

THE INFLUENCE OF EDUCATION ON THE CHOICE OF TYPES OF COMPLEMENTARY THERAPY IN PREGNANT WOMEN IN BONE REGENCY

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Abstract

Backgrounds : Pregnancy is physiological, although in the process the mother will experience physical and psychological changes that can cause discomfort and potentially lead to pathological pregnancy. Midwifery care is currently experiencing a shift in the paradigm of back to nature treatment or non-pharmacological treatment as an alternative treatment so that it can minimize the consumption of chemical drugs which have side effects for the mother and fetus. Complementary medicine is still not very familiar, so midwives need to provide health education to mothers regarding complementary care so that mothers understand and choose the right type of complementary therapy to overcome the problems experienced by mothers during pregnancy. **Objectives**: The aim of this research is to analyze the influence of education on the choice of type of complementary therapy for pregnant women. **Method**: used is quantitative with a quasi-experimental design. The sample consisted of 34 pregnant women who matched the research characteristics. **Results**: of the Wilcoxon test analysis p-value 0.000 means that there is an influence of providing education on increasing pregnant women's knowledge and selecting the type of complementary therapy. **Conclusion** of this research is that health education has an effect on pregnant women in providing additional knowledge to pregnant women so that they are able to maintain and ensure the health of themselves and their fetuses.

Keywords: *Education, Complementary medicine, Pregnancy woman*

BACKGROUND

Pregnancy is a natural process that will occur in almost every woman. The changes that occur in women during normal pregnancy are physiological, however, physiological changes that occur in pregnant women if not handled properly are likely to become pathological problems (Dartiwen & Yati Nurhayati, 2019) During pregnancy, several processes experienced by pregnant women involve changes in physical aspects, including changes in organ systems and their functions, such as changes in the reproductive, gastrointestinal and cardiovascular systems (Yuliani Budiarti, 2020)

According to *the World Health Organization (WHO)*, in 2020 the prevalence of maternal mortality was around 287,000 women died during and after pregnancy and childbirth. Maternal deaths are caused by complications during and after pregnancy and childbirth such as gestational hypertension, infection, bleeding and childbirth complications (World Health Organization, 2024) Based on data from *the Maternal Perinatal Death Notification (MPDN)*, the number of maternal deaths in 2022 will reach 4,005 and in 2023 it will increase to 4,129 maternal deaths, which are generally caused by bleeding and eclampsia (Editorial Communications Media, 2024) The prevalence of pregnant women's deaths in South Sulawesi Province in 2022 is 192 deaths of pregnant women (Central Statistics Agency, 2023)

Health education is an effort to help individuals, groups and communities improve their abilities in terms of knowledge, attitudes and skills to achieve a healthy and optimal life (Suliha et. al, 2001) in (Lingardini Kris, 2016) Midwives need to empower pregnant women to make decisions about the health of themselves and their families through IEC and counseling during pregnancy. Apart from that, midwives need to facilitate the natural process of pregnancy by avoiding medical therapy that has no proven benefits (Dartiwen & Yati Nurhayati, 2019) Midwifery care is currently experiencing a paradigm shift, namely Back to Nature treatment, or complementary non-pharmacological treatment so that it can minimize the side effects of administering drugs for the mother and fetus (Sari et.al 2023) in (Mutmainnah, 2024) Service Health Traditional Complementary is application health traditional use knowledge biomedicine And biocultural in the explanation as well as benefit And its security proven in a way scientific (Minister of Health of the Republic of Indonesia, 2018)

According to results research conducted (Setyaningsih, 2021) ,interest Mother pregnant to therapy complementary very OK , and therapy desired complement is prenatal yoga, massage pregnancy , aromatherapy and acupuncture . Election type desired therapy Mother based on time factors , skills power health , communication , place , attitude , distance And transportation. That research conducted by (Hayati, 2022) There is enhancement knowledge Mother pregnant about therapy complementary in overcome inconvenience during pregnancy . This research aims to provide health education regarding types of complementary therapy, benefits and contraindications, so that mothers understand and are able to choose the type of complementary therapy that suits the mother's needs.

Based on the prevalence of maternal deaths caused by complications during pregnancy, there is a need for intervention in the form of health education regarding non-pharmacological therapy to reduce or stop mortality and morbidity rates, so researchers intend to conduct research on "The Effect of Education on the Choice of Types of Complementary Therapy for Pregnant Women in the District. Bone“.

METHODS

Method research used is quantitative with quasi- experimental design *one group pre and post test* do measurement before And after giving education. Study This carried out in Bone Regency. Population in study This all Mother pregnant , Engineering taking sample

on research This is *purposive sampling*, namely take sample in accordance with established criteria by researcher: Mrs pregnant , ready become respondents study And willing follow class Mother pregnant. Sample in research This is 34 mothers pregnant. Data collection using pre and questionnaire post test consisting of 10 choice questions and analyzed use test *Wilcoxon* For see influence education to enhancement knowledge Mother pregnant and 1 *checklist* sheet election type therapy complementary after given education And analyzed use distribution frequency For see type therapy lots of complements interested Mother pregnant .

