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Socialization of the Importance of Physical Activity to Improve Health in Postpartum Mothers at Garut Hospital

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ABSTRACT

Failure of involution after childbirth can be caused by postpartum mothers not doing physical activity, resulting in thrombophlebitis, infection, and continued bleeding. Physical activity can be done with early mobilization and postpartum exercises to improve blood circulation and prevent blood flow from being obstructed. The purpose of this community service is to hope that postpartum mothers have good knowledge about the importance of activities in preventing complications after giving birth. This method of community service is health education about the importance of physical activity in postpartum mothers, with a target of 10 postpartum mothers who are treated at Garut Hospital. The media used are leaflets and PowerPoints. To assess the effectiveness of health education before giving material, a pre-test is carried out, and after giving material, a post-test is given. The results of the service showed an increase in knowledge among postpartum mothers about physical activity. It is expected that the physical activity of postpartum mothers can be carried out continuously while at home and after returning home.

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INTRODUCTION

The period after the birth of the placenta and the return of the delivery device, such as the state before pregnancy, is called the postpartum period. The postpartum period starts from 1 hour after the placenta is born to 42 days after giving birth. During the postpartum period, there is still the potential to experience complications, so more attention is needed from health workers (Prawirohardjo, 2016). If the uterus fails to involuate after childbirth, it can cause complications in the postpartum period. Involution failure is characterized by bleeding, continuous or abnormal lokhea rubra. This can result in continued bleeding, postpartum hemorrhage, or postpartum infection. Failure of involution can be caused by the postpartum mother not mobilizing so that it can cause thromboplebitis, postpartum infection, abnormal bleeding, varicose veins in the lower extremities, and suboptimal muscle strength. (Yunifitri et al., 2021).

Early mobilization is important for mothers during the puerperium to speed up the process of uterine involution. Early mobilization can also facilitate blood circulation and prevent obstructed blood flow. These obstacles can cause infections and venous thrombosis. (Manuaba, 2012). Mobilization in postpartum mothers is carried out gradually, one of which is that the mother can tilt to the right and left, then practice sitting and walking. The next form of mobilization is puerperal gymnastics, where a series of puerperal gymnastics movements can help the process of returning uterine involution (Yunifitri et al., 2021).

Based on the results of the study by Munayarokh et al. (2015), postpartum exercises given to postpartum mothers cause mothers to experience the process of uterine involution faster compared to the return of uterine involution in postpartum mothers who are not given postpartum exercises. Most of the respondents (55%) had a decrease in urinary fundus height, with a good category in mothers who did postpartum exercises. There was a difference in uterine involution in postpartum mothers who were given postpartum exercises ($p < 0.05$).

Postpartum gymnastics is a physical exercise carried out by postpartum mothers to restore health conditions, accelerate healing, prevent complications, and recover and repair stretching in the muscles after pregnancy, especially in the back, pelvic floor, and abdomen (Wahyuningsih Endang, 2020). For this reason, postpartum mothers need to improve their knowledge of puerperal gymnastics. There are several reasons why mothers do not want to do early mobilization, which can be due to physiological factors such as feeling weak or pain. From emotional factors, mothers feel unstable and anxious emotions, and from their own developmental factors, such as changes in body appearance to fat and changes in the skeletal system that affect mobilization on body changes (Yunifitri et al., 2021)

Socialization about physical activity after childbirth is expected to provide knowledge for postpartum mothers about the benefits of postpartum activities. This service activity aims to hope that postpartum mothers have good knowledge about the importance of activities in preventing complications after giving birth.

METHODS

The first step to overcoming problems for postpartum mothers is to introduce themselves, explain the purpose of service, assess the ability of postpartum mothers to carry out activities, and ask for permission to socialize. The results of the assessment showed that most postpartum mothers did not do activities because they did not know the importance of activities and felt afraid to move. The methods used in this socialization are lectures, questions and answers, and discussions. The media used are leaflets and PowerPoints. This activity was attended by 10 postpartum mothers. The next stage is the implementation stage, namely: 1). Carry out socialization activities for postpartum mothers about the importance of activities for postpartum mothers; 2). Organize health education about the importance of activities for postpartum

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mothers, including postpartum gymnastics. To determine the effectiveness of socialization about activities among postpartum mothers, participants were given a pre- and post-test. The way the activity is carried out can be seen in the following picture:

