



PERCEPTION OF PRIMIPARA POSTPARTUM MOTHERS REGARDING PERINEAL SUTURE WOUND CARE

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ABSTRACT	KEYWORDS
<p>The discomfort experienced during the postpartum period arises from perineal injuries resulting from episiotomy scars or lacerations sustained during childbirth. Maternal mortality in the postpartum phase is often attributed to infections of the perineal suture wound. Bufras posits that without proper treatment for the genital pronged suture wound, the stitches may heal independently, despite awareness of the necessary care. He believes that cleaning the perineal suture wound poses risks, as it may exacerbate inflammation and necessitate restitching of the wound.</p> <p>Observational research of a descriptive nature was conducted. The study focused on primipara postpartum mothers who experienced perineal laceration injuries at PMB Winarti, located in the Sumbergempol District of Tulungagung Regency, during the period from October 1 to October 31, 2024. A total of 20 respondents were selected using accidental sampling techniques. A questionnaire employing a Likert scale served as the measurement tool, with data processed and presented in percentage form. The findings revealed that among the 20 respondents, the majority held a positive perception regarding the treatment of perineal suture wounds, with 14 respondents (70%) expressing this view. A person's perception is influenced by various factors, including personal experiences, knowledge, and the information they have acquired.</p>	<p>perception, treatment of <i>perineal suture wounds</i></p>

INTRODUCTION

Perception in a general sense is a person's view of something that will make a response to how and with what a person will act. The postpartum period is the period after childbirth that ends about 6 weeks after (Prawirohardjo, 2006). During this time, the body will undergo a process of change to become its original shape, such as when the mother is still not pregnant. These changes include a physical change that includes *the process of involution, lockea*, lactation. Changes in the blood vessels *of the uterus*, changes in *the cervix, vagina*, abdominal wall, urinary tract. Psychological changes that consider the postpartum period to be a transition period from the peak of childbirth to a period of receiving happiness and responsibility which ultimately brings an impact on discomfort. One of these discomforts is caused by *perineal lesions* by *episiotomy marks*

or lacerations during childbirth. The laceration occurs in almost all first childbirth and not infrequently in subsequent childbirth (Wiknjosastro, 2010).

The Indonesian Health Demographic Survey (SDKI) found that the Maternal Mortality Rate (AKI) in Indonesia in 2022 was 93 per 100,000 live births, and 93.73 per 100,000 live births. There is a slight improvement in 2023. One of the causes of maternal death is caused by infection of 20-30% (Prawirohardjo 2006: 54), where 25-55% of infection cases are caused by birth canal infections (Manuaba, 2010). Meanwhile, in East Java, the maternal mortality rate (AKI) in 2022 was 18 cases and in 2023 was 12 cases, the number is less or has decreased in 2023. Even so, the number of cases must still be monitored.

Based on preliminary studies conducted in 2 places, namely at PMB Endah and at PMB Ida Suko in Bangoan Tulungagung Village, in September 2024 at BPS Ida Suko, there were 20 mothers giving *birth to primipara* with birth tube lacerations. Of the maternity mothers, 15 mothers (75%) did *perineal* wound treatment, and 5 mothers (25%) did not treat *perineal* wounds. I did not conduct research at PMB because I had obtained a good perception from the maternal mother, as evidenced by more mothers who did *perineal* wound care than those who did not. Meanwhile, at PMB Endah there are 15 mothers who *gave birth primipara* with birth canal lacerations. Of the maternity mothers, 5 mothers (33.3%) did *perineal* suture wound treatment, and 10 mothers (66.6%) did not treat *perineal* suture wounds. Postpartum mothers think that without *perineal* suture wound treatment, the perineal suture wound will heal on its own, even though they know about *perineal* suture wound care, but they argue that cleaning the perineal suture wound is dangerous because it can increase the width of the perineal wound and this causes restitching of the perineum.

The occurrence of injuries to the *perineum* can be caused by mistakes in the delivery of labor. At the time of operative delivery through *the vagina* such as an extra-empty *vacuum*. *Embryotomy* or trauma due to tools used during childbirth to prevent deep tears and uneven edges which in the end the wound healing process will be slow and disrupted (Wiknjosastro, 2010). If postpartum mothers do not know or do not do *perineal* wound care, it will be easy to get infected and will feel discomfort and pain in the *perineal wound* (Mochtar, 2000). Infection can occur if the mother does not do enough perineal suture wound care. Many mothers are worried and afraid to touch the stitches in their perineum so they choose not to clean it, this is a wrong perception that will cause a mother not to treat the perineal stitch wound, so the potential for infection is much greater. This is a problem that needs to be addressed by health workers to help speed up the healing process of *perineal* suture wounds and to improve the health of the mother (Sungkar, 2010).

