

EFFECTIVENESS OF PREGNANCY CLASSES ON MOTHERS KNOWLEDGE ABOUT MATERNAL AND CHILD HEALTH

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ABSTRAK : EFEKTIVITAS KELAS KEHAMILAN TERHADAP PENGETAHUAN IBU TENTANG KESEHATAN IBU DAN ANAK

Latar belakang. Untuk mendukung pencapaian target MMR dan AKB, penting bagi para ibu untuk meningkatkan pengetahuannya. Percepatan penurunan AKI dan AKB dapat dilakukan dengan memastikan setiap ibu mempunyai akses terhadap layanan kesehatan yang berkualitas. Ibu hamil pada masa kehamilan memerlukan pengetahuan tentang perawatan, pencegahan, komplikasi atau komplikasi selama kehamilan dan kehamilan risiko tinggi. Salah satu upaya untuk meningkatkan pengetahuan ibu tentang kesehatan kehamilan adalah dengan Program Kelas Kehamilan.

Tujuan. Efektivitas Kelas Kehamilan Terhadap Pengetahuan Ibu Tentang Kesehatan Ibu dan Anak

Metode. Desain quasi eksperimental dua kelompok pre post test. Sampel dalam penelitian ini adalah total sampling yaitu seluruh ibu hamil yang pernah mengikuti Kelas Kehamilan di Puskesmas Kecamatan Kemayoran pada bulan Maret 2023. Metode pengumpulan data menggunakan kuesioner.

Hasil. Berdasarkan hasil penelitian yang dilakukan di poliklinik KIA Puskesmas Kecamatan Kemayoran pada kelas ibu hamil mengenai pengetahuan ibu tentang Kesehatan Ibu dan Anak diperoleh rata-rata nilai signifikansi (p -value=0,000). Nilai p -value lebih kecil dari (0,05) dan nilai t -value lebih besar dari tabel, artinya mengikuti kelas ibu hamil lebih efektif dalam meningkatkan pengetahuan ibu tentang Kesehatan Ibu dan Anak. Penyampaian pendidikan dengan menggunakan media pembelajaran yang efektif akan menentukan penyampaian informasi pembelajaran dengan baik. Penggunaan edukasi dengan aplikasi lebih efektif dalam meningkatkan pengetahuan dan mengubah pola pikir ibu hamil mengenai pentingnya menjaga kesehatan selama kehamilan dan pada akhirnya meningkatkan kepatuhan ibu hamil dalam menjalankan program perencanaan kelahiran dan pencegahan komplikasi (P4K) dibandingkan dengan klasikal. pendidikan.

Kata Kunci : Kelas Ibu, Kelas Ibu Hamil

ABSTRACT

Background. To support the achievement of MMR and IMR targets, it is important for mothers to increase their knowledge. Accelerating the reduction in MMR and IMR can be done by ensuring that every mother has access to quality health services. Pregnant women during pregnancy need knowledge about care, prevention, complications or complications during pregnancy and high-risk pregnancies. One effort to increase mothers' knowledge about pregnancy health is the Pregnancy Class Program.

Objective. The Effectiveness of Pregnancy Classes on Mothers' Knowledge About Maternal and Child Health

Method. Quasi experimental two group pre post test design. The sample in this study was a total sampling, namely all pregnant women who had taken the Pregnancy Class at the Kemayoran District Health Center in March 2023. The data collection method used a questionnaire.

Results. Based on the results of research conducted at the Kemayoran District Community Health Center KIA polyclinic for pregnant women's classes regarding mothers' knowledge about Maternal and Child Health, the average significant value was obtained (p -value=0.000). The p -value is smaller than (0.05) and the t -value is greater than the table, which means that attending classes for pregnant women is more effective in increasing mothers' knowledge about Maternal and Child Health. Delivering education using effective learning media will determine the delivery of learning information well. The use of education with applications is more effective in increasing knowledge and changing the mindset of pregnant women regarding the importance of maintaining health during pregnancy and ultimately increasing the compliance of pregnant women in carrying out birth planning and complication prevention (P4K) programs compared to classical education.

