

**THE RELATIONSHIP OF POSTPARTUM MOTHER KNOWLEDGE AND
PARITIVES TO EARLY MOBILIZATION AT ABI UMMI DW
SARMADI CLINIC, PALEMBANG**

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ABSTRACT

Early mobilization is a policy to as soon as possible guide the patient out of bed and guide her as soon as possible to walk. Postpartum infection is a morbidity and mortality for postpartum mothers, postpartum care is needed in the postpartum period because it is a critical period for mothers. It is estimated that 60% of maternal deaths due to pregnancy occur after delivery and 50% of postpartum deaths occur within the first 24 hours postpartum. The aim was to determine the relationship between knowledge and parity of postpartum mothers on early mobilization at the Abi Ummi DW Sarmadi clinic in Palembang. Analytical survey research method with a cross sectional approach. The study population was all postpartum mothers who were treated at Abi Ummi DW Sarmadi Clinic Palembang. The research sample was taken purposively with a total of 26 respondents. The results of the Chi Square statistical test obtained P-Value = $0.005 < \hat{\alpha}$ (0.05), which means that there is a significant relationship between the knowledge of postpartum mothers and early mobilization at the Abi Ummi DW Sarmadi clinic in Palembang in 2020. And the results of the Chi Square statistical test obtained P-Value = $0.049 < \hat{\alpha}$ (0.05) which means that there is a significant relationship between the knowledge of postpartum mothers and early mobilization at the Abi Ummi DW Sarmadi clinic in Palembang in 2020.

Keywords: *Knowledge, parity and early mobilization*

INTRODUCTION

The puerperium period is the period after delivery is completed up to 6 weeks or 42 days. During the puerperium, the reproductive organs will slowly undergo changes such as the state before pregnancy or involution. (Maritalia, 2012).

According to the World Health Organization (WHO), around the world every minute a woman dies from complications related to pregnancy, childbirth and childbirth. In other words, 1,400 women die every day or more than 500,000 women die every year due to pregnancy, childbirth and the puerperium. (Riswandi, 2005)

Postpartum infection is a morbidity and mortality for postpartum mothers. It is estimated that 60% of maternal deaths due to pregnancy occur after delivery and 50% of postpartum deaths occur within the first 24 hours postpartum. (Saifudin, 2006)

Early mobilization is a policy to guide the sufferer out of bed as soon as possible and guide her as quickly as possible to walk. (Rahayu, 2012)

For mothers who have just had a baby, in general they are still confused about what to do for mother care during the postpartum period, they don't even think about the postpartum period because mothers focus that need to be considered during childbirth are that a mother

should mobilize so that blood circulation is smooth, prevent thrombosis, expedite lochea, accelerate the involution of the uterus, and avoid swelling that generally occurs in the legs. Postpartum recovery will be faster if the mother performs mobilization properly and appropriately.

According to data obtained in the city of Palembang, there were 774 cases during the postpartum period in 2011, namely 582 postpartum mothers who carried out passive early mobilization and 192 postpartum mothers who carried out active early mobilization. (Profile of Palembang City Health Office, 2011)

Data obtained from the Abi Umami DW Sarmadi clinic in Palembang in 2019, the numbers of postpartum mothers being treated were 194 people, namely 116 postpartum mothers who carried out passive early mobilization and 78 postpartum mothers who carried out active early mobilization.

Based on the above background, the researchers are interested in examining the relationship between knowledge and parity of postpartum mothers on early mobilization at the Abi Umami DW Sarmadi clinic in Palembang in 2020.

RESEARCH DESIGN AND METHODOLOGY

The research method used an analytical survey with a cross-sectional approach where the independent variables (Knowledge and Parity of post-partum mothers) and the dependent variable (early mobilization).

The study population was all postpartum mothers who were treated at the Abi Umami DW Sarmadi Clinic in Palembang. The research sample was taken by purposive sampling, which is based on the consideration of the researcher and the population encountered at the time of the study as the sample. The research sample consisted of 26 respondents.

