



## **Factors Affecting Independence Primipara Mothers In Caring For Babies At PMB Devi Andriani Lhokseumawe City Year 2023**

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### **ABSTRACT**

The birth of a child causes a fundamental challenge to the existing structure of family interaction regarding the care of the newborn. When a baby is first born, the mother may feel confused about how to care for him. Even routine tasks such as changing diapers and bathing can make a mother anxious, especially if she has never spent time on things related to baby care before. To develop independent personal abilities requires self-confidence and a sense of calm as an experienced parent for first-time mothers (primiparous). The research objective to be achieved is to analyze the factors that influence the independence of primiparous mothers in caring for babies at PMB Devi Andriani, Lhokseumawe City. This type of research uses a descriptive analytical survey with a cross sectional design. The population in this study was 56 people, while the sample was 56 Primipara mothers, using total sampling technique. Data analysis was carried out using univariate, bivariate and multivariate analysis. Based on the results of the chi-square test, it is known that the independence of primiparous mothers is related to maternal knowledge  $p = 0.000$ , culture = 0.002, trust  $p = 0.001$ , maternal age  $p = 0.001$ , family support  $p = 0.003$ , meaning there is a relationship between maternal knowledge, culture and trust. Maternal age, and family support with the independence of primiparous mothers. From the results of the multivariate analysis, it is known that the variable that has the most dominant influence in this study is the Mother's Knowledge variable with an OR value of 21.483. There is the influence of maternal knowledge, culture, beliefs, maternal age and family support and the most influential variable is maternal knowledge. The suggestion is that it is hoped that this research can be used as reference material for hospitals, especially to increase the competency of midwives so that they can maximize mothers' knowledge during postpartum visits so that they can independently care for their babies in the future.





**Keywords:** Mother's Independence in Caring for the Baby, Mother's Knowledge, Culture, Beliefs, Mother's Age, Family Support

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## 1. Introduction

The birth of a child causes a fundamental challenge to the existing structure of family interaction regarding the care of the newborn. When a baby is first born, the mother may feel confused about how to care for him. Even routine tasks such as changing diapers and bathing can make a mother anxious, especially if she has never spent time on things related to baby care before. To develop independent personal abilities requires self-confidence and a sense of calm as an experienced parent, both for mothers giving birth for the first time (primipara) and mothers who have given birth before (multipara) (Herawati, 2015).

The health of babies and toddlers must receive serious attention from parents. Because a child's health also determines his growth and development process. Healthy babies and toddlers are better able to develop their intelligence potential than children who are often sick (PN & Djamaludin, 2010). The growth and development of Newborn Babies (BBL) is a period of adjustment to the form of life, most of this adjustment process is completed in the first week or so. Even though for purposes the first month of life is described as the neonatal period (Herawati, 2015).

The problem of neonatal care experienced by the community is the mother's lack of independence in BBL care so that BBL care is carried out by someone else without paying attention to cleanliness or sterility during BBL care. Another very important care for newborns is temperature regulation. BBL are not able to regulate their body temperature directly at birth and can quickly become cold. If heat loss is not immediately





prevented, babies who experience heat loss will then experience hypothermia and are at risk of falling ill and dying (N. Hidayah & Santoso, 2015).

Independence in postnatal baby care in Indonesia is still influenced by strong socio-cultural factors. The mother's previous experience in caring for her baby until now is an indicator in predicting the mother's level of independence in caring for her baby. In reality, not all mothers who have previous experience with babies definitely have a high level of independence in caring for their babies in the letting go phase (Dian Anggarini, 2014).

Infant mortality is also greatly influenced by the mother's skills and independence in caring for her baby. The lack of independence in caring for newborns, especially in remote rural areas, is often found by mothers who have just given birth handing over BBL care to birth mothers, grandmothers, traditional birth attendants who are still traditional or based on wrong experiences. This is often found in primiparous mothers and also in multiparous mothers. One of the BBL treatments is umbilical cord care. Good and correct umbilical cord care will have a positive impact, namely that the umbilical cord will disappear immediately without any complications, while the negative impact of improper umbilical cord care is that the baby will experience Tetanus Neonatorum and can result in death (Herawati, 2015).

