

# The Effectiveness of Health Education by Accommodating Seven Monthly Culture to Knowledge, Attitude and Action of Pregnant Woman in Palembang

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**Abstract--** The results of a preliminary study in Kelurahan 3-4 Ulu, the community still preserves the customs and culture of the seven monthly monthly for pregnant women. Health workers need to provide assistance for the seven monthly rituals in antenatal care for pregnant women. The purpose of this study was to identify the effect of health education by accommodating the culture of nonth monthly to the knowledge, attitudes and actions of pregnant women. The study design uses a Quasi Experiment design. The sampling technique was purposive sampling. The study period is January to March 2017. The results of the analysis found a significant difference between the knowledge of respondents in the control group and the intervention group with a value of  $p = 0,000$ . The influence of the mother's knowledge before and after the facilitation of health workers is done on a monthly basis in the control group and the intervention group. There is a significant difference in the attitudes of respondents in the control group and the intervention group with a value of  $p = 0,000$ . There was a significant difference in the respondent's actions in the control group and the intervention group with  $p = 0.032$ . There was a significant effect on the respondent's actions before and after the assistance of health workers on a monthly basis in the control and intervention groups. Therefore it is necessary to do antenatal care in the form of health education by accommodating local culture every seven months, in collaboration with the government, involving the community in each order so that they are actively involved in improving the health care status of pregnant women.

**Keywords:** *Health Education, Pregnant, Seven Monthly.*

## I. INTRODUCTION

Changing people's behavior towards healthier needs to take a cultural approach and use local wisdom. Each ethnic has their own perceptions related to health, health ethnographic research can be a door to change people's behavior to be healthier [1]. Community care needs to be accompanied by health workers through health education, by utilizing local culture. One of the culture of the community in the care of pregnant women is monthly. The Community of the 3 - 4 Ulu Village, do the seven monthly as a sign of gratitude to Allah SWT, in order to welcome the arrival and pray for the baby and support the mother to stay healthy, strong, smooth, survived during pregnancy, childbirth, childbirth and newborn care. It needs to be maintained with innovation in caring for pregnant women while still adjusting the culture prevailing in society [2].

The people in Palembang have almost the same cultural customs as other regions in Indonesia. Seven monthly culture, according to the original known as nimbang bunting, is a custom to pray for the age of seven months of pregnancy (Head of UPTD Sultan Mahmud Badaruddin II Palembang Museum). Where before the traditional ceremony read the Book of Manakib Syech Muhammad Saman a figure from Mecca who became a role model for the people of Palembang. According to historical records, Syaech Muhammad Saman was a child who loved his parents very much, whose behavior was very devoted to his parents, even willing to not eat, for the sake of his

parent seating enough. After completing the reading of the Sech Muhammad Saman Book, then the mother with a seven month gestational age, was seated on a tide board, using customary clothes weighing, namely cloth (sewet) wrapped around like a blouse covering the body. The mother's hands are placed on the scales to be weighed and the weight of the hands determines the weight of the fabric to be used. Furthermore, the mother's body is scrubbed with three- color powder, namely white, red and green which symbolizes that the life that is being lived by a prospective baby, is colorful. After that, the pregnant women are bathed by the biological mother, mother-in-law, the closest female relatives, amounting to 7 people, each time watered until wet, then the pregnant woman will change seven pieces of cloth, then the pregnant woman will change into traditional clothes and be repeated with chicken roasted turmeric rice, and drinking water that was prayed during the recitation [3].

The implementation of the seven-month cultural ritual, begins with bathing in the water of the seven-colored flower, is interpreted, the mother and fetus are in a state of holiness, clean, fragrant and fragrant, fragrant flowers, bring blessings, behave well for the mother and fetus in the womb and spread the good in the neighborhood wherever located. Each flush the flower water 1 time, followed by the replacement of 1 sheet of sewet / cloth, by 7 people, interpreted as economic resources of mother and baby flowing like water, and coated with enough and abundant sustenance [4].

After bathing, changing the traditional clothes of the bride symbolizes grandeur, glory and well-being for the mother and fetus in order to obtain a prosperous and noble life. Chicken roasted turmeric sticky rice, cork fish, shrimp, cucumber, pineapple and kuncai leaves as a decoration and get water drink that has been prayed for during the recitation program, people assume that pregnant women need to eat and drink for their health, glutinous turkey grilled chicken is interpreted as a symbol of prosperity. in order to get a source of food, drink enough for the family to live life. implemented by mothers, ranging from parents, in-laws, religious leaders, traditional leaders, community leaders [5], [6].

**II. METHOD**

The design of this study was using quasi-experimental design (Quasi Experiment design), through the pretest-posttest control group approach (Hidayat, 2009). This study provides treatment of health education for mothers, looking at differences in knowledge, attitudes and actions of postnatal care for women in the intervention group and the control group that aims to see the effect of assistance in maternal health education that accommodates the culture of nonthonthly to the knowledge, attitudes and actions of pregnant women in kelurahan 3-4 Ulu Palembang. Samples were taken by purposive sampling system from January - March 2017.