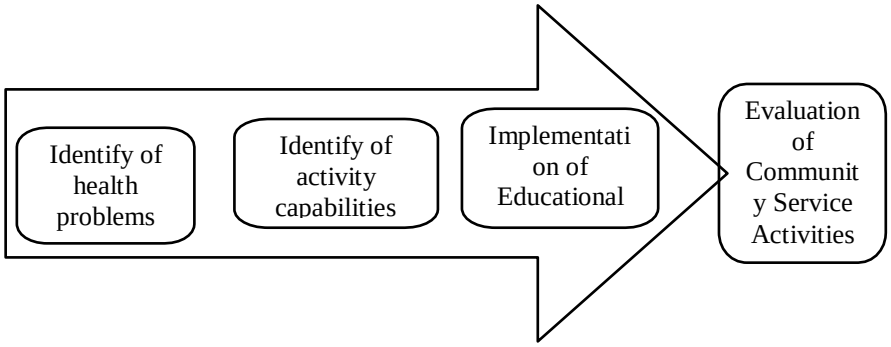

FIGURE 1. Activity Method Flow

RESULT

Socialization about activities for postpartum mothers was carried out at the Garut General Hospital on April 1, 2024, which was attended by 10 postpartum mothers. Socialization activities were in the form of health counseling about postpartum mother activities that can be carried out during hospitalization and after returning home. Health education material is in the form of knowledge about the meaning of activities for postpartum mothers, goals and benefits, implementation time and stages of activities that can be carried out by postpartum mothers, and the impact if postpartum mothers do not carry out activities. Before health education is carried out, a pretest is carried out, and after health education is carried out, a post-test is carried out. The activity went smoothly according to the planned time.

The results of socialization showed that before health education was carried out, as many as 70% of participants (7 people) did not know about the physical activity of postpartum mothers, and 30% (3 people) already knew some of the physical activities of postpartum mothers that could be done. After health education, 80% (8 participants) could fully mention 4 postpartum mothers' physical activities that could be done, and 20% (2 participants) could only answer 3 mothers' physical activities. In addition, as many as 30% (3 participants) can explain the benefits of Kegel exercises, puerperal exercises, aerobic exercises, and pilates exercises for postpartum mothers.

DISCUSSION

Based on the problems found in postpartum mothers, activities in postpartum mothers, including mobilization and postpartum gymnastics (Kegel exercises, puerperal gymnastics, aerobic exercises, and pilates exercises), are very appropriate efforts to be carried out. This socialization activity can increase the understanding and ability of postpartum women to carry out activities according to the needs of their mothers. The results of these activities showed that the average knowledge score of postpartum mothers increased after socialization about activities for postpartum mothers.

Activities, if done correctly and regularly, have many benefits, one of which is to facilitate the involution process, while the unsmoothness of the involution process can have adverse effects on puerperal mothers, such as advanced bleeding and a smooth involution process. These results are supported by research by (Usman et al., 2019), with the research title "The Effect of Postpartum Gymnastics on the Speed of Postpartum Involution in Postpartum Mothers at BPS Sri Jumiati, Buluspesantren District, Kebumen

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Regency." The respondents in the study were divided into 2 groups, namely the group that participated in postpartum gymnastics as many as 21 respondents (50%) as the intervention group and the group that did not do postpartum gymnastics as a control group as many as 21 respondents (50%). This study states that uterine involution gradually shrinks after childbirth, but uterine involution will shrink faster if postpartum gymnastics is performed. The uterus gradually becomes smaller (involution) so that it finally returns to the way it was before pregnancy. Involution is a change that is the process of returning the uterus or uterus and birth canal after the baby is removed until it reaches the same state as before pregnancy. Involution, or contraction, of the uterus is a process in which the uterus returns to its pre-pregnancy state with a weight of about 60 grams.

Based on the results of the research conducted Kasanah & Alika (2020), early mobilization can accelerate uterine involution in postpartum mothers. The results of the statistical test found that there was a significant difference between early mobilization and not early mobilization of the uterine involution process in postpartum mothers (with the Mann-Whitney test, a significance figure of 0.004 was obtained). The results of this study are in line with the results of research conducted by Rini Hariani (2020) That is, it was found that there was an effect of early mobilization on uterine involution in postpartum mothers with a value of p-value = 0.001, which was smaller than $\alpha \leq 0.05$. Before early mobilization, postpartum mothers had not experienced a decrease in uterine fundal height, and after early mobilization, postpartum mothers experienced a gradual decrease in uterine fundus height and restored organs to their original shape as before pregnancy. Early mobilization can smooth the release of blood and placental residue so that it can accelerate the decrease in fundus uteri height; therefore, early mobilization has an effect on decreasing fundus uteri height.