The infant mortality rate is an indicator of the nation's health status. The cause of high infant mortality in the first 28 days is poor handling and care of newborns. Neonatal deaths are often triggered by neonatal care problems experienced by the community, namely the mother's lack of independence in BBL care so that BBL care is carried out by someone else without paying attention to cleanliness or sterility during care. Therefore, the author feels very interested in studying the management of newborn babies, because if the management of newborn babies is not carried out properly it will have a very bad impact on the baby as the author has described above. Plus, there are still many primiparous mothers who don't know how to care properly, so there could be bad consequences for the care itself (Arianto, 2019).





The infant mortality rate in Aceh as of the end of 2020 has reached 10/1000 LH. This condition is different from the previous year. This occurs because there is still a lack of maternal and child health services that meet standards, due to the lack of increasing the capacity of midwives in villages and the management of newborns and the lack of understanding of mothers in detecting early signs of fetal danger. To achieve the targets that have been set, the Aceh government is experiencing obstacles in its efforts to reduce the Infant Mortality Rate through face-to-face methods, this condition cannot be implemented optimally due to the Covid 19 pandemic outbreak situation. Infant Mortality Rate (IMR) in Aceh in 4 (four) years Lastly, they tend to experience movements that are not in accordance with the targets that have been set. In 2017 and 2018 the IMR in Aceh was at 10/1000 LH. However, in 2019 it can be reduced to 9/1000 LH and in 2020 it will increase again to 10/1000 Live Births (Aceh, 2020).

Based on an initial survey conducted by the author at PMB Devi Andriani, Lhokseumawe City, data on mothers giving birth from 2020 to 2022 was 235 people, with 92 primiparas and 143 multiparas. Then the researcher conducted interviews with 8 mothers giving birth, namely 4 primiparous mothers and 4 other multiparous mothers. Of the 4 primiparous mothers, they admitted that they did not know well about caring for newborn babies and said that all activities and needs in caring for their babies were assisted by the family. Of the 4 multiparous mothers, 2 of them admitted that they took care of their babies themselves because they knew well about caring for newborns based on the experience and knowledge provided by the midwife, while the other 2 people admitted that their mothers cared for their babies because they still did not understand new babies. was born and was afraid to hold himself when bathing. From the results of the interview, it appears that there is a problem of independence for primiparous mothers in caring for their babies compared to multiparous mothers, although there is 1 mother who is not yet independent in caring for her baby.

So, based on the background above, researchers are interested in conducting research with the title "Factors that influence maternal independence in caring for newborns at PMB Devi Andriani, Lhokseumawe City in 2023".





## 2. Research Methods

Type study quantitative with design study quantitative with survey analytic descriptive with cross sectional design. The research location is PMB Devi Andriani, Lhokseumawe City, Indonesia. Research time month October until December 2023. Research This using total sampling, so subject study is all Mother pregnant who did inspection at PMB Devi Andriani Lhokseumawe City a total of 62 mothers pregnant . Method data collection with primary and secondary data. Primary data with share questionnaire to mothers pregnant who did examination at PMB Devi Andriani, while secondary data taken from quantity data Mother pregnant at PMB Devi Andriani. Analyze data with univariate analysis using formula distribution frequency. Analysis Bivariate using the independent T-Test. Analysis Multivariate with use regression Logistics prediction models.

Study This there is two variable that is variable free (independent) and variable bound (dependent). Variable free (independent) in study this is Independence deep primiparous mother nurse baby new born and variable bound (dependent) is age mother, knowledge mother, culture, beliefs mother, and support family.

Instrument study this use questionnaire characteristics respondents, questionnaires Independence deep primiparous mother nurse baby new born. For measure Independent and Dependent variables with using the Guttman Scale. Validity test done with use formula the proposed Product Moment Correlation by Pearson. Reliability test using Cronbach's Alpha. Coefficient varies from 0 to 1 and a value of 0.6 respectively general indicated reliability consistency / reliability intervals are not satisfying, so can concluded that something instrument said reliable if alpha value is more big of 0.6 ( $r > 0.6$ ) then the item is stated reliable.

The method of data collection began with the preparation of a proposal, and a preliminary study. The proposal has been approved and endorsed. Ethical clearance has been obtained from the Ethics Institute of STIKES Guna Bangsa Yogyakarta. The research permit was submitted to the research location. At the next stage, apperception with midwives, then informed consent, followed by research data collection. The data





obtained are primary data and secondary data. This study applies the principles of research ethics including ethical clearance, informed consent, anonymity, beneficence, confidentiality, benefic, and Justice.

processing and data analysis techniques use Statistical Product and Service Solution Statistics (SPSS) Software. Univariate data analysis use distribution frequency . Analysis bivariate using the independent T-Test. Analysis Multivariate with use regression predictive model logistics .

