



**KNOWLEDGE OVERVIEW OF THIRDTRIMESTER PREGNANT WOMEN AND WOMEN IN LABOR ABOUT THE REBOZO TECHNIQUE**

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**ABSTRACT**

One of the efforts that can be made to reduce pain, prolonged labor (congestion) and prepare the mother for childbirth is through the rebozo technique. The rebozo technique is a non-pharmacological method without the use of drugs to help reduce pain during labor. Objective: To determine the knowledge of third-trimester pregnant women and women giving birth regarding the Rebozo technique. Method: The method used in this research is descriptive method. The researcher's research sampling technique used a total sampling technique. This research was conducted on 12 – 19 May 2023, the sample size was 35 people. The research instrument used a questionnaire. Results: This research used univariate analysis using frequency distribution to provide an overview of the respondents characteristics. Respondents knowledge about the definition of rebozo was 26 (74.3%) respondents had poor knowledge, 29 (82.9%) respondents had moderate knowledge about the benefits of rebozo, 30 (85.7%) respondents had poor knowledge about the rebozo technique, and 29 respondents had poor knowledge about rebozo contraindications ( 82.9%) respondents had moderate knowledge. Then regarding respondents' general knowledge regarding rebozo, 28 (80%) respondents had poor knowledge. Conclusions: Description of the knowledge of third-trimester pregnant women and women giving birth regarding the Rebozo technique at PMB Utin Mulia Pontianak in 2023. Based on the result, it can be concluded that the majority of respondents, namely 28 (80%) respondents, have poor knowledge. The existence of research on rebozo can be used as evaluation material and input for every health care provider as well as further increasing information and learning about rebozo in hospitals, health centers or in private or private clinics.

Keywords: childbirth; knowledge; labor pain; rebozo technique

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**INTRODUCTION**

Childbirth is a very important event in life and has a different meaning for each mother. In addition, childbirth is an important moment for pregnant women and babies, therefore careful monitoring is very important (Matsui et al., 2021). For mothers giving birth for the first time, the birthing process may feel scary, stressful and what's more, the pain and lack of experience will give rise to excessive anxiety and fear. The result of this excessive fear and anxiety can make mothers stressed. The worst thing that will happen if a postpartum mother experiences a psychological disorder is postpartum psychotic behavior, which will then endanger herself and her child. Of course, if this happens it will increase the Maternal Mortality Rate (here in after abbreviated as MMR) (Dennis et al., 2017).

Mortality and morbidity rates for pregnant women, labor women and postpartum women are the biggest problems in developing countries, including Indonesia. MMR is a measure of the

level of health in a developing country. In 2019 the number of maternal deaths increased compared to 2018. In 2018 the maternal mortality rate reached 41 cases, but in 2019 it increased to 49 cases. This is most often caused by preeclampsia, bleeding during childbirth, prolonged or obstructed labor, and unsafe abortion (Kemenkes RI, 2019). In cases of prolonged or obstructed labor, the labor pain will generally be stronger. One of the efforts that can be made to reduce the pain in prolonged (obstructed) labor is to prepare the mother for childbirth using the rebozo technique. Pain is normal because it is a result of uterine contractions as well as pressure or pushing of the baby's head on the birth canal, but the pain can increase and become uncomfortable if it is combined with fear, worry or fatigue (Simbolon & Siburian, 2021).

The rebozo technique is a non-pharmacological therapy that can be given to mothers which aims to reduce pain and can indirectly speed up the labor process. Not only does it help reduce pain, but the rebozo can also help provide a wider pelvic space so that the baby can descend the pelvis more easily and make the labor process faster, this is because the swing of the rebozo can relax the mother and help position the baby. into the birth canal (Panjaitan Edita et al., 2022). The advantage of the rebozo technique is that it does not pose any risks or dangerous side effects when compared to pharmacological therapy. Therefore, pain reduction tends not to be as much as if given medication (anesthesia), and does not require expensive costs. Apart from reducing pain, the Rebozo technique can also overcome fetal malposition, help lower the lowest part of the fetus, and increase other contractions (Iversen et al., 2017). The movements given can help the abdominal muscles and muscle fibers in the uterine ligaments relax to reduce pain during contractions. The administration of the Rebozo technique to open the cervix and lower the fetus to mothers in the first active phase of labor and the Rebozo technique is very beneficial for the progress of labor (Nurlaela, 2021). Even though there are many benefits of the rebozo technique, in reality not many people know that this technique exists.

Based on the results of a preliminary study conducted on 5 respondents, 3 respondents, namely 2 pregnant women in the third trimester and 1 mother in the 1st stage of labor, said they only knew about managing labor pain, for example with yoga or exercise, but of the three said they did not know about the rebozo technique, while 2 respondents namely, 1 pregnant woman in the third trimester and 1 mother in the 1st stage of labor said they did not know about labor pain management and also did not know about the rebozo technique. According to information from the midwife at PMB Utin Mulia, the Rebozo technique is still new and not yet known to many pregnant women in the third-trimester, women giving birth and also health workers. This research aims to determine the knowledge of third-trimester pregnant women and women giving birth regarding the Rebozo technique.

