

INCREASING KNOWLEDGE OF PREGNANT WOMEN ABOUT DANGER SIGNS DURING PREGNANCY

Eviyani Margaretha Manungkalit¹, Dyah Woro Kartiko Kusumo Wardani^{2*},
Dewi Novitasari Suhaid³, Agustina Ida Pratiwi⁴, Lorensia Panselina Widowati⁵,
Baharika Suci Dwi Aningsih⁶, Ni Nyoman Sri Artina Dewi⁷, Yetty Leoni Irawan⁸

Sekolah Tinggi Ilmu Kesehatan Sint Carolus, Jakarta.

¹ evikalit@gmail.com, ^{2*} dyahworo0@gmail.com, ³ dewinovitasarisuhaid@gmail.com,

⁴ agustinap56@gmail.com, ⁵ lorensiapw@gmail.com, ⁶ baharika.suci@gmail.com, ⁷ komang.artina@gmail.com,

⁸ yettyirawan@gmail.com

Abstract

Premature membrane rupture, extreme stomach pain, severe headaches, and bleeding are all warning signs of pregnancy. Impacts such as miscarriage, early pregnancy, fetal discomfort, and pregnancy-related toxicity that could affect the mother's health and the safety of the unborn child. If the mother and family are aware of the risk indicators of pregnancy and take prompt action to overcome them, complications can be prevented and addressed early. In light of this, it is crucial for moms to be aware of the pregnancy's risk indicators, such as bleeding and an early rupture of the membranes, through education in order to prevent difficulties and assist mothers in recognizing their pregnancy. The technique employed in this activity is to coach participants about pregnancy-hazard symptoms. Online games are played with expectant mothers and their families. Following the counseling, there was an improvement in knowledge of the pregnancy danger signals, going from 76 (pre-test) to 97 (post-test).

Keywords: Counselling, Danger Signs, Education, Pregnancy.

INTRODUCTION

The overall maternal mortality rate (MMR) provides evidence of the efficacy of maternal health initiatives. The maternal mortality rate has significantly increased to 359 deaths per 100,000 live births, according to the 2012 IDHS. MMR dropped to 305 per 100,000 live births in 2015. The 2030 Sustainable Development Goals (SDGs), which call for a maternal mortality rate of 70 per 100,000 live births, are still far from being met by this condition (Indonesian Ministry of Health, 2018). Only 74% of pregnant women checked their womb up to four times, falling short of the aim of 76% (Ministry of Health, RI, 2018). According to the World Health Organization (WHO), severe bleeding (typically occurring after childbirth), infection (typically occurring after childbirth), high blood pressure during pregnancy (preeclampsia or eclampsia), complications during childbirth, abortion is not always guaranteed, and the remainder is caused by infection, one of which is premature rupture of membranes (Wahyuni, 2021).

Being pregnant is a highly significant time since the fetus grows and develops during this time. Pregnant women may suffer problems during their pregnancies, thus not all pregnancies will display the expected symptoms. Premature membrane rupture, extreme stomach pain,

severe headaches, and bleeding are all warning indications of pregnancy. impacts such miscarriage, early pregnancy, fetal discomfort, and poisoning during pregnancy that could compromise the mother's health and the safety of the unborn child (Jannah, 2012).

If the mother and her family are aware of the risk indicators of pregnancy and take quick action to avoid them, complications can be averted and addressed early. Because of this, it's crucial for mothers to be aware of the warning indications of pregnancy. In the case that a pregnancy is in danger, mothers and families that are well-informed about the warning signs of pregnancy will be more equipped to take the appropriate measures (Bintabara, Mpembeni, & Mohamed, 2017).

Lack of awareness of danger indicators and inadequate care for issues that arise during pregnancy, childbirth, and the postpartum period are among the factors contributing to the high maternal death rate, as is the unequal distribution of health resources for expectant women. The lack of awareness among pregnant women and mothers' motivation to complete antenatal care (ANC) examinations, according to Nursalam, are two variables that affect pregnant women's non-compliance (Hibstu & Siyoum, 2017).

Due to service limits put in place by the government during the epidemic, pregnant women, including those at the Johar Baru District Health Center, refrained from seeking medical attention. This is due to the fact that pregnant women are already in a vulnerable state and are therefore able to paralyze the activities of any members of the public who engage in them outside the home. Additionally, because fewer pregnant women visit health facilities, there is less contact between the mother and health workers, which leads to a lack of knowledge about pregnancy. This is in line with Rosdiana's research, which indicated that prenatal visits at the Johar Baru Health Center decreased in 2021–2022.

Research by Ida and Afriani, 2021, for example, indicates that education in the implementation of classes for pregnant women affects the ability to detect early pregnancy complications. Education, such as counseling for pregnant women, is useful in increasing pregnant women's knowledge about danger signs of pregnancy. Additionally, Rosdiana noted that during the Covid-19 pandemic era, counseling delivered via internet media was successful in raising pregnant women's awareness (Rosdiana, 2022).