### 3. Results and Discussion

#### a. Results

Analysis univariate used For describe distribution frequency and percentage from each variable free age, education and occupation to variable bound that has been obtained from results study presented in the table distribution frequency following this :

Table 1  
 Distribution Frequency Characteristics of Pregnant Women based on age

No	Age	Frequency	Percentage (%)
1	<20 years	32	57.1
2	21-45 years	24	42.9
	Amount	56	100

Based on table 1 above can concluded majority aged >20 Year year as much 32 respondents (57.1%) And minority aged 21- 45 Years year as much 24 respondents (42.9%).

Table 2.  
 Characteristics of Pregnant Women Based on Education

No	Education	Frequency	Percentage (%)
1	Base	12	21.4
2	Intermediate	30	53.6
3	Tall	14	25
	Amount	56	100





Based on table 2 can seen that respondents majority Mother have a level education intermediate as much 30 respondents (53.6%) And minority have a level education base as much 12 respondents (21.4%).

Table 3.  
Characteristics of Pregnant Women based on Work

No	Education	Frequency	Percentage (%)
1	Self-employed	5	8.9
2	Employee Private	22	39.3
3	IRT	22	39.3
4	Civil servants	7	12.5
	Amount	56	100

Based on table 4.3 can seen that worker respondents the majority of housewives and employees Self-employed as many as 22 respondents (39.3%) and minorities self-employed as many as 5 respondents (8.9%).

Table 4.  
Knowledge of Pregnant Women primiparous mother about maintenance baby new born

No	Education	Frequency	Percentage (%)
1	Good	23	41.1
2	Not enough	33	58.9
	Amount	56	100

Based on table 4 above can concluded that knowledge respondents the majority is less as many as 33 respondents (58.9%) and the minority Good as many as 23 respondents (41.1%).

Table 5.  
Culture about maintenance baby new born

No	Education	Frequency	Percentage (%)
1	Support	27	48.2
2	No support	29	51.8
	Amount	56	100





Based on table 5 you can see that trust respondents the majority is less supportive as many as 29 respondents (51.8%) and were minorities support as many as 27 respondents (48.2%).

Table 6.  
Trust about maintenance baby new born

No	Education	Frequency	Percentage (%)
1	Support	25	44.6
2	No support	31	55.4
	Amount	56	100

Based on table 6 you can see that culture respondents the majority is less supportive as many as 31 respondents (55.4%) and were minorities support as many as 25 respondents (44.6%).

Table 7.  
Support family about maintenance baby new born

No	Education	Frequency	Percentage (%)
1	Support	23	41.1
2	No support	33	58.9
	Amount	56	100

Based on table 7 you can see that support family respondents the majority is less supportive as many as 33 respondents (58.9%) and were minorities support as many as 23 respondents (41.1%).

Table 8  
Independence deep primiparous mother maintenance baby new born

No	Education	Frequency	Percentage (%)
1	Independent	20	35.7
2	Less independent	36	64.3
	Amount	56	100

Based on table 8 can see that independence maintenance baby respondents the majority lack independence as many as 36 respondents (64.3%) and minorities independent as many as 20 respondents (35.7%).





Table 9.

Influence knowledge Mother to independence primiparous mother  
in maintenance baby new born in PMB Devi  
Andriani Lhokseumawe City Year 2023

Mother's Knowledge	Mother's Independence				Amount		P Value
	Independent		Less Independent				
	f	%	f	%	f	%	
Good	16	69.9	7	30.4	23	100	0,000
Not enough	4	12.1	29	87.9	33	100	
Total	<b>20</b>		<b>36</b>		<b>56</b>		

Based on table 9 can seen that of the 23 respondents who own knowledge Good as many as 16 respondents (69.6%) independent in maintenance baby and as many as 7 respondents (30.4%) were less independent in maintenance baby. Of the 33 respondents who had knowledge not enough as many as 4 respondents (12.1%) were independent in maintenance baby new born and as many as 29 respondents (87.9%) were less Independent in Maintenance baby. Based on analysis *Chi Square Test* obtained mark *p-value*  $0.000 < 0.05$  so can concluded that there is connection knowledge with independence maintenance baby new born.

