

Analysis of Abstinence to Eat and Vulva Hygiene Behavior on Healing Perineal Wounds in Postpartum Mothers on Day 7 at Bpm Ny J Puspo Pasuruan Village

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ABSTRACT

Perineal tears occur in almost all normal birth processes and not infrequently perineal tears can result in perineal infections, causing a long wound healing process. This occurs because some postpartum mothers experience abstinence from food and lack of vulva hygiene behavior. The purpose of this study was to determine the relationship between abstinence from food and vulva hygiene behavior on perineal wound healing on the 7th day of postpartum mother at Bpm Ny. J Puspo Village. This study is a correlational study using questionnaires and observation instruments. The population is all postpartum women with perineal wounds. This study uses the Pearson test. The results of the study found that as many as (25.7%) of respondents had the habit of abstaining from food and (42.5%) did not perform vulva hygiene, found as many as (37.1%) of respondents who had old perineal wound healing. While the behavior of Vulva Hygiene test results with correlation coefficient analysis $r\ 0.616 > r\ \text{table}\ (0.3338)$ then there is a significant relationship then seen from $\text{Sig} = 0.000$ which means $\text{Sig}\ 0.000 < 0.05$ then there is a relationship so that H_0 is rejected H_a is accepted meaning there is a relationship abstinence from eating with perineal wound healing. With the analysis of the correlation coefficient, the value of r is $0.606 > r\ \text{table}\ (0.3338)$ so there is a significant relationship (H_a is accepted), then seen from $\text{Sig} = 0.000$ which means $\text{Sig}\ 0.000 < 0.05$ then there is a relationship so that H_0 is rejected H_a is accepted This means that there is a relationship between vulva hygiene behavior and perineal wound healing. There is a relationship between abstinence from eating and vulva hygiene behavior towards perineal wound healing on the 7th day of postpartum women. It is hoped that health workers will increase patient education about vulva hygiene behavior and avoid abstinence from eating habits for perineal wound healing.

Keywords: Abstinence from food, Perineal Wound Healing, Vulva Hygiene Behavior.

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INTRODUCTION

The postpartum period (puerperium) is the period that begins after the placenta comes out and ends when the uterine devices return to their original state (before pregnancy). The postpartum period lasts for about 6 weeks. This is the time needed for the recovery of the uterus to return to its normal state. Health problems for postpartum women that cause indirect death are perineal sutures, if perineal sutures are not healed immediately and hygienically maintained they can turn into pathology such as the occurrence of hematoma, inflammation or even infection. Forms of local infection until sepsis and death occur during the puerperium (Ambarwati, E, R, Diah, 2010).

One of the causes of postpartum infection is injury to the perineum. Perineal wounds due to rupture or laceration are areas that do not dry easily. The incidence of infection due to

perineal wounds is still high, it is estimated that 70% of women who give birth vaginally experience perineal trauma with perineal trauma (Prasetya Lestari, 2016).

Mothers who have given birth are at risk for postpartum infections. Although rare, this infection can occur in the uterus, cervix, vagina and perineum. After delivery, there is a possibility of tears in the birth canal or perineum. The injured area becomes more susceptible to infection. Mothers who give birth using a catheter are also at risk of developing urinary tract infections. (dr. Adelina haryono (29 October 2019), access date 29 March 2020 link from Sehatq.com).

The World Health Organization (2016) notes that every day around 830 women die from complications related to pregnancy and childbirth worldwide. The main complications that cause nearly 75% of deaths in pregnancy and childbirth are bleeding, infection, high blood pressure during pregnancy (preeclampsia and eclampsia), complications of childbirth, abortion. Perineal injury in Indonesia is experienced by 75% of women giving birth vaginally. In 2013 found that of a total of 1951 spontaneous vaginal births, 57% of mothers received perineal sutures (28% due to episiotomy and 29% due to spontaneous tears). Data obtained from the East Java health office (Dinkes) the incidence of infection due to perineal rupture is still high, perineal trauma or perineal rupture is experienced by 70% of women who give birth vaginally experience more or less perineal trauma. Most maternal morbidity after perineal trauma remains unreported to health professionals. The number of maternal deaths in 2018 shows that there were 116/100,000 live births. (East Java Provincial Health Office, (2018). Based on the health profile of Pasuruan Regency in 2015, there were 2 cases of puerperal infection, and 7 other disease problems. (Pasuruan district office, 2015).

