

ANALYSIS OF FACTORS RELATED TO BEHAVIOR OF PRIMARY MOTHERS IN CARE OF NEWBORN BABIES

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ABSTRAK ANALISIS FAKTOR YANG BERHUBUNGAN DENGAN PERILAKU IBU PRIMIPARA DALAM MERAWAT BAYI BARU LAHIR

Latar Belakang: Masa Neonatal adalah 28 hari pertama kehidupan manusia. Pada masa ini merupakan masa yang perlu mendapat perhatian karena terdapat angka kematian tertinggi. Perawatan bayi baru lahir seperti perawatan tali pusat, mengganti dan memakai popok, memandikan bayi, menggendong dan memosisikan bayi, menyusui, dan membedong bayi. Jika asuhan yang diberikan tidak baik dapat berdampak buruk pada bayi, ibu primipara kurang memahami cara merawat bayi baru lahir, karena rendahnya pengetahuan dan pengalaman ibu. Hal ini membuat ibu merasa takut, cemas, dan bingung dengan perasaan dan keyakinannya dalam merawat bayinya

Tujuan : Penelitian ini untuk menganalisis faktor-faktor yang berhubungan dengan perilaku ibu primipara dalam merawat bayi baru lahir di Puskesmas Kalodran Kota Serang Provinsi Banten tahun 2021.

Metode: Penelitian ini merupakan penelitian survei analitik dengan pendekatan cross sectional. Populasinya adalah 102 ibu primipara di Wilayah Kerja Puskesmas Kalodran tahun 2021 untuk periode Januari-April. Teknik pengambilan sampel yang digunakan adalah total sampling. Instrumen penelitian adalah angket dan data dianalisis menggunakan uji chi square.

Hasil: Ada hubungan pendidikan, umur dan dukungan suami dengan perilaku ibu primipara dalam merawat bayi baru lahir dengan P Value : $0,000 < 0,05$. Dan tidak ada hubungan antara pengetahuan dan perilaku ibu primipara dalam merawat bayi baru lahir dengan P Value $0,065 > 0,05$.

Kesimpulan: bahwa usia, pendidikan dan dukungan suami memiliki hubungan dengan perilaku ibu primipara dalam merawat bayi baru lahir. Pengetahuan yang baik tidak menjamin ibu dapat merawat bayinya dengan baik, hal ini juga dipengaruhi oleh faktor usia, pendidikan dan dukungan suami.

Saran : Ibu primipara diharapkan dapat meningkatkan pengetahuannya dalam merawat bayi baru lahir sejak dalam kandungan, salah satunya dengan mengikuti kelas ibu hamil.

Kata kunci: Perilaku, Ibu Primipara, Bayi Baru Lahir

ABSTRACT

Background: The Neonatal period is the first 28 days of human life. At this time is a period that needs attention because there is the highest mortality. Newborn care such as umbilical cord care, changing and wearing diapers, bathing the baby, holding and positioning the baby, breastfeeding, and swaddling the baby. If the care provided is not good, it can have a bad impact on the baby, primiparous mothers do not understand how to care for newborns, because of the mother's low knowledge and experience. This makes mothers feel afraid, anxious, and confused about their feelings and beliefs in caring for their babies

Purpose : This study was to analyze the factors related to the behavior of primiparous mothers in caring for newborns at Kalodran Health Center, Serang City, Banten Province in 2021

Methods: This research is an analytical survey with a cross sectional approach. The population is 102 primiparous mothers in the Kalodran Health Center Work Area in 2021 for the January-April period. The sampling technique used was total sampling. The research instrument was a questionnaire and the data were analyzed using the chi square test.

Results: There is a relationship between education, age and husband's support with the behavior of primiparous mothers in caring for newborns with P Value: $0.000 < 0.05$. And there is no relationship between knowledge and behavior of primiparous mothers in caring for newborns with P Value $0.065 > 0.05$.

Conclusion: that age, education and husband's support have a relationship with the behavior of primiparous mothers in caring for newborns. While good knowledge does not guarantee that mothers can take care of their babies well, this is also influenced by factors of age, education and husband's support.