Table 10.

Influence culture to independence deep primiparous mother  
maintenance baby new born in PMB Devi Andriani  
Lhokseumawe City Year 2023

Culture	Mother's Independence				Amount		P Value
	Independent		Less Independent				
	f	%	f	%	f	%	
Support	15	60.0	10	40.0	25	100	0.002
Not very supportive	5	16.1	26	83.9	31	100	
Total	<b>20</b>		<b>11</b>		<b>56</b>		

Based on table 10 can seen that of the 25 respondents who have supportive culture as many as 15 respondents (60.0%) independent in maintenance baby and as much 10 respondents (40.0%) not enough independent in maintenance baby. Of the 31 respondents who have lacking culture support as many as 5 respondents (16.1%) were





independent in maintenance baby and as many as 26 respondents (83.9%) less Independent in maintenance baby. Based on analysis *Chi Square Test* obtained mark *p-value* 0.002 <0.05 so can concluded that there is connection culture with independence maintenance baby.

Table 11.  
 Influence trust to independence primiparous mother  
 in maintenance baby new born in PMB Devi  
 Andriani Lhokseumawe City Year 2023

Trust	Mother's Independence				Amount		P Value
	Independent		Less Independent				
	f	%	f	%	f	%	
Support	16	59.3	11	40.7	27	100	0.002
Not very supportive	4	13.8	25	86.2	29	100	
<b>Total</b>	<b>20</b>		<b>11</b>		<b>56</b>		

Based on table 11 can seen that of the 27 respondents who have that belief support as much 16 respondents (59.3%) independent in maintenance babies and as many as 11 respondents (40.7%) were less independent in maintenance baby. Of the 29 respondents who have lack of trust support as many as 4 respondents (13.8%) were independent in maintenance baby and as many as 25 respondents (86.2%) less independent in maintenance baby. Based on analysis *Chi Square Test* obtained mark *p-value* 0.001<0.05 so can concluded that there is connection trust with independence maintenance baby.

Table 12.  
 Influence age Mother to independence primiparous mother  
 in maintenance baby new born in PMB Devi  
 Andriani Lhokseumawe City Year 2023

Mother's Age	Mother's Independence				Amount		P Value
	Independent		Less Independent				
	f	%	f	%	f	%	
<20 years	16	50.0	16	50.0	32	100	0.001
20-45 years	4	16.7	20	83.3	24	100	
<b>Total</b>	<b>20</b>		<b>36</b>		<b>56</b>		





Based on table 12 can seen that of the 32 respondents who have age > 20 years as many as 16 respondents (50.0%) independent in maintenance baby and as much 16 respondents (50.0) not enough independent in maintenance baby new born. Of the 24 respondents aged 21-45 years as many as 4 respondents (16.7%) were independent in maintenance baby and as many as 20 respondents (83.3%) less independent in maintenance baby. Based on analysis *Chi Square Test* obtained mark *p-value*  $0.001 < 0.05$  so can concluded that there is connection age with independence maintenance baby.

Table 13.  
Influence support family to independence primiparous mother  
in maintenance baby new born in PMB Devi  
Andriani Lhokseumawe City Year 2023

Support family	Mother's Independence				Amount		P Value
	Independent		Less Independent				
	f	%	f	%	f	%	
Support	14	60.9	9	39.1	42	100	0.003
Less Supportive	6	18.2	27	81.8	12	100	
Total	<b>20</b>		<b>36</b>		<b>56</b>		

Based on table 13 can seen that of the 23 respondents who have support supportive family as many as 14 respondents (60.9%) independent in maintenance baby and as much 9 respondents (39.1%) not enough independent in maintenance baby. Of the 33 respondents who own support families who don't support as many as 6 respondents (18.2%) were independent in Maintenance babies and as many as 27 respondents (81.8%) less independent in maintenance baby. Based on analysis *Chi Square Test* obtained mark *p-value*  $0.003 < 0.05$  so can concluded that There is connection support family with independence maintenance baby.

Table 14.  
Influence age , knowledge , culture , trust and support family





to independence deep primiparous mother maintenance  
 baby new born in PMB Devi Andriani City  
 Lhokseumawe Year 2023

Variable	B	Sig.	Exp(B)
Knowledge	1,486	,000	21,483
Culture Belief	3,067	,002	9,783
Mother's age	2,281	,001	2,409
Support family	,879	,001	4,421
	1,501	,003	4,488

Based on Table 14 after regression test was carried out logistics is known that variable knowledge, culture, belief / religion, age mother and support family own p-value  $< 0.05$  this means, fifth variable the each other interact for influence independence mother nurse baby at PMB Devi Andriani Lhokseumawe City Year 2023.

