

EFFECT EDUCATION VIDEOS ON MATERNAL KNOWLEDGE ABOUT DISCOMFORT IN THIRD-TRIMESTER PREGNANCY

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Abstract: Physical changes during pregnancy cause discomfort in pregnant women. Data shows that 46.70% of pregnancy discomforts that often occur are dizziness/headaches. Physiological discomfort, if not addressed immediately, can impact pathological problems. Health counseling is one of the efforts to overcome this problem. The study aimed to determine the effect of educational videos on mothers' knowledge of discomfort in the third trimester of pregnancy.

Pre-Experimental Design Research design with one group pre-test—post-test design model. The independent variable of educational video is bound by pregnant women's knowledge about discomfort in pregnancy. The study population is all pregnant women at the Beji Health Center, Tulungagung Regency. The purposive sampling technique was 40 respondents. The research was carried out in June 2024 and analyzed using the Wilcoxon test.

The results of the analysis obtained almost all respondents as many as 29 (96.7%) had good knowledge. Wilcoxon's statistical test obtained $p \text{ value} = 0.000 < 0.05$

The knowledge of pregnant women can be increased by providing educational videos carried out by health workers in the right way and tools.

INTRODUCTION

Pregnancy is normal for productive women. Physical and psychological changes usually occur during pregnancy, for example, there are no menstruation, breast enlargement, abdominal shape changes, the work of body organs changes, the senses are more sensitive and there is an enlargement of the hands and feet (Prawirohardjo, 2016).

The factors that cause pain in pregnant women in Indonesia are still dominated by the onset of physiological or pathological discomfort which if not addressed immediately will increase into a danger sign in pregnancy (Ministry of Health of the Republic of Indonesia, 2019).

The highest prevalence in pregnancy is dizziness complaints in the category of mild illness (46.7%). Dizziness (headache) is a common complaint experienced by pregnant women. However, about 10% of them are also getting worse so safe and appropriate treatment and

intervention are needed according to the needs of pregnant women as a solution to reduce dizziness complaints (Puspitasari & Indrianingrum, 2020).

During pregnancy, there are changes in the female body ducts, especially in the external, inner, and breast genitals. In this case, there are changes in the hormones somatomammotropin, estrogen, and progesterone, as well as changes in pregnant women such as the uterus that will enlarge in the first months due to the influence of estrogen and progesterone that increase levels, changes in uterine services due to estrogen hormones, vagina, and vulva due to changes in the hormone estrogen due to hypervascularization resulting in the vagina and vulva appearing redder, ovaries, mama enlarged and tense due to estrogen somatomammotropin and progesterone but not yet excreted breast milk, blood circulation is affected by circulation to the placenta, the urinary tract of the bladder is depressed by the uterus that begins to enlarge, and the skin is affected by increased hormones (Prawirohardjo, 2016).

Previous research on the effect of counseling on pregnant women's knowledge and attitudes about pregnancy danger signs obtained a p-value of $p=0.011$, meaning that there is an influence of counseling on pregnant women's knowledge (Eppang, 2020).

Learning media in the form of videos can function as attention, compensation, cognitive, and affective (Nurdyansyah, 2019). With video, messages can be easily received, especially by patients who are slow to receive information because in the video there is a combination of audio and visual. A video presentation can be combined by using face-to-face information provision either using music, text, or audio.

Midwives have an important role in providing information to increase information to mothers about physiological changes during pregnancy. This is because pregnant women need special advice, counseling, and advice regarding physiological changes that occur during pregnancy so that mothers know and accept the physiological changes they experience. Some ways to increase knowledge and understanding of physiological changes during pregnancy are by carrying out counseling during pregnancy examinations (ANC), classes for pregnant women, and conducting appropriate obstetric services for pregnant women so that they can improve knowledge, understanding, and maternal health during pregnancy (Icesmi, 2015).

RESEARCH METHODS

This research includes comparative analytical research with an experimental design using *a one-group pre-test post-test design model*. This research was carried out by carrying out pre-test and then intervention after which a post-test was carried out.