In this condition, postpartum mothers need nutritious and sufficient calorie foods, such as foods that contain protein, lots of fluids, vegetables and fruits (Mochtar, 2010). Nutritional factors, especially protein, are very important in influencing the healing process of perineal wounds because protein is a body building substance and replaces tissues that really need protein. Culture and beliefs also affect the perineal wound healing process, for example the habit of abstaining from eating eggs, fish and chicken meat, which will affect the mother's nutritional intake, the habit of abstaining from these foods will slow down the perineal wound healing process. The wound is said to be healed if within 1 week the condition of the wound is dry, closed and there are no signs of infection. (Endang, 2010).

Based on the researcher's preliminary study, there were 20 mothers who gave birth at BPM Ny "J" Puspo Pasuruan Village, in the last 1 month and around 18 people had perineal injuries, those who gave birth at BPM Mrs "J" had problems with perineal wound healing. The author wants to conduct research on the Analysis of Abstaining from Eating and Vulva Hygiene Behavior on the healing of perineal wounds on the 7th day of postpartum women at BPM Ny "J" Puspo Pasuruan Village.

METHODS

This type of research is a survey research that is analytic in nature, research that is directed at explaining a situation or situation with a cross-sectional approach, namely examining the relationship of abstinence from food and vulva hygiene behavior on perineal wound healing in postpartum mothers on day 7 at Bpm Ny "J" Puspo Village pasuruan. The population in this study were all postpartum women with perineal wounds at Bpm Ny "J" Puspo Pasuruan Village. All populations were sampled, the sample in this study were 35 people with perineal injuries, all of the research objects used total sampling which had certain characteristics such as mothers with perineal wounds and were willing to be respondents (Sugiyono, 2017). The location of this research was carried out at Bpm Ny "J" Puspo Pasuruan Village. The time for this research began in April - May 2020. In this research the

measuring tool / instrument as a way to obtain information is by questionnaire or questionnaire and making home visits and Observing the healing time of perineal wounds in postpartum women. To describe the relationship between the independent variable and the dependent variable. The statistical test used is the Pearson correlation test using the SPSS application. The conclusion from the hypothesis test is that there is a relationship if Sig <0.05 and there is no relationship if Sig > 0.05 or r count > r table then H0 is rejected Ha is accepted which means there is a relationship and if r count < r table then H0 is accepted Ha rejected.

RESULTS

Table 4.1 Abstinance Eating Frequency Distribution

No	Variable Abstinance to eat	N	Frequency	Percentage
1	Abstain from Eating	35	9	25.7%
2	Not Abstain from Eating		26	74.3%

From the table above it can be seen that the majority 74.3% (26 people) did not abstain from eating while only 9 people (25.7%) abstained from eating.

Table 4.2 Frequency Distribution of Vulva Hygiene Behavior

No	Variable Vulva Hygiene Behavior	N	Frequency	Percentage
1	Perform Vulva Hygiene	35	20	57.1%
2	Dont Perform Vulva Hygiene		15	42.9%

Then the vulva hygiene behavior of 35 respondents in the study showed that as many as (57.1%) 20 people did vulva hygiene behavior and 15 people (42.9%) did not do vulva hygiene behavior.

Table 4.3 Perineal Wound Healing Frequency Distribution

No	Wound Healing Variables	N	Frequency	Percentage
1	- Fast < 7 Days		10	28.6%
2	- Normal = 7 Days	35	12	34.3%
3	- Old > 7 Days		13	37.1%

From the table above it can be seen that 10 people (28.6%) wound healing time was fast (< 7 days), 12 people (34.3%) normal and 13 people (> 7 days) long (> 7 days) (37.1 %).

Table 4.4 The Relationship of Abstaining from Food to Perineal Wound Healing in Postpartum Mothers Day 7 at BPM Ny. J

No	Variable Abstinance to eat	Healing Time						Total		r	ρ
		Fast		Normal		Old		F	%		
		F	%	F	%	F	%				
1	Abstain from Eating	0	0%	3	33.3%	6	66.7%	9	100%		
2	Not Abstain from Eating	10	38.5%	9	34.6%	7	26.9%	26	100%	0.616	0.000

Based on the table above, out of 26 respondents who did not abstain from food, 10 people (38.5%) had fast perineal wound healing, 9 people (34.6%) had normal healing time and 7 people (26.9%) took a long time. then from 9 respondents abstaining from food there was no

fast wound healing (0%), 3 people (33.3%) had normal perineal wound healing and 6 people with long healing with correlation coefficient analysis $r\ 0.616 > r\ \text{table}\ (0.3338)$ then there is a significant relationship (H_a is accepted), then seen from $\text{Sig} = 0.000$ which means $\text{Sig}\ 0.000 < 0.05$ then there is a relationship so that H_0 is rejected H_a is accepted meaning there is a relationship abstinence from eating with perineal wound healing.

