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POSTPARTUM CARE IN CENTRAL JAVA TRADITION

Ita Rahmawati^{1,2,*}

¹Doctoral Program of Public Health, Diponegoro University, Semarang, Indonesia

²Midwifery Program, AKBID AL-Hikmah, Jepara, Indonesia

*Corresponding author's email: rahma.safii@gmail.com

ABSTRACT

Background: The puerperal period is a critical period. 60% of maternal deaths occur after delivery and 50% of them occur in the first 24 hours. The high rate of maternal and child mortality in Indonesia is closely related to social and cultural factors, particularly the Java community. During the postpartum, Abstinence / or postnatal care suggestion is usually associated with the physical condition of the recovery process.

Aims: This study aims to determine postpartum care is based on the tradition of Central Java.

Methods: This study is a combination of quantitative and qualitative study (Mixed Methods). The samples is 81 postpartum mothers. Data collection instrument was a structured questionnaire and in-depth interview guidelines. Quantitative data with a frequency distribution. The results of qualitative data in narrative form.

Results: Postpartum care based on the traditions of Central Java obtained: (1) 96.3% Capital postpartum do massage after delivery, when the foot bed to be straightened out, and not allowed to leave the house for 40 days, (2) 95.1% Capital postpartum Wearing pilis, (3) Wear stagen (88.9%), (4) There should be a nap (84%), (5) Do not eat eggs, meat, shrimp, fish (82.7%), (6) When the morning shower should be shampoo (60.5%), and (7) Always drink herbal medicine (59.3%).

Conclusion: The majority of postpartum care is based on the tradition of Central Java is still detrimental to the health of postpartum mothers so that they can affect the recovery process in the post-partum period.

Keywords: Postpartum care; Tradition

INTRODUCTION

Puerperal period is a critical time for both mother and baby. 60% of maternal deaths occur after delivery and 50% of them occur in the first 24 hours. While two-thirds of infant deaths occur within four weeks after delivery and 60% of them occur in time after birth [1]. Based on the Indonesian Demographic and Health Survey (IDHS) in 2012, Maternal Mortality Rate (relating to pregnancy, childbirth, and postpartum) amounted to 359 per 100,000 live births. The figure is still quite high compared to neighboring countries in the ASEAN region. In 2007, when the maternal mortality rate in Indonesia reached 228, Maternal Mortality Rate in Singapore only 6 per 100,000 live births, Brunei 33 per 100,000 live births, Philippines 112 per 100,000 live births, as well as Malaysia and Vietnam are both reached 160 per 100,000 live births. Maternal mortality in Indonesia is still dominated by the three main causes of death are hemorrhage, hypertension in pregnancy (HDK), and infections [2].

While, according to Ditjen Nutrition and Health of Mother and Child, Ministry Health Republic of Indonesia (2010), the causes of maternal mortality in Indonesia in 2010 that hypertension in pregnancy (32%), complications during childbirth (31%), Post Partum Hemorrhage (20%), others -

others (7%), abortion (4%), antepartum hemorrhage (3%), amniotic disorder (2%), and long labor (1%) [3].

Maternal Mortality Central Java province in 2015 based on reports from county or city of 111.16 / 100,000 live births, decreased when compared with Maternal Mortality Rate in 2014 amounted to 126.55 / 100,000 live births in Central Java Province. Genesis is the most maternal postpartum period amounted to 49.12%. Infant Mortality Trend of Central Java province in 2015 based on reports from county / city of 10 / 1,000 live births, decreased when compared with IMR in 2014 amounted to 10.08 / 1000 live births in Central Java Province. Where, in 2015 Grobogan has the highest maternal mortality in the ranking of 4 in the province of Central Java, 33 cases and Infant Mortality Rate (IMR) is the highest in the province of Central Java, 384 cases of the total cases of infant mortality in Central Java as many as 5.571 cases [4].

The high rate of maternal and child mortality in Indonesia is closely related to socio-cultural factors of society, such as the level of education of the population, especially mature women who still low, socio-economic are not adequate, the level of public trust in the health care and health care workers are still low and distant location health services of houses habits and customs and behavior of the people who lack support and so forth [2].

Evidence from developing countries worldwide suggests that a simple package of interventions, such as providing advice on postnatal danger signs, advice on self-care, and iron folate supplementation, as well as early detection and referral of postnatal maternal complications, are effective in reducing maternal mortality [5,6].

