

ORIGINAL ARTICLE:**Utilization of MCH handbooks and attitudes of pregnant women regarding pregnancy and childbirth complications****Dian Irawati*, Agustin Dwi Syalfina**

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ABSTRACT

Objectives: Maternal Mortality Rate (MMR) is closely related to maternal care. MMR in Indonesia based on the 2015 IDHS is 359 per 100,000 live births. By increasing the utilization of MCH handbooks, MMR would be decline. Therefore, this research investigated the relationship between of the utilization of MCH handbooks and attitudes pregnant women regarding pregnancy and childbirth complications.

Materials and Methods: We conducted a cross sectional research with 54 pregnant women during March - June 2018 at the Sooko Health Center, Mojokerto. The independent variable was the utilization of MCH handbooks and the dependent variable was the attitude of pregnant women regarding pregnancy and childbirth complications. Data analysis included descriptive and bivariate analysis.

Results: The results showed that 79.6% of respondents used the MCH handbook well. The results of the chi square analysis test showed a p value of 0.027 (<0.05).

Conclusion: MCH handbook utilization effected the attitude of pregnant women regarding the complication of pregnancy and childbirth. Pregnant women who read and utilize MCH handbook would be have better alertness about the risk of complication so they would make the right decision for their pregnancy.

Keywords: Utilization of MCH handbook, attitude, pregnancy and childbirth complication

ABSTRAK

Tujuan: Angka kematian ibu (AKI) erat kaitannya dengan pelayanan kesehatan pada ibu. Berdasarkan data SDKI 2015 AKI di Indonesia menunjukkan angka 359/100.000 kelahiran hidup . Penelitian ini bertujuan untuk mengetahui pengaruh pemanfaatan buku KIA terhadap sikap ibu hamil tentang komplikasi kehamilan dan persalinan.

Bahan dan Metode: Penelitian ini menggunakan desain cross sectional dengan 54 responden (ibu hamil). Penelitian dilakukan selama bulan Maret-Juni 2018 di Puskesmas Sooko, Mojokerto. Variabel bebasnya adalah pemanfaatn buku KIA dan variabel tergangungnya adalah sikap ibu hamil tentang komplikasi kehamilan dan persalinan. Data dinalisis dengan statistik deskriptif dan uji analitik chi square

Hasil: Hasil penelitian menunjukkan bahwa 79.6% ibu hamil memanfaatkan buku KIA dengan baik dan hasil uji chi square menunjukkan p value sebesar 0.027 (<0.05).

Simpulan: pemanfaatan buku KIA mempengaruhi sikap ibu hamil tentang komplikasi kehamilan dan persalinan. Ibu hamil yang membaca dan memanfaatkan buku KIA akan memiliki kewaspadaan yang lebih terhadap risiko komplikasi sehingga mereka akan membuat keputusan yang tepat terhadap kehamilannya

Kata kunci: pemanfaatan buku KIA, sikap, komplikasi kehamilan dan persalinan

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INTRODUCTION

Maternal mortality and morbidity rates due to pregnancy and childbirth in developing countries are quite high. Of these 99% of deaths occurred in developing countries. High maternal mortality rate caused by complications in pregnancy and childbirth. According to WHO (2018) 75% of maternal mortality are due to complications of pregnancy and childbirth such as pre eclampsia-eclampsia, bleeding, infection, complications of labor, and unsafe abortion. The maternal mortality rate in Indonesia has decreased from 1991 to 2007 at 390 per 100,000 live births to 229 per 100,000 live births. MMR reduction between 2012 and 2015. There was 359 per 100,000 live births in 2012 and 305 per 100,000 live births in 2015.

MMR in Indonesia is still far from the target of Millennium Development Goals (MDGs) in 2015 that 102 per 100,000 live births and 70 per 100,000 live births for the target of Sustainable Development Goals (SDGs) in 2030 (Pusdatin, 2016). The main causes of maternal death in 2010 to 2013 were bleeding and other causes (cancer, kidney, heart, tuberculosis and other diseases suffered by the mother) while the lowest contributors to death were caused by prolonged labor.

The maternal mortality rate in Mojokerto district from 2014 to 2017 significant increased of 90.7 per 100,000 live births in 2014 to 174 per 100,000 live births in 2017 with the causes being pre-eclampsia-eclampsia, bleeding and other causes. The following is a picture of the maternal mortality rates in Mojokerto district in 2013 to 2017.

