

Tingkat Pengetahuan Mahasiswa Kesehatan Terhadap Peningkatan Kesehatan Ibu dan Anak

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Trisma Riskia Saputri^{1*}, Syfa Uminandea², Moch. Rizqilah Safiil Adzim³,
Herdian Fitria Widyanto Putri⁴

^{1,2,4} Department of Midwifery, Bhakti Wiyata Health Institute Science, Indonesia

³ Department of Nursing, Bhakti Wiyata Health Institute Science, Indonesia

Alamat: Jl. KH Wachid Hasyim No.65, Bandar Lor, Kediri, Kota Kediri, Jawa Timur 64114

Email Korespondensi: putriherdianf@gmail.com

Abstract. With significant indicators like the infant mortality rate (IMR) and maternal mortality rate (MMR), maternal and child health is a critical issue impacting the quality of human resources. The purpose of this study is to assess the degree of maternal and child health knowledge among health students, taking into account their strategic importance in future health and education programs. The research was conducted at the Bhakti Wiyata Institute of Health Sciences in Kediri, using the Focus Group Discussion (FGD) method with four health students as respondents. The results of the study show that students have a reasonably good understanding of MMR, Antenatal Care (ANC), postpartum visits, the importance of basic immunizations, exclusive breastfeeding, infant care, and child development. However, there are still challenges in the areas of complementary feeding, proper breastfeeding techniques, and adequate nutrition intake, which require deeper knowledge, especially regarding the selection of nutritious foods. The conclusion of this study is that students' knowledge regarding maternal and child health is generally good but needs to be improved in several areas, particularly in complementary feeding (MP-ASI), proper breastfeeding techniques, and adequate nutrition intake.

Keywords: Health, Students, Immunization, Nutrition

Abstrak. Kesehatan ibu dan anak merupakan isu krusial yang memengaruhi kualitas sumber daya manusia, dengan indikator penting seperti Angka Kematian Ibu (AKI) dan Angka Kematian Bayi (AKB). Penelitian ini bertujuan untuk mengevaluasi tingkat pengetahuan mahasiswa kesehatan terkait kesehatan ibu dan anak, mengingat peran strategis mereka dalam edukasi dan pelayanan kesehatan di masa depan. Penelitian dilakukan di Institut Ilmu Kesehatan Bhakti Wiyata Kediri, menggunakan metode Focus Group Discussion (FGD) dengan empat mahasiswa sebagai responden. Hasil penelitian menunjukkan bahwa mahasiswa memiliki pemahaman yang cukup baik tentang AKI, ANC, kunjungan nifas, pentingnya imunisasi dan pemberian ASI eksklusif, perawatan bayi, dan tumbuh kembang balita. Namun, masih terdapat tantangan dalam hal pemberian Makanan Pendamping ASI (MP-ASI), cara menyusui yang benar, dan asupan gizi yang tepat masih memerlukan pengetahuan yang lebih mendalam, terutama mengenai pemilihan makanan bergizi. Kesimpulan pada penelitian ini pengetahuan mahasiswa terkait kesehatan ibu dan anak cukup baik, tetapi perlu ditingkatkan dalam beberapa aspek, khususnya dalam Makanan Pendamping ASI (MP-ASI), cara menyusui yang benar, dan asupan gizi yang tepat.

Kata Kunci: Kesehatan, Mahasiswa, Imunisasi, Gizi

1. INTRODUCTION

Maternal and Child Health is still a critical public problem and must be prioritized because it determines the quality of Human Resources (HR) (Arifin, 2023). Maternal Mortality Rate (MMR) and Infant Mortality Rate (IMR) are the government's main concern because MMR & IMR are parameters of a nation's welfare (Utami et al., 2022). MMR and IMR are also used to see the success of efforts to improve maternal and child health (Utami et al., 2022).

The nation's welfare ²² can be seen from the high and low maternal and infant mortality rates. MMR & IMR determine the quality of a country's human resources, so this is the government's main concern.

