

Description of Pregnant Women Using Maternal and Child Health (MCH) Books as Information Media

Ayu Endang Purwati¹, Rosidah Solihah¹, Aulia Ridla Fauzi¹, Kartika Ayu²

¹Department of Midwifery, STIKes Muhammadiyah Ciamis, Ciamis, Indonesia

²Sumberjaya Cihaurbeuti Village Health Center, Ciamis, Indonesia

Correspondence Author: Ayu Endang Purwati

Email: ayuendang86@gmail.com

Address: Jl. K.H Ahmad Dahlan No. 20, Ciamis, West Java, Indonesia, +6285864103070

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ABSTRACT

Introduction: During pregnancy, the mother will experience various physical and psychological changes. Fulfillment of psychological needs is obtained from health information and education, supported by interesting information media. The MCH handbook is very important for mothers to own and understand in order to make it easier to monitor the health of mothers and children. **Objective:** This study aims to describe pregnant women who use the MCH Handbook as an Information Media in the Sumberjaya Poskesdes Working Area in 2022. **Method:** This research is a quantitative research with a quantitative descriptive research design. The sample in this study were all pregnant women who came to the Poskesdes to do an examination and have a MCH handbook. Retrieval of data using a total sample technique, namely 40 respondents. Retrieval of data using primary data in the form of a questionnaire. The research was conducted from November-December 2022. **Result:** The majority of pregnant women aged 20-35 years (85%) had used the MCH Handbook as much as 52.9% as a medium of information. The majority of respondents had low education (70%) with 57.2% had not used the MCH handbook as an information medium. Most of the respondents belong to the second trimester category (55%) and 54.5% have used the MCH Handbook as a medium of information. The majority of respondents are housewives who do not work (65.5%) and the majority have used the MCH handbook as a medium of information as much as 51.6%. The majority of pregnant women did not use the MCH Handbook as Information Media as much as 52% with the majority having sufficient knowledge. **Conclusion:** Most of the respondents have used the MCH Handbook as an Information Media apart from being a notebook for monitoring Maternal and Child Health.

Keywords: maternal and child health books, media information, pregnancy.

Introduction

Pregnancy is a very complex process to give birth to a new individual who will be present to the world, during this process Allah SWT shows signs of His greatness by assuring believers that nothing is impossible for Him (Mufdlilah et al., 2023). In accordance with the Al-Quran Surah Yasin Verse 82:

إِنَّمَا أَمْرُهُ إِذَا أَرَادَ شَيْئًا أَنْ يَقُولَ لَهُ كُنْ فَيَكُونُ

“Indeed, his business when He wills something is only to say to it, Be it! Then Be.” (D. A. RI, 2015).

The verse above explains that Allah SWT has the power and ability to create everything including pregnancy. The process of pregnancy which is said to be a complex process for humans is very easy for Allah SWT.

Pregnancy is a period that starts from conception to the birth of the fetus. Normal pregnancy duration is 40 weeks or 9 months 7 days, and is divided into 3 quarters/trimester periods (Nugroho et al., 2014). During pregnancy, the mother will experience various physical and psychological changes, to make it easier for the mother to go through this period, regular physical examinations from health workers are needed. Fulfillment of the psychological needs of pregnant women is obtained from health information and education that suits their needs, supported by interesting information media (Sutanto & Fitriana, 2015).

Media Information is a tool or support in the process of communication. Media information in the form of books is one of the visual communication media that is often used and made according to the needs of the target (Indriyastuti et al., 2023). Books are also print media that can be used as a tool to convey health messages (Jatmika et al., 2019)

The Ministry of Health of the Republic of Indonesia and JICA (Japan International Cooperation Agency) formed a Mother and Child Health Handbook (KIA) as a tool for integrating maternal and child health services to increase family knowledge and skills through the utilization of the MCH Handbook (Buku KIA) (Indonesia, 2003). The Maternal and Child Health Book (KIA) is a notebook containing information sheets and records of health services as well as special notes regarding the condition of the mother, starting from pregnancy, delivery, post-delivery and breastfeeding as well as the child.

The MCH handbook is very important for mothers to own and understand in order to make it easier for mothers and health workers to monitor the health of mothers and children (K. K. RI, 2020). Effective utilization by staff and mothers/families can help reduce maternal and child mortality, prevent high-risk pregnancies, prevent low birth weight babies, co-morbidities such as anemia and malnutrition (Hanifah, 2013)

Method

This research is quantitative research with a quantitative descriptive research design. The sample in this study were all pregnant women who came to the Poskesdes to do an examination and have an MCH handbook. Retrieval of data using a total sample technique, namely 40 respondents. Recovery of data using primary data in the form of a questionnaire. The research was conducted in November-December 2022.