IMPLEMENTATION METHOD

Planning and proposal preparation for the activity start with an analysis of the current issues, adaptation to the extension subject, agreement on a date for implementation, and creation of an activity schedule. The day before implementation, this stage is completed. The first step in determining the efficacy and efficiency of a program to be implemented is planning. beginning with the selection of a timeline and the distribution of money, supplies, and human resources (Eviyani Margaretha, 2022). As a result, contributions from stakeholders and objectives are required. The following stage is to establish a WhatsApp group with participants, organizers, and targets, specifically expectant mothers and their families. From planning to execution to monitoring and assessment, information media are utilized. The usage of WhatsApp in education, according to Saputri, Dewi, et al. (2022), was very successful in boosting participants' knowledge. Additionally, this media can foster trust between participants by gathering information regarding pregnancy-related issues that they are interested in learning

about.

The Zoom Cloud Meeting platform is used to conduct the meetings online. Danger Signs of Pregnancy was the lesson that the participants received. A brief opening prayer, speaker introductions, and video screening marked the start of the action. The participants started off by giving a pre-test link to gauge how well they knew the risk indicators of pregnancy using google form before beginning the educational portion. The link serves as more evidence of participants. The material is presented in the next phase. Leaflets and Power Point Presentations are used to give the information. For 15 minutes in between presentations, the information is broken up with icebreakers or games to relieve boredom, promote relaxation, foster healthy group dynamics, and refocus participants on the following topic. Each presentation of the topic lasted 45 minutes. Following the conclusion of the 30-minute presentation of the content, a question-and-answer session focused on the outcomes of the presentation was held.

The final segment lasts thirty minutes. distribution of the g-form as a component of the post-test to evaluate how well participants' knowledge levels compared to the results of the prior pre-test. Additionally, pregnant participants who answered questions correctly and finished with a prayer received door prizes. A prayer marked the end of the activity.

RESULTS AND DISCUSSION

Zoom is used for online community service projects with the theme "Danger Signs of Pregnancy." Due to ongoing constraints imposed by the Covid-19 pandemic on face-to-face operations, the implementation is being done online. According to numerous study publications, using application media has the benefit of being highly flexible and having a number of appealing aspects, which makes spoken communication and information delivery more readily accepted by the target. The goal of this community service project is to raise pregnant women's awareness of pregnancy's warning indications. One of the short-term goals of counseling is to improve participants' comprehension of the subjects covered in the therapy provided, such that the eventual purpose of the activity will be determined by the method choices made.

The establishment of community service projects for expectant mothers and their families is congruent with this. PowerPoints and flyers are the media that are employed. Lectures and interactive conversations make up the technique. Data is presented in the form of an exposure projection using the projection medium known as PowerPoint (Baharika, 2022). A form of media that can be utilized in counseling to improve participants' knowledge and attitudes is the use of PowerPoint media and pamphlets (Sri Wahyuni et al., 2021).

29 pregnant women checked themselves into the Johar Health Center's working area as participants in this educational session. The participants' highest levels of education were high school (55%), followed by D3 (21%), and S1 (24%). Everybody who participates in educational activities has a college degree. One of the aspects that contributes to a person's ability to learn more is their educational background. It is generally easier to learn new information the more educated a person (Notoatmojo, 2003). A majority of participants (81%) work as housewives, and only a minor percentage (19%) are employed privately. The majority of respondents who did not work were well-versed in the pre-test results. Participants in this instructional activity ranged in age from 21 to 32 years old. The reproductive organs have reached their peak

development and function in women between the ages of 20 and 30, when there is a reduced chance of pregnancy difficulties. The subjects were split 50/50 between primigravida's and multigravida.

Playback of the film kicks off the counseling activity, which is followed by filling out the pre-test by sharing the Google Form link in the Zoom chat room. There are a total of 15 questions in the 10-minute work process. The exercise also included the delivery of education, which included two resources. Dangerous Signs of Pregnancy, in General, is the first piece of content. The second subject covered preterm labor and pregnancy-related hemorrhage. The presentation of the content went off without a hitch. Additionally, flyers were distributed to the participants.

