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***Health Education on Women's Self-Care Ability With Post Sectio  
Caesarea (A Systematic Review Approach)***

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**ABSTRACT**

*Postpartum health education increases knowledge and attitudes as well as self-confidence and is part of maintaining health promotion and preventing disease and complications. This study aims to determine the effect of health education on women's self-care ability Post Sectio Caesarea. The study was conducted by having systematic review approach and the article selection conducted through the google scholar, Proquest, EBSCO, and Oxford based on the criteria related to the published the self-care ability of Post Sectio Caesarea women, which were published from 2015 to 2020. The results of the study showed that 10 journals wrote Health education can affect the ability to care for mothers after Sectio Caesarea. The importance of health education for self-care after surgery is to increase the knowledge, attitudes and behavior of mothers in caring for themselves after giving birth. the ability to take care of oneself is an intervention activity that is educative because individuals can actually do self-care or take care of themselves.*

*Keyword : Health Education, Self-Care Ability, Sectio Caesarea*

**INTRODUCTION**

Health education is health information provided to the community, both individuals, groups, and families, that will affect the pattern of life. In this case, health workers, especially midwives, are very influential in providing health education.(Suryanti, 2021) The purpose of health education is to change the public's perspective on health to prioritize health, be independent in achieving the goals of a healthy lifestyle, and be able to use existing health facilities appropriately . (Maidina Putri, 2019)

Based on the Indonesian Health Demographic Survey (IDHS) in 2017, as many as 17% of national deliveries of Sectio Caesarea were of the total number of deliveries. According to the 2018 Basic Health Research (Riskesdas), the prevalence of Sectio Caesarea in childbirth is 17.6%. From the percentage of the number of Sectio Caesarea deliveries carried out in government hospitals, it is 30–35%, while in private hospitals it is higher, around 30-80%. The highest was in DKI Jakarta (31.3%) and the lowest was in Papua (6.7%).(Sulistianingsih, 2019)

Postpartum care is carried out for both postpartum women with Bring Forth and with Sectio Ceasarea. Postpartum care intervention activities are educational because they empower individuals to take care of themselves. Therefore, health education for postpartum women is needed to help them adapt to life in the postpartum period.(Sambas, 2017)

## METHOD

This research method uses a systematic review with *Preferred Reporting Items For Systematic Reviews and Metaanalies (PRISMA)*. Search articles through databases such as Google Scholar, Proquest, Oxford, and EBSCO in accordance with research criteria related to health education on self-care after Sectio Caesarea published in 2015 to 2020. Search articles on 9-10 February 2022 with the keywords health education, self-care skills and sectio caesarea that match the inclusion and exclusion criteria. Articles that have been found later in synthesis and analyzed according to the criteria of inclusion and exclusion

The inclusion criteria in this systematic review are:

- a. The Google Scholar site published a journal on the impact of health education on self-care ability in post-section Caesarean women.
- b. Journals published between 2015 and 2020
- c. Full-text journal includes abstracts, introductions, research methods, research and discussion results, as well as conclusions and suggestions.

The exclusion criteria in this systematic review are:

- a. Unpublished journal.
- b. The journal only displays the abstract.
- c. Journals cannot be downloaded or purchased.

Journal published in 2014.

Figure 1. Flow Chart And Selected Articles

## RESULT

In the article searching 30 articles were found and they were then screened by implementing inclusion and exclusion criteria and finally 10 articles of 10 journals that matched to the research criteria were obtained.

Table 1. Research Appropriate to the Topic

Research Title	Result
Maidina Putri (2019) with the title: The effect of providing health education about early mobilization of post Sectio Caesarea on the level of knowledge of postpartum mothers of Sectio Caesarea at Setio Husodo Hospital Kisaran 2019. The method used in this study was Quasy Experiment with a population of 30 post sectio caesarea mothers. . The instrument used in this research is a questionnaire sheet with accidental sampling technique. (Maidina Putri, 2019)	The provision of early mobilization health education can increase the knowledge of postpartum Sectio Caesarea women at Setio Husodo Kisaran Hospital with an average knowledge of 7.97% before being given health education and increasing to 10.57% after being given health education.
Domas Nurchandra Pramudianti (2017) about the effect of postpartum education with booklet media on mothers after Sectio Caesarea on parenting self-efficacy in the early postpartum period at the Klaten area hospital. The method used is Quasy Experiment with pre-test and post-test with control group design involving 66 respondents who are divided into 2 groups, pre and post  (Pramudianti, 2017)	Postpartum education with booklet media has an effect on increasing parenting self-efficacy in the early postpartum period for post-Sectio Caesarea women.

