



The Effect Of Counseling On How To Care For Normal Newborn Babies At Home On Postage Mothers In Pmb Lusi Yuliani, Sudimoro Village, Megaluh Jombang District

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ABSTRACT

Newborn care is caring for babies without the help of medical staff again starting out of hospitals, maternity clinics, health centers, for example, such as breastfeeding, the right position when breastfeeding, bathing the baby, caring for the baby's umbilical cord and keeping the baby healthy. The aim of the study was to determine the effect of counseling on how to care for normal newborns at home for primiparous postpartum mothers in PMB Lusi Yuliani, Sudimoro Village, Subdistrict Megaluh, Jombang Regency. This research is a pra experimental design uses purposive random sampling technique. The population in this study were 20 postpartum mothers. The samples taken in the study were 15 postpartum mothers at PMB Lusi Yuliani, Sudimoro Village, Megaluh District. Based on the results of research in Sudimoro Village, Megaluh District, it can be concluded that almost half of the respondents are not skilled at caring for newborns at home. The results of the analysis test using the Wilcoxon sign rank test showed = 0.000 ($\alpha = 0.05$). 66.7% of primiparous postpartum mothers were quite skilled and 33.3% were less skilled in caring for normal newborns before counseling. After counseling, 100% of primipara postpartum mothers were skilled in caring for normal newborns properly. Seeing from the results of the study, it was found that counseling had an effect on the behavior of how to care for newborns for primiparous postpartum mothers, so as a midwife it is expected to be able to develop midwifery services through counseling and counseling so that it can help increase the knowledge of mothers, especially primiparous postpartum mothers who have no experience in caring for newborns at home.

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INTRODUCTION

Infancy is one of the most critical early stages of life, requiring every parent to have adequate knowledge and skills in caring for babies, especially newborns.¹ Given the importance of infant health, it is very important to teach primiparas proper techniques and principles of normal newborn care. Baby growth and development is one of the most important stages for babies. Parents have a key role because they can have an impact on the health status of the baby.²

When a baby is born for the first time, mothers may feel confused about how to care for them. Even routine tasks such as changing diapers and getting them dressed can make a mother anxious, especially if the mother has never spent her time on baby care-related matters before. Developing independent personal skills requires confidence and a sense of calm as a parent. experienced both in mothers who gave birth for the first time (primipara) and mothers who have given birth before (multipara).³ The problem of neonatal care experienced by the community is the lack of independence of mothers in caring for newborns so that newborn care is carried out by others regardless of hygiene or sterility when caring for newborns.

Lack of independence in the care of newborns, especially in remote rural areas, many mothers who have just given birth hand over newborn care to biological mothers, grandmothers, traditional birth attendants or based on wrong experiences. This is often found in primiparous mothers and also in multiparous mothers. According to Prawirohardjo, research has shown that more than 50% of infant deaths occur in the neonatal period (newborns), namely in the first month of life. Poor handling of newborns who are born healthy will cause abnormalities that can lead to lifelong disabilities, and even death.⁴ For example, as a result of hypothermia in newborns, cold stress can occur which further causes hypoxemia or hypoglycemia and causes brain damage.

No less important is the prevention of infection through the umbilical cord, eyes, and ears at the time of delivery or when bathing/cleaning the baby with materials, fluids or tools that are not clean. Keep in mind that caring for a baby is an activity that is easy - easy to do. Not only need patience but knowledge of proper care must be possessed. Although it looks trivial but if not noticed it can harm the baby. Therefore, knowledge and behavior about newborn care for mothers is very important.⁴ According to research conducted by Herawati, states that the independence of respondents in the care of newborns can be influenced by various factors including the mother's willingness, education, experience, and knowledge that can be obtained from various sources such as: counseling from health workers (midwives, doctors and nurses) during the maternity home before going home, or from electronic media and others.⁵

Based on a preliminary study in Sudimoro Village, Megaluh Jombang District, most of the Primiparas who do not have the knowledge and skills in caring for their babies are more likely to

surrender to being cared for by their grandmothers, birth mothers and traditional birth attendants. A mother must prepare herself with knowledge in caring for newborns, if the mother does not have good knowledge then she will have difficulty in carrying out her new role as a mother.⁶ To increase the knowledge of primiparous mothers in infant care, health workers need to provide information to postpartum mothers to increase knowledge and insight in order to take care of babies more patiently and well.

