The Southeast Asian Journal of Midwifery Vol. 9, No.1, April 2023, p: 18-21
E-ISSN: 2476-972X P-ISSN: 2476-9738

THE RELATIONSHIP OF AGE OF PREGNANT WOMEN TO WOMEN'S KNOWLEDGE ABOUT THE BIRTH PLANNING AND COMPLICATIONS PREVENTION PROGRAM (P4K)

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ARTICLE INFORMATION:

Article history
Accepted date: April 2023
Revision date: April 2023
Publication date: April 2023

Key Word : Pregnancy, Age of Pregnant Women, Knowledge, P4K

ABSTRAK
Kehamilan, persalinan, nifas dan bayi baru lahir merupakan suatu keadaan yang fisiologis. kondisi ini secara tiba tiba dapat mengalami komplikasi yang dapat mengancam jiwa ibu dan bayi. Pemantauan kesehatan ibu hamil dan persiapan persalinan dapat dilakukan melalui program P4K. P4K adalah program perencanaan persalinan dan pencegahan komplikasi yang bertujuan mengurangi komplikasi pada kehamilan/persalinan. Tujuan dari penelitian ini untuk menganalisis hubungan usia ibu hamil terhadap pengetahuan P4K. Desain penelitian deskriptif analitik dengan pendekatan cross sectional. sampel penelitian sebanyak 51 responden. Instrumen pengumpulan data menggunakan kuesioner. Hasil penelitian: sebanyak 51 % ibu berada pada usia 26-35 tahun. sebagian besar ibu memiliki pengetahuan yang baik tentang P4K. Hasil analisis Uji Spearmen usia dan pengetahuan P4K didapatkan P-value 0,000. Ini menunjukkan semakin tua usia ibu semakin baik pengetahuannya tentang P4K.
Kata kunci: Kehamilan, Usia Ibu Hamil, Pengetahuan, P4K

ABSTRACT
Pregnancy, childbirth, childbirth and newborns are physiological conditions. This condition can suddenly experience life-threatening complications for the mother and baby. Monitoring the health of pregnant women and preparation for childbirth can be done through the P4K program. P4K is a birth planning and complication prevention program that aims to reduce complications in pregnancy/delivery. The purpose of this study was to analyze the relationship between the age of pregnant women and P4K knowledge. Analytic descriptive research design with a cross sectional approach. the research sample is 51 respondents. Data collection instrument using a questionnaire. Results: 51% of mothers are aged 26-35 years. most mothers have good knowledge about P4K. The results of the analysis of the Spearman Test for age and knowledge of P4K obtained a P-value of 0.000. This shows that the older the mother, the better her knowledge about P4K
Keywords: Pregnancy, Age of Pregnant Women, Knowledge, P4K

INTRODUCTION

Judging from the Maternal Mortality Rate (MMR) in Indonesia, it is caused by complications of pregnancy, namely heavy bleeding after giving birth, infection, high blood pressure during pregnancy (pre-eclampsia and eclampsia), complications from childbirth, and unsafe abortion. According to the Ministry of Health (2018), efforts to accelerate the reduction of MMR are carried out so that every mother is able to access quality health services, such as health services for pregnant women, delivery assistance by trained health workers at health service facilities, postpartum care for mothers and babies, special care and referral if complications occur, and family planning services including postpartum family planning. In addition, government programs greatly influence the prevention of pregnancy complications in pregnant women, such as the Delivery Planning and Complication Prevention Program (P4K) which is a program

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implemented to achieve the target of reducing MMR. This program focuses on community empowerment in monitoring pregnant, maternity and postpartum women.

However, efforts that have been made by the government, such as the P4K program, will not run well if the factors that influence the success of the program are not implemented, such as internal factors, namely knowledge, attitudes, family support and values or norms that apply to pregnant women. Pregnant women who have sufficient knowledge and information about the purpose and benefits of P4K will influence the awareness and attitudes of pregnant women about the importance of the P4K program (Montung, 2016).

METHODS

The research design used in this research is quantitative-descriptive. Researchers used a cross sectional approach. Respondents were pregnant women in the Bumiaji Health Center area as many as 51 respondents. Data collection used a knowledge questionnaire about the Birth Planning and Complication Prevention Program (P4K). Statistical analysis using Rank Spearmen Test. The research was conducted during the class for pregnant women and then they were given a questionnaire about the Birth Planning and Complication Prevention Program (P4K).

RESULT AND DISCUSSION

table 1. characteristics of pregnant women by age

Age	n	%
17-25 th	18	35,3
26-35 th	26	51,0
36-45 th	7	13,7
Total	51	100

Based on Table 1, it shows that of the 51 respondents, the majority of respondents were aged 26-35 years with 26 respondents (51.0%), while a small number of respondents aged 35-45 years were 7 respondents (13.7%).

