Attitude is a readiness to react to objects in a certain environment as an appreciation of objects.

The use of video media in this study as a method of health education on the knowledge and attitudes of postpartum mothers was well received by the respondents, which can be seen by the results of the knowledge value at the lowest pretest score of 6 being 18 at the lowest posttest value and the highest pretest score being 11 being 20 at the highest score. posttest. While the results of the attitude value at the lowest pretest score were 36 to 43 at the lowest posttest value and the highest pretest score was

42 to 47 at the highest posttest value. So that when the research took place, some of the respondents looked very enthusiastic as a form of the emotions and feelings of curiosity of the respondents as seen from the questions. respondents who entered the researcher when the researcher gave health education about postpartum exercise. Questions that arise come from experience and ignorance of respondents about the material provided. After being given an answer, the respondent adopted it as an idea or perception and used it as a reference in being more positive as indicated by a change in attitude as seen from the results of the posttest evaluation.

Audiovisual media is an effective medium in providing health education on the knowledge and attitudes of postpartum mothers because audiovisual media can provide information clearly through images and sound. This is in line with Arsyad's (2011) theory which states that video is one type of audiovisual media that can describe an object that moves along with the appropriate sound.

Knowledge of postpartum mothers about postpartum exercises after health counseling was obtained, the median value of the respondents increased to 19.00 with the lowest score 18 and the highest 20. The attitude of postpartum mothers regarding postpartum exercise after health education was carried out, it was found that the mean value of the respondents increased to 45.00 with the lowest score being 43 and the highest being 47. The results of the analysis used the Wilcoxon signed ranks test, that there is an effect of using video media about postpartum exercises to increase the knowledge and

attitudes of postpartum mothers towards postpartum exercises

AUTHOR CONTRIBUTIONS

Rohmi Handayani: Conceptualization, formal analysis, methodology, supervision, validation, writing-original draft, writing-review and editing

Dewi Susilowati: Conceptualization, formal analysis, methodology, supervision, validation, writing-original draft, writing-review and editing.

Retki Dwi Alisyahniati: Data Curation, formal analysis, methodology, resources, writing-original draft, writing-review and editing.

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CONFLICT OF INTEREST

The authors have declared that there is no conflict of interest exist

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