RESULTS AND DISCUSSION

1. Characteristics Respondent

Table 1. Distribution respondents based on age

Age	F	%
19-26	18	52.8
28-39	16	47
Total	34	100

Table 1 show that the majority of research respondent were 19-26 years old, namely 18 respondents (52.8%). Age is an important factor in receiving health education, because being old enough will influence the understanding of the knowledge gained. Age influences a person's grasping power and thought patterns, the older they get, the greater their grasping power and thought patterns (Sulistiyowati et al., 2017)

Table 2 Distribution respondents based on education And work

No	Characteristics Respondent	F	%
1	Education		
	Elementary/Middle School	16	47.1
	SENIOR HIGH SCHOOL	15	44.1
	PT	3	8.8
	Total	34	100
2	Work		
	Work	5	14.7
	No Work	29	85.3
	Total	34	100

Table 2 shows majority education final respondents on research This were elementary/middle school as many as 16 respondents (47.1%), the majority work respondents is No Work as many 29 respondents (85.3%). The more tall level education somebody will influence level knowledge And his understanding to something matter (Sulistiyowati et al., 2017) However according to researcher although level education Mother on study This majority educated low However interest And will For Study from Mother Alone become motivation For Keep going Study so that Mother with education low Also still capable understand education delivered. Work Mother pregnant actually No give meaningful influence to participation Mother become respondent, during Mother willing And Want to become respondents Mother Can follow share For obtain information in a way direct by health workers. On basically work No influential significant on participation factors in class Mother pregnant (Emiyanti , et.al, 2017) in (Sopiatun et al., 2023).

Table 3. Distribution frequency knowledge Mother pregnant before And after given education

No	Education Health	F	%
1	Pre		
	Enough	7	20.6
	Not enough	27	79.4
	Total	34	100
2	Post		
	Enough	28	82.4
	Not enough	6	17.6
	Total	34	100

Table 3 shows level knowledge Mother pregnant before given education type therapy complementary is less, as many as 27 respondents (79.4%). Whereas level knowledge Mother pregnant after given education majority knowledgeable Enough as many as 28 respondents (82.4). Knowledge level on study This experience increase, because education delivered Enough lay agi Mother so that There is interested For listening the information conveyed. Especially Mother Enough interactive moment feedback is provided in the form of questions and answers moment class Mother pregnant taking place . Selian it's the media used Also Enough variative using print media And electronic. According to (Notoatmodjo , 2012) Knowledge is results from experience after people do sensing to something object certain so that knowledge will influence people's perception of something object (Hayati, 2022)

2. Analysis pre and statistical tests post test level knowledge

Table 4. Analysis influence education to level knowledge Mother pregnant

Knowledge Level	N	p-Value
Pre dan Post test	34	0.000

Table 4 results study shows Ho is rejected It means There is influence giving education to level knowledge Mother pregnant. Increasing understanding Mother about care midwifery complementary covers type therapy, benefits, and counter the indication Mother capable choose type desired therapy in accordance with need. Although thereby care complementary This must done by power trained health And customized with circumstances Mother moment That. Study This own implications important as effort increase knowledge And health Mother pregnant as well as the fetus she is carrying. Study This in line with study (Agustina Rika, Iis tri utami, 2019) that there is enhancement mark knowledge Mother pregnant before given education namely 50 and after given education therapy questionnaire namely 90. Research This Also in line with research conducted by (Kalle et al., 2023) that knowledge respondents increase after done counseling about therapy complementary. Education health very need given on Mother pregnant as effort prevention possible complications arise pregnancy, especially concerning care midwifery truly complementary Still not enough is known . Information health and information media can influence behavior prevention. The more Lots information health obtained somebody will give change characteristic behavior fixed (Gielen And Mc Donald, 2008) in (Martini et al., 2023).

Table 5 Analysis frequency Selection checklist sheet type therapy complementary

No	Type Therapy Complementary	F	%
1	Exercise and Yoga	26	76.5
2	Aroma therapy	2	5.9
3	Massage pregnant	4	11.8
4	Herbal	1	2.9
5	Music	1	2.9
	Total	34	100

Table 5 shows majority respondents on study This choose type therapy complementary exercise and yoga as many as 26 respondents (76.5%). Results frequency election type therapy complementary on study This Mother Already capable choose type desired therapy ie exercise and yoga, p This is out put from giving education health about type therapy complementary so that knowledge Mother add And capable determine type appropriate therapy with ability And age pregnancy Mother . Implementation Care complementary Actually Already arranged since 2007 through decision minister health No.1109/ Menkes /Per/IX/2007 concerning treatment complementary alternative. However return interested a number of year later because exists shift paradigm ie *back to nature* or non- pharmacological alternative treatment without intervention giving drug chemistry . Besides That care complementary This Also Can become companion from treatment conventional If needed .

CONCLUSION

Conclusion on study This is , education health type therapy complementarity is carried out use method counseling proven can give influence on enhancement knowledge Mother pregnant And election type therapy suitable complement with need Mother pregnant . Suggestions for researcher furthermore expected examine other variables .

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