

Utilization mother and child health book on knowledge pregnant women

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ABSTRACT

The low knowledge of pregnancy care is influenced by the lack of information so that it has an impact on the utilization of MCH book. The purpose of this study was to analyze the effectiveness of the use of the MCH book on knowledge about pregnancy care for pregnant women. This study used a correlational analytic with a cross sectional. The population in this study were 40 respondents with a total sample of 36 respondents using the simple random sampling technique. Data collection by using a questionnaire, statistical test Spearman Rank. The results showed that 56 respondents, almost half of the respondents used MCH book in the high category, namely 15 respondents (41.7%), most of the respondents had knowledge of good pregnancy care, as many as 26 respondents (81.2%). The results of data analysis using the Spearman Rank obtained a P value of < 0.05 ($0.000 < 0.05$), which means that the use of MCH book is effective on knowledge about pregnancy care in pregnant women. The utilization of the MCH book as a source of information and medical records as well as an important communication tool and information medium for health workers, pregnant women and families.

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INTRODUCTION

One of the government's efforts to reduce MMR, IMR and reduce complications during pregnancy, among others, is the maternal affection movement, the strategy of making pregnancy safer and duplicating maternal and child health book. The MCH book is used as a maternal and child health record, as well as a health monitoring tool and a communication tool between health workers and patients (ALINI, 2021).

The Maternal and Child Health (MCH) Book is a combination of maternal and child health cards or medical records from pregnancy to children aged 5 years and as a monitoring tool for maternal and child health starting from monitoring child growth and development and child immunization status which can be seen from health records, children (KMS) and maternal health records in the ANC examination sheet during pregnancy. In the MCH book, the MCH book as a health information extension tool. Decree of the Minister of Health of the Republic of Indonesia

number 284/Menkes/III/2004 concerning maternal and child health book as a source of information and the only recording tool owned by pregnant women to toddlers, the person in charge of their use by health workers and the procurement and distribution of MCH book by the government with the participation of Non-Governmental Organizations (NGOs), professional organizations, and the private sector (Lulianthy et al., 2021).

The policy regarding the use of the MCH book has long been established, but until now, its use in the community has not met expectations, so it needs to be strengthened, especially the completeness of its filling by health workers, cadres and parents. The Ministry of Health has distributed MCH book to the regions as many as 94% of the target number of pregnant women, and all Puskesmas have received MCH book distributed by the District or City Health Offices. However, the national health survey data shows that as many as 81.5% of pregnant women claim to have a MCH book, but only 60.5% of them can show a MCH book. After going through various development processes, finally in 2021 the MCH book was revised and underwent several changes, one of which was the ANC and PNC policy update (Sugarti et al., 2020).

The results of a preliminary study conducted by researchers in Eva Maternity Klurak Hospital, Candi, Sidoarjo through interviews of 15 pregnant women who had the latest MCH book, data obtained that there were 10 pregnant women who did not know the benefits of MCH book, 7 (47%) pregnant women never read the contents of the MCH book. The MCH book is only brought during pregnancy check-ups, 5 (33%) pregnant women often forget to bring the MCH book during a prenatal check-up and 3 (20%) pregnant women know the benefits of the MCH book.

The utilization of the MCH book can be optimal if the health workers and cadres ensure that the mother and family understand the contents of the MCH book (Zolekhah et al., 2020). Improving knowledge of MCH book can be done in various ways, one of which is by providing counseling that is appropriate to the needs of pregnant women and in depth during pregnancy visits, both in health services and in the community as well as evaluating and monitoring when pregnant women make repeat visits. The application of the MCH book in all health facilities is expected to increase knowledge and understanding of pregnant women so that complications that may occur during pregnancy can be detected as early as possible in accordance with the objectives of antenatal care, namely to prevent obstetric complications and ensure that complications can be detected and treated adequately (Sugarti & Kurniawati, 2020).

Based on this background, the researcher wanted to conduct research on the effectiveness of the use of the MCH book on knowledge about pregnancy care for pregnant women.

RESEARCH METHOD

This article uses the Systematic literature review method, namely by reviewing the articles obtained by searching the electronic database, using the Preferred Reporting Items for Systematic Reviews (PRISMA) flow. In searching for data, journal searches came from the PubMed database system, Wiley Online Library, Science Direct and Cochrane, with the keywords "Menstrual cycle, hormone disruption, gynecological disease, and endocrinology". The inclusion criteria used were articles published by international journals with publication time from 2018 to 2023, with the type of research article free full text - open access or original article/research. From the initial search results found 108 articles. Then from this number it was re-selected and determined 6 articles that were considered according to the inclusion criteria.