## b. Discussion

### **Influence knowledge Mother to independence deep primiparous mother nurse baby at PMB Devi Andriani Lhokseumawe City in 2023**

Based on results study can seen that of the 23 respondents who have knowledge good as many as 16 respondents (69.6%) independent in maintenance baby and as many as 7 respondents (30.4%) were less independent in maintenance baby. Of the 33 respondents who had knowledge not enough as many as 4 respondents (12.1%) were independent in maintenance baby new born and as many as 29 respondents (87.9%) were less independent in maintenance baby. Based on analysis *Chi Square Test* obtained mark *p-value*  $0.000 < 0.05$  so can concluded that there is connection knowledge with independence maintenance baby.

Knowledge is the most important thing in something action somebody including maintenance baby. Without knowledge, someone no will capable nurse baby with that's right, it's needed knowledge about type correct care, methods and techniques in every step maintenance. Knowledge is results know or known respondents about maintenance baby new born.





Infant care requires maternal independence and knowledge. This is in accordance with Notoatmojo, (2007) that behavior based on knowledge will be more lasting when compared to that which is not based on knowledge. Experience is one source of knowledge Experience allows a person to learn about a problem or experience can be used as a way to obtain the truth of knowledge. The respondent's independence in baby bathing care can be influenced by various factors including the mother's willingness, education, experience, and knowledge that can be obtained from various sources such as: counseling from health workers about caring for the umbilical cord, exclusive breastfeeding or mother and baby bonding (namely by midwives, doctors and nurses) while in the maternity home before going home, or from electronic media and others.

According to the researcher's assumption, a young mother (primipara) is more often faced with a difficult situation, where she is treated as a mother who still lacks experience, knowledge and skills in caring for her baby. Especially in terms of bathing the baby and umbilical cord care, which has been entrusted to more expert people, such as her sister or parents who already have experience in baby care. They are considered as people who have the main ability in terms of bathing and cord care. Families of primiparous mothers cannot entrust the care of newborns to the mother directly, because they consider the mother has no experience in newborn care and still feel sorry because the baby's mother is still in a condition that has not recovered from the delivery process. This is especially true if the young mother is still lacking in age, intelligence and education. These three factors are indeed internal factors that influence a person's independence in action.

However, if a young mother gets the opportunity to gain sufficient knowledge about the process she is experiencing, it is almost certain that she is less likely to experience failure in carrying out the role of a mother independently. primiparous mothers' knowledge, the majority of which is good, is strongly influenced by their productive age and mothers feel they need information about the conditions they feel so that postpartum mothers tend to seek information from any media to find out the





causes of changes in the conditions they experience. Meanwhile, education also has a major influence on knowledge where mothers who are highly educated will more easily accept the information provided. A woman experiencing her first childbirth (primipara), often does not know how to take care of the baby, has no experience of childbirth, and does not know what to do after the baby is born. In Javanese culture, the parents of the expectant mother always play a role in baby care. Expectant mothers are considered ignorant, incapable and inexperienced in providing care for their babies. This condition has an impact on the attitude of dependence of the expectant mother on the people around her. Physically, after undergoing labor, women tend to be weak.

However, within a few days it is expected that a primiparous mother can begin to be involved in the care of her baby, including bathing the baby, changing the baby's clothes, caring for the baby's umbilical cord, giving breast milk and so on. Midwives, as midwifery service providers, must be able to provide useful care for mothers since the time of delivery. Thus, these primiparas will be able to care for their babies independently as soon as the baby is born. One of the activities that can be carried out by midwives is to carry out health counseling through the service program during delivery at the hospital. Antenatal care is a means of learning together about health for postpartum women, in the form of face-to-face in groups. This activity aims to increase the knowledge and skills of mothers regarding pregnancy, pregnancy care, childbirth, postpartum care, newborn care, myths surrounding pregnancy, infectious diseases and baby birth certificates.