Keywords: Mother's Class, Pregnant Mother's Class

INTRODUCTION

The term "health development" refers to the initiative to increase awareness, willingness, and ability to lead a healthy life among all residents, aiming to achieve an optimal health status. This concept encompasses health-oriented development, community and family empowerment, and the provision of health services (Ministry of Health, 2002). In Indonesia, current health development efforts primarily focus on enhancing the health status of mothers and children, especially those in vulnerable health groups such as pregnant women, mothers in childbirth, and infants during the perinatal period. The Maternal and Child Health (MCH) program aims to promote family self-sufficiency in maintaining maternal and child health. Pregnant women and children are particularly susceptible to health issues that can result in fatality. It is crucial for pregnant women to possess adequate knowledge about maternal and child health, as issues related to this can lead to serious maternal and infant morbidity and mortality, often resulting in high maternal mortality rates (MMR) and infant mortality rates (IMR).

According to the Ministry of Health's Family Health Program, the maternal mortality rate in Indonesia has been increasing every year. In 2021, there were 7,389 maternal deaths, showing an increase compared to 2020, which had 4,627 deaths. The causes of maternal deaths in 2021 were primarily COVID-19 (2,982 cases), bleeding (1,330 cases), and hypertension due to pregnancy (1,077 cases) (Indonesian Ministry of Health, 2021). In an effort to enhance the quality of life, Indonesia aims to reduce the maternal mortality rate (MMR) and the infant mortality rate (IMR) as part of the Sustainable Development Goals (SDGs). The goal is to decrease the MMR to less than 70 deaths per 100,000 live births by 2030 (Ministry of National Development Planning, 2020). The IMR was lower than the MMR, with 27,566 under-five deaths in 2021 and 28,158 deaths in 2020. Nevertheless, these figures are still far from the SDGs target, which aims for at least 12 newborn deaths per 1,000 live births and 25 under-five deaths per 1,000 live births by 2030 (Ministry of National Development Planning, 2020).

To achieve the targets for MMR and IMR, it is essential for mothers to enhance their knowledge. Accelerating the reduction of MMR and IMR can be achieved by ensuring that every mother has access to quality health services (Indonesian Ministry of Health, 2021). Pregnant women need to acquire knowledge about prenatal care, prevention of complications, recognition of high-risk pregnancies, and how to identify danger signs of pregnancy

complications. Recognizing these danger signs is crucial for preparing mothers and families to deal with complications and prevent maternal deaths.

One way to enhance maternal knowledge about pregnancy health is through the Pregnancy Class Program. These classes involve face-to-face group sessions where pregnant women can come together to learn about various aspects of pregnancy health, such as pregnancy care, childbirth, postpartum care, newborn care, myths, infectious diseases, and birth certificates. The material covered in each class is tailored to the specific needs and circumstances of pregnant women, while still focusing on essential information. These classes are highly beneficial in educating pregnant women to prepare for a safe delivery and to take proactive measures in monitoring and preventing maternal morbidity and mortality (Azhar et al., 2020 and Pratami, 2021).

The attendance of pregnant women in pregnancy classes is expected to enhance their knowledge and positively influence their attitudes and behaviors toward pregnancy. This is attributed to the interaction and shared experiences among the participants as well as between the participants and the facilitator. According to a study conducted by Ariyani, Suindri, and Budiani in 2011, the implementation of pregnant women's classes led to significant differences in knowledge ($p=0.0000$), attitudes ($p=0.000$), and behaviors ($p=0.000$) between the intervention group (pregnant women who attended classes) and the control group (pregnant women who did not attend classes).

