



## **Analysis of Factors Related to Healing of Perineal Stitch Wounds in Postpartum Mothers**

Cici Pratiwi<sup>1</sup>, Putu Lusita Nati Indriani<sup>2</sup>, Reffi Dhamayanti<sup>3</sup>, Bhakti Wiranti<sup>4</sup>, Arie Anggraini<sup>5</sup>, Eka Rahmawati<sup>6</sup>

<sup>1</sup> Program Studies Nursing, Arunika Dictionary College of Health Sciences, Indonesia

<sup>2</sup> Programs Midwifery Studies, Kader Bangsa University, Indonesia

<sup>3</sup> Public Health Study Program, Kader Bangsa University, Indonesia

<sup>4</sup> Medical Study Program, Islamic University of Indonesia, Indonesia

<sup>5,6</sup> Midwife Profession Study Program, Kader Bangsa University, Indonesia

### **ABSTRACT**

Perineal pain arises due to tearing or laceration of the perineum during the birth process due to severed tissue, which stimulates the hypothalamus to release pain receptors in the perineal area. Caring for perineal wounds, one of the important things is carrying out vulva hygiene. The benefits of vulva hygiene are keeping the vagina and the surrounding area clean and comfortable, preventing the appearance of vaginal discharge, unpleasant odors and itching and maintaining a constant vaginal pH. Vulva care is carried out every morning and evening before bathing, after urinating, defecating and if the postpartum mother feels uncomfortable because the lochea smells or there are complaints of pain. As a result of poor perineal wound care, the condition of the perineum affected by lochea becomes moist and will greatly support the growth of bacteria which causes infection in the perineum which can hinder the wound healing process. The postpartum period is an important thing to pay attention to, where the recovery of reproductive organs that experience changes during the pregnancy process occurs. Knowing the Factors Associated with the Healing of Perineal Suture Wounds in Postpartum Women at the Ujungpandang Baru Community Health Center. This study used a descriptive method. Mobilization and personal hygiene factors were related to perineal suture wound healing and tradition was not related to perineal suture wound healing.

**Keywords:** Factor Analysis, Healing, Perineal Stitch Wounds, Postpartum Mothers, Ujungpandang Health Center

Correspondent : Cici Pratiwi

E-mail : [pratiwicici8@gmail.com](mailto:pratiwicici8@gmail.com)





## 1. Introduction

The Ministry of Health of the Republic of Indonesia (2014) revealed the factors that directly cause death of pregnant women and childbirth, namely due to bleeding (30.3 % ), hypertension (27.1%), infection (7.3%), and others (40 .8 %). Meanwhile, indirect factors causing maternal death are due to late treatment, access, socio-cultural, educational and economic factors. In 2019, the incidence of AKI in Indonesia decreased to 305/100,000 live births compared to 2017 with an incidence of 359/100,000 live births (Department of Health of the Republic of Indonesia, 2020).

The postpartum period is an important thing to pay attention to, where the recovery of reproductive organs that experience changes during the pregnancy process occurs. The postpartum period is the period that begins after the birth of the placenta and ends when the uterine organs return to their pre-pregnancy state, where this period lasts for approximately 6 weeks. Perineal wounds on the urogenital daphragm and musculus, which occur during normal labor or delivery with instruments that occur in the perenium (Rukiyah, 2012).

The World Health Organization (2020) notes that every day around 830 women die due to complications related to pregnancy and childbirth throughout the world. The main complications that cause almost 75% of deaths in pregnancy and childbirth are bleeding, infection, high blood pressure during pregnancy (preeclampsia and eclampsia), birth complications, abortion and the rest are caused by or related to AIDS and malaria.

Caring for perineal wounds, one of the important things is to carry out vulva hygiene. The benefits of vulva hygiene are keeping the vagina and the surrounding area clean and comfortable, preventing the appearance of vaginal discharge, unpleasant odors and itching as well as maintaining a constant vaginal pH. Vulva care is carried out every morning and evening before bathing, after urinating, defecating and if the postpartum mother feels uncomfortable because the lochea smells or there are complaints of pain. As a result of poor perineal wound care, the condition of the perineum affected by lochea





becomes moist and will greatly support the growth of bacteria which causes infection in the perineum which can hinder the wound healing process.

Based on research (Herlina, et al 2018) it shows that almost half (46.7%) did not carry out vulva hygiene techniques properly, namely 7 respondents and more than half (60%) on the 6th day of postpartum mothers' perineal wounds, many of which had not healed. namely as many as 9 respondents.