²⁶ The Maternal Mortality Rate (MMR) in Indonesia has decreased from 2010 to 2020 by 45%. The Long Form SP2020 results show ² that the MMR in Indonesia is 189, which means there are 189 female deaths during pregnancy, childbirth, and the postpartum period per 100,000 live births. The MMR in Kediri City in 2019 and 2020 was 0 people; in 2021 there was an increase in the MMR due to COVID-19, namely 6 people, and the MMR in 2022 was 1 person (Komariyah, 2024).

The decline in IMR in Indonesia is almost 90%. IMR experienced a significant decrease ¹⁰ from 26 deaths per 1,000 live births in 2010 to 16.85 deaths per 1,000 live births in 2020 (Said, 2023). ¹ The Infant Mortality Rate (IMR) in Kediri City in 2022 will be 0.51 per 1,000 live births, or 1 baby dies for every 1,000 live births. Meanwhile, in 2021, the IMR decreased by 1.54 per 1,000 ⁹ live births. The number of babies who died in 2021 was 6 babies; in 2022 it fell to 2 babies (Dinas Kesehatan, 2022).

The reduction in MMR and IMR ¹ is influenced by the level of knowledge, attitudes, and performance in providing care ¹ to improve maternal and child health. In this case, health students can be at the forefront of educating and providing health services to the community (Usman et al., 2020). One of the factors causing ¹⁷ the slow decline in MMR and IMR in Indonesia is due to ³⁰ the lack of knowledge related to pregnancy, childbirth, and postpartum (Arinta, 2021). Good knowledge about maternal and child health affects ⁶ the implementation of services and empowers the community to live healthy lives, so it is believed that this can minimize MMR and IMR (Ermiza et al., 2022). ¹ This is in line with research conducted (Oktavia et al., 2024), which states that increasing knowledge about the dangerous signs of pregnancy and childbirth can be used to prevent dangerous risks for pregnant women and fetuses so that MMR and IMR can be reduced. Thus, health students must have good knowledge and understanding of maternal and child health in order to break the chain of problems that occur.

From the background above, researchers want to conduct research with the title Health Students' Level of Knowledge on Improving Maternal and Child Health.

¹⁴ 2. METHOD

This research uses a qualitative approach with the focus group discussion (FGD) method. The research sample was 4 students from the Bhakti Wiyata Institute of Health

Sciences using a purposive sampling technique. Primary data (discussion) and secondary data (documentation & library sources) that have been collected are carried out by transcription, categorization, coding, and thematic analysis.

3. RESULT AND DISCUSSION

Maternal health

Maternal Mortality Rate (MMR)

The Maternal Mortality Ratio (MMR) is the death of a mother during pregnancy or within 42 days after delivery regardless of the length of pregnancy and place of delivery. Maternal death is caused by the pregnancy or its management, but not due to other causes such as accidents, falling, and so on (Naviandi et al., 2020). One of the indicators for determining health is the maternal mortality rate (MMR). MMR levels that tend to be high in a country will increase the costs of social care, such as health services, and decrease income (Natasha, 2022).

Based on respondents' understanding of MMR using the focus group discussion method, the results showed that respondent 1 showed a good understanding of MMR. He realized that AKI includes maternal deaths during pregnancy up to 42 days after delivery, and the causes are directly related to pregnancy or the birth process. Respondent 2 has basic knowledge about AKI, especially from a reproductive health perspective. He mentioned the importance of maintaining nutrition and body hygiene during pregnancy; respondent 3 understood the importance of education about dangerous signs during pregnancy, such as injuries and bleeding, which can increase the risk of maternal death, and respondent 4 had a good understanding of aspects of self-care during pregnancy. He emphasized the importance of maintaining overall health, including physical activity and a good diet.

The four respondents showed a fairly good understanding of MMR. They understand the factors that cause AKI and the importance of prevention efforts through self-care, detection of danger signs of pregnancy, and family support. However, further efforts need to be made to deepen understanding regarding specific aspects, such as the importance of deeper and more consistent reproductive education.

Antenatal Care (ANC)

ANC is a pregnancy examination program that aims to improve the physical and mental health status of pregnant women and the fetus they are carrying so that the mother is ready to face childbirth and the postpartum period (Maria Paula Marla Nahak, 2024). Antenatal care in a normal pregnancy is a minimum of 6 times, with details of 2 times in

Trimester 1, 1 time in Trimester 2, and 3 times in Trimester 3. At least 2 times checked by a doctor during the 1st visit in Trimester 1 and during the 5th visit in Trimester 3 (Rini, 2023).