Suggestion: primiparous mothers are expected to increase their knowledge in caring for newborns from the time of pregnancy, one of which is to take classes for pregnant women

Keywords: Behavior, Primiparous Mother, Newborn

INTRODUCTION

Newborns (BBL) are babies who have just experienced the birth process, aged 0-28 days. BBL requires physiological adjustments in the form of maturation, adaptation (adjusting from intrauterine life to extrauterine life) and tolerance of BBL to be able to live well (Marmi and Rahardjo, 2015).

According to the World Health Organization (WHO), in 2013 the infant mortality rate (IMR) in the world was 34 per 1,000 live births, the IMR in developing countries was 37 per 1,000 live births and the IMR in developed countries was 5 per 1,000 live births. IMR in East Asia is 11 per 1,000 live births, South Asia is 43 per 1,000 live births, Southeast Asia is 24 per 1,000 live births and West Asia is 21 per 1,000 live births (WHO, 2014).

In 2013 the IMR in Indonesia reached 25 per 1,000 live births. When compared with Malaysia, the Philippines and Singapore, this figure is greater than the figures from these countries where the Malaysian IMR is 7 per 1,000 live births, the Philippines 24 per 1,000 live births and Singapore 2 per 1000 live births (WHO, 2014).

Results of the Indonesian Demographic and Health Survey (IDHS, 2017). Shows that the Infant Mortality Rate (IMR) is decreasing. In 2017, the infant mortality rate was 24 per 1000 live births. This number has decreased compared to the 2012 IDHS, which was 32 per 1000 live births. According to the Minister of Health of the Republic of Indonesia in the SDGs program, the target of the national health system, namely Goal 3, explains that by 2030 all countries are trying to reduce the infant mortality rate to at least 12 per 1000 live births (Permenkes RI, 2015).

According to Marmi et al, 50% of infant deaths in the neonatal period are in the first month of life. Poor handling of healthy newborns will cause abnormalities that result in lifelong disability, even death. For example, hypothermia will cause hypoglycemia and will eventually be able to cause brain damage (Marmi and Rahardjo, 2015).

Research conducted by Wulaningrum et al. states that mothers do not understand how to care for newborns, due to low knowledge and experience of mothers. This makes mothers afraid, anxious, and confused about their feelings and beliefs in caring for their babies, especially in their first child because of their ignorance of how to properly care for babies.

This is what makes the first child often referred to as an experimental child (Wulaningrum & Irdawati, 2011).

The same thing was conveyed by Friedman et al that mothers must prepare themselves by increasing knowledge behavior in caring for newborns, because the mother's ability to care for newborns is influenced by mother's knowledge from the start, if the mother does not have good knowledge then the mother will have difficulty in carrying out a new role as a mother (Friedman et al, 2013)

Based on the description of the background above, the authors are interested in conducting research with the title "Analysis of factors related to the behavior of primiparous mothers in newborns at the Kalodran Serang Health Center, Banten Province in 2021"

RESEARCH METHODOLOGY

This analytical survey research uses a cross sectional approach. The population of this study was 102 primiparous mothers in the Kalodran Health Center Work Area in 2021 for the January-April period. The sampling technique used was total sampling. The research instrument consisted of a questionnaire about the behavior of primiparous mothers in caring for newborns. This questionnaire has been tested for validity and reliability, the results of the validity test of the knowledge variable are 14 statement items, the behavior variable is 17 statement items, the husband's support variable is 10 statements, and with the reliability test results all statement items are declared reliable. Data were analyzed using univariate, bivariate and chi square tests.

RESEARCH RESULTS

Univariate Analysis

Based on table 1 that of 102 respondents with poor behavior in caring for newborns as many as 11 people (10.8%), 17 respondents with low education (16.7%), have poor knowledge about baby care as many as 14 respondents (13.7%), with age < 20 years as many as 23 respondents (22.5%), and have less support than their husbands 13 respondents (12.7%)

Table 1
Frequency distribution of respondent characteristics based on behavior, education, knowledge, age and husband's support

Variables	F	%
Behavior		
Not good	11	10,8
Well	91	89,2
Education		
Low	17	16,7
Tall	85	83,4
Knowledge		
Not enough	14	13,7
Well	88	86,3
Age		
< 20 Years	23	22,5
> 20 Years	79	77,5
Husband Support		
Not enough	13	12,7
Well	89	87,3
Total	102	100%