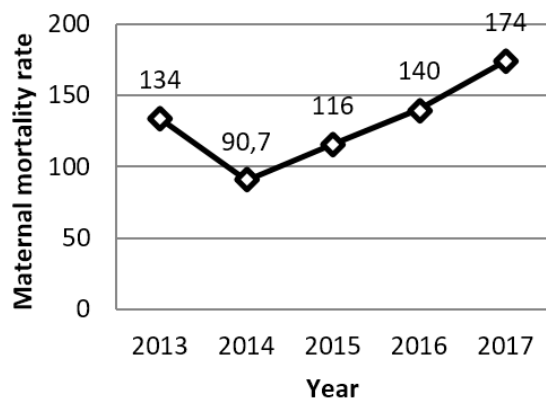


Figure 1. Percentage of maternal mortality rate in Mojokerto district in 2013-2017

Most maternal mortality can be prevented through quality health services and management of complications. MCH handbook is one of tools to detect pregnancy complication early, designed to support healthy pregnancy, reduce risk of births, and improve

quality of child care. MCH handbook have to be owned by each pregnant woman. The handbook contains health information concerning pregnancy, delivery, post partum, health care for new born babies and young children. It contains maternal health records (pregnant, maternity, and childbirth) and young children as well as various information in the form of pictures that explain to mothers about how to maintain and care for maternal and child health. Information about early detection of pregnancy complications is also listed in the MCH handbook so that it can improve the knowledge and attitudes of mothers and families towards pregnancy complications. Therefore, this study aims to analyze the effect of the utilization of MCH handbooks on maternal attitudes about pregnancy and child birth complications

MATERIALS AND METHODS

This study was analytical observational research with cross sectional design. Respondents were all pregnant women who recruited at the Sooko Health Center in Mojokerto District on March –June 2018 as many as 156 pregnant women. The research sample was determined by inclusion and exclusion criteria. Inclusion criteria included pregnant women who had a pregnancy check up at the Sooko health center, had MCH handbooks, no illiterate. Exclusion criteria included pregnant women who were not willing to become respondents. Samples were taken by accidental sampling technique. The primary data collection in this study was by distributing questionnaires about general data, the use of MCH handbooks and the attitude of pregnant women regarding complications of pregnancy and childbirth. The questionnaires collected were re-examined to find out the completeness of the data through the stages of editing, coding, scoring, tabulating. Data were analyzed by descriptive and bivariate analysis. Chi Square statistical test with $\alpha = 0.05$ was carry out to analyzed the data.

RESULTS AND DISCUSSION

Characteristics of respondents in this study showed that the majority of respondents aged 20-35 years were 88.8%, 72.2% had a secondary level education (Senior High School), 63% of mothers did not work, 77.8% had parity in the multigravida category . Based on the utilization of MCH books and the attitude of pregnant women about childbirth complications showed that 79.6% of respondents used the MCH handbook well and 64.8% had a positive attitude about pregnancy and childbirth complications.

The results of the study also showed that all respondents already had a MCH handbook and carried the book when doing a pregnancy check. But as much as 11.1% of respondents did not ask the midwives about unknown health information, 12.9% of respondents had never read the contents of the MCH handbook before getting antenatal care, and 51.8% of respondents sometimes gave a mark (?) on information that had been understood or examinations and cares that has been obtained.

The research that conducted by Lestari et al. (2012) had contradictive result. It stated that most respondents lacked in using the MCH handbook to obtain information about the danger signs of pregnancy. Research conducted by Farida (2016) shows that there are several factors that can influence the use of MCH handbooks, including education, knowledge, attitudes, family support, cadre support, and support from health workers.

Table 1. Characteristics of pregnant women at Sooko Health Center, Mojokerto District in 2018

Variables	N	%
Age group		
< 20 years	3	5.6
20 – 35 years	48	88.8
>35 years	3	5.6
Education level		
Primary	13	24.1
Secondary	39	72.2
Higher	2	3.7
Occupation		
Work	20	37
No Work	34	63
Parity		
Primigravida	11	20.4
Multigravida	42	77.8
Grandemultigravida	1	1.8
Utilization of MCH Books		
Good	43	79.6
Not good	11	20.4
Attitudes regarding pregnancy and childbirth complications		
Positive	35	64.8
Negative	19	35.2

Most respondents have good quality in the utilization of MCH handbooks. Mothers always bring MCH books everytimes they go to antenatal cervices and complete the MCH content by checked the health informations that have been known and each cares that have been recieved. The respondent's age is related to the quality of the use of MCH handbooks because most of the respondents age in the mature age category. According to Nita Farida (2016) age was an important thing in

reflecting the experience, knowledge, thinking maturity and ability of certain values. Respondent education is mostly in the secondary category. Respondents with secondary and low education have the utilization of MCH handbooks in good quality. According to Napitupulu, et al (2018) that the level of curiosity of mothers with lower education is higher than mothers with higher education.

Unworking pregnant women have good quality on the utilization of MCH handbooks they have many chances to obtain information about MCH handbooks. The difference came form the results of Napitupulu's research, et al (2018). It said that pregnant women who work to get wages have good quality in the utilization of MCH handbooks. Because by working, a person will obtain knowledge and experience both directly and indirectly that will encourage and even influence a person's behavior. Mother's experience in pregnancy is one of the determinants of the utilization of MCH handbooks, the results of this study indicate that multigravida mothers utilize MCH handbooks better. Someone does something based on experience, with responses or appreciation usually does not let go of the experience he is experiencing.⁶

Based on the utilization of the MCH handbook, most of the respondents were in the good quality category about the utilization of MCH books. However, most respondents did not mark on the information that had been read in the MCH handbook. Colti Sistiarani, et al (2014) found that there was a relationship between the function of recording MCH handbooks and knowledge of MCH handbooks. Filling in the MCH handbook gives an understanding to the mother about the health status of the child and their children. Complete records will support the improvement of maternal knowledge about personal health and children's health.

