



The Effect of Education Through Video Media on the Knowledge of Postpartum Mothers about Perineal Wound Care

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ABSTRACT

Perineal wound care is an attempt to avoid perineal wound infection. Education through video media is an educational tool that can make it easier for someone to receive information. The purpose of this study was to determine the effect of education through video media on postpartum mothers' knowledge about perineal wound care. The method used is Pre-Experimental Design, with the type of research one group pretest-posttest design. This research was conducted at TPMB Muarofah in January with a total sample of 55 respondents. The population of this study were all postpartum mothers who were included in the inclusion criteria using the Consecutive sampling technique. Data collection uses a questionnaire sheet. Data analysis used univariate analysis with frequency distribution and bivariate analysis using the Wilcoxon Sign Rank test. The results of the univariate analysis showed that of the 55 respondents before being given health education through video media, there were 50 respondents who had less knowledge and after being given health education through video media, there were 48 respondents who had good knowledge. From the Wilcoxon Sign Rank test that was carried out, the results were <0.00 , so it can be stated that health education through video media has an effect on the knowledge of postpartum mothers about perineal wound care at TPMB Muarofah, Surabaya City.

Keywords: Education; Video media; Perineal wound care, knowledge

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INTRODUCTION

The postpartum period (puerperium) is the period experienced by women after the baby is born until the reproductive organs return to normal as before pregnancy within six weeks.¹ At the time of delivery it does not rule out the possibility of perineal tears, these perineal tears are divided into two types, namely spontaneous tears and tears using tools (episiotomy). Injuries to the birth canal are a good place for the development of germs so that they become the cause of infection.

According to data from the World Health Organization (WHO), the number of perineal tears is estimated to reach 6.3 million in 2020. In Indonesia, the incidence of perineal trauma in women who give birth spontaneously vaginally is 85%, 52% due to spontaneous tears (ruptures) and 32-33% due to episiotomy.² In East Java Province, 70% of women who give birth vaginally experience perineal injuries.³ Based on a preliminary study at TPMB Muarofah, Surabaya City in October 2022, out of a total of 103 postpartum mothers, 82 postpartum mothers experienced perineal wounds either by episiotomy or rupture and found as many as 10 postpartum mothers who experienced perineal wound sutures that were caused by being too hard when cleaning the perineum and holding urine for too long. Based on the results of interview that were conducted with postpartum mothers, out of 10 people, 7 of them still did not know about perineal wound care. Efforts that have been given at TPMB Muarofah Surabaya City for prevent infection of the perineal wound is by giving perineal wound care education through the lecture method without using other supporting media. Education through video media will be more optimal for make it easier to understand the material, utilize more senses and can played repeatedly.

There are several factors that can affect knowledge of perineal wound care, namely education, information sources, socio-cultural and economic, environment, experience, age. The possibility of infection will be greater for mothers who have low or less knowledge due to the mother's mistakes in treating perineal wounds.⁴ Education through video media will be more optimal to make it easier to understand the material, utilize more senses and can be played repeatedly. According to Yudianto (2017) states that video is an electronic medium that combines audio and visual technology to produce dynamic and interesting shows.⁵ Currently the development of educational media is very rapid. One of them is by use smartphones. Several studies state that smartphones have high effectiveness as media Health education because it is able to convey information through multimedia, high portability and has applications that support to improve the quality of health services. The purpose of providing information must be considered so that it can be conveyed to change behavior better. Video is an educational tool Healthcare developed because it makes it easier for someone to receive information and provide it good visualization.⁶

This study aims to determine the effect of education through video media on postpartum mothers' knowledge about perineal wound care. The benefit of this research is as a source of information for solving health problems about perineal wound care.

METHOD

This type of research uses a Pre-Experimental Design using a one group pretest-posttest design. This research was conducted in January 2023 at TPMB Muarofah, Surabaya City. The population in this study were all postpartum mothers who visited TPMB Muarofah who were included in the inclusion criteria. The sampling technique used Consecutive sampling. The population in this study were 55 postpartum mothers.

Data collection uses a questionnaire sheet using the MCQ model. Postpartum mothers are given pretest questionnaires, then given educational videos related to perineal wound care, after which they are given a posttest the next day to obtain data about the knowledge of postpartum mothers. Data analysis used the Wilcoxon Sign Rank test to determine whether there was an effect of health education through video media on postpartum mothers' knowledge of perineal wound care. This study pays attention to ethics in research, namely Informed Consent, Anonymity, Confidentiality.

