

Efforts to Improve Postpartum Maternal Behavior through Family-Centered Maternity Care (FCMC) about Postpartum Care Education

Candra Wahyuni

Department of Midwifery, Universitas STRADA Indonesia

**Corresponding author: candrawahyuni85@gmail.com*

ABSTRACT

The role of parents is inseparable from the participation or cooperation between the mother and the family (husband) and other family members. An obstacle that is still found in the care of postpartum mothers is the assumption that postpartum mothers are sick mothers, their mobilization is inhibited, the type of food is restricted, the provision of colostrum breast milk is inhibited so that the needs of postpartum mothers are prioritized for full rest. The involvement of extended families in the care of babies has so far been misinterpreted, where the care of babies is left to other family members. After efforts to improve the behavior of postpartum mothers through Family Centered Maternity Care (FCMC) education, it is hoped that postpartum mothers can carry out postpartum care by involving the family. Implementation method with demonstration and discussion. The media used are baby phantoms, postpartum care booklets, LCDs, Laptops, and Projectors. The implementation of health education is carried out by visiting the home of postpartum mothers. The result of community service is that 90% of postpartum mothers can do postpartum care with family involvement. As well as from the results of monitoring and evaluation by way of meeting again by conducting home visits (home care) to postpartum mothers using instruments related to postpartum care. Based on the implementation of community service, it can be concluded that there is an increase in the behavior of postpartum mothers in postpartum care.

Keywords: Behavior, Family Centered Maternity Care Education, Postpartum

Received: July 8, 2024

Revised: August 11, 2024

Accepted: August 24, 2024



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INTRODUCTION

The postpartum period (Post Partum) is the period that begins after the birth of the placenta and ends when the uterine organs return to the same way they were before pregnancy, which lasts for 6 weeks or 42 days. During the recovery period, the mother will experience many physical changes that are physiological and provide a lot of discomfort at the beginning of the postpartum, which does not rule out the possibility of becoming pathological if not followed with good treatment (Wahida Yuliana, 2020). The case of postpartum depression itself can be experienced by a mother in the postpartum period or during the postpartum period. In Indonesia, every year at least 128,000 women experience postpartum hemorrhage until they

die. The incidence of postpartum depression is reported to be about 1 to 2 per 1000 births, and about 50% - 60% occur in the first child's pregnancy (Widyastutik et al., 2021). Overall, post-partum depression is found in about 50% of women with a family history of mood disorders. According to the World Health Organization, in the Asian region the rate of postpartum depression ranges from 15-20%, while globally it ranges from 0.5% to 60.8%. Developing countries report that 10-50% of mothers who experience postpartum are detected to be depressed (Ari Sasanti et al., 2024).

Indonesia, as one of the countries in ASEAN, has an average incidence of postpartum depression of around 20%. 50-70% of postpartum women will experience postpartum problems if not handled properly. And this can continue to become postpartum depression, which is around 5-25% for mothers who are in the postpartum period. Until now in Indonesia there has been a significant increase in the number of cases of postpartum depression, which is 22% (Murti & Lestari, 2023).

During the postpartum period, the mother's behavior becomes more responsive and tends to be full of feelings, feeling anxious, afraid, restless, or sometimes experiencing sudden fluctuations in emotions, which can go from momentary happiness to instantaneous anger. Wives often ask for and expect various forms of support from their husbands. Sometimes, she was mired in deep feelings and often cried. Support from the family, especially the support provided by the husband, can bring inner peace and happiness to the wife (Wahyuni, 2020b). The family is a social system where individuals join and interact with each other in an orderly manner. This system is formed through interdependence and relationships between individuals, with the aim of achieving sustainability and achieving common goals (Sari & Firawati, 2023).

During the postpartum period, it is important for mothers to take care of themselves and get enough support from their partners, family, and medical team because otherwise, mothers will experience stress so that it will have negative effects, not only on the mother, but also on her child. The anxiety experienced by women who are about to give birth can be minimized through family support (Wahyuni, 2020a). This is an important period in a woman's journey towards physical and emotional recovery after childbirth (Ibrahim, 2020).

One of the main factors that plays an important role in the prevention of postpartum cases is the mother's husband, family, or close people because the risk will increase if the mother does not receive support from those closest to her. Some of the functions of the family are related to the socialization function, which is the process of development and change that individuals go through, which results in social interaction and learning to play a role in the social environment (Yanti et al., 2021).

The family is a place for individuals to learn to socialize, The success of individual and family development is achieved through interaction or relationships between family members that are manifested in socialization. Family members learn discipline, learn cultural norms and behaviors through family relationships and interactions. Next is the reproductive function, namely the family functions to pass on offspring and increase human resources. So with the bond of a legal marriage, in addition to meeting the biological needs of the couple, the purpose of forming a family is to pass on the offspring. The economic function is a family function to meet the needs of all family members such as meeting the needs for clothing, food and board. And the last is the family as health care, the family plays a role or functions to carry out health care practices, namely to prevent health problems and or take care of sick family members, the family's ability to provide health care affects the health status of the family. The ability of the family to carry out health maintenance can be seen from the health task means being able to solve health problems so that this last role is one of the reasons

related to the mother's postpartum, namely the family or those closest to her who play an active role in the mother's health (Siallagan et al., 2022).