The Ministry of Health has set a target of 100% for health centers to implement pregnancy classes. This percentage is calculated by comparing the number of health centers that have implemented the classes to the total number of health centers in the district/city. Health centers are considered to have implemented the classes if they have conducted classes for pregnant women at least 4 times. Currently, 90.73% of health centers in Indonesia have conducted these classes. A preliminary study conducted at the MCH clinic of the Kemayoran District Health Center from September to October 2023 found that out of 10 pregnant women, none were aware of pregnancy-related complaints, danger signs, physical changes, and emotional changes. Based on these findings, the researchers are interested in conducting a study titled "Effectiveness of Pregnancy Classes on Mothers' Knowledge about Maternal and Child Health".

RESEARCH METHODS

The research used a quasi-experimental design method, specifically a nonequivalent control group design. The research design employed a pre-test post-test only control group design to measure the impact of the activities carried out in the pregnancy class. The pregnant women in the study were first pre-tested to assess their level of knowledge about the program. Then, a series of pregnancy classes were conducted for four meetings, with each meeting lasting two hours. The Kemayoran District Health Center (Midwife Coordinator) provided support and assistance for these classes. After each meeting, a post-test was conducted, and verbal reactions and feedback were observed and recorded. The population for this study included all pregnant women who had pregnancy visits at the Kemayoran District Health Center in

March 2023. The sampling method used in this study was total sampling, which means that all pregnant women who participated in the Pregnancy Class at the Kemayoran District Health Center in March 2023 were included. The primary data consists of a pregnancy class questionnaire that was completed by respondents during four sessions. The sampling technique used a combination of random and purposive sampling methods, with the inclusion criteria being all pregnant women who attended the pregnancy class with a gestational age greater than 6 weeks and were willing to participate in the research. A total of 64 pregnant women participated, with 32 in the intervention group and 32 in the control group.

RESEARCH RESULTS

Table 1
Characteristics of Pregnant Women in Intervention and Control Groups

Characteristics	Intervention Group		Control Group	
	n	%	n	%
Age (years old)				
< 20 and > 35	9	28	12	38
20 – 35	23	72	20	62
Education				
Low	12	37	15	47
High	20	63	17	53
Occupation				
Employed	7	22	6	19
Unemployed	25	78	26	81
Parity				
Primiparous	9	28	11	34
Multiparous	23	72	21	66

Based on the findings in table 1, the study results revealed that the majority of participants in the intervention group were aged between 20-35 years, with 23 mothers (72%) falling into this category, compared to 20 mothers (62%) in the control group. In terms of education, 20 mothers (63%) in the intervention group had completed high school or equivalent education, while 17 mothers (53%) in the control group had the same level of education.

Additionally, the majority of research subjects in both groups were unemployed, with 25 mothers (78%) in the intervention group and 26 mothers (81%) in the control group being housewives. Most of the participants had given birth to more than 2 children, with 23 mothers (72%) in the intervention group and 21 mothers (66%) in the control group having multiple childbirth experiences.

Table 2

Distribution of mothers' knowledge levels in the control and intervention groups before and after pregnancy classes

Knowledge Level	Intervention Group				Control Group			
	Before		After		Before		After	
	n	%	n	%	n	%	n	%
Mean score								
Score > 50	9	28.1	26	81.3	10	31.3	17	53.1
Score < 50	23	71.9	6	18.7	22	68.7	15	46.9

According to Table 4.2, the level of knowledge among mothers in the intervention group who scored above 50% before attending pregnancy classes was 28.1%. After attending the classes, this percentage increased to 81.3%. In the control group, the level of

knowledge among mothers who scored above 50% before attending pregnancy classes was 31.3%. After attending the classes, this percentage increased to 53.1%.