RESULTS AND DISCUSSIONS

This study used a correlational analytic design with a cross sectional approach. The population in this study were 40 respondents with a sample of 36 respondents using simple random sampling techniques. Respondents were taken randomly, the name that came out first until the number of

samples was fulfilled was used as a respondent, asked for approval to become a research respondent, giving questionnaires to respondents and then researchers perform data processing and analysis using Spearman Rank with a significant level of $\alpha = 0.05$. This research has also received information that it has passed the ethical test.

General Data

Frequency distribution of respondents based on maternal age, education, occupation and parity.

Table 1. Frequency distribution of respondents based on maternal age, education, occupation and parity in Eva Maternity Klurak Hospital, Candi Sidoarjo.

Maternal Age	Frequency	Percentage (%)
<20 years	0	0
20-35 years	31	86.1
>35 years	5	13.9
Total	36	100
Education	Frequency	Percentage (%)
Elementary School	7	19.4
Junior High School	5	13.9
Senior High School	15	41.7
University	9	25.0
Total	36	100
Occupation	Frequency	Percentage (%)
Not Working (IRT)	26	72.2
Private	5	13.9
Entrepreneur	2	5.6
Civil servant	3	8.3
Total	36	100
Parity	Frequency	Percentage (%)
Primipara	10	27.7
Multipara	23	63.9
Grandemulti	3	8.4
Total	36	100

Table 1 shows that almost all respondents aged 20-35 years as many as 31 respondents (86.1%), almost half of the respondents had high school education as many as 15 respondents (41.7%), most of the respondents did not work (IRT) as many as 26 respondents (72.2%) and most of the respondents were multipara parity as many as 23 respondents (63.9%).

Special Data

a. Utilization of MCH book

Table 2. Distribution of respondents' frequency based on MCH book utilization in Eva Maternity Klurak Hospital, Candi Sidoarjo.

No	MCH book Utilization	Frequency	Percentage (%)
1	High	15	41.7
2	Mediom	13	36.1
3	Low	8	22.2
	Total	36	100

Table 2. shows that almost half of the respondents using MCH book were in the high category as many as 15 respondents (41.7%).

b. Knowledge of pregnancy care

Table 3. Frequency distribution of respondents based on knowledge of maternity care in Eva Maternity Klurak Hospital, Candi Sidoarjo.

No	Knowledge of pregnancy care	Frequency	Percentage (%)
1	Good	26	72.2
2	Poor	10	27.8
	Total	36	100

Table 3 shows that most of the respondents have good knowledge about pregnancy care as many as 26 respondents (81.2%).

The effectiveness of the use of the MCH book on knowledge about pregnancy care for pregnant women at the Eva Maternity Klurak Hospital, Candi Sidoarjo.

Table 4. Cross-tabulation of the effectiveness of the use of the MCH book on knowledge about pregnancy care of pregnant women in Eva Maternity Klurak Hospital, Candi Sidoarjo.

Utilization of the MCH book	Knowledge of care Pregnancy				Total	
	Good		Poor		N	%
	N	%	N	%		
High	15	41.7	0	0	15	41.7
Medium	11	30.5	2	5.6	13	36.1
Low	0	0	8	22.2	8	22.2
Total	26	72.2	10	27.8	36	100

Table 4 shows that out of 36 respondents, almost half of the respondents who had a high category of MCH book had good knowledge about pregnancy care, namely 15 respondents (41.7%).

Statistical Test Results

Table 5. Results of statistical tests on the effectiveness of the use of MCH book on knowledge about pregnancy care of pregnant women in Eva Maternity Klurak Hospital, Candi Sidoarjo.

Spearman Test Rank			
	N	df	P value
Spearman Rank	36	2	0.000

Table 5 shows that analysis using Spearman Rank obtained P value < 0.05 (0.000 < 0.05), then H0 rejected and H1 is accepted, which means that there is an effective use of the MCH book on knowledge about pregnancy care for pregnant women at the Eva Maternity Klurak Hospital, Candi Sidoarjo.