### **Influence culture to independence deep primiparous mother nurse baby at PMB Devi Andriani Lhokseumawe City in 2023**

Based on results study can seen that of the 25 respondents who have supportive culture as many as 15 respondents (60.0%) independent in maintenance baby and as many as 10 respondents (40.0%) were less independent in maintenance baby. Of the 31 respondents who have lacking culture support as many as 5 respondents (16.1%) were independent in maintenance baby and as many as 26





respondents (83.9%) less independent in maintenance baby. Based on analysis *Chi Square Test* obtained mark  $p\text{-value}$   $0.002 < 0.05$  so can concluded that there is connection culture with independence maintenance baby.

Culture as set inherited guidelines individual as member public certain and giving know individual as member public particular and method relate with others, with supernatural power, and with environment nature (Nasution, 2005). Knowledge culture covers beliefs and values about attitude facet life including practice health. Culture is power and wisdom in the form creation, intention and taste, whereas culture is results from creativity, intention and taste. By general culture containing norms social, that is joints contained society penalty or the punishments that will be dropped by group leader custom if regulation the violated by society his followers. The norms in question related with habit life everyday, customs or tradition tradition a life that is trusted and obeyed in a way hereditary. Culture can too as mechanism control for treatment and actions social man. In life society, humans develop culture, some are accepted and some are not accepted in a way selective Because regarding with moral and aesthetic values. All the above is problem existing social in the process of change social and cultural.

Habit people in Aceh in nurse baby including in the process of breastfeeding, still lots related with myths and beliefs held in life daily. Condition social in Aceh is something circumstances or deliberate position arranged in a way social, so put someone in position certain in structure social public. By general someone who occupies position highest in public is people which more understand about something religious knowledge, knowledge about healing disease / shaman, understand law custom and culture local, have family tree descendants of kings or originate from family figure society in the past. The culture in question is all elements in it contain understanding values, norms, knowledge knowledge, religious and all structure social, related with life man.

According to findings researcher factors social culture Aceh have role important in understand attitudes and behavior respond pregnancy, birth, as well





maintenance baby and mother. Some views culture in Aceh about things the has inherited down hereditary in culture public which concerned. Culture is all characteristics inherited in a way social can lowered from generation to generation next. Culture formed by values, beliefs, norms and behavior formed by groups with background same back. Guidelines culture thought done and expressed, because tradition this lowered so will become values reflected culture from every individual and family.

Some Acehnese cultures place a high priority on having sons, with women who give birth to sons receiving a higher status in the family. Such cultures are common in Acehnese, Mandailing, Batak and traditional Chinese families. In traditional Hispanic families, grandmothers are expected to play a role in caring for newborns. The task of caring for children is considered a mother's job and the father's job is only to earn a living, which assumes a mother must be able to care for and guide children, organize the household and carry out all the work in the household.

Based on interviews with Acehnese respondents, foods that are often given to newborns when the mother's milk has not yet been released are water, ripe bananas that are scraped with a spoon and then given to the baby, tajin water, formula milk and others. The community also believes that the first yellow breast milk or colostrum should not be given to the baby because it is considered dirty and stale breast milk. Another tradition or culture that is often followed is that a baby should not be taken out of the house, so that it is not exposed to sunlight, before a land ceremony is held for the baby. The wrong habits and traditions of the community in the care process include nutrition. Health workers are responsible for providing health information to the community by applying one of the strategies that take into account the cultural elements of the community.

### **Influence trust to independence deep primiparous mother nurse baby at PMB Devi Andriani Lhokseumawe City in 2023**

Based on the results of the study, it can be seen that of the 27 respondents who had supportive beliefs, 16 respondents (59.3%) were independent in infant care and





11 respondents (40.7%) were less independent in infant care. Of the 29 respondents who had less supportive beliefs, 4 respondents (13.8%) were independent in infant care and as many as 25 respondents (86.2%) were less independent in infant care. Based on the Chi Square Test analysis, the p-value is 0.001 <0.05 so it can be concluded that there is a relationship between trust and independence in baby care.

Infant care from the age of birth is very influential on their development and growth. Baby care in each region is unique in accordance with the beliefs/religions of the local community. The beliefs/religions that apply to the Acehese tribe in Pidie Jaya, the way of parenting and baby care is also of course still very much tied to the culture and beliefs there, focusing on how mothers take care of their babies.