Bivariate Analysis

Based on table 2, the results of statistical analysis using the chi square test show that the variables of education, age and husband's support get a p-value = 0.000 (<0.05) which means that there is a relationship between education, age and husband's support with the behavior of primiparous mothers in caring for newborns, while the knowledge variable obtained p-value = 0.065 (> 0.05), which means that there is no relationship between the knowledge variable and the behavior of primiparous mothers in caring for newborns. In the Education Variable with an Odd Risk value of 8.727, it means that primiparous mothers with low education are more likely to have 8.727 less good behavior in caring for newborns than primiparous mothers with higher education, while in the age variable the Odd Risk value is 13,511, meaning that primiparous mothers aged <20 years are more likely to have 13,511 less good behavior in caring for newborns than primiparous mothers aged >20 years. And on the husband's support variaver with an Odd Risk value of 5.206, it means that primiparous mothers who have poor husband support are 5.206 more likely to have poor behavior in caring for newborns than primiparous mothers who have good support from their husbands.

Table 2
Relationship between Age and Behavior of Primiparous Mothers in Caring for Newborns

Variables	Primiparous Mother Behavior in Caring for BBL				Total		P-value	OR
	Not enough		Well		N	%		
	Well	%	n	%				
Education								
Low	6	35,3	11	64,7	17	100	0,002	8,727
Tall	5	5,9	80	94,1	85	100		
Knowledge								
Not enough	4	28,6	10	71,4	14	100	0,065	
Well	7	8,0	81	92,0	88	100		
Age								
< 20 Years	8	34,8	15	65,2	23	100	0,000	13,511
> 20 Years	3	3,8	76	96,2	79	100		
Husband Support								
Not enough	4	28,6	9	69,2	13	100	0,045	5,206
Well	7	8,0	82	92,1	89	100		
Total	11	10,8	91	89,2	102	100		

DISCUSSION

The Relationship between Primiparous Mother's Education in Caring for Newborns

The higher the level of education a person has, the more knowledge he has. On the other hand, the lack of education will hinder the development of

one's attitude towards the newly introduced values (Nursalam, 2011).

According to Nursalam (2011) the higher a person's education, the easier it is to receive information so that more knowledge is possessed. Conversely, a lack of education will hinder the development of a person's attitude towards the newly introduced values. Usually, mothers with higher education tend to think according to the realities of everyday life. Those with lower education generally will accept resignedly if a health problem arises (Suhendar, 2011).

According to RI Law no. 20 of 2003, the formal education pathway is divided into:

"Basic education is in the form of Elementary School (SD) and Madrasah Ibtidaiyah or other equivalent forms as well as Junior High School (SMP) and Madrasah Tsanawiyah (MTs) or other equivalent forms. Secondary education consists of general secondary education and secondary education majors, such as: SMA, MA, SMK, or other equivalent forms. Higher education. Higher education can take the form of academies, polytechnics, high schools, institutes and universities.

Education affects the learning process, the higher a person's education, the easier it is for that person to receive information. With higher education, a person will tend to get information both from other people and from the mass media. On the other hand, a low level of education will hinder a person's development and attitude towards the newly introduced values.

Educational factors have an influence on good behavior in primiparous mothers in caring for newborns. This has been proven by Muhammad Purqan Nur (2017) with the title "The Influence of Health Education About Newborn Care on the Level of Mother's Knowledge and Behavior in Caring for Newborns who are admitted to the Labuang Baji Hospital, Makassar City", in his research stated that from The results of the T-Test test analysis obtained a significant value of $P = 0.000$ where $p < (0.05)$. This shows that there is an effect of education on the level of knowledge of primiparous mothers in caring for newborns, with the analysis of the T-Test test obtained a significant value of $P = 0.000$ where $p < (0.05)$. This shows that there is an influence of education on the behavior of primiparous mothers in caring for newborns.

Seeing the results of the above research, which means that the educational background of mothers, especially primiparous mothers, greatly influences their behavior in caring for newborns. Because with the education they have, it can

increase the participation and active role of mothers in caring for their babies both while in the hospital and after returning to their respective homes and with the increased knowledge of mothers in caring for babies, it will improve the behavior of mothers in caring for babies which will have an impact. positive on the independence of the mother in caring for her baby.

The author assumes that a person's education factor will affect a person's way of thinking and behavior, including primiparous mothers, a mother with a high educational background will affect how to care for and take care of her baby, if the education is high, the mother's behavior will also be good in taking care of her baby. On the other hand, if the mother is primiparous with a low educational background or at least not up to high school level education, it will affect a mother's behavior in caring for her baby less well.