Therefore, it is necessary to make efforts to justify the wrong perception about the treatment of *perineal* suture wounds by providing *health education* about the importance of wound care in the *perineum* and also how to properly care for perineal wounds by changing clean bandages every 4-6 hours. Position it well so that it doesn't slide back and forth. Release from front to back to avoid the spread of *bacteria* from the *rectum* to the *vagina* (Hamilton, 2012). Rinse with warm water on the *perineum* after defecation/bath, dry with a clean cloth from face to back (APN, 2012).

METHOD

The type of research used is observational using a descriptive method, the variable in this study is the perception of *primipara postpartum* mothers about the treatment of *perineal suture* wounds. The population is all PMB Winarti primipara postpartum mothers, Sumberdadi Village, Sumbergempol District, Tulungagung Regency on October 1-31, 2024, a total of 25 people. Using

eccidental sampling with inclusion criteria (who are willing to be researched, can read and write and are cooperative) and exclusion (have complications, experience mental disorders).

The data instrument used a questioner that used a Nominal scale to assess the positive and negative perceptions of respondents Likert scale: Positive Perception of T Score > mean T, Negative Perception of T Score < mean T. Basic data processing uses: editing, coding, scoring and tabulating.

RESULT

Perception of primipara *postpartum mothers* about the treatment of perineal *suture wounds* at PMB Winarti, Sumberdadi Village, Sumbergempol District, Tulungagung Regency

Table 1. Perception of primipara *postpartum mothers* about the treatment of perineal *suture wounds*

No	Persepsi	Jumlah	Prosentase
1	Negatif	6	30
2	Positif	14	70
	Jumlah	20	100

Based on the above, obtained from a total of 20 respondents, most of the respondents had a positive perception of *perineal* suture wound care, namely 14 respondents (70%).

The respondents' positive perception of perineal suture wound treatment was also motivated by the source of information. Perception is a process of paying attention to and selecting, organizing and interpreting environmental *stimuli*. The process of paying attention and selecting occurs because at any given moment our five senses (the senses of hearing, taste, sight, smell and touch) are exposed to so many environmental stimuli (Gibson, 2017).

Information as a social stimulus that has an influence on the process of perception of perineal suture wound treatment, which can be obtained both from health workers, mass media, electronic media and peers. From this fact, respondents who have a positive perception get information from the mass media. This is because the mass media presents interesting things, accompanied by pictures with attractive colors so that it makes it easier for individuals to understand what they are learning, because the information presented through interesting pictures and writings will be easier to understand than just hearing or just looking at a glance, so that interesting information will more quickly support individuals in perceiving something.

From the results of a study conducted on primipara postpartum mothers *with perineal suture wounds*, it was found that primipara *postpartum mothers* knew how to properly treat *perineal* wounds. Primipara postpartum mothers no longer adhere to the culture of tarak that used to develop in society so that primipara postpartum mothers are not afraid to consume foods that contain high protein, low carbohydrates and a lot of mineral water, so that *perineal suture* wounds the healing process takes place quickly and does not purulate. Primipara postpartum mothers are also not afraid to do activities such as sweeping and cooking of light origin and also defecation/defecation because activities and elimination can affect the healing process of *perineal suture* wounds.

CONCLUSION

The research carried out at PMB Winarti, Sumberdadi Village, Sumbergempol District, Tulungagung Regency on October 1-31, 2024, was obtained from a total of 20 respondents, most respondents had a positive perception of perineal suture wound care, namely 14 respondents (70%).

SUGGESTION

Pregnant women should look for their needs before giving birth and during the postpartum period. Both what is needed, what to know and complications of labor and puerperium. One of them is the treatment of perineal suture wounds which are very likely to occur, especially in mothers who are primi gravida so that they can prevent complications that may occur. Actively participate in pregnant women's classes, look for information on the internet and consult periodically with midwives about the needs and problems they face during childbirth and postpartum period. If there is training about it, it can be followed according to the needs of the mother.

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