**III. RESULT**

*A. Univariate Analysis*

**Table 1. Frequency Distribution of Respondent Characteristics**

Variable	Control group	Variable	Intervention Group
Usia	20 - 30	20-30	19
	18 60 %		63,3 %
Pendidikan	SMA	SD	11
	11 36,7%		36,7%
Pekerjaan	Tidak Bekerja	Tidak Bekerja	25
	24 80%		83,3%
Pengetahuan	3,4 – 6,6	7,3 – 10,0	26
	15 50%		86,7%
Sikap	8,0 –10,0	8,0 – 10,0	23
	9 30%		76,7%
Tindakan	1,5 – 5,5	1,5 – 5,5	21
	20 66,7%		70%

Table 1 shows that most of the respondents with the most age variables were in the range of 20-30 years with a control group of 60% (18 people) and an intervention group of 63.3% (19 people). Then for the education variable in the control group most of them had high school education of 36.7% (11 people) while the intervention group was mostly elementary school education of 36.7% (11 people). For the Occupational Variables most did not work with the control group 80% (24 people) and the intervention group 83.3% (25 people). As for the knowledge score, the highest control group was in the score of 3.4 - 6.6 with 50% (15 people) and the most intervention group was in the score of 7.3-10.0 with a total of 86.7% (26 people). The highest attitude scores were in the range of 8.0-10.0 with a control group of 30% (9 people) and an intervention group of 76.6% (23 people). Then the most action scores were in the range of 1.5-5.5 with a control group of 66.7% (20 people) and an intervention group of 70% (21 people).

**B. Bivariate Analysis**

**Table 2. Prior and After Knowledge of Health Staff Assistance in Intervention Groups**

Variabel	Nilai Pengetahuan	Mean Rank	Sum Of Ranks	Nilai (p)
Uji Normalitas	PreTest	15,50	465,00	,000
	PostTest	43,85	1315,5	
Uji Wilcoxon	PreTest	0,00	0,00	,000
	PostTest	14,00	378,00	
Distribusi Pengetahuan	Kelompok Kontrol	17,15	514,50	,000
	Kelompok Intervensi	43,85	1315,50	

In table 2 it can be concluded that the data are normally distributed because  $p < 0.05$ , because the data are normally distributed, the type of test used is the Wilcoxon test. The following Wilcoxon test results to see differences in the average value of the group before and after given the intervention. With the results of the analysis of the effect of assisting health workers in health education on respondents with a seven-month cultural ritual in the intervention group, PreTest and PostTest have a value of  $p = 0,000 (<0.05)$ , it can be concluded that there are significant differences. This shows that there is an effect of the assistance of health workers in health education on the knowledge of respondents.

In table 4.9. From the results of the analysis it was found that the value of  $p = 0,000 (<0.05)$ , it can be concluded that there is a significant difference between the knowledge of the respondents in the control group and the knowledge of the respondents in the intervention group.

**Table 3. The Attitudes Before and After Assisting Health Workers in the Intervention Group**

Variabel	Nilai sikap	Mean Rank	Sum Of Ranks	Nilai (p)
Uji Normalitas	Pre Test	15,50	465,00	,000
	Post Test	41,15	1234,50	
Uji Wilcoxon	Pre Test	5,50	16,50	,000
	Post Test	15,06	361,50	
Distribusi Sikap	Kelompok kontrol	19,85	595,50	,000
	Kelompok intervensi	41,15	1234,50	

In the normality test table it can be concluded that the data are normally distributed because  $p = 0,000$ , because the data are normally distributed, the type of test used is the Wilcoxon test. The following Wilcoxon test results to see differences in the average value of

the group before and after given the intervention. PreTest and Post Test has a value of  $p = 0,000$ , it can be concluded that there are significant differences. This shows that there is an effect of the assistance of health workers in health education on the attitude of respondents. In the attitude distribution table the results of the analysis of the value of  $p = 0,000$  are obtained, so it can be concluded that there is a significant difference between the attitude of the respondents in the control group and the attitude of the respondents in the intervention group.

**Table 4. Actions Before and After Assistance of Health Workers in the Intervention Group**

Variabel	NilaiP Pengetahuan	Mean Rank	Sum Of Ran	Nilai (p)
Uji Normalitas	PreTest	15,50	465,00	,032
	PostTest	35,22	1056,50	
Uji Wilcoxon	PreTest	10,50	105,00	,043
	PostTest	16,06	273,00	
Distribusi Tindakan	Kelompok control	25,78	773,50	,032
	Kelompok intervensi	35,22	1056,50	

In the action normality test table it can be concluded that the data are normally distributed because  $p = 0,000$ , because the data are normally distributed, the type of test used is the Wilcoxon test. The following Wilcoxon test results to see differences in the average value of the group before and after given the intervention. Wilcoxon PreTest and PostTest test table has a value of  $p = 0.043$ , it can be concluded that there are significant differences. This shows that there is an effect of assistance of health workers in health education on the actions of respondents. In table.3 From the above analysis, the value of  $p = 0.032$  is obtained, so it can be concluded that there is a significant difference between the actions of respondents in the control group and the actions of the respondents in the intervention group.