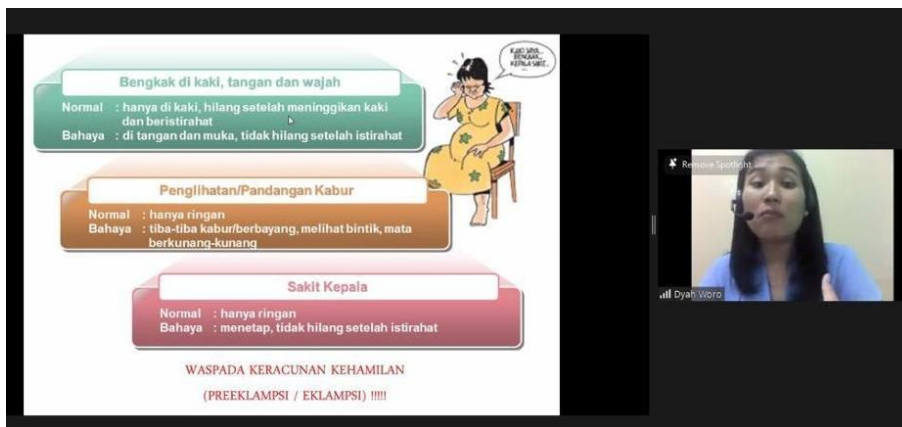


Figure 1. Explanation of Danger Signs of Pregnancy

The subject was presented in a way that inspired the audience, and the speakers and audience engaged in lively debate. Following the presentation of the content, a conversation based on the audience-submitted data was held between the speaker and audience. Some participants inquired about the baby's movements, transverse position, and the normal pregnancy discomforts. A useful technique for improving one's knowledge and attitudes is the interactive discussion method in extension activities. In an exchange of questions and answers, sources and participants participate in interactive dialogues.

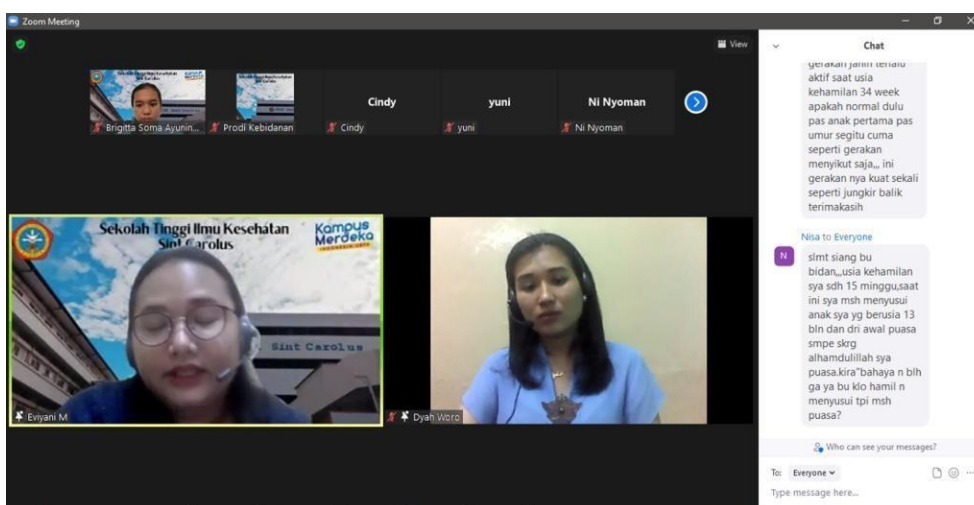


Figure 2. Discussion of Danger Signs of Pregnancy

The next round of the activity involved completing the post-test by sharing the Google Form link in the Zoom chat session. Additionally, the charging procedure takes ten minutes. The activity evaluation findings are determined by comparing the average scores of the participants' completed pretest and posttest. To gauge one's familiarity with danger signs.

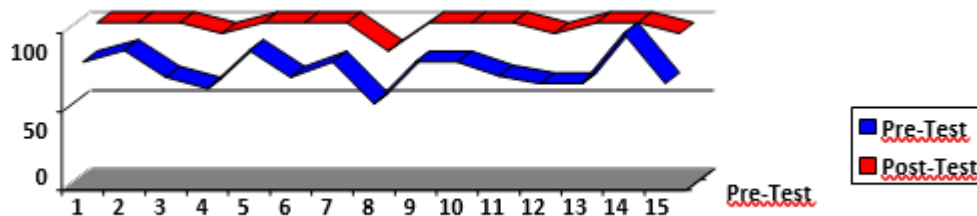


Figure 3. Graph of Comparison of Knowledge Levels about Pregnancy Danger Signs

The graph shows that after getting counseling regarding danger signs in pregnant women, moms' level of knowledge has increased. From 76 (pre-test) to 97 (post-test), the participants' knowledge scores on average increased. Because the information provided in the activities was pertinent to and in line with the needs of the participants, there was a growth in knowledge. so that everyone in attendance is interested in hearing and having discussions about the subjects brought up. As people experience an increase in knowledge, they will begin to adopt new behaviors through several processes, namely awareness, interest, consideration, trying new behaviors, and adopting or behaving according to knowledge (Dyah Woro, 2022).

CONCLUSION

According to the presenters' educational materials, 73% of the expectant participants had a better understanding of pregnancy's warning indications. Pregnant women and their families should recognize warning signals of pregnancy danger and head straight to the nearest medical facility. Health professionals use educational initiatives to raise awareness of pregnancy danger indicators among the general population, especially pregnant women, as a means of lowering maternal mortality in Indonesia. In order to have a significant impact, counseling to raise pregnant women's knowledge needs to be actively improved and made into a regular work program. Depending on the needs of the students, a range of offline and online approaches can be used to execute instruction.

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