Table 4.5 Relationship between vulvar hygiene behavior and perineal wound healing in postnatal women on day 7 at BPM Ny. J

No	Variable Vulva Hygiene Behavior	Healing Time						Total	r	ρ	
		Fast		Normal		Old					
		F	%	F	%	F	%				F
1	Doing	9	45%	7	35%	4	20%	20	100%	0.606	0.000
2	Dont Do	1	6.7%	5	33.3%	9	60%	15	100%		

In the vulva hygiene behavior table, of the 20 respondents who performed vulva hygiene, 9 people (45%) had fast perineal wound healing, 7 people (35%) were normal and 4 people (20%) had a long wound healing process. Of the 15 respondents who did not perform vulva hygiene behavior 1 (6.7%) wound healing was fast, 5 people (33.3%) were normal and 9 people healing took a long time. With the analysis of the correlation coefficient, the value of r is $0.606 > r\ \text{table}\ (0.3338)$ so there is a significant relationship (H_a is accepted), then seen from $\text{Sig} = 0.000$ which means $\text{Sig}\ 0.000 < 0.05$ then there is a relationship so that H_0 is rejected H_a is accepted This means that there is a relationship between vulva hygiene behavior and perineal wound healing.

DISCUSSION

Relationship of Abstaining from Food with Healing of Perineal Wounds in Postpartum Mothers on the 7th day

Abstinence from food is food or cooking that individuals in society are not allowed to eat for cultural reasons. These challenging customs are taught from generation to generation and tend to be obeyed even though the individuals who carry them out do not really understand or are sure of the reasons for challenging the food in question. This causes people to no longer know when a food taboo or taboo started and why, often this social value is incompatible with the nutritional value of food and affects the healing of perineal wounds. (Suparyanto, 2010).

Based on the results of the study, 26 respondents did not abstain from eating, as many as 10 people (38.5%) had fast perineal wound healing, 9 people (34.6%) had normal healing time and 7 people (26.9%) took a long time. then from 9 respondents abstaining from food there was no fast wound healing (0%), 3 people (33.3%) had normal perineal wound healing and 6 people with long healing. Then by analysis of the correlation coefficient $r\ 0.616 > r\ \text{table}\ (0.3338)$ then there is a significant relationship (H_a is accepted), then seen from $\text{Sig} = 0.000$ which means $\text{Sig}\ 0.000 < 0.05$ then there is a relationship so that H_0 is rejected H_a is accepted meaning there is a relationship abstinence from eating with perineal wound healing.

The results of this study were supported by the researcher Setiya Harti ningtiyaswati, namely to determine the relationship between food abstinence behavior and perineal wound healing (2010) in Srengat District, Blitar Regency, found that food abstinence behavior showed that the perineal wound did not heal on the 7th day, with a $p\ \text{value} = 0.000\ (p < 0.05)$.

In another study, according to Neny Yuli Susanti, the effect of abstinence from eating on the healing of perineal wounds in postpartum mothers (2015) concluded that the value of $p = 0.015$ ($p < 0.05$) which means that there is an effect of abstinence from food on the perineal wound healing process.

According to the researchers' assumptions, abstaining from eating protein and carbohydrates will be the reason for the healing process of perineal wounds to take longer in postpartum mothers. This happens because protein is the building block of the body and carbohydrates are the main ingredients of metabolism so that cells can regenerate more quickly. Of the 9 people (25.7%) respondents abstained from food, 6 of them were in the process of healing old perineal wounds due to lack of nutritional needs, resulting in wounds not healing properly. Meanwhile, postpartum mothers whose nutrition is sufficient but still follow the habitual pattern of abstaining from food as said by their parents, so that it can also cause the perineal wound healing process to become less good, while postpartum mothers pay attention to nutrition and protein intake so that the perineal wound heals quickly as much as 10 or (38.5%) of respondents. Based on tables 4.4 and 4.5 it shows that of the respondents who did not abstain from eating, there were 7 (26.9%) who paid attention to nutrition and protein intake but the perineum wound healing took a long time. This can be influenced by vulva hygiene behavior, namely paying less attention to cleanliness in the vaginal area.