The research was conducted in July 2020, at the Abi Umami DW Sarmadi Clinic in Palembang. Data using primary data, namely data obtained directly from the results of interviews with the help of questionnaire sheets and checklist sheets for postpartum mothers.

Data analysis consisted of univariate and bivariate analyzes. Univariate analysis was to determine the frequency distribution of the independent variable (knowledge and parity of postpartum mothers) and the dependent variable (early mobilization). While the bivariate analysis was analyzed to determine the relationship between the independent and dependent variables with the Chi Square statistical test with a significant level of α (0.05). Statistical decision making is done by comparing the p-value with α (0.05) provided that if the p-value \leq

(0.05) then there is a relationship between the independent and dependent variables, and if the p-value >> (0, 05) then there is no relationship between the independent and dependent variables.

RESULTS AND DISCUSSION

A. Univariate Analysis

1. Knowledge of post-partum Mothers

Tabel.1 Distribution Of The Frequency Of Knowledge Of Post-Partum Mothers In The Abi Ummi Clinic Of Srarmadi, Palembang

No	The knowledge of post-partum mother	Fecucency (f)	Presentage(%)
1	Good	16	61.5
2	Less	10	38.5
	Total	26	100.0

From table 1 above, it is known that from 26 respondents, it shows that there are 16 postpartum mothers who have good knowledge (61.5%), higher than the postpartum mothers who have less knowledge, amounting to 6 people (38.5%).

2. Parity of the postpartum Mother

Table.2 Distribution Of The Frequency Of Parity Of Post-Partum Mothers In The Abi Ummi Clinic Of Srarmadi, Palembang

No	Mother Parity	Frequency (f)	Presentage (%)
1	High	12	46.2
2	Low	14	53.8
	Total	26	100.0

From table 2 above, it is known that from 26 respondents, it shows that there are 12 postpartum mothers who have high parity (46.2%), higher than 14 people who have less knowledge (53.8%).

3. Early Mobilization

Table.3 Distribution Of The Frequency Of Early Mobilization Of Postpartum Mothers In The Abi Ummi Clinic At Sarmadi, Palembang

No	Early Mobilization	Frequency (f)	Presentage (%)
1	Active	13	50.0
2	Non active	13	50.0
	Total	26	100.0

From table 3 above, it is known that from 26 respondents, it shows that there are 13 postpartum mothers who are active in early mobilization (50.0%), higher than 13 people who are not active in early mobilization (50.0%).

B. Bivariate Analysis

1. The relationship between postpartum knowledge and early mobilization

Table 4 Relationship Of Knowledge Between Postpartum Mothers And Early Mobilisai At The Abi Ummi Dw Sarmadi Clinic Palembang

No	Mother knowledge	Early Mobilization				Total		P-Value
		Active		Non active		N	%	
		n	%	n	%			
1	Goog	12	75.0	4	25.0	16	100.0	0.005
2	Less	1	10.0	9	90.0	10	100.0	
	Total	13	50.0	13	50.0	26	100.0	

From table 4 above, of the 26 respondents, it is known that there are 12 postpartum mothers who have good knowledge and carry out early mobilization (75.0%), higher than 4 postpartum mothers who are not active in early mobilization (25.0%) while postpartum mothers 1 person (10.0%) less knowledgeable and active early mobilization than 9 postpartum mothers who did not actively carry out early mobilization (90.0%).

Based on the results of the Chi Square statistical test, the results obtained P-Value = 0.005 $< \alpha$ (0.05), which means that there is a significant relationship between the knowledge of postpartum mothers and early mobilization at the Abi Ummi DW Sarmadi clinic in Palembang in 2020.

