

The Effect of Audio-Visual Danger Signs of Pregnancy Knowledge of Pregnant Mothers in Work Area Public Health Center Tilango

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Abstract

Every pregnant woman has a risk to the health of the mother and fetus, so pregnant women need to be equipped with knowledge about the danger signs of pregnancy, so as to minimize the occurrence of morbidity and mortality that occurs. The purpose of this research is to determine the effect of audio-visual on the danger signs of the knowledge of pregnant women in the working area of the Public Health Center (Puskesmas) Tilango, Telaga District, Gorontalo Regency before and after being given counseling. This method of community service uses the approach of pre-experiment by designing one group pretest-posttest. The Number of samples in this study was as much as 30 respondents as well as data analysis using the Wilcoxon signed rank test. From the result counseling show increase in knowledge of pregnant women before and after being given counseling health about the dangers of pregnancy by using audio-visual. Suggestion: It is hoped that health workers and cadres will be more aggressive in providing counseling and socialization to pregnant women from an early age to avoid risks to pregnant women.

Keywords: Pregnant Women, Pregnancy Danger Signs, Audio Visual

INTRODUCTION

Pregnancy and childbirth can pose major health risks, including for women who have no previous health problems. Approximately 40% of pregnant women experience health problems related to pregnancy and 15% of all pregnant women suffer from long-term complications long. In general, pregnancy develops normally, but sometimes it can become a problem if the course of the dreaded changes is followed by a pathological process where it can cause the pregnancy to be disrupted and risky and even lead to death (Yahya, Shinta 2016).

One of the main indicators of a country's health status is the maternal mortality rate (MMR). Maternal mortality is an important indicator in describing the number of women who die from a cause of death related to pregnancy disorders or their management during pregnancy, childbirth, and in the puerperium without taking into account the length of pregnancy per 100,000 live births (Prawirohardjo, S. 2014).

According to data from the World Health Organization (WHO) regarding national health status in achieving the target of sustainable development goals (SDGs) it is stated that globally around 830 women die every day due to complications during pregnancy and childbirth, with an MMR rate of 216 per 100,000 live births. As many as 99 percent of maternal deaths due to problems in pregnancy, childbirth, or childbirth occur in developing countries. The MMR ratio is still considered quite high as targeted to be 70 per 100,000 live births in 2030 (Ministry of Health RI, 2017).

According to data from the Gorontalo Provincial Health Office, the maternal mortality rate in 2020 reached 61 cases of maternal death with the achievement of 301.7/100,000 live births with the highest cause of maternal death, namely bleeding as much as 21%, hypertension as much as 17%, infection as much as 3%, the lowest maternal mortality caused by prolonged labor as much as 2% and there were 57% maternal deaths. caused by other factors. Regency Gorontalo is one of the regencies in Gorontalo Province. In 2018 Maternal mortality rate in the district Gorontalo namely 8 cases with an achievement of 318/100,000 live births and in 2019 experienced a decrease, namely 6 cases of maternal mortality with an achievement of 226/100,000 live births.

The risk of maternal death is higher due to the delay factor, which is an indirect cause of maternal death. There are three risks of delay, namely being late in making a decision to be referred (including being late in recognizing danger signs during pregnancy), being late in arriving at a health facility during an emergency, and being late in obtaining adequate services by health workers (Astuti P. 2013).

Antenatal surveillance is one way to detect early on various abnormalities that accompany pregnancy, and complications that may occur during pregnancy by recognizing the danger signs that often occur in pregnancy, such as vaginal bleeding, severe headache, blurred vision, and swelling of the face and neck. hand, seizures, severe abdominal pain, decreased fetal movement, high fever, excessive nausea and vomiting, and premature rupture of membranes. Recognizing the danger signs of pregnancy for pregnant women is very useful so that any complaints can be handled as early as possible, this can minimize maternal mortality. The approach that is often used to convey messages and information that can be received and understood well is the health promotion method (Marmi, 2015).

According to the International Federation of Obstetrics and Gynecology, pregnancy is defined as the fertilization or union of spermatozoa and an ovum, followed by nidation or implantation. Calculated from the time of fertilization to the birth of the baby, a normal pregnancy usually lasts for 40 weeks. The age is divided into 3 trimesters, each lasting a few weeks. The first trimester is 12 weeks, the second trimester is 15 weeks (week 13 to week 27) and the third trimester is 13 weeks (weeks 28 to 40) (Mochtar Rustam, 2015).

The process of pregnancy begins with the process of conception (fertilization). This conception is often referred to as fertilization. Fertilization is the union of a male sperm with a female ovum in the fallopian tube. The fertilization process cannot be separated from the male and female reproductive systems. Reproduction or sexuality is a character that is part of humans and is influenced by individual biological and psychological factors. Pregnancy is a period that starts from conception until the birth of the fetus (Hutahaean, Serry, 2013).

Pregnancy occurs after the meeting of sperm and ovum, grows, and develops in the uterus for 259 days or 37 weeks to 42 weeks. Meanwhile, according to Firmansyah (2013) in his research pregnancy is the process of meeting between the ovum and sperm starting from conception until the birth of the fetus. The duration is 280 days or 40 weeks (Saifudin, 2014).