<p>Diah Astutiningrum (2016) with the title Increasing parenting self-efficacy in mothers after sectio caesarea through counseling. The method used is Quasy Experiment with pre-test and post-test with control group. The instrument used is the significant self-efficacy scale (PSES) with a population of 66 which is divided into 2 groups, namely the control group and the intervention group.</p> <p>(Diah Astutiningrum, 2016)</p>	<p>Counseling using booklets has an effect on parenting self-efficacy in postpartum women with Sectio Caesarea.</p>
<p>Jayanti Imansari (2019) with the title Providing communication, information, education (kie) with mother's motivation in doing early post section mobilization. The research design used a Quasy Experiment with a one group pretest posttest approach with a sample of 30 respondents. The data collection technique used consecutive sampling. The tool used for research is a questionnaire (Jayanti Imamsari, 2019)</p>	<p>There is a correlation between the provision of communication, information, and education (KIE) with the mother's motivation in early mobilization post Sectio Caesarea at RSIA Melati Husada Malang.</p>
<p>Etty Komariah Sambas (2017) with the theme The effect of health education on postpartum maternal care with Sectio Caesarea on the ability to care for oneself at RSUD Dr. Soekardjo, City of Tasikmalaya. The research design used Quasy Experiment with a one group pretest posttest approach with a population of 24 respondents with data collection techniques using purposive sample (Sambas, 2017)</p>	<p>Health education regarding postpartum care significantly increased the ability of postpartum sectio caesarea women with the three domains with a p-value of 0.000 (alpha 5%).</p>
<p>Cici Ratmiwasi (2017) with the title The effect of early mobilization health promotion on the implementation of early mobilization in postpartum mothers of Sectio Caesarea at RSPB Pekanbaru. The method used is the Quasy Experiment method with one group pretest posttest with a total of 30 respondents and the technique used in this study is Quota Sampling and observation sheets used to measure the implementation of early mobilization (Cici Ratmiwasi &amp; Utami, 2017)</p>	<p>There are differences in the implementation of early mobilization before and after being given health education.</p>

Gathut Pringgutomo (2019) with the theme The effect of health education on discharge planning on patient knowledge about diet after Sectio Caesarea surgery. The method used in this study was a pre-experimental method with a one group pre-post test design approach. The research sample technique is non-random sampling with purposive sampling with a sample of 20 respondents.(Gathut Pringgutomo, 2019)	There is an effect of health education about discharge planning on patient's knowledge about diet post caesarean section.
Ratna Yulianti (2018) with the title Describing breastfeeding practices in post-SC mothers after health education through demonstration methods and android-based videos at RSI Kendal. The method used in this research is descriptive research with a survey approach. The number of respondents is 33 respondents and the data collection technique uses pouposive sampling. (Ratna Yulianti, 2018)	Respondents' education supports learning by using technological developments and financial capabilities sufficient to use android videos because, by seeing, hearing, and practicing themselves, respondents absorb 90% of the material provided.
Mariati (2015) with the title Knowing the effect of providing early mobilization health education in post-SC surgery patients with long hospitalization days. The research method uses Quasy Experiments with a sample of 42 respondent. (Mariati et al., 2015)	There is a significant effect of providing health education on the length of hospitalization in post-SC patients with $p = 0.00$ .
Tetti Solehati (2020) with the title Knowing the effect of health education on nutrition on knowledge of postpartum mothers. This study uses a Quasy Experiment design with a one group pre-test and post-test approach. The instrument used is a questionnaire with pourposive sampling data collection technique with a sample of 9 respondents  (Tetti Solehati, 2020)	Knowledge of postpartum women regarding nutrition has increased after health education (100%). It can be concluded that health education has an effect on increasing knowledge in postpartum women.

## DISCUSSION

Postpartum health education is part of maintenance and promotion, prevention of disease and complications, health recovery during the postpartum period so that it can adapt to all changes that occur and be able to carry out the

role of parents well. (Pramudianti, 2017) Health education has various methods that can be applied according to the situation and conditions of the recipients of education. Good knowledge and attitude will increase self-confidence, which in turn helps mothers adapt to physical, emotional, functional and social changes after giving birth. (Diah, 2016)

The purpose of health education is to change the understanding of individuals, groups, communities in the field of health so that health becomes something of value, is independent in achieving the goals of healthy living, and can use existing health facilities appropriately and appropriately. (Maidina Putri, 2019) The selection of health education methods given individually called counseling is based on the belief that each individual is unique and has different interests and needs, so that counseling is the right choice in an individual and structured educational method.

Delivery through surgery or Sectio Caesarea can cause different problems with mothers who give birth normally. In addition to experiencing physiological changes during the puerperium, in mothers with Sectio Caesarea (SC) when the anesthetic effect is lost, there will be pain around the surgical incision

There are two factors that influence the medical indications for Sectio Caesarea surgery, namely fetal factors and maternal factors. Factors from the fetus include the following, namely the baby is too big, fetal location abnormalities, the threat of fetal distress, abnormal fetus, placental factors, umbilical cord abnormalities, and twins. While maternal factors consist of age, number of children born, pelvic conditions, birth canal obstruction, birth contraction abnormalities, premature rupture of membranes (KPD), and pre-eclampsia. (Sulistianingsih, 2019)

The ability to care for post sectio caesarea is part of the knowledge, attitudes and behavior of mothers in caring for themselves after giving birth. The ability to take care of oneself is actually educative because each individual is able to do and take care of himself. Knowledge in self-care is obtained from experience and education provided by health workers. Attitude in self-care is defined as an emotional response or reaction that is formed through social interactions experienced by individuals. (Induniasih, 2018) While behavior is defined as an action taken to maintain personal health after surgery by paying attention to diet, rest and activities carried out

According to Etty Komariah Sambas, it shows that health education regarding postpartum care can improve the ability of postpartum mothers with Sectio Caesarea. (Sambas, 2017) An effective health education method and the choice of most postpartum mothers is individual health education. In addition to the problems experienced by each mother, individual methods are also more private.

## CONCLUSIONS AND RECOMMENDATIONS

Health education has a significant impact on post-Septio Caesarea women's ability to care for themselves. The ability to take care of oneself is an intervention activity that is educative because individuals can actually take care of themselves. The health education method provided by counseling is based on the belief that each individual is unique and has different interests and needs, so that counseling is the right choice in an individual and structured educational method.

## SUGGESTION

In the future, health workers, especially midwives, should educate more about the needs of post-section caesarean women to improve their ability to care for themselves through counseling and counseling conducted before and after surgery so as to increase patient knowledge.

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