Besides during pregnancy, taboos or suggestions they were enforced during the postpartum. Abstinence / or suggestion is usually associated with the physical condition of the recovery process, for example, there are certain foods that should be consumed to augment milk production, there are also certain foods that are prohibited because they can affect the health of the baby. Traditionally, for example abdominal massage which aims to restore the uterus to its original position, the herb-herb such as leaves into the vagina with the intent to cleanse the blood and fluid that comes out because of childbirth or give certain herbs to strengthen the body [7].

Myth during childbirth myth has become a tradition that is passed down from our parents earlier, became a regular thing and so they believe. Not a bit of a myth that only a myth, not even feasible to simply believed. But apparently a lot of people that can be illogical, accepted by reasonable and there was a fact. So it never hurts to review the myths about the community as well know the facts (8). Postnatal care from birth the placenta begins to avoid the possibilities of post partum bleeding and infection. Postnatal care includes: Mobilization, diet/food, urination, defecation, fever, contraction, Lactation [9].

Postnatal care such as massages after giving birth have a negative impact if the massage one so dangerous because it can damage the content, not allowed out of the house for 40 days because of puerperal require postpartum visits at visit 6 days and 2 weeks, using a concoction of leaves attached to the forehead can damage the skin for those who are not strong / cause allergies, not allowed to sleep during the negative impact due to puerperal period should be enough rest, reduce the heavy labor because labor is very beneficial for the health of the mother, do not eat eggs, meat, shrimp, fish have a negative impact due to puerperal require food nutritionally balanced so that healthy mothers [10].

Results of research Suryawati (2007), in which case care practice during the postpartum (after the mother gave birth up to about 35-40 days) in the District Bangsri of Jepara regency, some data can

be presented: Drinking herbal medicine which is a habit most people Javanese also be done by almost all respondents after childbirth. Only one person (1.7%) were honestly expressing sexual intercourse after childbirth, although this is not recommended by health and religion. During postnatal majority of respondents (41.7%) abstain from eating meat and fish. Body massages for back in shape after childbirth is done by 83.3% of respondents [11].

Results of research Baihaqi (2013), obtained the culture of East Java in puerperal include: (1) personal hygiene, consisting of: bath obligatory post-partum, irrigation vagina using boiled water betel leaves, and and put the herb in the stomach until the vagina using the betel leaf , (2) care to maintain the health of the body, consisting of: treatment with the use a concoction of leaves attached to the forehead a concoction of leaves attached to the forehead, massage and changing the position of the mother's abdomen, (3) care to maintain the beauty of the body, consisting of: treatment with the use of scrubs, sitting with his back touching the seating position, sleep with a half-sitting position, use octopus, and a herbal drink packaging, and (4) special treatment, consisting of: coffee and drinking water herbal medicine [12].

Data shows many mothers who do abstain from food during parturition in Indonesia from puerperal women as much as 4,406,437 5,123,764 (86%) of mothers have postpartum abstinence from food habits such as not eating fish, eggs, vegetables, and spicy foods. Other data showed that as many as 36 025 (80%) of the amount of postpartum mothers do abstinence from food. The number of puerperal women who abstain from eating based on existing data which are caused by a lack of knowledge was 26.5%, cultural factors or suggestion family party 37.6%, 25.4% economic and parity of 10.5%. Abstinence from food that occur include meat, eggs, and chicken (53.5%), fish (27.8%), vegetables (12.4%), and spicy food (6.3%) [14].

Based on preliminary studies in February 2016 in the District Godong Grobogan Purwodadi number of puerperal women in the region as much as 99 for women. Of the 10 post partum mothers who do care post partum, after the interviews are 8 people puerperal women still do care post partum like massage after childbirth, should not be out of the house for 40 days, wear gird, wear pilis, bed legs should be straight, should not nap, forbidden to eat eggs, meat, shrimp, fish. And 2 postpartum mothers do not seek post-partum treatment. The purpose of this research is to explain postpartum care in Central Java tradition (Study in District Godong Grobogan Purwodadi)

METHODS

This study is a combination of quantitative and qualitative study (Mixed Methods). The research location is Purwodadi district which is one of five districts in Central Java program defined as the area Expanding Maternal and Neonatal Survival (EMAS). Sub district Godong selected as an area of research which has the characteristics of people who adhere to the local culture.

Population in quantitative research is 122 postpartum, samples taken by purposive sampling with criteria inclusion: (1) postpartum mothers who embrace the tradition of central java, (2) willing to become respondents, and (3) postpartum mothers 2nd day up to six weeks. The sample in this study is as much as 81 postpartum mothers. The variables in this study include massage after childbirth, curfew for 40 days, morning shower with shampoo, wearing stagen, prohibition daylight sleep, while sleeping, legs straight, wearing scrubs shake, wearing a concoction of leaves attached to the forehead, fixed consuming eggs, meat, shrimp, sea fish, and drinking herbal medicine. Data collection instrument was a structured questionnaire. Quantitative data is processed with SPSS and presented in the form of a frequency distribution.

