



THE EFFECT OF COUNSELING ON PREGNANT WOMEN'S KNOWLEDGE AND ATTITUDE REGARDING COMPLICATION PREVENTION

Ismiati*, Fuji Khairani, Lili Syuryani

Universitas Qamarul Huda Badaruddin, Turmuzi Badrudin, Bagu, Praya, Central Lombok, West Nusa Tenggara
83371, Indonesia

*ismi51ati@gmail.com

ABSTRACT

Pregnancy complications are health problems that occur during pregnancy. These health problems can involve problems with the mother's health, the baby's health or even both. Some pregnant women have health problems that arise during pregnancy, while there are also some women who have health problems before pregnancy which can lead to complications during pregnancy. Therefore, it is important for women to receive health care before and during pregnancy to reduce the risk of pregnancy complications. Objective: To determine the effect of counseling on the level of knowledge and attitudes of pregnant women regarding preventing complications in the Hu'u Poskesdes work area in 2023. Method: The design of this research is a pre-experimental design with a one group pretest-posttest design. The sample in this study was 33 pregnant women respondents. Sampling in this research was carried out using a probability sampling method, namely the random sampling technique providing equal opportunities for each element or member of the population to be selected as a sample. Data collection was carried out by filling out the pre-test and post-test questionnaires after a week of the pre-test, where before being given the post-test intervention was given in the form of counseling through lectures/slides. The analysis used is the Wilcoxon Signed Ranks Test analysis. Results: From the univariate results before providing education on preventing complications, it was in the good category (15.2%), sufficient (63.6%), poor (21.2%) and after providing education on preventing complications, it was in the good category (54.5%), sufficient (42.4%), less (3.0%). Attitudes before were positive = 16 (48.5%) and negative = 17 (51.5%), while after attitudes were positive as many as 24 (72.7%) and negative as many as 9 (27.3%). Test the results of the Wilcoxon Signed Ranks Test analysis with a P-value of knowledge level of 0.01 P of 0.01<0.05 and P-value of attitudes of pregnant women of P=0.046 P of 0.046 <0.05. Conclusions: Counseling has an influence on the level of knowledge and attitudes of pregnant women regarding preventing complications in pregnancy.

Keywords: attitudes; counseling; complication prevention; pregnant women; knowledge

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INTRODUCTION

Pregnancy is a time of transition, namely the period between life before having a child who is currently in the womb and life later after the child is born (Ratnawati, 2020). High risk pregnancies are pregnancies that can cause the pregnant mother and baby to become sick or die before birth (Indrawati, 2016). According to WHO (2019), the maternal mortality rate (MMR) in the world is 303,000 people. The Maternal Mortality Rate (MMR) in ASEAN is 235 per 100,000 live births (ASEAN Secretariat, 2020). Based on the results of the Indonesian Demographic and Health Survey (SDKI), it was found that the Maternal Mortality Rate (MMR) in Indonesia in 2019 was 4,221 per 100,000 live births, and increased in 2020 to 4,627 per 100,000 live births (Indonesian Health Profile, 2020). Based on the 2020

Indonesian Demography and Health Survey (SDKI), the Maternal Mortality Rate (MMR) in Indonesia is still high at 4,627 per 100,000 live births. Meanwhile, the global MDGs (Millennium Development Goals) target is to reduce maternal mortality to 70 per 100,000 and IMR to 12 per live birth by 2030 (Indonesia Health Profile, 2020).

Results of the Maternal Perinatal Audit (AMP) Distribution of maternal death cases in Dompu Regency over the last 5 years, it shows a downward trend in 2020. during the 2016-2018 period there was a decrease in the number of maternal deaths in Dompu district to 0 cases. However, it increased again by 4 cases in 2019 and in 2020 it fell to 1 case of maternal death in several sub-district areas (Dompu Health Office Profile, 2020). In 2022, there were 3 cases of maternal death in the Hu'u Village Health Post working area (Rasabou Health Center Profile, 2022) According to GKIA (2016) The direct causes of maternal death in Indonesia are dominated by postpartum hemorrhage, hypertension/eclampsia, and infection. Indirect causes Maternal death is influenced by 2 factors, namely 3 Too Late and 4 Too. 3 Too Late (Too late to recognize danger signs and make decisions; Too late to reach a health facility; Too late to get services at a health facility). 4 Too (Too young to have children (<20 years), Too many births (>3 children), Births too closely spaced (<2 years), Too old to have children (>35 years).