DISCUSSION

The utilization of MCH book

Table 5 shows that out of 36 respondents, almost half of the respondents who had a high category of MCH book had good knowledge about pregnancy care, namely 15 respondents (41.7%). Almost half of respondents aged 20-35 years have high use of MCH book as many as 12 respondents (33.3%), a small proportion of respondents with high school education use high MCH book as many as 7 respondents (19.4%), almost half of respondents are mothers who do not work (IRT) the utilization of MCH book was high, namely 11 respondents (40%) and almost half of the multiparity parity respondents had high use of MCH book, namely 10 respondents (27.8%).

The utilization of MCH book is assessed from three aspects, namely the activities of carrying MCH book during pregnancy check-ups, reading the contents of MCH book, and applying the messages contained in MCH book (Wijhati, 2019). Correct application of maternal and child health book (MCH) will have an impact on increasing knowledge of mothers and families on maternal and child health, mobilizing and empowering communities to live healthy lives, increasing public access to quality health services and improving surveillance, monitoring and health information systems (Astari & Kirani, 2020).

The utilization of the MCH book for pregnant women that the MCH book is a source of information where some of the information obtained is information related to pregnancy care, baby care, childbirth, signs of childbirth, danger signs of pregnancy and childbirth, child development

and immunization. In general, respondents stated that a lot of information was obtained by reading MCH book (Agustini & Dancfi, 2021). Mothers who use MCH book during pregnancy have higher knowledge than those who do not use MCH book (Erawati et al., 2020). Mothers who have a MCH book are 2.31 times more likely to have a pregnancy check-up compared to mothers who do not have a MCH book (Sihole, 2020).

Some respondents use MCH book in the high category, it can be seen from the respondents' answers regarding the use of MCH book, namely that respondents always read MCH book, bring MCH book every pregnancy check-up, keep the condition of the book in good condition and actively ask if there is something in the book. MCH book that has not been understood. Based on this, the respondent's knowledge has increased, the respondent makes good use of the MCH book because there are many benefits that can be obtained from the book. In addition, respondents also have experience from previous pregnancies so that respondents have good knowledge of learning from previous experiences related to the use of MCH book.

Respondents who do not use MCH book are due to their lack of knowledge about the use of MCH book, respondents only bring the book and never read or ask questions when there is something that they do not understand from the book. Lack of knowledge will affect the mother's mindset to ignore the importance of using MCH book. In addition, most of the respondents were primiparous, so they had no previous experience regarding the use of MCH book in terms of prenatal care.

Knowledge of pregnancy care

Table 3 shows that most of the respondents have good knowledge about pregnancy care as many as 26 respondents (81.2%). From the results of the cross tabulation between age, education, occupation and parity with knowledge about pregnancy care, it is known that most respondents aged 20-35 have good knowledge about pregnancy care, namely as many as 22 respondents (61.1%), a small proportion of respondents with high school education have knowledge. There are 9 respondents (25.0%) good about pregnancy care, most of the IRT respondents have good knowledge about pregnancy care, as many as 19 respondents (52.8%) and most of the IRT respondents have good knowledge about pregnancy care, namely 19 respondents (52.8%).

Knowledge is the result of knowing, and this occurs after people have sensed certain objects. Sensing occurs through the five human senses, namely the senses of sight, hearing, smell, taste, and touch. Most of human knowledge is obtained through the eyes and ears. Knowledge generally comes from experience, can also be obtained from information conveyed by teachers, parents, book, and newspapers. Knowledge or cognitive is a very important domain for the formation of one's actions (Sukarini, 2018).

Knowledge is part of the process of changing one's attitudes and behavior in an effort to mature humans in teaching and training efforts. In a sense, knowledge also affects a person's behavior in lifestyle, especially in pregnancy care. The better one's knowledge, the higher the behavior to use the MCH book. So that a person's grasp of the information he receives becomes one of the factors in receiving information (Arinta, 2021).

Respondents who have good knowledge about pregnancy care, this can be seen from the results of respondents' answers to the questionnaire who already have a lot of insight and information about pregnancy care, respondents actively participate in counseling provided by health workers and seek good information from friends and the internet so that the wider the horizons, the knowledge will also increase, including the respondent's knowledge about maternity care in the MCH book. While respondents who have less knowledge about pregnancy care because the mother's ability to capture information and materials about pregnancy care is still lacking, the results of questionnaires and interviews of several respondents found that respondents were rather difficult to understand material about pregnancy care, so they did not have good enough knowledge about pregnancy care.