Related to the problems mentioned above, one of which has been solved, one of which is by building a Postnatal Education Model that focuses on postpartum mothers by involving the family as social support. This model has the advantage that in optimizing the mother's understanding of her role and function in maternal adaptation and newborn care, the family is actively involved in the effort (Widyastutik et al., 2021). The impact of increasing the understanding of postpartum mothers is that mothers will have competent mothering skills optimally. This certainly contributes to optimizing the health status of mothers and babies who are born, so that it can have an impact on reducing maternal and infant mortality rates. With postnatal education family centered maternity care, it is hoped that it can maximize the behavior of postpartum mothers through homecare care. An increase in the behavior of postpartum mothers is given to postpartum mothers so that postpartum mothers are ready to face the postpartum period so that there is an increase in behavior.

METHODS

The method of implementing this activity starts from coordinating with the Village Apparatus involving cadres and other health workers in the village to discuss joint activity plans, including the time of the activity venue. The target of this activity includes postpartum mothers, husbands and families. The activity began by providing counseling on all postpartum maternal care.

Extension stage

The method used in counseling lectures and discussions with video media, booklets, and digital posters. The material presented in this counseling includes perineal wound care, bleeding treatment, uterine contraction treatment, breast care, overall body care, infection prevention, nutritional needs, rest needs, light exercise, paying attention to mental health, sexual intercourse time, postpartum contraception, frequent problems and their handling, family assistance and support for postpartum mothers and their babies. After the delivery of the material, a discussion was held with all participants and continued with the provision of leaflets for postpartum mothers, husbands, families and accompanying cadres.

Demonstration Stage

It began by introducing some of the equipment needed for daily postpartum maternal care. The demonstration materials provided were breast care, postpartum maternal massage, postpartum physical exercise, recognizing symptoms and handling problems that often occur in the postpartum period. After the demonstration, the participants were asked to try and repeat some of the actions that had been taught to both postpartum mothers and families.

Monitoring and Evaluation Stage

Monitoring and evaluation are carried out after the activity is completed, namely by making revisits to postpartum mothers and their families. In this process, monitoring and evaluation of the ability of mothers and families in postpartum care, whether there are obstacles and problems that occur during the postpartum period. Evaluation and monitoring are carried out continuously during the postpartum period.

RESULTS

The results of this community service activity with Family Centered Maternity Care (FCMC) received a positive and enthusiastic response from the entire community, especially for mothers and families. Based on the knowledge and behavior of the participants before being given education, it was found that there were still many participants who did not understand and were not skilled in postpartum care and the role of family in assisting postpartum

mothers. Among them are about duties and responsibilities in caring for babies, providing emotional support such as inviting mothers to talk, listening to complaints and providing moral support that can help overcome maternal anxiety. Helping to meet the needs of postpartum mothers and providing assistance during the postpartum process.

After providing education, demonstrations, role-play and discussions about postpartum care, changes in knowledge and behavior from postpartum mothers, husbands and families in postpartum care and assistance to postpartum mothers by families were obtained. This is shown from the results of evaluation and monitoring during two visits to each postpartum mother. When interviewed by asking several questions, mothers and families were able to answer correctly and show a change in knowledge for the better. Postpartum mothers and families also have the ability to practice several actions about the correct postpartum care. Husbands and families are also able to show better behavior, as evidenced by the support provided to postpartum mothers and babies who are getting healthier and have no serious problems. The mother's postpartum period is normal, the lochea is according to the postpartum period, the perineal wound is dry, there is no infection, the baby is breastfeeding strongly, the baby's weight increases, the mother's emotions are stable and there are no signs of postpartum blues.

DISCUSSION

The role of the family is crucial to provide useful support in helping postpartum mothers. This support involves practical tasks such as changing baby diapers, squeezing babies, carrying, soothing babies when crying, as well as giving praise to postpartum mothers during the breastfeeding process and other things. All of this aims to ensure that postpartum mothers can have adequate rest and feel calm in facing their role as new mothers (ERNAWATI, 2021). The positive support shown by the partner and family to the mother and baby will provide additional strength for the mother. Basically, families are expected to be able to carry out an active supporting role in realizing an optimal baby care process. In the material presentation discussion session, the participants asked several questions related to the role of the family in providing support during the postpartum period, including the important role of the husband in the postpartum period, family support that plays a role in the postpartum period so that after the presentation of the material the participants could understand how important the role of the family is in the postpartum period (Susanti & Baska, 2023).

This shows that educational methods through lectures, demonstrations and roleplay using booklets and props can increase knowledge and behavior and be more active in providing family support in postpartum care. The choice of Media as an extension tool was chosen because of its ability to disseminate information efficiently in a relatively short time. One way to increase understanding of health promotion is through the use of Booklets. Booklet is an innovation in health learning media that is realized in print form. This media presents the subject matter in a unique, interesting, and flexible physical way (Handini, 2021). By using props that function to help and demonstrate something in the health education process. This teaching aid is arranged based on the principle that the knowledge that exists in every human being is received or captured through the five senses. The more senses are used to receive something, the more and clearer the knowledge is obtained (Maulizar et al., 2021).

The Postnatal Education Model, which focuses on postpartum mothers by involving the family as social support or Family Centered Maternity Care (FCMC), has the advantage that in optimizing the mother's understanding of her role and function in maternal adaptation and newborn care, the family is actively involved in these efforts. The impact of increasing the understanding of postpartum mothers is that mothers will have competent mothering skills optimally. This certainly contributes to optimizing the health status of mothers and babies

born, so that it can have an impact on reducing maternal and infant mortality rates (Widyastutik et al., 2021).

CONCLUSION

This community service activity has implications for helping postpartum mothers, husbands, families, local cadres and the village to understand the importance of the role of the family in accompanying the postpartum process and can reduce the possibility of postpartum blues. In general, the place of community service feels the benefits and additions of science and practice on all matters related to postpartum care.

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