Informant in qualitative research is six health workers at district and village levels (1 doctor, 1 midwife clinic, and 2 midwives) and 3 public figure and 1 religious leaders. Data collection instrument was in-depth interview guidelines. To get the data description of the socio-cultural background of the behavior of postpartum care in the traditions of Central Java. The results of qualitative data analysis which is based on in-depth interviews are presented in narrative form.

RESULTS

Table 1.Characteristics of respondents

Characteristics of respondents	N = 81	%
Age		
< 20 year	9	11,11
20 – 35 year	54	66,67
> 35 year	18	22,22
Education		
No school	10	12,35
Primary school	27	33,33
Junior high school	23	28,40
Senior High School	16	19,75
College	5	6,17
Occupation		
Housewife	44	54,32
Trader	21	25,93
Private employees	14	17,28
Government employees	2	2,47
Family income		
Less	61	75,31
Enough	11	13,58
Big	9	11,11

As shown in Table 1, the majority of mothers with postnatal care practices in the age group 20-35 years, no school, housewives and family income is less. Other than that, research also shows postpartum care based on traditional Central Java include: 96.3% of postpartum maternal perform a massage after delivery, when the foot bed to be straightened out, and not allowed to leave the house for 40 days, 95.1% of postpartum mothers, and wearing “pilis”, Wear cloth wrapped around the mother's belly after giving birth or “stagen”(88.9%), not allowed to take a nap (84%), not eating eggs, meat, shrimp, fish (82.7%), while bathing in the morning should wash (60.5%), and always drink herbal (59.3%) (see Table 2).

Informants from community leaders, religious leaders and health workers at the district and village explains that cultural factors developing in society districts Purwodadi detrimental postpartum mothers that their mother's perception about the foods that become taboo for postpartum mothers include fried foods, chili with most reason family is to inhibit wound healing after childbirth. A mother giving a reason when asked why should not eat salted fish or other fishy food, according to the mother after giving birth should not eat fishy-fishy, fishy milk becomes later. It concluded that most people in the district Purwodadi still refrain from foods such as eggs, meat, shrimp, and fish.

Table 2 Postpartum Care Based on Tradition Central Java

Postpartum Care	N = 81	%
Massage after childbirth		
No	1	1,2
Sometimes	2	2,5
Yes	78	96,3
Curfew for 40 days		
No	3	3,7
Yes	78	96,3
Morning shower with shampoo		
No	32	39,5
Yes	49	60,5
Wearing <i>stagen</i>		
No	6	7,4
Sometimes	3	3,7
Always	72	88,9
Prohibition daylight sleep		
No	13	16
Yes	68	84
While sleeping, legs straight		
No	3	3,7
Yes	78	96,3
Wearing scrubs shake		
No	69	85,2
Sometimes	4	4,9
Always	8	9,9
Wearing a concoction of leaves attached to the forehead "pilis"		
No	1	1,2
Sometimes	3	3,7
Always	77	95,1
Fixed Consuming eggs, meat, shrimp, sea fish		
No	67	82,7
Sometimes	10	12,3
Yes	4	5
Drinking herbal medicine		
No	10	12,3
Sometimes	23	28,4
Always	48	59,3

Additional information is obtained about the behavior of restrictions on postpartum mother, a mother after giving birth should not be sleeping on your back, will cause stomachache kemata. Legs bent and hard labor is not recommended in puerperal women, picking on maternal health. Recommended practices when postpartum mother is sitting legs straight for 40 days, wear pilis (traditional medicine in the form of solid or paste is used in a way mencoletkan on the forehead), should not be a lot of motion, "stagen" (long cloth which is approximately 2-4 meters wide and 20-30 cm in the manner of wrapped around the waist several times until the end of the fabric runs) to above the knee. This is done to restore the condition of the mother as before giving birth. There are still many people in the research sites that use the service called "paraji" when they give a birth. According

to respondents, the "paraji" is able to provide complete services ranging from assisting childbirth, presided at the birth until the postpartum and infant care. In addition to the tradition in Purwodadi district also runs the positive things that are taught by Islam, namely aqiqah at day 7 or 40 days after birth. In the event aqiqah parents slaughtered two goats when his sons and 1 daughter when the goats.