The belief in patangan and ajuran is also still believed by the people of Aceh. As according to Suprabowo (2006), the abstinence believed by the Acehese people is more about the behavior of the mother when she is pregnant, it is believed that if she behaves well then the delivery will go easily. Conversely, if during pregnancy the mother does not maintain her behavior and attitude, it will complicate the delivery process, and the nature or bad behavior will decrease to her child later.

According to the researcher's findings, the beliefs that exist in the family make mothers follow them even though there is a lot of information obtained from health workers. The existing beliefs and traditions directly or indirectly do not support, for example, the implementation of exclusive breastfeeding. There are various beliefs related to breastfeeding, some beliefs are supportive and some are not. The standard of beliefs in the community varies from community to community. This suggests that public health policies around the world should consider and study the culture of communities to create favorable conditions for breastfeeding practices. Traditions and beliefs develop as something that will lead people's behavior to do things according to the traditions and beliefs that exist in their environment. Some of the myths that often exist are that colostrum contained in breast milk is not good and dangerous for babies, special tea or liquid is needed by babies before breastfeeding, and babies will experience a lack of nutrients for growth if only given breast milk. From some of





these beliefs, a mother will certainly provide some additional food other than breast milk to meet the nutritional needs of her baby.

### **Influence age Mother to independence deep primiparous mother nurse baby at PMB Devi Andriani Lhokseumawe City in 2023.**

Based on the table above, it can be seen that of the 32 respondents who were aged > 20 years, 16 respondents (50.0%) were independent in baby care and as many as 16 respondents (50.0) were less independent in newborn care. Of the 24 respondents aged 21-45 years, 4 respondents (16.7%) were independent in baby care and as many as 20 respondents (83.3%) were less independent in baby care. Based on the Chi Square Test analysis, the p-value is  $0.001 < 0.05$  so it can be concluded that there is a relationship between age and independence in baby care.

Age show development ability for learn and form behavior teaching required. Age can influence maturity physical, psychological and cognitive somebody. maturity someone can develop with study from self alone or other people's experiences. Factor age this related with level maturity and readiness mentally mother in parenting child. On mother which aged young many are no notice method nurse baby with correct so that lots baby become fussy because no done parenting with appropriate. At age young maintenance post the birth took place will different with mother who has age more adults, where old mother more from 35 years feel that nurse baby new born exhausting in a way physique.

A woman will experience the process of pregnancy, childbirth, and breastfeeding as one of the processes of her life. The changes experienced during this period are one of the causes of symptoms at each stage. A mother must be able to adapt to these changes. Pregnancy is a dramatic process that requires an adaptation process to deal with it. Primigravida mother is the first pregnancy experience by a woman, the birth of the first child is a crisis situation for a woman because in her life she experiences changes in roles and life patterns. The crisis most usually occurs in primigravida mothers, it is influenced by the lack of experience of skills possessed by





mothers in carrying out independent care of themselves and their babies after childbirth.

Age affects the anxiety level of primigravida mothers. The characteristics of young adulthood are the developmental tasks of young adulthood, one of which is the readiness to carry out the role of a wife and a mother. Changes in roles that will be faced require prospective young mothers to have the ability to carry out their roles. The lack of knowledge and lack of experience of young mothers will be a factor in the occurrence of maternal anxiety in an effort to fulfill their functions and roles. This period is characterized by forming a household. At this time, especially women, before the age of 30, is the reproductive period, where a woman is ready to accept the responsibility of being a mother. Young adulthood as a troubled period. Every period in human life, inevitably undergoes changes, so that a person must readjust to themselves and their environment. Similarly, in early adulthood, a person must do a lot of self-adjustment activities with marital life, the role of parents and pregnant women who are less than 20 years old will have feelings of anxiety and fear because of their unprepared physical condition.

According to findings researcher age is one of factor affecting readiness a person's physical and mental state in face problem. On age mother young maintenance postpartum which done will different with mother who has age more mature where old mother more from 35 years feel that nurse baby new born exhausting in a way physique. Factors which influence somebody for do something among them is level education and employment, where level more education good can push somebody for get or willing for do something for the sake of achieving expected goal. Education can influence somebody including behavior somebody will pattern life especially in motivating for attitude role as well as in development health according to Handayani (2009) in Ester (2010).

Multiparous will more realistic in anticipate limitations physically and can more easy adapt to his role age is one of factor affecting readiness a person's physical and mental state in face problem. At age mother young maintenance post the birth





took place will different with mother who has age more mature where old mother more from 35 years feel that nurse baby new born exhausting in a way physique. Influencing factors somebody for do something among them is level education and employment, where level more education good can push somebody for get or willing for do something to achieve expected goal.