Result

Research on the description of pregnant women using the MCH Handbook as an Information Media was conducted on 40 pregnant women and each subject was measured using a questionnaire with the results:

Table 1. Frequency Distribution of Utilization of the MCH Handbook based on Characteristics of Age, Education, Age of Pregnancy and Occupation

Characteristic	Utilization of the MCH Handbook as Information Media			
	Utilize		Non utilize	
	Frequency (n)	Percentage (%)	Frequency (n)	Percentage (%)
Age				
1. < 20 years old	-	-	1	100
2. 20-35 years old	18	52,9	16	47,1
3. >35 years old	4	80	1	20
Education				
1. Basic edu	12	42,8	16	57,2
2. Middle edu	5	83,3	1	16,7
3. Higher edu	5	83,3	1	16,7
Gestational age				
< 13 weeks	6	75	2	25
13-27 weeks	12	54,5	10	45,5
28-40 weeks	4	40	6	60
Occupation				
1. Unemployed	15	57,7	11	42,3
2. Labor	7	50	7	50

Table 1 shows that the majority of pregnant women aged 20-35 years (85%) have used the MCH Handbook as much as 52.9% as a medium of information. The majority of respondents with low education (70%) with 57.2% have not used the MCH handbook as an information medium. Most of the respondents belong to the second trimester category (55%) and 54.5% have used the MCH Handbook as a medium of information. The majority of respondents are unemployed (65.5%) and the majority have used the MCH handbook as a medium of information as much as 51.6%.

Table 2. Frequency Distribution of Respondents Based on the Level of Knowledge of Pregnant Women in the Working Area of Puskesmas Sumberjaya Cihaurbeuti

Knowledge	Utilization of the MCH Handbook as Information Media			
	Utilize		Non utilize	
	Frequency (n)	Percentage (%)	Frequency (n)	Percentage (%)
Good	1	100	-	-
Enough	15	52	14	48
Less	9	90	1	10

Based on table 2, it can be seen that the majority of pregnant women use the MCH Handbook as an Information Media as much as 52% with the majority having sufficient knowledge.

Discussion

The Maternal and Child Health Book (MCH) was made as a support in the documentation of Midwifery Services, in the book there are note sheets to be filled in by health workers and information sheets to be read, understood by pregnant women, their families, cadre officers and health workers. The MCH handbook is very important for monitoring maternal and child health (K. K. RI, 2020).

The results of the study explained that most of the respondents in the Sumberjaya Poskesdes work area were aged 20-35 years and had used the MCH Handbook as an information medium, at that age women were included in the category of healthy reproductive age. In line with the results of the study that mothers aged 20-35 years are the best conditions for reproduction (Atmojo et al., 2022). Several other studies explain that the optimal reproductive age for healthy reproduction is between 20-35 years (Wahyuni & Riyanti, 2018).

Mothers of productive age are more interested in using the MCH handbook and always carry the MCH handbook as a medium of communication with health workers (Mutya & Nurhasanah, 2021). The use and utilization of the MCH handbook by pregnant women as health information received a positive response, as evidenced by the fact that all respondents (100%) used the MCH handbook to obtain health information (Herfanda & Subiyatun, 2021). In another study, it was explained that the utilization of maternal and child health books was used as a medium of communication, education and information (Ayu, 2019b).

Education plays an important role in any change in behavior in accordance with the expected end goal. The higher the level of education attained, the hope is that a person's knowledge will increase so that it can make it easier to understand or receive information. This is in accordance with the results of research which explains that most respondents with low levels of education have not utilized the MCH handbook as a medium of information. In line with the statement regarding the education level of mothers who have MCH books, the majority have graduated from high school and then (Ayu, 2019a).

The physical and psychological changes of pregnant women in each trimester will be felt differently, this will have a different impact. Most pregnant women feel the need to find out what health information they need, including second trimester pregnant women who use the MCH Handbook as an information medium. In mothers with a gestational age of 13-27 weeks, most mothers have gone through the discomfort of the first trimester which is characterized by increased appetite, movement of the fetus so that mothers begin to want to find health information that suits their needs, including starting to read health information from Maternal and Child Health books. , in line with the explanation in the book which states that pregnant women will begin to feel comfortable and accept their pregnancy very well when the gestational age enters the second trimester (Mufdlilah et al., 2023).

Most of the respondents are mothers who do not work and some have used the MCH handbook as a medium of information. This shows the general situation that the respondents carry out their duties as housewives (IRT) who do not do work outside the home. Likewise, mothers who work outside the home have the same quantity of utilization of the MCH handbook, this is indicated by the number of those who have utilized it in proportion to those who have not utilized the MCH handbook as a medium of information. In line with the results of the study which explained that both pregnant women who did not work as much as 65% and those who worked as much as 35% both had sufficient understanding of the MCH handbook as a medium of information (Jannah, 2015).

The respondent's sufficient knowledge can influence the use of the MCH handbook as an information medium. The assumption of the respondent researchers is that the MCH handbook only belongs to midwives, which will be used to record the condition of the mother when she comes for an examination. The results of other studies explain that respondents who have used the MCH handbook have good knowledge (Febrianti et al., 2018). The same thing was explained in the results of research which showed that pregnant women with high knowledge had used the MCH handbook (Nita, 2016).

So it can be concluded that respondents with good knowledge are most likely to use the MCH handbook as a medium of information. The importance of information media at this time, because through information media humans can find information and can exchange ideas and interact with each other (Verdiana et al., 2022). The results showed that 58.9% of pregnant women had used the MCH handbook and 41.1% had not used the MCH handbook (Nita, 2016), in line with the results of the study which stated that out of 181 respondents, there were 99 respondents (53.5%) who made good use of the MCH handbook and 82 respondents (46.5%) who did not make good use of the MCH handbook.

Conclusion

Most of the respondents have used the MCH Handbook as an Information Media apart from being a notebook for monitoring Maternal and Child Health.

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