This is supported by the opinion that during the puerperium, high-quality nutrition is needed with sufficient calories, protein, fluids and vitamins. Nutritional factors will affect the healing process of birth canal wounds. Based on Ija's research (2017), nutritional status will affect wound healing. In some patients, decreased protein levels will affect wound healing.

Relationship between Vulva Hygiene Behavior and Perineal Wound Healing

Vulva hygiene is the behavior of caring for the outer genitals (vulva) in order to maintain the cleanliness and health of the genitals, as well as to prevent infection. These behaviors include wiping from the vagina to the anus using clean water, using an antiseptic, drying it with a dry towel or dry tissue, washing hands before cleaning the female area (Darma, 2017).

Based on the results of a study of 20 respondents who performed vulva hygiene, 9 people (45%) had fast perineal wound healing, 7 people (35%) were normal and 4 people (20%) had a long wound healing process. Of the 15 respondents who did not perform vulva hygiene behavior 1 (6.7%) wound healing was fast, 5 people (33.3%) were normal and 9 people healing took a long time. With the analysis of the correlation coefficient, the value of r is $0.606 > r$ table (0.3338) so there is a significant relationship (H_a is accepted), then seen from $Sig = 0.000$ which means $Sig\ 0.000 < 0.05$ then there is a relationship so that H_0 is rejected H_a is accepted This means that there is a relationship between vulva hygiene behavior and perineal wound healing.

The results of this study are in line with the results of Herlina's 2018 study which was conducted on postpartum women who experienced perineal injuries at BPS Heppy Rina M,S,ST, Seduri, Mojosari Mojokerto which showed that there was a statistically significant relationship between wound healing and vulva hygiene techniques with a p -value < 0.05 . Where from 15 respondents, 7 of them had good personal hygiene and the rest had bad personal hygiene.

According to the researchers' assumptions, 20 respondents or (57.1%) performed the importance of good vulva hygiene in wound healing, namely by keeping vulva hygiene dry by changing pads every day by removing them from the front of the genitals to the back of the anus. then the cleanliness of the perineal wound in postpartum mothers is also maintained, so that the perineal wound is more sterile and becomes a poor medium for the growth of microorganisms which can cause infection and activate the body's defense mechanisms and will cause an inflammatory cascade to appear which then makes the wound more difficult to heal, besides that the importance of postpartum mothers doing cleansing using betel leaf boiled water so that the wound healing process is faster and to avoid bacteria, and vice versa in table 4.5 shows that the variable vulva hygiene

behavior is 1 (6.7%) of respondents who do not perform vulva hygiene behavior but fast wound healing. This can be influenced by the diet of the patient who pays attention to the intake of nutrients, nutrients and protein which can accelerate the healing process of the perineal wound. The assumptions of this researcher are supported by the literature where the scope of perineal wound care is to prevent contamination from the rectum, treat trauma-affected wounds gently, and clean all discharges which are sources of odorous bacteria (Nugroho, 2016).

CONCLUSION

Frequency distribution based on abstinence from food in the research abstinent respondents were 9 people (25.7%) while those who did not abstain were 26 people (74.3%). The frequency distribution of respondents on Vulva hygiene behavior in the study showed that 15 people (42.9%) did not practice Vulva hygiene behavior well and 20 people (57.1%) did vulva hygiene behavior. The frequency distribution based on the duration of wound healing for respondents in this study was that the majority of respondents took a long time to heal as many as 13 people (37.1%), normal 12 people (34.3%) and fast 10 people (28.6%). There is a relationship between abstinence from food and perineum healing time with Pearson's correlation coefficient analysis with a value of $0.616 > r$ table (0.3338) which means that there is a significant correlation and seen from the Sig value of $0.000 < 0.05$, so H_0 is rejected H_a is accepted meaning there is a relationship abstinence from eating and perineal wound healing time. There is a relationship between vulva hygiene behavior and perineal wound healing using Pearson's correlation coefficient analysis with a value of $0.606 > r$ table (0.3338) so there is a significant relationship (H_a accepted), then it can be seen from Sig = $0.000 < 0.05$ then there is a relationship so that H_0 is rejected H_a is accepted meaning there is a relationship between vulva hygiene behavior and perineal wound healing.

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