Education can influence somebody including behavior somebody will pattern life especially in motivating for attitude role as well as in development health according to Handayani (2009) in Ester (2010). Multiparous will more realistic in anticipate limitations his physique and can more easy adapt to his role primipara possible need more support big and follow carry on.

### **Influence support family to independence deep primiparous mother nurse baby at PMB Devi Andriani Lhokseumawe City in 2023**

Based on the results of the study, it can be seen that of the 23 respondents who had supportive family support, 14 respondents (60.9%) were independent in infant care and 9 respondents (39.1%) were less independent in infant care. Of the 33 respondents who had unsupportive family support, 6 respondents (18.2%) were independent in infant care and 27 respondents (81.8%) were less independent in infant care. Based on the Chi Square Test analysis, the p-value is 0.003 <0.05 so it can be concluded that there is a relationship between family support and independence in infant care.

The role of mothers in caring for babies is influenced by supporting factors such as the support of the closest people, namely family support and accompanied by supportive attitudes from health workers. Family support is the first support that is very influential when mothers become new parents because mothers will take responsibility for caring for their babies. Support from all factors such as family support in providing information is an important factor in the mother's efforts to care for her baby. by providing support will improve the mother's behavior in her ability to care for the baby.





The mother's ability to care for the baby also requires support from health workers such as health workers who are trained and understand the correct baby care procedures. The role and support of health workers is the first person to help mothers in achieving success. Encouragement from health workers is very useful and can influence primiparous mothers to have a higher intention to explore their ability to care for their babies. The positive attitude given by health workers can provide motivation to primiparous mothers.

Health workers, especially midwives, play an important role in influencing the self-care behavior of postpartum mothers. Midwives are people who in carrying out their actions are based on science and have clear skills in their expertise. In addition, midwives also have the authority and responsibility in service-oriented actions through the provision of midwifery care to individuals, groups, or families. Midwives can provide midwifery care by paying attention to the needs of newborns. At home visits, midwives are the closest people to patients, therefore midwives must know the needs of their patients.

According to the researcher's findings, family support is very influential when mothers become new parents because mothers will take responsibility for baby care such as bathing babies, cord care, carrying and breastfeeding babies. The adjustment that mothers make starts from the first day they become a mother, at which time they need help and support from the people around them, especially their husbands, parents, and other family members. Mothers also begin to find out what kind of postnatal care they and their babies need. Usually, mothers will find out through people around them such as parents and other families who have experience in this matter.

That matter become reject measuring why mother very need support social family, okay from husband, parents, or member family other. Support social is also one supporting factors well-being psychological, which with exists support from given family to mother will reduce his feelings of stress and anxiety experience as well as condition psychological mom will too tend getting better. Support social





family is mother's support get it the one from husband, parents, or member family another mother form give help in a way direct nor provide a sense of security and comfort to the mother. Form real possible support given by husband among them is give attention to wife, indeed communication two good direction between both, as well there is connection intimate emotional.

#### **Limitations Of The Study**

Weakness study this that is located amount 56 respondents, of course still very minimal for interesting a conclusion related factor affecting independence deep primiparous mother maintenance baby new born. Then location research in only one PMB so that becomes respondents is part small from throughout Lhokseumawe City. Then when research, possibility respondents no give opinion with honestly so that can giving rise to invalid data.

#### **4. Conclusion**

Based on results study obtained conclusion that there is influence knowledge, culture, beliefs, age and support family to independence deep primiparous mother nurse baby at PMB Devi Andriani Lhokseumawe City.

Suggestions aimed at pregnant women It is suggested to respondents that the results of this study can be used as evaluation material for the community, especially primiparous mothers and add insight into science and information about newborn care so that it can increase insight and skills in caring for babies. For other researchers who want to continue this research, it is hoped that it can add insight into the science of immunization of prospective brides and can be a scientific reference that might be the latest basis for later development in further research.

#### **5. Compliance with ethical standards**

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can be useful for the community and health workers, especially in providing health services to the community.

#### **Disclosure of conflict of interest**

This research collaboration is a positive thing for all researchers so that conflicts, problems and others are absolutely no problem for all writers.

#### **Statement of informed consent**

Every action we take as authors is a mutual agreement or consent.

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