

## EFFECTIVENESS METHODS OF DEMONSTRATIONS TO INCREASE KNOWLEDGE ABOUT MATERNAL POSTPARTUM BREAST CARE AT THE HEALTH CENTER OF HARAPAN RAYA PEKANBARU 2014

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### Abstract

Breast care in the postpartum period is a series of breast care and breast nipple in the postpartum period are very useful for improving milk production and prevent swelling in the breast that often causes mastitis. During pregnancy, a mother must prepare knowledge of postpartum breast care in order to avoid problems in the breast in the postpartum period. Lecture and demonstration is a method often used to provide health education. This research was conducted to obtain a picture of how the effective of the method of demonstration against the increase in knowledge of pregnant women at health centers of Harapan Raya Pekanbaru. This study uses a quasi-experimental design with two approaches group pretest posttest design with a sample of 190 respondents were divided into two groups of intervention. The first group performed gift giving health education interventions using the lecture method, while the second group performed gift giving health education interventions using demonstration method. Data analysis was performed using paired t test . The result showed p value of 0.000 so that H<sub>0</sub> is rejected. , This shows that the method is more effective demonstration improving pregnant women knowledge about postpartum breast care. To the Health Center of Harapan Raya Pekanbaru, specifically responsible for MCH (Maternal and Child Health) should do a combination of the provision of health education to pregnant mothers about postpartum breast care by using a demonstration of postpartum breast care.

**Keywords:** demonstration methods, increased knowledge of postpartum breast care.

### BACKGROUND

Postpartum breast care is a series of efforts to increase breast milk by doing the massage and specific movements on the breast that is performed in the postpartum period (Koesno H 2005 in Ayesha, 2008). Breast care is very important in the postpartum period to maintain the milk in order to stay current and avoid dam breast milk that can cause engorgement. Thus pregnant women need to prepare knowledge about breast care during the postpartum during pregnancy, so that pregnant women can breast care after delivery properly so as to increase milk production which is needed by babies who have been born.

Information about the postpartum breast care can be obtained expectant mothers during pregnancy through the mother's health education obtained during a visit antenatal

care in various health care at a clinic one class called pregnant women. Class of pregnant women is a program of the Ministry of Health of the Republic of Indonesia implemented since 2011. These efforts carried out by various methods as well as well as the media that can facilitate understanding of pregnant women about the health information.

Based on data from the City Health Office Pekanbaru part MCH (Maternal and Child Health) taken by researchers on February 6, 2014, data showed that the number of visits of pregnant women at a clinic in the city of Pekanbaru quite a lot. Thus it is possible for pregnant women who carry out the visits will receive health education problems related to pregnancy or childbirth preparation which will come given by health workers at the health center with a variety of methods.



Health Center of Harapan Raya Pekanbaru is one of the health centers in the city of Pekanbaru which has a number of pregnancy visits are quite a lot that is 98.8% of the total number of pregnant women in the region. Health workers in health centers that provide information relating to the problems of pregnancy when the mother's pregnancy visit to the clinic by using the lecture method, whereas the use of methods of demonstration is still rarely done to provide health education for pregnant women class program has not run optimally. Nevertheless, according to the person in charge of Health Center of Harapan Raya Pekanbaru, posyandu cadres in Health Center of Harapan Raya Pekanbaru participates actively in helping the activities undertaken in charge Health Center of Harapan Raya Pekanbaru, allowing for intervention study using lecture and demonstration.

Based on preliminary studies carried out by researchers on the 10th until March 22, 2014 at 40 pregnant women in Health Center of

Harapan Raya Pekanbaru, 20 pregnant women were given a demonstration of intervention there is an increased knowledge of as many as 19 people. The purpose of this study was to determine the extent of the effectiveness of methods of demonstration against the increase in maternal knowledge hamil tentang postpartum breast care.