RESULTS

Table 1. Distribution of Characteristics of Postpartum Mother at TPMB Muarofah Surabaya City

Characteristics	Frequency	Percentage (%)
Age		
15-19 years	5	9.1
20-24 years	20	36.4
25-29 years	15	27.3
30-34 years	13	23.6
35-39 years	2	3.6
Education Level		
Elementary School	2	3.6
Secondary	16	29.1
High School	34	61.8
Graduated College	3	5.5
Job		
Not working	41	74.5
Self-employed	11	20.0
Private employees	3	5.5
PNS/TNI/POLRI	0	0
Etc	0	0
Parity		
Primipara	26	47.3
Multipara	29	52.7
Total	55	100

Based on table 1. It was found that from the 55 respondents that most of them are aged 20-24 years (36.4%), based on their last level of education most of the respondents graduated from high school (61.8), based on their jobs most of the respondents did not work (74.5%)

Table 2. Distribution of knowledge postpartum mothers before being given health education through video media at TPMB Muarofah, Surabaya

No	Knowledge Level	Frequency	Percentage (%)
1.	Good	1	1.8
2.	Enough	4	7.3
3.	Not Enough	50	90.0
	Total	55	100

Based on table 2, it shows that of the 55 respondents, the results of the research on the knowledge of postpartum mothers before being given health education through video media were mostly in the less category, namely 50 respondents (90.0%), 4 respondents who had sufficient knowledge (7.3%) and had good knowledge 1 respondents (1.8%).

Table 3. Distribution of knowledge postpartum mothers after being given health education through video media at TPMB Muarofah, Surabaya

No	Knowledge Level	Frequency	Persentase (%)
1.	Good	48	87.3
2.	Enough	6	7.3
3.	Not Enough	1	90.0
	Total	55	100

Based on table 3, it shows that out of 55 respondents from the research on knowledge of postpartum mothers after being given health education through video media, most were in the good category, namely 48 respondents (87.3%) and 1 respondent with less knowledge (1.8%).

Table 4. Analysis of the Effect of Education through Video Media on the Knowledge of Postpartum Mothers about Perineal Wound Care at TPMB Muarofah, Surabaya City

Pengetahuan	Pretest		Posttest	
	(f)	(%)	(f)	(%)
Good	1	1,8	48	87,3
Enough	4	7,3	6	10,9
Not Enough	50	90,0	1	1,8
Total	55	100	55	100
Sig. (2-tailed)	: 0.00			
Positive rank	: 54			
Negative rank	: 0			
Ties	:1			

Based on the results of the Wilcoxon Signed Rank Statistical Test, the value of Sig <0.00 was obtained, which means that there was a difference in knowledge between before and after being given health education through video media about perineal wound care.

DISCUSSION

1. Respondent Characteristic

Based on the results of the study in table 1 in the age section, it can be seen that out of 55 postpartum mothers, the majority were found to be 20-24 years old, as many as 20 people (36.4%). Age affects a person's comprehension and mindset, the older a person is, the comprehension and mindset will further develop so that the knowledge obtained is better.⁷ The researcher's assumption is that one of the factors that can affect knowledge is age, the majority of respondents are 20-24 years old where at that age the mother is experiencing her first pregnancy so that the knowledge and experience of the mother is still not different from the mother who is aged 35-39 years because at

that age the mother has already given birth so that she has knowledge and experience about perineal wound care.

Based on the results of research in the education section, it can be seen that out of 55 postpartum mothers, the majority of respondents had a high school education, as many as 34 people (61.8%). Education is an effort to develop personality and abilities inside and outside of school. Education can also affect the learning process, the higher a person's education level, the easier it is for that person to obtain and receive information.⁸ The researcher's assumption is that one of the factors that can influence knowledge is the last level of education, the majority of respondents' last education level is high school graduation so that knowledge about perineal wounds is still very less different from the level of education that graduates from tertiary education because the higher a person's level of education, the wider the source of information. obtained so as to increase one's knowledge about perineal wound care.

Based on the results of research on the work section, it can be seen that out of 55 postpartum mothers, the majority of respondents did not work, namely 41 people (74.5%). According to Devita (2019) Working mothers will bring experiences from the workplace into the home so that more information is received.⁹ The assumption of the majority of researchers is that the majority of respondents do not work so that the scope for receiving new information is still less extensive, different from working mothers because they always meet new people so that the information obtained is quite extensive.

2. Knowledge of Postpartum Mothers Prior to Health Education

Based on the results of the study in table 2, the distribution of the frequency of knowledge of postpartum mothers before being given health education through video media shows that out of 55 people there are 50 postpartum mothers (90.0%) who have less knowledge with characteristics of the ages of 20-24 years. Age affects a person's comprehension and mindset, the older a person is, the more knowledge or knowledge one has because one's knowledge is influenced from one's own experience as well as from the experiences of others.¹⁰ This research is in accordance with research conducted by Masrurroh regarding the knowledge of respondents before being given video education with the majority of respondents having less knowledge of 18 people with age characteristics of 20-30 years. The researcher's assumption is that the younger the mother's age, the less information and experience she gets because at a young age, on average, mothers are still experiencing their first pregnancy, different from mothers who are mature, because mothers have already experienced childbirth, so they have good knowledge and experience about perineal wound care.