The design of this study was carried out by providing a pre-test (initial observation) first before being given an intervention, after that an intervention was given, then a post-test (final observation) was carried out. Here is the comparative design that was carried out:



Picture 1. *one group pre-test model - post test design*

The independent variable in this study is an educational video about discomfort in pregnancy and the bound variable in this study is the knowledge of pregnant women about discomfort in pregnancy.

The population and sample of all pregnant women at the Beji Health Center, Tulungagung Regency with an average of 40 people per month who meet the criteria for inclusion and exclusion, with a "purposive sampling" sampling technique. This research will be carried out in June 2024 at the Beji Tulungagung Health Center with data analysis using the Wilcoxon Signed Rank Test.

RESULTS AND DISCUSSION

1.1 Mother's Knowledge before Educational Videos

The results of the research recapitulation are presented in the following table:

Table 1.1 Results of knowledge tabulation before educational videos:

No	Mother's Knowledge before Educational Videos	Sum	Percentage
1	Less	1	3,3
2	Enough	15	50
3	Good	14	46,7
	Sum	30	100

In Table 1.1, 15 (50%) respondents from 30 before the provision of educational videos had knowledge in the sufficient category.

Knowledge is the result of "Knowing" that occurs through the sensing process. Eyes and ears are the first senses for humans to gain knowledge (Wawan & Dewi, 2016).

Knowledge about discomfort in the third trimester of pregnancy includes causes and treatments for shortness of breath, frequent urination, dependent edema, leg cramps, lower

back pain, and feeling hot (Nisa et al., 2018). Perception and attention to objects greatly affect the knowledge produced (Wawan & Dewi, 2016).

Age is a factor that underpins knowledge. The characteristics of the respondents from the results of the study were 26 (86.7%) aged 20-35 years. The older a person is, the more mature they are in working and thinking (Nursalam, 2015).

Adulthood is characterized by physical and mental changes, proficiency, and skills that can apply and develop science and technology. The maturity level based on age is 20-30 years, 32-40 years, and 41-50 years. The higher the level of maturity, the more mature a person will be and the stronger in decision-making.

Pregnant women who are housewives are more at home and have free time to look for information. This allows mothers to have better knowledge compared to working mothers. However, the results of this study were obtained as a result of sufficient knowledge. This is because the discomfort in pregnancy that they experience is new, so mothers do not know about it. This condition shows that the respondents' knowledge is still less detailed or in-depth, so it is necessary to provide more in-depth counseling.

Information can also provide a background for respondents' knowledge. Based on information sources, 20 (66.7%) of respondents received information in the sufficient category. This can happen because there are several discomforts in pregnancy that have the same symptoms so the respondent cannot differentiate. In addition, it can also be because the method of delivering information is not appropriate so the information obtained is not optimal for respondents to receive. Providing repetitive information is necessary to ensure that pregnant women are aware of the discomfort they experience during pregnancy.

1.2 Mother's Knowledge After the Educational Video

The results of the recapitulation of knowledge research after the educational video:

Table 1.2 Results of tabulating maternal knowledge

No	Mother's Knowledge after Educational Videos	Sum	Percentage
1	Less	0	0
2	Enough	1	3,3
3	Good	29	96,7
	Sum	30	100

In Table 4.9 out of a total of 30 respondents, almost all of the respondents, namely 29 (96.7%) respondents after the educational video had knowledge in the good category.

One way to increase one's knowledge is by educating with video media. Education is synonymous with health education because both are oriented toward changing knowledge, attitudes, and behaviors. Education in midwifery is provided by using interpersonal communication skills guides, techniques for providing guidance, and mastery of clinical knowledge which aims to help patients recognize the conditions and problems faced so that they can help determine solutions to overcome the problems (Notoatmodjo, 2018).

The purpose of education, in general, is to change the behavior of individuals and society, so that people can think that health is something very important to help individuals and society to be able to help individuals to be able to carry out business and activities to improve the level of healthy living (Induniasih; Ratna, 2017).