The results of the study are in accordance with the theory of Notoadmodjo (2007), knowledge is the result of knowing, and this occurs after people sensing a certain object. Sensing means occurs through the five human senses, namely the senses of sight, smell, taste and touch. Most of human knowledge is obtained through the eyes and ears. Knowledge and cognition are very important domains in shaping one's actions. There are six levels of knowledge covered in the cognitive domain, namely know (know), understand (comprehensive), application (application), analysis, synthesis (synthesis) and evaluation where to measure the level of individual knowledge can be done by observation, interview or questionnaire about the content of the material. Which will be measured from the research subject in accordance with the knowledge you want to know,

In this study it can be seen that postpartum mothers who carry out active mobilization tend to be greater than those who do not do inactive mobilization, all because of the respondent's knowledge of the importance of early mobilization, as well as the role of health workers who have supported the mother and provided information about the benefits of mobilization.

The research is in line with Nida's research (2013), on 24 respondents, the results of the study can be seen that the majority of respondents with less knowledge are 16 people (66.67%) and a minority with good knowledge as many as 8 people (33.33%), the statistical test results are $0.006 < \alpha (0.05)$ meaning that there is a significant relationship between maternal knowledge and early mobilization.

According to the researcher, there is no gap between theory and the results achieved, where the results show that the higher the level of education or knowledge of the individual, the more sensitive the individual's senses are in achieving their desires. Mothers with higher education have better information than mothers with low education, so mothers who know information about early mobilization will immediately carry out early mobilization after completing childbirth or during the postpartum period.

2. The relationship between parity of post-partum mothers and early mobilization

Table 5 The Relationship Between The Knowledge Of Postpartum Mothers And Early Mobilization At The Abi Umami Clinic In Srarmadi Palembang

No	Mother Parit	Early Mobilization				Total		P-Value
		Active		Non Active		N	%	
		n	%	n	%			
1	High	9	75.0	3	25.0	12	100.0	0.049
2	Low	4	28.6	10	71.4	14	100.0	
	Total	13	50.0	13	50.0	26	100.0	

From table 5 above, of the 26 respondents, it is known that postpartum mothers who have high parity and do active early mobilization are 9 people (75.0%), higher than postpartum mothers who are not active in early mobilization, namely 3 people (25.0%) while the mother There were 4 postpartum mothers who had low parity and carried out active early mobilization (28.6%) less than 10 children (71.4%) who had low parity and did not actively mobilize early.

Based on the results of the Chi Square statistical test, the results obtained P-Value = $0.049 < \alpha (0.05)$, which means that there is a significant relationship between parity of

postpartum mothers and early mobilization at Abi Ummi DW Sarmadi clinic, Palembang in 2020.

Parity is the number of children a woman has ever born. The proverb says that experience is the best teacher, through past experiences one can learn many things from what has been passed. Mothers who give birth for the first time (primipara) certainly have different preparations and mechanisms when facing childbirth and the puerperium compared to mothers who have given birth (multiparous). (Maritalia, 2012).

According to the researchers, there is no gap between the theory and the results achieved, where the results of the study statistically show that there is a significant relationship between parity of postpartum mothers and early mobilization of postpartum mothers.

CONCLUSION

1. Postpartum mothers who have good knowledge totaled 16 people (61.5%) higher than postpartum mothers who have less knowledge amounted to 6 people (38.5%).
2. Postpartum mothers who had high parity numbered 12 people (46.2%) higher than postpartum mothers who had less parity amounted to 14 people (53.8%).
3. Postpartum mothers who actively do early mobilization are 13 people (50.0%), higher than 13 postpartum mothers who are not active in early mobilization (50.0%).
4. The results of the Chi Square statistical test showed that the P-Value = $0.005 < \alpha$ (0.05) means that there is a significant relationship between the knowledge of postpartum mothers and early mobilization at the Abi Ummi DW Sarmadi clinic in Palembang in 2020.
5. The results of the Chi Square statistical test showed that the P-Value = $0.049 < \alpha$ (0.05) means that there is a significant relationship between parity of postpartum mothers and early mobilization at Abi Ummi DW Sarmadi clinic, Palembang in 2020.

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