Pregnancy complications are health problems that occur during pregnancy. These health problems can involve problems with the mother's health, the baby's health or even both. Some pregnant women have health problems that arise during pregnancy, while there are also some women who have health problems before pregnancy which can lead to complications during pregnancy. Therefore, it is important for women to receive health care before and during pregnancy to reduce the risk of pregnancy complications (Makarim , FR, 2022). Based on the background above, the objective research to determine the effect of counseling on the level of knowledge and attitudes of pregnant women regarding preventing complications in the Hu'u Village Health Post work area in 2023.

METHOD

The type of research used in this research is a pre-experimental design or a non-real experiment with the one group pretest-posttest design . Comparing the level of knowledge and attitudes of pregnant women before and after providing counseling on Complication Prevention. The population in this study were all pregnant women in the Hu'u Village Health Post working area 60 people from May 2023 to July 2023. Sampling in this study was carried out using the probability sampling method , namely the technique Random sampling provides an equal opportunity or opportunity for each element or member of the population to be selected as a sample. In this research The samples used were 33 samples. Data collection was carried out by filling out the pre-test and post-test questionnaires after a week of the pre-test, where before being given the post-test intervention was given in the form of counseling through lectures/slides. Data analysis are in the form of univariate analysis to see a picture of the frequency distribution, the size of the proportion of each variable that will be presented. Next, a bivariate analysis was carried out to see the effect of counseling on the level of knowledge and attitudes of pregnant women regarding preventing complications in the Hu'u Poskesdes working area.

RESULTS

Based on the research that has been carried out, get the following results. Table 1 Frequency distribution of respondents based on education level, age, parity and occupation.

Table 1.
Respondent characteristics (n= 33)

Respondent Characteristics	f	%
Level of education		
Elementary School	5	15.2
Junior High School	9	27.3
Senior High School	15	45.5
Bachelor	4	12.1
Age		
< 20	2	6.1
20 – 35	25	75.7
>35	6	18.2
Parity		
Primigravida (1x)	6	18.2
Multigravida (2-4x)	27	81.8
Grande Multigravida (>4x)	0	0
Work		
Work	2	6.1
Doesn't work	31	93.9

Table 1 shows the characteristics of education level, the largest number of respondents were SMA, namely 15 people (45.5%), SMP, namely 9 people (27.3%), elementary school, namely 5 people (15.2%) and the fewest respondents were those with education and education. undergraduates, namely 4 people (12.1%). The majority of respondents were 20-35 years old, namely 25 people (75.8%), while the least aged were 2 people <20 (6.1%) and >35, namely 6 people (18.2%). The parity of respondents who were mostly multigravida (2-4 times) was 27 people (81.8%) and those who were primigravida (1 time) were 6 people (18.2%) while there were none who were grande multigravida (>4 times). The majority of respondents' occupation was not working, namely 31 people (93.9%) and 2 people working (6.1%).

Table 2.
Description of Knowledge Level before and after providing counseling about preventing complications in pregnancy (n=33)

Knowledge level	Group			
	Pre test		Post test	
	f	%	f	%
Good	5	15,2	18	54.5
Enough	21	63,6	14	42.4
Less	7	21,2	1	3,0

Table 2, it shows that the level of knowledge of pregnant women before being given counseling on prevention of complications (pretest) was highest at a fair level of knowledge, 21 respondents (63.6%) and the least was at a good level of knowledge, 5 respondents (15.2%) . after being given counseling about preventing complications in pregnancy (posttest), the highest number of good health education was 18 respondents (54%), and the least was 1 respondent (3.0%).