In this case, health workers should be able to provide continuous guidance and guidance, and not feel disappointed because such individuals still have two possibilities, namely: continue to refuse if the individual feels dissatisfied and unhappy, then he will refuse and the possibility of refusing if it turns out that he feels satisfied and happy, after receiving the help of the officer, then he will accept (Handayani et al., 2018).

This fact shows that after being given educational videos, the knowledge of all respondents increased, namely almost all respondents had good knowledge about discomfort in the third trimester of pregnancy. This shows that educational videos carried out by health workers as trusted people in the health field are very useful in the process of increasing the knowledge of pregnant women. Good knowledge can also foster a good attitude and will support respondents' behavior.

Meanwhile, 1 (3.3%) respondent had sufficient knowledge. Although the category of knowledge is sufficient, it has increased from less knowledge to sufficient knowledge. When viewed from the success of counseling because there are still respondents whose knowledge category is sufficient, it can be said that the success of health education has been maximized. Apart from the respondent's characteristic factors, the presenting factor can also affect the success of counseling.

The effect of educational videos on maternal knowledge about discomfort in third-trimester pregnancy

1.3 The Effect Of Educational Videos On Mothers' Knowledge

The results of the recapitulation of the research on the influence of educational videos on mothers' knowledge are presented in the following table:

Table 1.3 Tabulation results of the effect of educational videos on maternal knowledge

No	Mother's Knowledge	Before		After	
		Sum	Percentage	Sum	Percentage
1	Less	1	3,3	0	0
2	Enough	15	50	1	3,3
3	Good	14	46,7	29	96,7
	Sum	30	100	30	100
Uji Wilcoxon= P value: 0,000				$\alpha : 0,05$	

Table 1.3 shows 1 person (100%) whose knowledge before counseling was lacking, after counseling all became sufficient. There were 15 people (100%) who before the counseling had enough knowledge, after the counseling was all good. There were 14 people (100%) whose knowledge was good before the counseling, and after the counseling was all good.

Analysis with *Wilcoxon signed rank* found that the p-value was 0.000. The significance of the relationship uses a p-value of $< \alpha$ (0.05). Because the p-value is 0.000 < 0.05 , H_0 is rejected and H_1 is accepted, which means that there is an effect of educational videos on mothers' knowledge.

The criteria for a health program are successful overall if the education provided is able to increase understanding, knowledge, and skills. By providing counseling, it is hoped that it can increase understanding which can have an impact on changing attitudes and also better behavior (Notoatmodjo, 2018).

Video is one of the technologies that can capture, record, process, and rearrange moving images so that they can be played repeatedly. Videos combine images laid out in sequence at a specific speed and time. Video is one of the audio-visual media that has been widely spread in society and is in great demand by children. Because video media is quite interesting, starting from the type of entertainment video, knowledge, information, and health can be enjoyed easily (Busyaeri et al., 2016).

The facts and theories above are in accordance with the fact that after the educational video was carried out, almost all respondents had good knowledge. This shows that educational videos are very important to increase client knowledge and understanding. The better a person's knowledge, there will be changes in attitude and in action as well as

behavioral changes in dealing with discomfort during pregnancy, especially in the third trimester

CONCLUSIONS AND RECOMMENDATION

The results of the research carried can be concluded that the knowledge of mothers before being given educational videos was obtained by half of the respondents, namely 15 (50%) respondents had knowledge in the sufficient category.

The knowledge of mothers after being given educational videos was obtained by almost all of the respondents, namely 29 (96.7%) respondents had knowledge in the good category.

The results of the statistical test obtained a *p-value* of $0.000 < 0.05$, which means that there is an effect on the provision of educational videos on maternal knowledge about discomfort in the third trimester of pregnancy at the Beji Health Center, Tulungagung Regency.

With this paper, it is hoped that it can be an inspiration for students to continue this research by adding more complete and latest research materials in accordance with the progress of science that is increasingly developing and better research methods compared to what has been done, for example by conducting interviews and direct observations to respondents.

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