METHODS

The design used in this study is pre-experimental design, a form of experimental research design that manipulates independent variables and influences the formation of the dependent variable. The pre-experimental design was used to obtain initial information in the formulation of the problems in the research. Subjects in the study using a pre-experimental design were carried out non-randomly and did not have control variables so that the experimental results were the dependent variable still influenced by the independent variables. By using the group pretest-posttest design the experimental results can be known accurately because in this design there is a pretest before treatment and posttest after being given treatment, so that it can compare the situation before being given treatment and after being given treatment. The population in this study was 20 postpartum mothers. Sampling in this study uses non-probability sampling, namely purposive sampling is a sampling technique by selecting a sample among the population in accordance with what the researcher wants (objectives/problems in the study), so that the sample can represent the characteristics of the population that have been known previously.⁷ The sample taken in the study was 15 postpartum mothers at PMB Lusi Yuliani, Sudimoro Village, Megaluh Subdistrict. The research design used was pre-experimental with a one group pretest-posttest design that revealed a causal relationship by involving one group of subjects. The subject group was observed before the intervention, then observed again after the intervention was given.⁸ The independent variable in this study is Counseling, the dependent variable is Newborn Care. Research Instruments are tools that will be used for data collection. In this study, the instrument used is a checklist.

RESULT AND DISCUSSION

Based on the research, the results obtained:

Distribution of Research Results Frequency Table

Number.	Variable	Total	
		n	%
1	Age		
	< 20 Years old	0	0
	20-25 Years old	10	66,7
	25-35 Years old	5	33,3
	>35 Years old	0	0
	Total	15	100
2	Education		
	primary school	0	0
	Junior high school	4	26,7
	Senior high school	11	73,3
	Collage	0	0
	Total	8	100
3	profession		
	housewife	12	80
	government employees	0	0
	private sector worker	3	20
	Total	15	100
4	Information on how to care for a newborn		
	Ever	12	80
	Never	3	20
	Total	15	100
5	resources		
	Family	11	73,3
	Media	3	20
	Never	1	6,7
	Total	15	100
6	How to care for newborns before counseling		
	Enough	10	66,7
	Less	5	33,3
	Good	0	0
	Total	15	100
7	How to care for newborns after counseling		
	Enough	0	0
	Less	0	0
	Good	15	0
	Total	15	100

Based on the table above, how to care for newborns before counseling was carried out in the Enough category of 10 respondents (66.7%) and less than 5 respondents (33.3%) and after counseling with a good category as many as 15 respondents (100%). The results of statistical tests using the Wilcoxon signed ranks statistical test show the p value = 0.000, so the p value = 0.000 <= 0.05

How to care for newborns before counseling

The results of the study before the counseling was carried out were that most of the respondents (66.7%) were quite skilled in caring for newborns and 33.3% were less skilled in caring for newborns. Many factors, one of which most (66.7%) postpartum mothers have an age range of 20-25 years and a small proportion (33.3%) of respondents are 25-35 years old, where the increasing age, the level of maturity in thinking increases and based on From the table we can also see that young postpartum mothers tend to not know how to care for newborns before counseling. Besides being influenced by age factors, there are other factors that have important roles as well, namely education and work. Based on the table of research results, most of the respondents (73.3%) have high school education and most of the respondents (80%) do not work or are only housewives. Work is something that is done to earn a living or a livelihood. People who are busy with daily activities or work will have more time to obtain information.⁹ Work factors also affect the knowledge of someone who works, his knowledge will be wider than with people who do not work, because by working someone will have a lot of information.¹⁰ Based on the table of research results, almost all respondents (80%) have received information about how to care for newborns from their families. Information is one of the factors that affect a person's level of knowledge, information obtained from various sources will affect a person's level of knowledge. Source of information is a notification process that can make someone know information by hearing or seeing something directly or indirectly and the more information that is obtained, the wider a person's knowledge will be.¹¹ The ease of obtaining information can help speed up a person's acquisition of new knowledge that more and more information can influence or increase one's knowledge and with knowledge raises awareness that eventually a person will behave in accordance with the knowledge he has.¹² According to Spredley and Allender in Setyowati, the role of the family describes a set of interpersonal behaviors, traits, activities related to individuals in certain positions and situations.¹³ The role of individuals in the family is based on the expectations and behavior patterns of the family, group, and society.¹⁴ The family is one or more individuals who live together, so they have emotional and develop social interrelationships, roles and tasks. So that the family plays an important role in increasing knowledge. The role of the family describes a set of interpersonal behaviors, traits, activities related to individuals in certain positions and situations. The role of individuals in the family is based on the expectations and behavioral patterns of families, groups, and society.⁶ newborns who are known from