Based on respondents' understanding of ANC ⁴ using the focus group discussion method, the results showed that respondent 1 understood the basic concept of ANC as a pregnancy examination program that aims to monitor the health of pregnant women and fetuses. He explained that regular ANC visits are important for early detection of risky pregnancies, and respondent 2 showed a good understanding of the importance of regular ANC visits. He understands that ANC is not only aimed at physical health but also for the mother's mental health so that the mother is ready to face childbirth and the postpartum period. Respondent 3 explained that ANC helps ensure healthy fetal growth and detects potential complications. He mentioned the importance of ANC checks at least 6 times during pregnancy, and respondent 4 ²⁵ understood the important role of ANC in maintaining the health of pregnant women and fetuses, especially in preventing stillbirth.

All four respondents showed a good understanding of the importance of ANC as part of pregnancy care. They understand that regular visits and adequate screening, including early detection of at-risk pregnancies, are critical to lowering the risk of complications, including stillbirth. In addition, they also realize the importance of visiting at least 6 times during pregnancy, with special attention to examinations in the first and third trimesters.

Postpartum Visit

A visit during the postpartum period is an examination or follow-up care during the postpartum period. In the previous program, visits could be made 24 hours after returning home. Postpartum visits are carried out at least four times to assess the status of the mother and the status of the newborn as well as prevent, detect, and treat problems that occur (Islami, 2022).

Based on respondents' understanding of postpartum visits ⁴ using the Focus Group Discussion method, the results showed that respondent 1 understood that postpartum visits were a follow-up examination carried out after delivery to assess the health of the mother and baby. She also knows that visits must be carried out at least four times after giving birth. Respondent 2 explained that postpartum visits begin as soon as the mother returns home from the hospital, namely within the first 24 hours after delivery. He understands that postpartum visits are important to ensure the mother's recovery and the health of the newborn; respondent 3 shows a good understanding of postpartum visits. He mentioned that the main purpose of these visits is to prevent postnatal complications in the mother, such as

postpartum bleeding or lactation problems, and to ensure the baby is growing well. He also knew that visits were carried out at least four times, with the first examination carried out within 24 hours after the mother went home, and respondent 4 understood the importance of postpartum visits as part of follow-up care after giving birth. She emphasized that these visits are not only important for physical health but also for supporting the mother's mental health, such as preventing postpartum depression.

All four respondents showed a good understanding of the importance of postpartum visits. They realize that this visit aims to assess ¹the health status of the mother and baby, as well as to prevent and treat problems that may arise after delivery. Respondents also understood that postpartum visits were carried out at least four times, with the first examination within 24 hours after delivery.

Baby Health

Basic immunization

Immunization is an effort to actively increase a person's immunity against a particular disease. Immunization can also prevent deaths every year in all age groups caused by diphtheria, tetanus, pertussis, and measles (Novianda et al., 2020).

Respondents 1-4 understand basic immunization as the act of giving vaccines to babies and children to protect them from dangerous infectious diseases. Each respondent gave a slightly different definition, but all agreed that immunization is important in increasing the body's immunity.

Exclusive breastfeeding

Exclusive breastfeeding is giving breast milk directly from the breast or expressed breast milk to babies ⁸0-6 months without any other complementary foods. Exclusive breast milk is very important to give to babies ¹³because it can help the baby's growth and development process and improve the baby's immune system (Sabriana et al., 2022).

Respondents had varying understandings about exclusive breastfeeding, but in general, they knew that exclusive breastfeeding was given for 6 months without additional food, except vitamins.

Complementary feeding

Complementary feeding, commonly referred to ²⁰as complementary food for breast milk, is additional food given to babies aged 6 months and over with a gradual texture. Good MP-ASI has the requirements to be timely, completely nutritious, sufficient, balanced, safe, and given correctly (Aprillia et al., 2020).