Based on research that has been conducted at TPMB Muarofah Surabaya City there are 50 people who have less knowledge with the characteristics of the last level of education being high school as many as 33 people. Education can affect a person's knowledge, the higher a person's education level, the easier it is to receive information so that the knowledge is better, but someone with low education does not necessarily have low knowledge (Rumintang, 2018).

This research is in accordance with research conducted by Khoirunnisa with the title influence of postpartum health education on mother's knowledge about the ability to independently care for postpartum mothers in 2022, the majority of respondents have less knowledge as many as 17 respondents with the characteristics of the most recent educational level the largest is SMA as many as 10 respondents. The researcher's assumption is that a person's level of education greatly influences the level of knowledge with the higher a person's education, the wider his knowledge and easy to receive information. Conversely, if the mother has a low level of education, it will generally be difficult for her to receive new information.

Based on the research that was conducted at TPMB Muarofah Surabaya City, there were 50 people who had less knowledge with the characteristics of the work, most of the respondents did not work as many as 36 people. Occupation is one of the factors that influence knowledge because they often interact with other people. Working mothers will bring experiences from the workplace into the home so that they receive more information (Zakaria, 2018).

The results of this study were supported by research conducted by Setiawati with a total of 26 respondents, the majority of the last level of education, namely high school, as many as 17 respondents had less knowledge, as many as 16 respondents. The assumption of the researchers is that the majority of mothers who have less knowledge are respondents who do not work, due to the lack of information obtained by respondents about perineal wound care and because no one has sufficient time to properly care for perineal wounds due to the obligation to take care of homework so that respondents do not care about how to care for them. perineal wound properly.

3. Knowledge of Postpartum Mothers After Being Given Health Education

Based on the results of the study in table 3, the distribution of the frequency of knowledge of postpartum mothers after being given health education, it can be seen that out of 55 postpartum mothers, there were 48 people (87.3%) who had good knowledge, thus postpartum mothers had good knowledge after being given health education through video media. This is in line with the knowledge carried out by Khoirunnisa with the title of educational influence postpartum health on mother's knowledge about the ability to independently care for postpartum mothers in 2022 which shows the result that there is an effect of health education using audiovisual on knowledge.

Sources of information are something that become intermediaries in conveying information, someone who has more sources of information will have extensive knowledge.¹¹ The researcher's assumption is that video media is the right medium for educating the public because the video has been packaged in an attractive way making it easier for respondents to remember and it can be seen from the research results that there has been an increase after being given health education about perineal wound care through video media.

4. Analysis of the effect of education through video media on the knowledge of postpartum mothers about perineal wound care at TPMB Muarofah, Surabaya City

The results of the Wilcoxon Signed Rank statistical test obtained a value of Sig <0.00 which means that there was a significant difference in knowledge between before and after being given health education through video media about perineal wound care. This is in line with research conducted by Rahayu with the title of the effect of providing health education about postpartum gymnastics with audio media on the knowledge, abilities and motivation of implementing puerperal gymnastics in postpartum mothers with the results obtained that there were differences in knowledge about puerperal exercises before and after being given health education with audio-visual media.

Providing education using video media is an educational activity carried out by spreading messages, instilling confidence so that respondents are not only aware, know and understand but also willing and biased (Zakaria, 2018). The effectiveness of using educational media is largely determined by the number of recipient senses involved. The more senses used, the easier it is to convey educational messages (Yudianto, 2017).

The results of this study are supported by what Wigati did (2021) with the title influence of health education through social media on knowledge of postnatal mothers about breastfeeding techniques during the COVID pandemic 19 in the Working Area of the Puncu Health Center, Kediri Regency get the result that there is an influence of educational knowledge breastfeeding technique health through video media.¹²

Based on research conducted by Mardliyana on the influence of smartphone-based educational media on the preparation of mothers for childbirth, it shows that smartphone-based educational media has a significant effect on the preparation for the delivery of pregnant women during the COVID-19 pandemic in Surabaya.¹³

Another study that supports this research was conducted by Putri (2022) which showed that there was an effect of health education through audiovisual media on the knowledge of postpartum mothers regarding perineal wound care at the Hanna Kasih clinic in Medan.¹⁴

Educational media is a tool that explains part or all the learning program that is difficult to explain verbally. Educational media can be learning materials, training questions, videos, game and others. Using audio visual, teaching materials that are difficult to explain descriptively can be stimulated easily either in video or animation, even into a game.¹⁵

The researcher's assumption that there are still many respondents who do not understand or understand about perineal wound care is proven when giving the pretest many respondents answered incorrectly or many respondents had less knowledge, but after being given health education through video media about perineal wound care and then being given a posttest it can be seen the results of the questionnaire there is an increase in knowledge. It can be said that the provision of information received by respondents will affect the level of knowledge of respondents.

CONCLUSION

The majority of postpartum mothers have less knowledge before being given health education through video media and after being given health education through video media, the majority of postpartum mothers have good knowledge. Health education through video media has an influence on the knowledge of postpartum mothers in caring for perineal wounds.

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