Based on research conducted by Prameswary & Kumaladewi (2019), about early breastfeeding initiation relationships, early mobilization, and postpartum gymnastics with the uterine involution process, they obtained the result of p-value = 0.045, which means p value <(0.05). Therefore, during the postpartum period, mothers are required to carry out activities in the form of early mobilization and postpartum gymnastics or gymnastics after giving birth. Early mobilization and postpartum gymnastics must be carried out gradually, systematically, and continuously to restore postpartum body fitness. Some ways to keep maternal involution in good condition are early mobilization and puerperal gymnastics. Postpartum mothers will feel healthier when doing early mobilization, because early mobilization will help the mother return the pelvic and abdominal muscles to normal and can speed up the recovery of the mother's organs so that the mother is able to carry out daily activities without assistance. Apart from that, one of the interventions that can be carried out to increase the activity of postpartum mothers is to optimize exclusive breastfeeding and do oxytocin massage, because giving exclusive breast milk and doing oxytocin massage, apart from meeting the baby's nutritional needs and increasing breast milk production, will also stimulate the mother to do activities. that can accelerate uterine involution (Lestari et al., 2024). But there are not a few postpartum mothers who are too lazy to move; this will actually have a bad impact on maternal health, one of which is bladder complications, constipation, and uterine sub-involution (Supingah & Istiqomah, 2017).

Postpartum mothers can do early mobilization well; although there is a little pain, the mother can withstand it. The ability of mothers to carry out activities and mobilization as early as possible will give mothers confidence that they feel healthier, which is very beneficial for maternal recovery after giving birth. In addition, early mobilization can also prevent mothers from complaining of stiff muscles and stiff joints. Besides, early mobilization can reduce pain, facilitate blood circulation, improve the body's metabolic regulation, and help organs quickly recover, including making the uterine involution process more effective. Although there are many benefits to early mobilization, there are still mothers who are not optimal for early mobilization (Septyara & Hindiarti, 2020). Early mobilization can affect contractions better so that the fundus uteri becomes hard so that the risk of abnormal bleeding can be avoided because contractions form a narrowing of open blood vessels (Anggraini, 2023).

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The belief that you should not make movements can affect the mother's movements after giving birth. Mothers who do not make movements after giving birth only sleep and tilt, so that the mother cannot do early mobilization properly. The lack of mothers in early mobilization can be known by the absence of sitting, standing movements, or going to the bathroom 2–8 hours after giving birth if there are no complaints. Early mobilization is one of the activities that must be carried out immediately if the mother's health condition allows, because it is very necessary for postpartum mothers so that mothers feel healthier and stronger, can immediately take care of their babies, prevent thrombosis and thromboembolism, improve blood circulation, and prevent postpartum infections. Through early mobilization, uterine contractions become better and can avoid the risk of bleeding (Malahayati & Sembiring, 2019). The results of the study using the Wilcoxon test with a significance level of $\alpha \leq 0.05$ comparing the pre-test and post-test values obtained a significant level of P-value = 0.000, which is smaller than $\alpha \leq 0.05$, meaning that there is an effect of early mobilization on uterine involution in postpartum mothers at the Yusnimar Pratama Clinic Pekanbaru (Rini Hariani, 2020).

Early mobilization is a movement carried out by the mother immediately after giving birth to change the position of the mother, whether lying down, tilting, or sitting, until the mother can stand alone. Early mobilization provides several advantages, such as better muscle relaxation. Contraction and retraction of the uterine muscles after the baby is born are needed to clamp open blood vessels because the release of the placenta is useful for removing uterine contents that are not needed. The occurrence of contractions and retractions continuously causes disruption of blood circulation in the uterus, which results in muscle tissue lacking the necessary substances, so that the size of the muscle tissue becomes small. Thus, mothers who do early mobilization have a faster decrease in the uterine fundus and stronger uterine contractions than mothers who do not do early mobilization. There is a relationship between mobilization and lokia spending; the higher the mobilization value, the shorter the lokia spending time.

Research results Windarti & Zuwariah (2016), Showing that there are several factors that affect early mobilization, in this study it is also explained that those who do not do early mobilization are at risk of abnormal involution 7,277 times compared to mothers who do early mobilization. It is therefore very important to observe a decrease in the height of the uterine fundus. Research results Zeverina & Halimatussakdiah (2018) Regarding the relationship between early mobilization and uterine involution and lochea discharge in normal postpartum mothers, the results of the study indicated that there was a relationship between mobilization and uterine involution in normal postpartum mothers with a p-value of 0.011, but there was no relationship between early mobilization and lochea discharge in normal postpartum mothers in the midwifery room.

CONCLUSION AND RECOMMENDATION.

Community service with the theme of socialization of the importance of physical activity to improve the health of postpartum mothers at Garut Hospital consists of health education activities about physical activity for postpartum mothers. The conclusion of this activity is that before health education was carried out, as many as 70% of participants (7 people) did not know about the physical activities of postpartum mothers, and 30% (3 people) already knew some of the physical activities of postpartum mothers that could be done. After health education, 80% (8 participants) can fully mention 4 physical activities of postpartum mothers that can be done, and 20% (2 participants) can only answer 3 physical activities of postpartum mothers. As many as 30% (3 participants) can explain the benefits of kegel exercises, postpartum exercises, aerobic exercises, and pilates exercises for postpartum mothers. It is hoped that the physical activity of postpartum mothers can be carried out continuously while at home and after returning home.

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