Table 3.
Description of pregnant women's attitudes before being given counseling about preventing complications in pregnancy (n=33)

Attitude of pregnant women	Group			
	Pre-test		Post test	
	f	%	f	%
Positive	16	48.5	24	72.2
Negative	17	51.5	9	27.3

Table 3, it shows that the attitudes of pregnant women before being given counseling about preventing complications in pregnancy (*posttest*) were mostly negative attitudes, 17 respondents (51.5%), and 16 respondents (48.5%) had the least positive attitudes. The attitude of pregnant women after being given counseling about preventing complications in pregnancy (*posttest*) was the most positive attitude, 24 respondents (72.7%), and the least negative attitude was 9 respondents (27.3%).

DISCUSSION

Level of knowledge of pregnant women about preventing coplication before being given counseling.

The results of the study showed that the level of knowledge of pregnant women before being given counseling (*pretest*) was the highest in the sufficient number of 21 respondents (63.6%), and the lowest was in the number of 7 respondents (21.2%) while the lowest was in the good number of 5 respondents (45%). Respondents who do not understand pregnancy complications due to a lack of sufficient information, a person's knowledge can be influenced by several factors, one of which is information whether it comes from mass media, from parents, electronic media, health workers' books, poster media, close relatives (sukidjan Notoatmojo, 2018). The results of this research are confirmed by Zadama's research, (2022) that the lack of knowledge of information and socialization regarding the danger signs of pregnancy and early detection that can be carried out by mothers as early as possible is one of the reasons why mothers do not have pregnancy checks and do not know the danger signs of pregnancy.

Educational factors that influence the respondent's level of knowledge. The characteristics of the respondents were those with elementary and junior high school education. And the parity factor is an influence that is the cause of the level of knowledge of respondents before being given counseling, many of whom have sufficient and insufficient knowledge. Lack of maternal knowledge about prevention efforts complications due to the lack of experience and information obtained by pregnant women due to the mother just pregnant with her first child. Matter This in accordance with Wawan's theory (2016) that the factors that influence a person's attitude are personal experience, the influence of people who are considered important, culture, mass media, institutions education, factor emotional.

Level of knowledge of pregnant women about preventing coplication after being given counseling.

The results of the study showed that the level of knowledge of pregnant women after being given counseling (*posttest*) was the highest in the Good number of 18 respondents (54.5%), and the lowest was in the Low number of 1 respondent (3%). Based on Wilcoxon analysis with a result of $P = 0.01$, it shows that the level of knowledge after the counseling was carried out, 18 respondents increased, 1 respondent decreased, and there were 14 respondents who had a constant level of knowledge. Based on statistical test analysis with the *Wilcoxon Signed Ranks Test*, it shows that the level of knowledge after the counseling was carried out, 18 respondents increased, 1 respondent decreased, and there were 14 respondents who had a constant level of knowledge with an Asymp value. Sig. (2-tailed) 0.01, looking at the p value <0.05 ($0.01 <0.05$). So it can be stated that there is a significant influence of education on preventing complications on the level of knowledge at the Hu'u Village Health Post.

This research proves that with counseling the respondents' knowledge increases. This is in accordance with research (Budiman, et al. 2020), which says that information is something that can be known and is a transfer of knowledge. In line with Supariasi, (2023), the increase

in maternal knowledge after counseling shows that the objectives of the counseling have been fulfilled, the process of conveying messages from resource persons to pregnant women is realized well, on the other hand, the methods used and tools can also be accepted by pregnant women. So that the messages contained in the counseling material can be well absorbed by pregnant women, which is shown by changes in pregnant women in answering questions given through questionnaires. The results of this research are strengthened by the research of Priska and Nelly, (2021) Increasingly tall level knowledge Mother pregnant about sign the dangers of pregnancy, then the mother will know what just risk pregnancy And complications pregnancy. In study Armaya (2018) explain that level knowledge is an intermediate step in process taking decision by someone, who will finally bring change on Act in demand. The Curniation Explanation (2021) also states that level knowledge Mother to pregnancy complications are very important, because If somebody based with knowledge If you are good about this then mother will you know What just risk Which will happen during pregnancy And will make Mother more care And motivated about preventing pregnancy complications.

The attitude of pregnant women regarding preventing complications before being given counseling.