Pregnancy danger signs are signs that identify dangers that can occur during pregnancy or the antenatal period, which if not reported or not detected can cause maternal death. To significantly reduce maternal mortality, early detection activities need to be improved both in MCH service facilities and in the community (Paddy, 2014).

A danger sign of pregnancy is a pregnancy that has a danger sign or a greater risk than usual (both for the mother and the fetus), of the occurrence of a disease or death before or after delivery. According to Beribe (2015), danger signs of pregnancy are disturbances that occur in pregnancy that can lead to complications. Based on the above understanding, it can be concluded that the danger signs of pregnancy are signs or symptoms that indicate that the mother and the fetus they contain have a danger or risk (Nirmala, Dian. 2016).

Health promotion according to WHO is a process that aims to enable individuals to increase control over their health and improve their health based on a clear philosophy of self-empowerment. According to the Ministry of Health of the Republic of Indonesia, health promotion is an effort to increase the ability of the community through learning from, by, for, and with the community, so that they can help themselves, and develop activities that are community-based, according to local socio-cultural and supported by health-oriented public policies (Ministry of Health RI, 2011).

Health promotion has two meanings. The first understanding is that as part of the level of disease prevention, health promotion in this contest is health promotion. The second understanding, namely, health promotion is defined as an effort to market, disseminate, and introduce health (Notoatmodjo Soekidjo, 2014).

Regarding the use of audio-visual media as an alternative in providing health education about early initiation of breastfeeding, it can be concluded that pregnant women who are given health

education using audio-visual media have better knowledge and more positive attitudes about early initiation of breastfeeding compared to pregnant women who are not given health education. health education (Zakaria Fatma, 2017). A similar study was also conducted on the effect of counseling with audio-visual media on increasing knowledge, attitudes, and behavior of mothers of under-fives with malnutrition and severe malnutrition, concluding that there was an increase in knowledge, attitudes, and behavior of mothers of under-fives after being given counseling with audio-visual media (Rahmawati, 2015).

Knowledge is a very important domain for the formation of one's actions. In other words, knowledge has an influence as the initial motivation for someone to behave. However, it should be noted that changes in knowledge do not always lead to changes in behavior, although a positive relationship between knowledge and behavior variables has been shown (Budiman, 2013).

METHOD

This study uses a pre-experimental design, one group pretest-posttest, this design does not have a comparison group (control), in this design the first observation (pretest) is carried out after which treatment is given, and then a second observation (posttest) is carried out to test the changes that occur after the experiment (program). The sample in this study was 30 respondents who were pregnant women in the working area of the Tilango Health Center, Gorontalo Regency, the sampling technique was carried out by random sampling. The analysis used to use Wilcoxon signed rank test

The material used in this counseling is audio-visual, where audio-visual is part of the Health Promotion which contains education in the hope that after pregnant women are given intervention there can be changes in knowledge.

RESULT

Table1. Effects of Audio Visual Danger Signs of Pregnancy on Knowledge of Pregnant Women in Work Area Publik Tilango

Pregnant Mother's Knowledge	Health Promotion		mean	Mean Rank	P Value
	Before Given	After Given			
Well	2	21	6.9	7.5	0.001
Not enough	28	7	12.8		
Total	14	14			

Source: Processed primary data (2022)

Table 1 shows the average knowledge score pregnant women before giving audio-visual counseling that an average of 6,9 and after being given health promotion namely average of 12.8. This analysis shows an increase in the knowledge score of pregnant women before and after being given counseling using audio-visual with an average increase of 7.5 and p-value = 0.000 ($p < 0.01$).

DISCUSSION

Health promotion is part of health education as an effort to influence other people, individuals, groups, or communities with the aim of solving problems and changing behavior or attitudes within the scope of health. Promotion emphasizes positive relationships and interactions between health workers and mothers. This positive interaction is important for mothers to listen and follow what has been conveyed by health workers because for mothers health workers are role models that deserve to be imitated (Mubarak Wi, 2012):

This study is in line with research conducted which states that effective health education can increase the knowledge of pregnant women about the dangerous signs of pregnancy. This research is in line with research conducted which shows that from 30 Respondents on average knowledge of pregnant women about the danger signs of pregnancy and childbirth before being

given health education the majority have sufficient knowledge, this is due to education, age, experience, the influence of people around and so on (Mubarak Wi, 2012):

In his research, he states that information can be used as a transfer of knowledge. Information can be channeled through interpersonal communication or through mass media including the internet, TV, radio, and magazines. Knowledge of pregnant women who are still lacking in the danger signs of pregnancy identifies that public awareness and participation in the health sector, especially maternal and child health in the Kabila Health Center area is still low. The factors that influence the level of knowledge of pregnant women in this study are age, education level, occupation, and maternal parity status which are related to the experience of pregnant women in Wijayanti's previous pregnancy (Walangadi Nidya. 2014).

CONCLUSION

Knowledge of pregnant women about the danger signs of pregnancy in the working area of the PuskesmasTilango increased after being given counseling through audio-visual media

SUGGESTION

Health promotion should be more intensive, especially for risk groups including pregnant women, so that pregnant women are provided with early warning about the dangers of pregnancy.

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