Based on the results of the calculation of the contingency coefficient test (c), the result was 0.003 (Based on the results of the Indonesian Demographic Health Survey (SDKI) in 2016, 57% of mothers experienced perineal wounds and received perineal sutures (28% due to episiotomy and 29% due to spontaneous tearing). In In 2016, 52% of mothers who gave birth experienced perineal wounds were due to births with babies with sufficient birth weight or more (Ministry of Health of the Republic of Indonesia, 2016).

## 2. Research Methods

This research was carried out at the Ujungpandang Baru Community Health Center, the population and sample in this study were women giving birth who experienced perineal wounds at the Ujungpandang Baru Community Health Center.

### a. Data collection

Secondary data is data obtained in finished form and has been processed by other parties, usually in the form of publications. Primary data is data collected and processed by an organization or individual directly from the object (Saryono 2014).

### b. Data processing

#### 1) Editing

Editing is the stage of activities to check the validity of incoming data, such as checking the completeness of filling out the questionnaire, clarity of answers, relevance of answers and uniformity of measurements.

#### 2) Coding

Coding is the activity stage of classifying data and answers according to their respective categories, making it easier to group data.

#### 3) Processing





Processing is the stage of activities to process data so that it can be analyzed. Data processing is carried out by entering data from filling out the questionnaire into the master table.

c. Data analysis

a) Univariate Analysis

Used to describe research variables in order to obtain an overview or characteristics before carrying out bivariate analysis. The results of the research are displayed in the form of a frequency distribution.

b) Bivariate Analysis

The bivariate analysis carried out was a cross tabulation between two variables, namely the independent and dependent variables. The bivariate analysis used to determine the relationship to the research object is using the chi square test.

### 3. Results and Discussion

#### a. Results

1. Analysis Bivariate

Table 1.  
Perineal Wounds at the Ujungpandang Baru Community Health Center.

Wound Occurrence Perennial	n	%
Grade I Rupture	7	20.59
Grade II Rupture	27	79.41
Grade III Rupture	-	-
Amount	34	100

Based on table 1, it shows that the incidence of perineal wounds at the Ujungpandang Baru Community Health Center with grade I rupture is 20.59% and grade II rupture is 79.41%.

Table 2.  
Analysis of the Relationship between Implementation of Mobilization and Healing Perineal Suture Wounds at the Ujungpandang Baru Community Health Center





Factor Which Influenced	Slow		Fast		Total	
	n	F	n	F	n	F
No Mobilization	10	43.47	2	18.18	12	35.29
Mobilization	13	56.52	9	81.81	22	64.70
Amount	23	100	11	100	34	100
P Value = 0.05						
X <sup>2</sup> Hits = 18.68						
X <sup>2</sup> Table = 2.84						

Based on Table 2, it shows that of the 34 cases of perineal suture wounds, the most cases were experienced by mothers who did not change their sanitary napkins 3 times a day, 14 (41.17 % ) and there were 20 (58.82%) postpartum mothers who changed their sanitary napkins 3 times a day. . In this study, the calculated X2 result (18.68) was greater than the table X2 (2.84). So mobilization provided a significant relationship (P<0.05) to the incidence of healing of perineal suture wounds. The conclusion of this research is that X2Hit > X2 table or 18.68 > 2.84, so there is a significant relationship, meaning that Ha is accepted and Ho is rejected.

## b. Discussion

### 1. Mobilization

Based on the results of bivariate analysis 4, it was found that there was a relationship between mobilization and healing of perineal suture wounds and from the research data it was found that there were 12 mothers who did not mobilize (35.29%) and postpartum mothers who mobilized as many as 22 people (64.70%). In this study, the calculated X2 result (18.68) was greater than the table X2 (2.84).

The results of this study are in line with research conducted by Sondang Sidabutar, 2015, it is known that there is a significant relationship between early





mobilization and the length of healing of perineal wounds. Mobilization exercises are useful for increasing blood circulation around the genitals, speeding up wound healing, expelling lochea and speeding up the normalization of the genitals to their original state.

In this study, not all respondents carried out early mobilization because they were afraid of pain in the perineal wound. Early mobilization carried out by postpartum mothers starts from right and left tilt movements and light walks, which helps speed up the healing of perineal wounds.

#### 4. Conclusion

There is a relationship between perineal suture wound healing and mobilization as shown by  $X^2_{Hit} > X^2_{table}$  or  $18.68 > 2.84$ . This research should be able to improve the quality of services, especially those related to postpartum maternal health problems. prevention in the form of more intensive knowledge about the factors that cause perineal suture wounds.

#### 5. Compliance with ethical standards

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##### 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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