Analyst results obtained a significant difference between the respondents' knowledge of the control group and the intervention group with a value of  $p = 0,000$ . There is a significant influence of knowledge before and after the assistance of health workers in the health education for postpartum care of the mother in the ritual culture of the seven months, control and intervention groups. There is a significant difference between the attitude of the respondents in the control group and the intervention group with a value of  $p = 0,000$ . There was a significant difference between the actions of respondents in the control and intervention groups with a value of  $p = 0.032$ .

There is a significant effect of actions before and after the assistance of health personnel in the self-care health education of the puerperal mother on the ritual culture of the seven months, the control group and the intervention group. As a suggestion, it is necessary to conduct health education activities by health workers in collaboration with the government, the community in each order with a cultural approach through community empowerment to be actively involved in improving the health status of postnatal care with health workers.

#### **IV. DISCUSSION**

From the analysis results obtained  $p = 0,000$ , it can be concluded that there are significant differences in the knowledge of respondents in the control group and the intervention group.

Knowledge or cognitive is a very important domain for the formation of one's actions because there is experience and research shows that behavior based on knowledge will be more lasting than behavior based on knowledge. The results of the study explained that there were significant differences in the knowledge of mothers in the intervention group and the control group. In accordance with research conducted by [7], regarding health promotion, has an important role as conducted in Bangladesh, with an "Integrated health intervention" program about everything related to pregnancy, providers are trained to intervene in the form of assistance and education during pregnancy, birth and post-birth.

The results of the analysis of the Paired T-Test in pre-test and post-test I, have  $p = 0,000$ , it can be concluded that there are significant differences, this shows that health education influences the level of knowledge of respondents (Mulyani, 2016). In accordance with the statement that said that health education is a series of efforts aimed at influencing others ranging from individuals, groups, families and communities to carry out healthy living [5].

In accordance with the statement which says that the Touch of Health Promotion can be done through various ways, including through counseling facilities, reading and education through this facility, will make a better understanding and increase motivation and happiness for mothers. This research was given to the group of pregnant women with leaflets, audiovisual media, tools needed for demonstrations by inviting mothers to relax in accordance with the situation of the mother [8].

The results of attitude analysis obtained  $p$  value =  $0,000$ , it can be concluded that there is a significant

difference between the attitudes of respondents in the control group and the intervention group.

Attitude is a mental condition, relatively settled to respond to an object or certain stimulants that have meaning, whether positive, neutral or negative that elevates aspects of cognition, affection and tendency to act [9]. Educational and religious institutions or institutions are institutions that function to lay the foundations of moral understanding and concepts in individuals, good and bad, wrong or right understanding that determine a person's belief system so that it plays a role in determining one's attitude [10].

In accordance with Allport's opinion, that there are 3 main components that play an important role in determining someone's attitude, namely trust, emotional life and a tendency to act. It can be concluded that there is a significant influence of attitude before and after the assistance of health workers in health education for postnatal care of mothers of puerperal women in the ritual culture of the seven months, the control group and the intervention group.

In accordance with the results of the study said that giving a demonstration about breast care can improve a positive attitude, as evidenced by the Wilcoxon test which is obtained  $p = 0.002$ , which means that there is an effect of a demonstration about breast care on primigravida mother's attitude in breast care in BPS Delima Ny.Ami . Gondang Village, Plosoklaten District [11].

In accordance with the statement of the results of the study, the attitude of respondents after receiving counseling through health promotion (health education) showed a significant increase in positive attitudes towards filariasis prevention activities (Santoso, et al, 2014). In accordance with the opinion which states that the primiparous attitude about the puerperium was mostly in the good category at 66.7% [12].

Dari analisis Tindakan responden, didapatkan nilai  $p = 0,032$ , maka dapat disimpulkan bahwa terdapat perbedaan yang signifikan antara tindakan responden kelompok kontrol dan tindakan responden kelompok intervensi. In accordance with the statement which says that the most dominant factor influences the implementation of early post S.C. mobilization. is the provision of information by health workers [13]. The same thing was said that the respondents did not do early mobilization influenced by the ignorance of patients about previous mobilization and not given counseling about early mobilization [14]. In

accordance with the results of [15], which states that mentoring can improve patient compliance. The same thing also pointed out by [3] that mentoring also has a positive and significant effect on performance, so that mentoring which is increasingly improved, especially in communication skills, can improve performance.

The ability of mothers to carry out childbirth care can be influenced by various factors, such as the level of knowledge, the level of social culture, and the attitude of the mother during childbirth (Saifudin, 2006). In accordance with the statement that said that respondents with a good level of knowledge, all of them did an early mobilization of 15 respondents (100%) [16].

In addition, according to the opinion that shows that 60% of respondents in the study were able to mobilize early well, after getting preoperative counseling [17]. The same opinion was also expressed that mobilization was carried out well by 75% of respondents who had been given counseling [18].

## V. CONCLUSION

Assistance of health workers in the form of health education with a local, monthly cultural approach to pregnant women can influence their knowledge, attitudes and actions during pregnancy care. For this reason, it is necessary to establish sectoral cooperation in the empowerment of the community for the care of pregnant women by accommodating the seven monthly culture.

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