The MCH handbook program was introduced in approximately 20 developing countries, one of which was Indonesia. In 1994, the MCH Handbook in Indonesia was first developed by JICA in Salatiga, Central Java. In 2004, the minister of health stated that every child must have a MCH handbook and all health providers have to provide health education to the parents by using MCH handbooks (Nakamura, 2010). According to Kusumayati and Nakamura's (2007) study, the utilization of MCH Books was related to maternal knowledge about immunization, antenatal care, tetanus toxoid (TT) and delivery assistance. Therefore, Utilization of MCH handbook can improve maternal knowledge and maternal health services.

The MCH handbook is one of the tools for early detection of maternal and child health problems. The

MCH Handbook serves as a communication tool between health workers and pregnant women, families and communities about how to maintain maternal and child health, which contains instructions on maternal and child health services, referrals, and standards of maternal and child health services, nutrition, immunization and child development. Community participation in maintaining maternal and child health can be improved through understanding and using MCH books. Through participation and utilization, it is expected to grow self-reliance in the family to maintain the health of mothers and children because maternal and child health problems are vulnerable problems and often result in disability and death.

Based on the results of the study, the majority of respondents have a positive attitude about complications of pregnancy and childbirth. Pregnancy complications are problems that can increase the risk of maternal death during pregnancy, childbirth and the puerperium. These complications include preeclampsia, premature rupture of membranes, bleeding during pregnancy, high fever, and heart disease during pregnancy. A positive attitude about pregnancy complications indicates that respondents had an understanding and will act positively if they get pregnancy complications so that the maternal morbidity and mortality rate can be prevented.

The results of the chi square analysis test showed a p value of 0.027 (<0.05) which means there is a significant relationship between the use of MCH handbooks and the attitude of pregnant women regarding complications of pregnancy and childbirth. This showed that the more the mother reads and utilize the MCH handbook, the mother will have a positive attitude about the complications of pregnancy and childbirth. With this positive attitude, the mother would

make a right decision if her pregnancy has a problem so that it can prevent further complications.

The MCH handbook is a tool to communicate and educate the mothers, families, and the community. The counseling topic contained in the MCH handbook is expected to provide information to the mother, family and community about the health of the mother and child, one of which is about complications of pregnancy (Depkes RI and JICA, 2015). According to Nakamura (2010) that the utilization of MCH books is related to pregnancy care, pregnant women who use MCH books during pregnancy have better knowledge about pregnancy examinations, nutrition during pregnancy, safe delivery assistance than mothers who do not use MCH handbooks.

Every pregnant woman who has a MCH book will be get information about pregnancy complications. The information was explained again by the midwife during the antenatal care visit and pregnant women could re-read the pregnancy complication information at home. The information contained in the MCH handbook covers the types of complications of pregnancy and how the mother acts when dealing with it. The more often the mother reads and utilizes the MCH handbook, the more information will be obtained.

The results of this study are in line with the research of Rahayu et al (2015) that the attitude of pregnant women is related to the use of MCH handbooks. Pregnant women with a positive attitude show a positive response about the danger signs of pregnancy to the use of the MCH Handbook whose contents are very important for the health of pregnant women and their children. Health providers can intensively monitor pregnant women in addition to the health of pregnant women and preparation for childbirth, as well as to fulfill the right to the survival of growth and child protection.

Table 2. Utilization of MCH handbooks with the attitude of pregnant women about complications of pregnancy and childbirth at the Sooko Health Center, Mojokerto District In 2018

Utilization of MCH handbooks	Attitude of pregnant women regarding pregnancy and childbirth complication		F(%)
	Positive (%)	Negative(%)	
Good	31 (57.4%)	12 (22.2%)	43 (79.6%)
Not good	4 (7.4%)	7 (13.0%)	11 (20.4%)
Total	35 (64.8%)	19 (35.2)	54 (100%)
X ² = 4.903 Asymp. sig = 0.027			

According to Colti Sistirani, et al (2016) efforts were made to improve the use of MCH handbooks as an effort to reduce pregnancy complications by conducting training for health volunteer on the use of MCH handbooks. By training health volunteer can provide information and maximize the use of MCH handbook skills.

CONCLUSION

79.6% of respondents use the MCH handbook well and 64.8% of respondents have a positive attitude about complications of pregnancy and childbirth. the results of this study that there is a relationship between the utilization of MCH handbooks and the attitude of pregnant women regarding pregnancy and childbirth complications

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