In addition, most of the respondents are multiparous parity so that they have experience from previous pregnancies related to knowledge about pregnancy care, so that respondents have good knowledge.

The effectiveness of the utilization of MCH book on knowledge about pregnancy care in pregnant women

The results showed that out of 36 respondents, all respondents who used the high category MCH book had good knowledge about pregnancy care, as many as 15 respondents (88.9%). Based on data analysis using the Spearman Rank found that the P value < 0.05 ($0.000 < 0.05$) then H_0 was rejected and H_1 was accepted, which means that there is an effectiveness in the use of MCH book on knowledge about pregnancy care for pregnant women.

According to research (Munna et al., 2020), the higher of the utilization of the MCH book, the higher the level of knowledge and behavior of maternal health. This is also in accordance with the research of (Dewie, 2021) which said that there was a relationship between the knowledge and attitudes of pregnant women about the use of the Maternal and Child Health (MCH) book. The MCH book can be an effective means to provide good knowledge for mothers. Another function of the MCH book is as a medical record, so that variety problems during pregnancy, immunization and nutritional status can be recorded properly and can be used as a monitoring tool towards delivery (Agustini & Danefi, 2021).

The Maternal and Child Health Book (MCH) is an important communication tool and information medium for health workers, pregnant women, families and the community that must be conveyed by health workers to mothers and families in order to increase knowledge and health behavior of mothers and families. The correct application of the MCH Handbook will have an impact on increasing the knowledge of mothers and families on maternal and child health, this will move and empower the community to live healthy lives, as well as increase public access to quality health services and improve surveillance, monitoring and health information systems (Esitra Herfanda & Sri Subiyatun, 2021).

The fast access to information through social media about health is very important assisting health workers in the delivery of health information, especially the MCH book. People are more interested in listening to information through the media because it is easier to understand, equipped with pictures, videos and various promotional tools, the utilization of MCH book already loaded on youtube, how it is useful, its use and how to fill it (Damayanti, 2019).

Respondents who used the MCH book were categorized as high school students have good knowledge about pregnancy care, this can be seen from the results of the questionnaire, the average respondent already understands about pregnancy care which includes: the definition of pregnancy care, what the mother gets at the time of the prenatal check-up, and the importance of routine pregnancy checks. Respondents also already know about the main purpose of prenatal care, the food consumed by pregnant women and the work that mothers should avoid during pregnancy.

Respondents whose use of MCH book are low and have less knowledge about prenatal care, it can be seen that from the results of the questionnaire respondents do not understand about pregnancy care, what mothers get during pregnancy checks, and the importance of routine pregnancy checks, besides that respondents also have not know about the main purpose of prenatal care, the food consumed by pregnant women and the work that mothers should avoid during pregnancy, besides that respondents are also less active in participating in counseling held by health workers regarding the importance of using MCH book as a source of information and medical records.

The utilization of the MCH book can be optimal if the health workers and cadres ensure that the mother and family understand the contents of the MCH book. Improving knowledge of MCH book can be done in various ways, one of which is by providing counseling that is appropriate to the needs of pregnant women and in depth during pregnancy visits, both in health

services and in the community as well as evaluating and monitoring when pregnant women make repeat visits. The application of the MCH book in all health facilities is expected to increase knowledge and understanding of pregnant women so that complications that may occur during pregnancy can be detected as early as possible in accordance with the objectives of antenatal care, namely to prevent obstetric complications and ensure that complications can be detected and treated adequately.

CONCLUSION

The conclusion in this study is that almost half of the respondents used the MCH book in the high category and most of the respondents had good knowledge of pregnancy care. There is an effectiveness of the use of the MCH book on knowledge about pregnancy care for pregnant women with a p value < 0.05 (0.000 < 0.05). It is hoped that the strategy for using MCH book will always be improved, by facilitating midwives at the Primary health care/Hospitals/Maternity Hospitals in order to further increase the support of mothers to utilize MCH book through planned programs. Maternal and child health books make the best use of it by health workers, cadres, pregnant women, maternity, postpartum and toddlers, namely as a means of communication, education and information so as to minimize the occurrence of complications for both mother and baby.

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