Relationship between Primiparous Mother's Knowledge in Caring for Newborns

Knowledge is a result of curiosity through sensory processes, especially in the eyes and ears of certain objects. Knowledge is an important domain in the formation of open behavior (Donsu, 2016).

Knowledge is a result of human knowledge of the combination or cooperation between a subject who knows and an object that is known. Everything that is known about a certain object (Suriasumantri, 2017).

Mothers must prepare themselves by increasing knowledge in caring for newborns, because the mother's ability to care for newborns is influenced by mother's knowledge from the start. et al, 2014).

Knowledge is the result of knowing that occurs after people sense a certain object. Sensing occurs through the five human senses, namely sight, smell, taste and touch. Most of human knowledge is obtained through the eyes and ears. Knowledge is a very important domain for the formation of a person's actions. A study says that behavior based on knowledge will be able to last longer than one that is not based on knowledge.

According to Wawan and Dewi (2011) knowledge is needed by humans to solve every problem that arises throughout human life in achieving life goals, namely happiness, prosperity, peace, peace and prosperity both at the individual level and social level. Knowledge can also make humans have the ability to maintain and develop life. Knowledge is also useful so that humans do not conduct investigations and think about things that ultimately become useless.

The results of this study are in line with the results of research conducted by Heni Yuliani and Afi Lufiyati 2017 that there is a low relationship between maternal knowledge about LBW management and maternal behavior in LBW care at Wates Hospital. The same thing was conveyed by Dhamery and Laksita Rahma an 2020 that there was no significant relationship between the level of knowledge about kangaroo method care where the kangaroo method is one of the treatments performed on newborns.

Researcher's assumption is that knowledge is influenced by other factors such as mother's age, mother's level of education and most importantly support from her husband because without the husband's involvement in caring for her baby, the mother will be easily tired, stressed and anxious in caring for her baby.

Relationship between Primiparous Mother's Age in Caring for Newborns

From the results of the research above, it is in line with the theory of Riyanto (2013) which states that age can affect a person's mindset and grasping power. The older a person gets, the more their mindset and capture power also increases.

Age above 20 years is considered optimal in understanding and making decisions because usually those aged over 20 years tend to have good knowledge, where at that age it is very easy to capture information and knowledge, this is because the older a person is, the processes of mental development increase. good. One's memory or memory is influenced by age. From this description it can be concluded that with increasing age a person can affect the increase in knowledge gained, but at certain ages or towards old age the ability to receive or remember knowledge will decrease. The more a person is old enough, the level of maturity and strength of a person will be more mature in thinking and working (Wawan & Dewi, 2010).

Mothers who are in their early adulthood 26-35 are mostly good. This is as proven by previous researchers conducted by Uni Noviana and Heni Ekawati (2021) entitled "The Relationship of Experience, Belief, Age and the Role of Peers with the Ability of Primiparous Mothers in Caring for Newborns at Home", in their research stated that mothers aged In the late teens 17-25, most of the ability was sufficient as many as 10 people (52.6%) and mothers who were in early adulthood 26-35 mostly had good abilities as many as 14 people (66.7%) while mothers aged 36-45 were all good ability as much as 2 people (100.0%). The results of the Spearman rank statistical test obtained the results = $0.002 < (0.05)$ which means that the

significance is smaller than the degree of error so that H_0 is rejected and H_a is accepted. This shows that there is a relationship between age and the mother's ability to care for newborns in primiparous postpartum mothers and the value of $r = 0.460$ where the level of the relationship is sufficient. Adults are very important in the formation of the ability of primiparous postpartum mothers

This is in line with Notoatmodjo's theory. The more mature a person is, the level of maturity and strength a person will be more mature in thinking and working. So that the experience gained will also increase and will directly increase their knowledge as well. So if someone already has maturity in thinking and working, it will make it easier for someone to take care of newborns properly and correctly because from a mental point of view they are mature (Noviana and Ekawati, 2021).

Furthermore, according to Zakiyah's theory, at the age of 20-35 years, physically and mentally, they are able or there is readiness to accept the role as a wife in the household, the maturity of the mother is also very influential on the development of the child, because the mother is also psychologically mature, her emotions and actions will be more controlled. , when compared to young mothers (Noviana and Ekawati, 2021).