Most respondents agreed that complementary feeding should be given after the baby is 6 months old, with food that is soft and easy for the baby to digest, with increasing texture as the baby grows. The recommended menu includes baby porridge and mashed vegetables.

Handling sick babies

The statistics of sick babies in Indonesia are quite high, and there is an increase every year. In 2012 it reached 47.7% of morbidity in babies, and quite significantly there was an increase in 2013 of 71.4% (Sari & Megaputri, 2023).

Respondents showed an understanding of how to treat sick babies, such as with warm compresses and further breastfeeding when the baby has a fever or diarrhea.

How to breastfeed

Breastfeeding is giving breast milk to the baby directly through the breast. The technique that needs to be considered in breastfeeding is attachment. When a mother is breastfeeding, the correct position of the baby's mouth is the entire nipple until the black part enters the baby's mouth (Solama & Alvionita, 2021).

Respondents realized the importance of ensuring the correct breastfeeding position. You need to pay attention to the position of the baby, such as ensuring that the baby's mouth is attached to the mother's areola with the lower lip slightly down and parallel to the mother's body. This aims to comfort the baby and mother and avoid noise when breastfeeding.

Toddler Health

Growth and development

The stages of good growth and development for toddlers are in accordance with their BMI and age. The process of growth and development of toddlers is a golden phase; therefore, mothers must be more careful in optimizing good results for their child's future and preventing abnormalities as early as possible (Rambe, 2023).

All respondents agreed that height and weight measurements were important indicators of normal growth. However, respondent 4 reminded us that good health and stability in physical development are also important. Good health must be maintained to support the child's growth and development process.

Toddler nutrition

Nutritional intake is important for toddlers to support their growth and development. Good nutritional intake is balanced between protein, carbohydrates, fat, fiber, vitamins, and minerals (Fadlillah & Herdiani, 2020).

All respondents understood the basic concept of balanced nutrition by mentioning nutritional components such as carbohydrates, protein, vitamins, and minerals. Respondent

4 added calcium and iron, which are important for bone growth and preventing anemia. This understanding is important because it shows that parents know the importance of providing complete nutritional intake for children.

Parenting

Parenting style is an image that parents use to care for, guard, and educate their children. Each family's parenting style is different, but the goal is the same, namely to improve the welfare of their children (Puspita Sari & Mulyadi, 2020).

All respondents agreed that good parenting is important in educating toddlers, with a focus on adapting parenting methods to the child's age. Respondents 2 and 4 emphasized the importance of not using gadgets and not committing violence, which are important points in maintaining children's emotional well-being. Respondent 3 provides freedom of exploration as part of parenting that supports independent growth.

Handling a sick toddler

The infant and toddler mortality rate is still a government priority; therefore, there is a need to improve their health. IMCI is an integrated service approach to managing sick toddlers (Tat et al., 2021).

All respondents showed an understanding of good initial treatment for sick toddlers, either through administering medication, treating physical wounds, or providing nutritious food. Respondent 4 emphasized the importance of recognizing symptoms of illness before providing treatment, which is a wise approach, and following medical treatment standards.

4. CONCLUSION

This research shows that health students at the Bhakti Wiyata Kediri Institute of Health Sciences generally have quite good knowledge about maternal and child health, especially regarding MMR and how to reduce it, antenatal care and minimum visits, the importance of postpartum visits, the importance of immunization, exclusive breastfeeding, baby care, and toddler growth and development. However, students' knowledge regarding providing complementary feeding, the correct way to breastfeed, and proper nutritional intake still requires improvement, especially in choosing food that suits the nutritional needs of toddlers. Students also realize the importance of an environment that supports children's growth and development and understand the importance of violence-free parenting.

SUGGESTION

It is hoped that health students will receive more in-depth education about the correct way to breastfeed, give complementary feeding, and proper nutritional intake so that more mothers understand the importance of breast milk and also nutrition for their children so that their growth and development are appropriate. Students also need to be involved in practical training related to handling sick babies and toddlers in the surrounding environment to increase their understanding of various health conditions and how to treat them. By implementing these suggestions, it is hoped that health students can play a more active role in improving the quality of ²³ maternal and child health and reducing maternal and infant mortality rates in Indonesia.

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