Table 2 Knowledge of the Birth Planning and Complications Prevention (P4K) Program for Pregnant Women

Knowledge	n	%
Good	38	74,5
Enough	5	9,8
Less	8	15,7
Total	51	100

Based on Table 2, it was found that out of 51 respondents, most of the knowledge of pregnant women regarding the Birth Planning and Complication Prevention Program (P4K) at the Bumiaji Health Center, Batu City, was in the good category, 38 respondents (74.5%), while a small number of respondents were in the moderate category. as many as 5 respondents (9.8%).

Table 3 Cross Table of Age of Pregnant Women and Knowledge of Birth Planning and Prevention of Complications Program (P4K) in Pregnant Women

Age	Knowlegdge						N	%
	Good	%	Enough	%	Less	%		
17-25 th	17	33,3	1	2,0	0	0	18	35,3
26-35 th	20	39,2	4	7,8	2	3,9	26	51,0
36-45 th	1,0	2,0	0	0	6	11,8	7	13,7
Total	8	74,5	5	9,8	8	15,7	51	100
Spearman's 0.540, P Value 0.000								

Based on the Spearman's Rho statistical test, it showed a p value of 0.000, which means that the value of p <0.05, it can be concluded that H0 is rejected, so H1 can be accepted, which shows that there is a significant relationship between the age of pregnant women and Knowledge of Birth Planning Programs and Prevention of Complications (P4K) for

Pregnant Women at the Bumiaji Health Center, Batu City. The results of the correlation test showed that the value of a = 0.540, which means that the higher the age, the better the mother's knowledge.

The characteristics of the respondents in this study were mostly in the early adult age category (26-35 years). Based on existing literature evidence, early adulthood is a healthy reproductive age and for pregnant women. In this study, the age used is the age category of adolescents and adults because there are differences in receiving information or knowledge.

The age range of 26-35 years for pregnant women is a productive age according to research by Marliana (2020) and Roekmy (2016). Most of the pregnant women in these studies were aged 20-35 years. This age range is associated with a good mindset so that mothers will pay more attention to care during pregnancy. Pregnant women aged 20-30 years have entered the early adult age category.

Within this age range, pregnant women have experienced a process of emotional maturity and are able to receive information about behaviors that should be carried out during pregnancy (Roekmy Prabarini Ario, 2016; Marliana and Hanafi, 2020). This age range is also a healthy reproductive age where information can be easily accessed by mothers online and then sorting out important information (Ayu, 2012; Damayanti, 2015). The level of awareness of pregnant women is an important aspect in terms of receiving information about P4K. This was also followed by the fact that there were 6,630 pregnant women visiting Batu City in 2019 (Batu, 2020).

Most of the respondents in this study have good knowledge. More than 50.0% of pregnant women at the Bumiaji Health Center understand the P4K concept and its implications. A good category is defined if the questionnaire answer score is ≥ 76. Further analysis is then carried out to find out the question points where there are still many wrong answers in this category. From the results of the questionnaire answers, respondents in this category fully understood the definition of P4K and the purpose of P4K

Even though they are knowledgeable, the questions that are still often answered incorrectly are about village ambulances and early breastfeeding initiation (IMD). Apart from that, the following points regarding pregnancy checks, P4K stickers, use of contraception, and postpartum visits also have many wrong answers. This finding is in accordance with research by Ayu (2012), where the majority of village ambulances and antenatal services were answered incorrectly by respondents who had good knowledge. The level of knowledge of pregnant women in the good category in this study also reached > 50% (Ayu, 2012).

Although in general the implementation of P4K is running, it is still not optimal. With this information, it can increase the knowledge and understanding of mothers, families and communities about the purpose of installing P4K. So that health workers carry out outreach and counseling to pregnant women during pregnancy checks, which is an effort that can be made so that the mother's knowledge is good, because good mother's knowledge is the success of P4K activities.

CONCLUSION

From the research results that have been presented in table and narrative form, it shows that

1. Most of the ages of pregnant women in the Bumiaji Health Center area, Batu City, namely 26-35 years old as much

as 39.2% are in the early adult category.

2. Most pregnant women have good knowledge about birth planning and prevention of complications (P4K) programs. However, if you look at the results of the respondents' knowledge based on the knowledge question group, there are still some respondents who have less knowledge, namely in knowledge about the implementation of P4K
3. There is a relationship between the age of pregnant women and knowledge of the birth planning and complication prevention (P4K) program, namely the higher the age, the better the knowledge.

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