Relationship Knowledge Of Maternal Contracting Techniques With The Incidence Of Perineal Rupter At Kapas Health Center

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Abstract.
Childbirth is a series of processes that end with the expulsion of the products of conception by the mother. The World Health Organization (WHO) estimates that there are more than 585,000 maternal deaths caused by complications of pregnancy and childbirth worldwide every year. Of the many who go through labor, not all of them experience tearing of the birth canal or perineal rupture. 1 in 4 women who experience perineum intact during labor. Due to the birth process, the perineum is widened by 170% from the transverse position (side to side) and 40-6-% in the vertical position (front to back) during the crowing process, so that there is a greater risk of perineal rupture.

In Indonesia, out of a total of 1951 vaginal births, 1465 or 75% experienced perineal rupture, 158 or 8% received perineal sutures due to episiotomy and 566 or 29% experienced spontaneous tears.

The purpose of this study was to determine the relationship between the technique of straining in childbirth and the incidence of perineal rupture at the Kapasa Health Center
The research method used was an analytic survey, using the Cross Sectional Study approach, which is a form of observational (non-experimental) study to find the relationship between the independent variable and the dependent variable by taking momentary measurements in the research conducted by analyzing the relationship between knowledge of Maternity Straining Techniques and Events Perineal Rupture at the Kapasa Health Center. The results showed that the level of knowledge was not good with the incidence of perineal rupture as many as 11 respondents (52.3%) and knowledge.

Keywords: Straining, Perineal Rupture, Episiotomy, Non-Experimental

1. INTRODUCTION

One of the main causes of post partum maternal death in Indonesia is perineal rupture (Diah, 2018). Some women who give birth are prone to complications that affect the mother and baby, so that they become one of the causes of maternal death (Champan, 2013). Likewise, postpartum mothers can experience various complications such as bleeding caused by uterine atony, retained placenta, and rupture perineum (Sagalingging, 2019)

The World Health Organization (WHO) estimates that there are more than 585,000 maternal deaths caused by complications of pregnancy and childbirth worldwide every year. One indicator for assessing the degree of public health in a country is by assessing the Maternal Mortality Rate (MMR). Of the many who undergo childbirth, not all of them experience tears in the birth canal or perineal rupture. 1 in 4 women who experience perineum intact during labor (Hermawati, 2018). Due to the birth process, the perineum is widened by 170% from the transverse position (side to side) and 40-6-% in the vertical position (front to back) during the crowing process, so that there is a greater risk of perineal rupture (Nurhandani, 2019). The emergence of pain, urinary and fecal incontinence, dyspareunia and depression whose impact can reduce the degree of

maternal health caused by tearing of the birth canal or rupture of the perineum (Budijianto, 2018)

In Indonesia, out of a total of 1951 vaginal deliveries, 1465 or 75% experienced perineal rupture, 158 or 8% received perineal sutures due to episiotomy and 566 or 29% experienced spontaneous tears (Primadi, 2019)

The occurrence of perineal rupture can have an impact on the occurrence of infection in the suture of the perineal wound which can spread to the urinary tract and the birth canal, which can result in complications of bladder infection and infection in the birth canal (Sigalingging, 2019)

Based on data obtained from the Kapasa Health Center, from 2019-2022, there were 46 cases of perineal rupture out of 112 (41.07%) in 2019. And in 2020, 57 cases of perineal rupture out of 255 vaginal deliveries (22.35%) . Throughout 2021, there were 67 cases of perineal rupture out of 157 women with normal delivery or vaginal delivery. And in 2022 until May there are 37 cases of perineal rupture out of 97 vaginal deliveries (Kapasa Health Center Register Book)

The impact of perineal rupture is that it can cause bleeding (Tamsuri, 2018). So from this description, the author feels very interested in researching this problem with the title "Relationship of Knowledge of Maternity Straining Techniques with Perineal Rupture Incidents at the Kapasa Health Center"

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II.   METHOD

The research method used was an analytic survey, using the Cross Sectional Study approach, which is a form of observational (non-experimental) study to find the relationship between the independent variable and the dependent variable by taking momentary measurements in the research conducted by analyzing the relationship between knowledge of Maternity Straining Techniques and Events Perineal Rupture at the Kapasa Health Center.

The population in this study were all women giving birth with normal deliveries who were registered in the Kapasa Health Center Register book. The sample in this study were pregnant women who experienced perineal rupture. The inclusion criteria in this study were mothers on the first day of delivery in the Post Partum Room. Maternity mothers who are willing to be respondents, birthing mothers who experience perineal rupture. While the exclusion criteria for this study were mothers who had complications and had to be referred, mothers who did not experience perineal rupture, and mothers who had ruptures with a history of episiotomy. The sampling technique used in this study is the technique of determining the sample by selecting a sample among the population according to predetermined inclusion criteria so that the sample can represent the characteristics of the population (Nursalam, 2018).