DISCUSSION

Form the result, 96.3% of postpartum mothers do massage after delivery. Massage treatments are performed on the entire body aims for recovery after childbirth, and massage on the stomach aims to improve the womb before pregnancy. Society in Purwodadi district strongly believe that post partum massage is very important, because during the nine months of pregnancy, your body experiencing tremendous changes. After the baby is born, your body will experience a recovery process such as the return of the size of the uterus, vaginal discharge and fatigue after undergoing the process of childbirth. In addition, experience stress and emotional lability associated with hormonal changes that occur after childbirth. Thus, the massage after delivery may provide some benefits and effectively help the recovery of mother during childbirth, such as relieving some of the point of exhaustion in the body, releasing tension in the muscles, improve circulation, and increase joint mobility and body rejuvenation.

Massage during childbirth is a heritage to be done by "paraji" (shaman who helps baby care), but often to the detriment of the health of the mother, because it is done to restore the physical condition and health of the mother by way of massaging the abdomen which aims to restore the uterus to its original position.

The results are consistent with the results of research Suryawati (2007) in terms of treatment for postnatal massage body after giving birth to a fitness restore body after childbirth is done by 83.3% of respondents [12].

Most postpartum mothers straightened legs during sleep, should not nap (84%), and should not be out of the house for 40 days (96.3%), because people assume that it may cause a negative impact on the recovery of puerperal. According to health that is true but the reason is to increase blood flow causes of maternal postpartum slow blood flow caused by the increase in platelets. Legs bent and lying flat disrupt blood flow circulation, heavy work adds to the workload of the heart, the postpartum mother this is not recommended. Although, early mobilization is required during childbirth but it should be done gradually. Starting from the tilted to the right and left. On the second day the mother was able to sit up, then on the third day the mother was able to move the legs that is by roads and adequate rest. In addition, in puerperal require postpartum visits at visit 6 days and 2 weeks [1].

The majority of postpartum mother wearing a concoction of leaves attached to the forehead "pilis" (95.1%), where used by the way rub elongated forehead. The benefits "pilis" are to eliminate dizziness, maintaining eye health, treat headaches, and prevent the increase in white blood to the head., whereas according Choirina (2013), the benefits pilis used on the face and hands in order to feel the cold, but for sensitive skin will cause allergies. Likewise, wear stagen (88.9%), according to the theory Karmila (2012) can make the spine stops growing because they do not get enough support. The decrease in abdominal muscles, shift and disruption of the abdominal wall, intestine could be pressured [13,15].

Abstinence from food during parturition can reduce maternal nutritional intake that will affect the mother's health and milk production. So that the adequacy of infant nutrition will also be influential. Behavior of abstinence from food does not comply with the recommendation to consume

foods that contain carbohydrates, vegetables, fruits, vegetable protein and drink plenty every day [16]. But in this study, obtained 82.7% did not consume eggs, meat, shrimp, and fish. Research shows that abstinence behavior associated specific food with between baby lying down so Breastmilk not among others smells fishy meat and marine fish.

Always drink herbal respondents (59.3%), because the herbal drink made her feel fresh, milk production becomes more smoothly [17]. The results are consistent with the results of research Suryawati (2007) herbal drink is a habit most of the tribal people of Java, carried out by almost all respondents after childbirth [12]. Because, maternity herbal medicine can help make the process of parturition lasted timely, namely less more 40 days. Other benefits between lay tighten the muscles of the abdomen sagging, restores stamina, improving the mother's milk, cleaning dirty blood in the uterus, helping recovery wounds, and to help process the contraction of the uterus to its original size. Maternity herbal medicine usually divided become part 3, which is taken 10 first day, 10 the second day and 10-day Third.

Postnatal care also provides a unique opportunity to connect women to other health interventions within the continuum of care and to promote healthy behaviours. Evidence from Latin America suggests that contraceptive uptake is higher when women receive immediate postpartum contraception (18,19), and a randomised controlled study from Syria showed that exclusive breastfeeding was higher for women who received postnatal visits [20].

CONCLUSION

The majority of postpartum care is based on the tradition of Central Java is still detrimental to the health of postpartum mothers so that they can affect the recovery process in the post-partum period. Based on the results as follows majority of capital postpartum do massage after delivery, when the foot bed to be straightened out, and not allowed to leave the house for 40 days. The results also showed that education and family income plays an important role in the practice of postnatal care. Where the post partum mothers who have higher education do a majority of postnatal care that is not detrimental to health. Likewise, with a large family income has an important role in the practice of proper postnatal care. Thus, the expected health workers, especially midwives can form a companion during childbirth from families who have been trained to conduct proper postnatal care.

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