## **METHOD**

The type of research used in this research is descriptive research with a survey approach. This research was carried out on pregnant women in the third trimester and mothers giving birth at the Independent Practice of Midwife Utin Mulia, Sungai Jawi Luar, West Pontianak District, Pontianak City, West Kalimantan Province in 2023. In this study the researchers took research samples using a total sampling technique. Where the entire population of 35 people was taken to become the research sample. The sampling criteria were third-trimester pregnant women and postpartum mothers, able to read and write were physically and psychologically healthy, and had no health problems during pregnancy. The research instrument used in this research was a questionnaire. The questionnaire contains 30 questions with validity and reliability tests previously carried out so that the final total of questions is 29 questions.

## RESULTS

Table 1.  
Respondent Characteristics (n= 35)

Respondent characteristics	f	%
Age		
<20	3	9
20-35	28	80
>35	4	11
Education		
Elementary School	2	5,7
Primary School	7	20
High School	22	62,9
College	4	11,4

Table 1, it can be concluded that almost all of the respondents, namely 28 respondents (80%) were aged 20-35 years, while 22 respondents (62.9%), had a high school/vocational education and the others were in the elementary School, primary school and college. Descriptive results regarding respondents' knowledge of the Rebozo technique are shown in the table below:

Tabel 2.  
Category of Respondents' Knowledge about the Rebozo Technique (n=35)

Knowledge		
Rebozo Definition		
Good	3	8,6
Enough	6	17,1
Not enough	26	74,3
Rebozo Benefit		
Good	2	5,7
Enough	4	11,4
Not enough	29	82,9
Rebozo Technique		
Good	1	2,9
Enough	4	11,4
Not Enough	30	85,7
Rebozo Contradiction		
Good	2	5,7
Enough	4	11,4
Not Enough	29	82,9
Rebozo in General		
Good	2	5,7
Enough	5	14,3
Not Enough	28	80

In general, the table above shows that the respondents' knowledge regarding the rebozo technique is in the poor category, namely more than 70%. The percentage of knowledge gained includes the meaning of rebozo (74.3%), the benefits of rebozo (82.9%), techniques for implementing rebozo (85.7%), contradictions in the use of rebozo techniques (82.9%) and general matters about rebozo (80%).

## DISCUSSION

Based on the research results above, it can be seen that the age of the respondents studied is generally in the healthy age category, namely 20-35 years. These results indicate that respondents know well when the reproductive age is safe. Age influences a person's thinking pattern and grasping power. As a person gets older, his thinking pattern and grasping power also increase. Apart from that, at this age (20-35 years) generally a person will tend to carry out correct practices compared to ages <30 and >40 (Mansour Lamadah, 2013). If we look at it from an educational perspective, it is known that more than half of the respondents are in

the High School category. Even though it is not in the low education category (junior or elementary school), education indirectly plays a role in increasing a person's knowledge. Low education can influence events in a person's life (Bauserman et al., 2015). Mothers with higher education tend to find it easier to absorb information, so mothers can have better perceptions compared to those with low education. On the other hand, highly educated people will respond more rationally to incoming information and will behave in ways that provide more benefits.

The level of education influences the knowledge possessed. When viewed in terms of respondents' knowledge regarding the rebozo technique, it is known that in general the respondents do not know what rebozo is. Rebozo is a technique to help make childbirth more comfortable using the help of a jarik cloth. This technique is done by wrapping a cloth around the mother's stomach. When the mother starts to feel contractions, the birth attendant will pull the cloth and gently shake the cloth on the mother's stomach. The right twist will make the mother feel like she is being hugged and trigger the release of the hormone oxytocin which can make the birth process smoother. Not only limited to comfort during childbirth, Rebozo also helps provide a wider pelvic space for the mother so that the baby can descend the pelvis more easily and the labor process is faster (Diana et al., 2019).

The lack of knowledge possessed by respondents in this study could cause respondents not to know that there are non-pharmacological methods that are effective in reducing labor pain and speeding up the first stage of the active phase (Simbolon & Siburian, 2021). Several things that could be the cause are that health workers have not been exposed to information about the rebozo technique, resulting in no socialization or counseling from the health workers themselves. Counseling is a form of health promotion that can be provided. As many as > 50% of literate mothers in the 25-34 year age range have inadequate knowledge of antenatal, natal, postnatal, immunization and birth registration services. However, after health education or health promotion interventions were provided, health awareness increased significantly (Biyyala et al., 2018).

Health promotion can improve a community's lifestyle towards good change. There has been a significant increase in professional health promotion practices and cross-sector collaboration on lifestyle in pregnancy and early parenthood with a significance value of <0.05 (Edvardsson, 2013). Apart from that, in the process it is necessary to take into account the use of promotional media. Health promotion media is important in conveying health information. With the existence of health promotion media, whether in the form of written or audiovisual media, both can be used to facilitate the acceptance of health messages for the public and clients (Ardiyanti, 2018).

## **CONCLUSION**

Based on the research results obtained, it can be concluded that the overall age of the respondents is in the age range of 20-35 years, while in terms of educational characteristics it is known that the respondents generally have a secondary education. As for the general distribution of respondents' knowledge regarding rebozo, it can be concluded that the majority of respondents, namely 28 (80%) respondents, had little knowledge. The existence of research on rebozo can be used as evaluation material and input for every health care provider as well as further increasing information and learning about rebozo in hospitals, health centers or in private or private clinics.

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