In accordance with Bobak's theory, adolescents can have difficulty accepting changes in self-image and adjustment of roles related to infant care. The transition to parenthood can be difficult for parents who are still teenagers. Coping with parental developmental tasks is further exacerbated by the unmet needs and developmental tasks of adolescents. According to Friedman, young mothers tend to be less able to feel or recognize the needs of their children and are also more egocentric than older mothers. Supartini's theory states that a certain age range (20-35 years) is good for carrying out the parenting role. If you are too young or old, you may not be able to carry out this role optimally because it requires physical and psychological attachment. In addition to the influence of the physical aspect, mother's age also affects the psychological aspect of the mother, young mothers are actually not ready to become mothers in terms of their child-rearing skills (Noviana and Ekawati, 2021).

According to Oktafiani's research (2014) this young mother emphasizes her youthful nature more than her motherly nature. And according to Sugiyanti (2018) young adulthood is a period of reproductive age. This period is marked by forming a household. This period, especially for women, before the age of 30 years, is a reproductive period in which a woman is ready to accept the responsibilities of being a

mother. According to Saleh (2014) the more mature a person's age, the more experience and information obtained so as to grow the mother's knowledge and abilities.

So, the authors assume that age has an influence on the quality of caring for newborns, young people tend to not have the skills to take care of babies, this is different from primiparous mothers who are more than 20 years old, tend to be more mature and understand how to care for babies. Therefore, primiparous mothers aged under 20 years had a greater risk of misbehaving in caring for infants than primiparous mothers aged more than 20 years.

The Relationship of Primiparous Mother's Husband Support Factors in Caring for Newborns

Husband's support in this case is all the assistance given by the husband to his wife in caring for the newborn. The husband's other most important task is to build a good relationship with his wife. Because by fostering a good relationship, the wife can consult at any time and whenever there are problems experienced in caring for her baby.

The involvement and support provided by the husband will strengthen the relationship between the father of the child and the husband and wife. The support the mother gets will make her more calm and comfortable in caring for her baby. Support that can be provided by the husband, for example by helping to find information about baby care, assisting in bathing the baby, and caring for the umbilical cord. Even though the husband does small things, these actions have a significant meaning in improving the psychological health of the mother in a better direction (Asrinah, 2010).

Husband's support is an action taken by the husband in giving love, attention and appreciation to the mother and other family members in order to achieve prosperity in the family. Husband's support includes four aspects, namely emotional support, instrumental support, information support and assessment support.

Based on Al Mutairi's research in Riyadh Saudi Arabia, 25.7% of postpartum mothers have the possibility of experiencing depression and 16% do not get enough support from their husbands¹⁰. Support from partners has an important role in the psychological condition of postpartum mothers, most of the mothers who experience postpartum depression are caused by lack of social support, lack of self-confidence, depression during pregnancy, low socioeconomic status, poor quality of marriage, and unwanted pregnancies. Therefore, the mother needs to improve her perception of the support she needs

and establish communication so that her partner is able to provide the support she needs.

In line with the results of the research above, Lastri Mei Winarni, Esty Winarni and Marthia Ikhlasiah (2018) in their research entitled "The Effect of Husband Support and Bounding Attachment With Psychological Conditions of Postpartum Mothers in Tangerang District Hospital in 2017" the results obtained that there was a relationship between husband's support and conditions postpartum maternal psychology, p test results < p value (0.021 < 0.05).

The researcher's assumption that support is a form of responsibility as a baby's parent so that there is cooperation between husband and wife in caring for the baby greatly affects the readiness to care for their baby which will also affect the growth and good development of the child, even though taking care of the household is a job. a mother, but husband's support is needed so that a wife's mentality can be well maintained, given praise for her wife's efforts in taking care of her baby occasionally needs to be done by a husband, to be motivated to be even better for a wife in taking care of her baby.

CONCLUSION

That the factors of age, education and husband's support have a relationship with the behavior of primiparous mothers in caring for newborns. While good knowledge does not guarantee that mothers can take care of their babies well, this is also influenced by factors of age, education and husband's support.

SUGGESTION

It is hoped that primiparous mothers will increase their knowledge in caring for newborns since pregnancy, one of which is taking classes for pregnant women

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