The results of research on the attitudes of pregnant women before being given counseling using questionnaires in the research showed negative attitudes of 17 respondents (51.5%) and positive attitudes of 16 respondents (48.5%). Pregnant women's attitudes can be influenced by beliefs or beliefs, ideas and concepts towards an object. (Notoatmodjo, 2019). Matter This in accordance with Wawan's theory (2016) that the factors that influence a person's attitude are personal experience, the influence of people who are considered important, culture, mass media, institutions education, factor emotional. From the research results, it is in accordance with the theory put forward by Azwar (2016) that the results that have not been good for respondents are influenced by several factors, namely that attitudes are influenced by experience personal, the influence of other people who are considered important, culture, mass media, educational institutions and religious institutions, emotional. Judging from the environment, it can influence respondents' attitudes regarding efforts to prevent complications in pregnant women, p This because attitudes are influenced by the people around them, namely people who are considered important to the individual, such as: husband, parents, family, health workers and others. Matter This is in accordance with Wawan's (2016) theory which states that the social support that pregnant women receive consists of 3 parties, namely couples, families and health workers. Family support is the biggest encouragement in making decisions to take part in all activities during pregnancy And approaching labor.

The attitude that arises is not only determined by the state of the object being faced but also by its relationship to past experiences, the current situation, and hopes for the future. In line with Datwen's research, (2016) culture also plays a role in forming respondents' attitudes regarding efforts to prevent complications in pregnancy. Matter This is because environmental traditions talk about what things pregnant women should do in order to prevent complications in the mother and fetus, there are even many myths that are not true circulating in society which can be detrimental to the mother because of these myths medically unreasonable. According to Azwar, (2016) attitude is an individual's tendency to understand, feel, react and behave towards an object which is the result of the interaction of cognitive, affective and conative components.

Attitudes of Pregnant Women regarding preventing complications after being given counseling.

The results of research on the attitudes of pregnant women. After being given counseling, there were 9 respondents with negative attitudes and 24 respondents with positive attitudes. Based on *Wilcoxon* analysis with results $P = 0.046$, it shows that the attitude of pregnant women after being given positive attitude counseling for pregnant women was 8 respondents. From the *Wilcoxon Signed Ranks Test*, the value of $P = 0.046$ was obtained. (<0.05) so it can be concluded that H_0 is rejected and H_a is accepted, meaning that there is an influence of counseling on the attitudes of pregnant women regarding preventing complications at the Hu'u Village Health Post. The results of this study showed significant changes in attitudes so that there were differences in attitudes between before and after counseling about preventing complications. The attitude that arises is not only determined by the state of the object being faced but also by its relationship to past experiences, the current situation, and hopes for the future. So, seen from the research results, respondents have a tendency to change attitudes to understand and change behavior obtained from interactions in counseling.

Factors that influence respondents' attitudes change a lot after being given counseling, one of which is personal experience. Judging from the characteristics of the respondents, most respondents had 2-4 children, it can be concluded that personal experience influences the attitudes of pregnant women. Significant changes in the attitudes of pregnant women can be influenced by the education that respondents have, most of the respondents are high school graduates, so this influences the formation of attitudes within individuals. Another factor that makes health education successful is the influence of other people. The results of this research are confirmed by Saputra and Dewi's (2015) research, which states that good education will have an impact on your insight, perspective and skills. One of the factors that can influence health education is the level of education. Education can influence a person's perspective on the new information they receive. So it can be said that the higher the level of education, the easier it is for someone to accept the information they get. The results of this research are supported by the theory of Notoatmodjo (2018) which states that education can influence a person's perspective on the new information they receive. So it can be said that the higher the level of education, the easier it is for someone to accept the information they get.

CONCLUSION

Based on research that has been conducted on the effect of counseling on the level of knowledge and attitudes of pregnant women regarding the prevention of complications in pregnancy with a P-Value for the level of knowledge of 0.01 and a P-Value for the attitude of pregnant women of $0.046 < 0.05$, it can be concluded that counseling provides influence on the level of knowledge and attitudes of pregnant women regarding preventing complications in pregnancy.

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