Table 3
Effectiveness of Pregnancy Classes on Mothers' Knowledge about Maternal and Child Health

Mothers' knowledge	n	mean	SD	Mean Differences	SE Differences	t-value	p-value
Control group	32	1,02	0.021				
Intervention group	32	1.34	0.483	0,344	0.085	4.030	0,000

According to the findings in table 4.3, the study on the effectiveness of pregnancy classes on mothers' knowledge about maternal and child health yielded a significant result on average (p-value = 0.000). The p-value is less than 0.05, and the t-value exceeds the critical value, indicating that attending pregnancy classes is more effective in enhancing mothers' knowledge about maternal and child health.

DISCUSSIONS

Effectiveness of Pregnancy Classes on Mothers' Knowledge about Maternal and Child Health

Knowledge is the result of "knowing," which occurs after people perceive through the five senses of sight, hearing, smell, taste, and touch (Notoatmodjo, 2017). Efforts to increase mothers' knowledge involve providing health education in pregnancy classes. According to Maulana (2019), health education is an educational activity carried out by spreading messages and instilling confidence so that people know, understand, want, and will carry out health-related recommendations. The study results showed a 50% increase in knowledge before and after pregnancy classes, compared to only a 20% increase in knowledge for those who did not attend pregnancy classes.

In previous research, it was found that educating pregnant women using a team of facilitators and audio-visual media was more effective compared to education using only flip chart media (Sonaidah, 2022; Mardhiah et al., 2020;

Sholehah et al., 2020). The effectiveness of the education delivery in this study is also supported by the educational background of the intervention group, with an average education level of high school and above, including 20 mothers (63%). According to Surjadi et al. (2011), a person's knowledge and attitudes are influenced by their education level, and highly educated mothers are better able to interpret the provided material more quickly, acquiring greater knowledge and understanding.

The effective use of educational media plays a crucial role in delivering learning information. Using educational applications is more effective in increasing knowledge and changing the mindset of pregnant women regarding the importance of maintaining health during pregnancy. This, in turn, leads to greater compliance with the pregnancy and childbirth planning and prevention of complications (P4K) program compared to traditional educational methods. The use of educational apps allows mothers to access information at their convenience, without being limited by time, distance, or location. The use of visually engaging videos and audio-visual materials in these apps creates an immersive learning experience, making it easier for mothers to absorb the information. With improved knowledge and understanding, it is expected that mothers will take proactive steps to maintain their own health and that of their unborn child. Ultimately, this can lead to healthier pregnancies and smoother delivery processes, reducing the likelihood of complications.

CONCLUSION

Based on the presented results and discussion, we can conclude that in the intervention group, 72% of the respondents were aged 20-35, compared to 62% in the control group. In terms of mothers' education, 63% of the intervention group had a high school or higher education, while 53% of the control group had the same level of education. Moreover, 78% of the intervention group and 81% of the control group were unemployed/housewives. Additionally, the majority of the research subjects had given birth to more than 2 children in both the intervention group (72%) and the control group (66%). Before attending the pregnancy classes, 28.1% of mothers in the intervention group had a knowledge score >50, which increased to 81.3% after attending the classes. In comparison, 31.3% of mothers in the control group had a knowledge score >50 before attending the classes, which increased to 53.1% thereafter. The statistical analysis showed that attending pregnancy classes significantly increased mothers' knowledge about maternal and child health (p -value = 0.000), with a t -count greater than the table and a p -value smaller than 0.05, indicating the effectiveness of pregnancy classes in enhancing mothers' knowledge about maternal and child health.

SUGGESTIONS

The health workers at Kemayoran District Health Center in Central Jakarta collaborate with posyandu cadres and community leaders to collectively learn, discuss, and share experiences about maternal and child health (MCH) in a thorough and systematic manner. This activities should take place on a scheduled and continuous basis. STIKes RSPAD Gatot Soebroto is expected to increase the collection of books for pregnancy classes in the library, and the results of this study can be used as reference material for further research. Future researchers can expand the scope of their research by increasing the number of samples and including a broader range of variables. This will enable them to better explore and develop information about pregnancy classes for women in the future.

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