Based on the slovin formula for sampling, obtained from a total population of 132 mothers giving birth, a total of 21 samples met the inclusion criteria. The research site was conducted at the Kapasa Community Health Center, Kapasa Village. Macassar. The time of this research was conducted in 2022. The research instrument used a questionnaire containing questions that would be answered by respondents and an observation instrument.

III. DISCUSSION
Respondent characteristics

Based on research conducted at the Kapasa Health Center, data related to the characteristics of the respondents were obtained, namely age, education, occupation, parity, birth spacing and baby birth weight as follows;

Table 1. Distribution of Respondent Characteristics Based on Age, Education, Parity, Birth Distance and Birth Weight at the Kapasa Health Center

Age	N	%
< 20 Years	6	28,6
20-35 Years	13	61,9
>35 Years	2	9,5
Education		
Elementary school	7	33.3
Junior high school	5	23.8
High school	6	28.6
College	3	14.3
Work		
Housewife	16	76,2
Private sector employee	5	23,8
Parity		
Primipara	11	52,4
Multipara	10	47,6
Birth Distance		
<2 Years	3	14,3
>2 Years	8	38,1
There isn't any	10	47,6
Baby's Birth Weight		
Normal	21	100
Above normal	0	0
Total	**21**	**100**

Data Primer

Based on the characteristics of the age group respondents at the Kapasa Health Center, it shows that of the 21 respondents seen from the qualification data information from (Aisyah, 2019), the most age of respondents is the 20-35 year category with 13 people (61.9%) and at least the category > 35 years as many as 2 people (9.5%). For education, the highest number of respondents was elementary school (SD) with 7 people (33.3%) and the least was tertiary education with 4 people (14.3%). For the occupational group, the most respondents were Primipara, 11 people (52.4%), and Multipara, 10 people (47.6%), for the birth spacing group with the most respondents, namely <2 years, 3 respondents (14.3 %) and >2 years as many as 8 respondents (38.1%) while there were not as many as 10 respondents (47.6%). While the characteristics of the respondents based on the Baby Birth Weight group, that the respondent's baby birth weight was normal as many as 21 people (100%) and above normal as many as 0 people (0%)

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Table 2. Distribution of Respondents Based on Knowledge of the Technique of Pushing for Mothers in Birth at the Kapasa Health Center

Straining Technique Knowledge	N	%
Good	10	47,6
Not good	11	52,4
Total	**21**	**100**

Data Primer

Based on Table 2 it shows that of the 21 respondents, there were 11 mothers (52.4%) who had poor knowledge and 10 mothers (47.6%) who had good knowledge

Table 3. Distribution of Respondents Based on Perineal Rupture Incidents at the Kapasa Health Center

Perineal Rupture	N	%
Light	14	66,7
Heavy	7	33,3
Total	**21**	**100**

Data Primer

Based on table 3 it shows that 21 mothers who experienced severe perineal rupture were 7 people (33.3%), mothers who experienced mild perineal rupture were 14 people (66.7%)

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Bivariate analysis was used to find out whether there was a relationship between knowledge of maternal pushing techniques and the incidence of perineal rupture, analyzed using chi-square, at the Kapasa Health Center, which can be seen in the following table.

Table 4. The Relationship between Knowledge of Maternity Pushing Techniques and Perineal Rupture at the Kapasa Health Center

Straining Technique Knowledge	Perineal Rupture				Total		p
	Light Weight		Light Weight				
	n	%	n	%	n	%	
Good	8	80	2	20	10	100	0.002
Not good	6	54,5	5	45,5	11	100	
Total	**14**	**66,7**	**7**	**33,3**	**21**	**100**	

Based on table 4 above, it shows that of the 21 conscientious respondents who had good knowledge of mild perineal rupture incidents, there were 8 respondents (80%) compared to respondents who had good knowledge with severe perineal rupture, 2 (20%), and those with poor knowledge. with the incidence of mild perineal rupture 6 respondents (54.5%), and those who had poor knowledge with severe perineal events as many as 5 respondents (54.5%)

IV. CONCLUSIONS & SUGGESTIONS

From the results of the research conducted on 21 respondents at the Kapasa Health Center, it can be concluded that, Knowledge of the technique of pushing mothers in childbirth at the Kapasa Health Center, of the 21 respondents studied, there were 11 mothers (52.3%) whose knowledge was not good, and mothers whose knowledge was good . ie as many as 10 people (47.6%), Perineal rupture incident at the Kapasa Health Center from 21 respondents studied, 7 people (33.3%) experienced severe perineal rupture, and 14 mothers who experienced mild perineal rupture. (66.6%), there is a significant relationship between knowledge of straining techniques and the incidence of perineal rupture at the Kapasa Health Center where the value of p = 0.02 <α (0.05)

Based on the conclusions above, it is suggested to health workers to further increase their knowledge as an effort to provide related information about straining techniques and provide a lot of counseling about the importance of knowing how to push properly and correctly.

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