## METHODS

This study uses a *quasi-experimental* design with two approaches *group pretest posttest design* with a sample of 190 respondents were divided into two groups of intervention. The first group performed gift giving health education interventions using the lecture method amounted to 95 respondents, while the second group performed gift giving health education interventions using demonstration by the number of 95 respondents .. Processing data editing, coding, entry, processing, cleaning and test data analysis with *paired t test*

## RESULTS

Table 1. Independent Variable distribution Effectiveness Of Demonstration Against Increasing Knowledge Pregnancy About Postpartum Breast Care In Health Center of Harapan Raya Pekanbaru

No	Independent variabel	Method of health education				amount	
		lecturer		demonstratio		N	%
		n	%	n	%		
1	Information						
	never	53	55,8	57	60,0	110	57,8
	ever	42	44,2	38	40,0	80	42,2
	amount	95	100	95	100	190	100
2	Education						
	low	43	45,3	23	24,2	66	34,7
	height	52	54,7	72	75,8	134	65,3
	amount	95	100	95	100	190	100
3	Parity						
	primipara	9	9,5	18	18,9	27	14,2
	multipara	86	90,5	77	81,1	163	85,8
	Jumlah	95	100	95	100	190	100
4	Work						
	Not work	81	85,3	79	83,2	160	84,2

	Work	14	14,7	16	16,8	30	15,8
	Amount	95	100	95	100	190	100
<b>5</b>	Age						
	Age at risk	4	4,2	4	4,2	8	4,2
	Age is not at risk	91	95,8	91	95,8	182	95,8
	Amount	95	100	95		190	100
					100		

Table 1 above shows that ;

- a. Pregnant women who were given health education lecture method has never been informed about the treatment of postpartum breast is 55.8%, while the pregnant women who were given health education using demonstration method that has never been informed about the treatment of postpartum breast as much as 60%.
- b. Pregnant women who were given health education lecture method has a higher education is 54.7%, while the pregnant women who were given health education demonstration methods are highly educated as much as 75.8%.
- c. Pregnant women who were given health education lecture method multiparas is as much as 90.5%, while the pregnant women who were given health education demonstration method which multiparas higher by 81.1%.
- d. Pregnant women who were given health education lecture method does not work as much as 54.7%, while the pregnant women who were given health education demonstration methods as much as 75.8%.
- e. Pregnant women who were given health education lecture method is not risk-old is 54.7%, while the pregnant women who were given health education demonstration methods as much as 75.8%.

Table 2. Distribution of Post Average Knowledge Pregnancy Test Methods Lecture and Demonstration About Postpartum Breast Care Health Center of Harapan Raya Pekanbaru

No	Method	amount	Mean	Standar Deviation
1	Lecturer	95	67,52	7,361
2	Demonstration	95	72,74	6,221

Based on the table above can be seen that the average value posttest of the group of respondents with demonstration method ( 72.74 ) is higher than the group of respondents with the lecture method ( 67.52 ) .

Table 3. Increased average distribution of respondents Knowledge In Research On Effectiveness Methods Demonstration Against Increasing Knowledge Pregnancy About Postpartum Breast Care Health Center of Harapan Raya Pekanbaru

N	method	Mean		The average difference	Statistic	
		Pre test	Post test		T Test	p
o						

1	Lecturer	50,53	67,42	-16,89 (9,634 - 7,361)	-16,372	0,00 1
2	demonstratio n	52,42	72,95	-20,11 (11,408 - 6,221)	-17.994	0,00 0

Analysis of Table 3 shows an increase in knowledge scores between pre-test and post-test in both groups. Increased knowledge on the method of demonstration with the amount of -17 994 t and  $p = 0.000$ . While the increase in knowledge scores with the lecture method to calculate the amount of -16.372 t with  $p = 0.000$ . It means that there are significant differences in both groups. However, the increase in knowledge scores highest in group demonstration method with the difference in value an average of 20.11.

## DISCUSSION

Based on the results of the study show demonstration Effective methods to increase knowledge of pregnant women about postpartum breast care. This is indicated by the increased knowledge on methods of demonstration with the amount of -17 994 t with  $p = 0.000$ . While the increased knowledge of the respondents in the lecture magnitude t arithmetic amounted to -16.372 with  $p = 0.001$ . thus demonstrating a significant difference in both groups. However, the increase in knowledge scores highest in group demonstration method with the difference in value an average of 20.11.

It is in line with the theory Taufik (2007), that the method of demonstration will make it easier for someone to better understand the material being studied.

Retno Endah research results (2009), also obtained the result that the demonstration method is more effective than the method of learning audioviasuak pregnancy exercise.

Based on Edgar Dale Cone also stated that the demonstration is an eighth layer which can be used as a tool for health promotion, which has a high intensity to perceive health education materials (Notoatmodjo, 2007).

## CONCLUSION

Based on the results of health education research using highly effective demonstration against the increase in knowledge of pregnant women about postpartum breast care

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