family experience based on hereditary experience from the family so that there are still many new knowledges that are not yet known about caring for newborns at home that are known to postpartum mothers only about how to bathe babies and even then there are still many shortcomings.

How to care for newborns after counseling

Based on the results of research on respondents after being given counseling, it is known that all respondents (100%) are able to carry out how to care for newborns well. newborn after counseling. The increase in the way of caring for newborns is not only influenced by the level of education, age, and occupation, it is also influenced by the activity of postpartum mothers during counseling. Postpartum mothers in the PMB Lusi Yuliani area were active in participating in the counseling conducted by the researchers, most of the postpartum mothers asked questions in the question and answer session, so that the mother's knowledge increased further. Increased knowledge will make mothers more aware and less afraid to care for their newborns.

In accordance with Law No. 23 of 1992, namely increasing the community's ability to maintain and improve the degree of health both physically, mentally and socially.¹⁵ One of the efforts to improve the community's ability is to carry out counseling. In connection with the purpose of counseling which changes the mindset and behavior of the community from previously ignorant to knowing, from previously unwilling to willing and having awareness for healthy behavior, it is hoped that there will be an increase in caring for newborns at home.

The effect of counseling on newborn care at home on the behavior of primigravida postpartum mothers

The results of the analysis from the Wilcoxon signed ranks test showed that the p value = 0.000, so the p value = 0.000 < = 0.05, it means that counseling affects how to care for newborns at home on the behavior of primiparous postpartum mothers in PMB Lusi Yuliani, Sudimoro Village, Megaluh District. Based on the table, it shows that all respondents (100%) are able to take good care of newborns. Changes can occur in each individual as a result of the influence, in this study the effect given is counseling. Counseling is a process of providing information to the public about various things that aim to change individuals or society for the better. The target of counseling in this study was the primary target, namely primipara postpartum mothers in Sudimoro Village and the secondary target was community leaders or cadres. From the results of the study, people more often know how to care for newborns from their families. With this counseling, it is hoped that the community, especially primiparous postpartum mothers, will be more skilled in caring for newborns at home. In this study, postpartum mothers were

active in asking health workers. Thus, health workers have an important role in providing information (counseling) especially about how to care for normal newborns at home to postpartum mothers.

From research conducted by researchers on August 2-17, 2020, the acceptance of counseling materials and the activity of postpartum mothers is influenced by the age factor, where as age increases, the level of maturity in thinking increases. In addition to the way newborn care is influenced by the age factor, there are other factors that have an important role, namely the education factor. Most of the respondents' education is high school. So that postpartum mothers in Sudimoro Village, Megaluh District, Jombang Regency easily accept counseling materials and actively ask questions in the question and answer session. The expected end result from this counseling is that primipara postpartum mothers are skilled in caring for normal newborns at home properly and without fear and can take care of their babies themselves without feeling dependent on family or traditional birth attendants. In this study, all respondents (postpartum mothers) experienced changes in behavior, from before and after being given counseling.

CONCLUSIONS AND SUGGESTIONS

The results of the study at PMB Lusi Yuliani, Sudimoro Village, Megaluh District, before the counseling was carried out, almost half of the respondents were not skilled in caring for 66.7% of primiparous postpartum mothers who were quite skilled and 33.3% were less skilled in caring for normal newborns before counseling. After counseling, 100% of primipara postpartum mothers were skilled in caring for normal newborns properly. Seeing from the results of the study, it was found that counseling had an effect on the behavior of how to care for newborns for primiparous postpartum mothers, so as a midwife it is expected to be able to develop midwifery services through counseling and counseling so that it can help increase the knowledge of mothers, especially primiparous postpartum mothers who have no experience in caring for newborns at home.

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