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**Post-Delivery Recovery Until All Women's Reproductive Organs Recover After Delivery (Postpartum Period 6 - 8 Weeks) Regarding Knowledge Of Umbilical Cord Care In Postpartum Mothers**Ernawati^{1*}, Zumrotul Ula², Binti Lulu Muthoharoh³, Rahmiyani Saad⁴, Devin⁵, Isra Wati⁶, Rezqiqah Aulia Rahmat⁷¹ Midwifery Study Program, Kurnia Jaya Persada Health and Business Institution Palopo, Indonesia² Midwifery Study Programs, Institut Kesehatan dan Bisnis Surabaya, Indonesia³ Midwifery Study Programs, Akademi Kebidanan Bunga Bangsaku Bangka, Indonesia⁴ Midwifery Study Program, Universitas Cokroaminoto Makassar, Indonesia^{5,6} Diploma Midwifery Study Program, Institut Teknologi dan Kesehatan Avicenna, Indonesia⁷ Medical Study Programs, Bosowa University Makassar, Indonesia**Abstract**

The postpartum period or puerperium or postpartum period is the period or time that begins after baby born until 6 Sunday. Mother postpartum experience adaptation Which divided in the talking in phase is when the mother is in a period of dependency, focused on herself, and the mother is uncomfortable with physical changes. Talking hold phase, in this phase the mother feels worried about not being able to care for her baby. The goal of umbilical cord care is to identify early and prevent bleeding. This study is a descriptive study with the main objective to describe the knowledge of postpartum mothers about umbilical cord care. The data in this study are primary data and secondary data. Based on the results of the study of postpartum mothers' knowledge about "understanding umbilical cord care" in the Health Center Area in Palopo, most respondents answered correctly. This data collection was obtained from the results of the study, namely Subjective data and Objective data. Subjective data or symptoms are phenomena experienced by the client and may be the beginning of the client's normal sensation habits. Objective Data, based on phenomena that can be seen factually. Objective data can be observed and measured. This data will provide evidence of the patient's clinical symptoms and facts related to the diagnosis. The knowledge of postpartum mothers about umbilical cord care in the Health Center Area in Palopo is mostly included in the good category, but this good knowledge is not in line with good behavior in umbilical cord care. Therefore, suggestions for health workers in providing information on umbilical cord care are accompanied by correct umbilical cord care practices.





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Keywords: Recovery, Post-Delivery, Female Reproductive Organs, Recovery After Delivery, Knowledge, Care, Umbilical Cord

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1. Introduction

Pregnancy is the growth and development of the fetus in the uterus starting from conception and ending with the onset of labor. Pregnancy, labor, postpartum, newborns and the selection of contraceptives are a series of physiological and continuous processes. During pregnancy, labor, postpartum, newborns and the use of contraception, women may experience various health problems. In order for a woman's pregnancy, labor and postpartum period to go well, good health services are needed. Government Regulation Number 61 of 2014 concerning reproductive health states that every woman has the right to receive health services to achieve a healthy life and be able to give birth to a healthy and quality generation and reduce the Maternal Mortality Rate. Good health services are needed during this period. Continuity of care is currently very important for every mother. With the provision of midwifery care, health workers such as midwives can monitor, examine and ensure the condition of the mother from pregnancy, childbirth, and until the postpartum period.

Maternal health services must meet the minimum frequency of visits in each semester, namely a minimum of one visit in the first trimester (gestational age 0-12 weeks), a minimum of one visit in the second trimester (gestational age 12-24 weeks), and a minimum of two visits in the third trimester (gestational age 24 weeks until delivery). The service time standard is carried out to ensure health protection for pregnant women and fetuses in the form of early detection of risk factors, prevention and early treatment of complications in pregnancy. Antenatal care is a preventive effort of obstetric health service programs to optimize maternal and neonatal outcomes through a series of routine monitoring activities during pregnancy. Immediate newborn care is care given to the baby





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during the first hour after birth. The postpartum period is a period of recovery, recovery from childbirth to the end of the reproductive organs returning to pre-pregnancy. The duration of the postpartum period for mothers is 6-8 weeks. The shortest postpartum period has no time limit, it could even be that in a relatively short time the blood has come out, while the maximum limit is 40 days.

Preventing umbilical cord infection is a simple measure. The main point in caring for the umbilical cord is maintaining cleanliness before caring for the umbilical cord by washing hands, as well as keeping the umbilical cord and surrounding areas clean and dry. And low knowledge about umbilical cord care is thought to be one of the factors causing umbilical cord infections.

The results of a preliminary survey at the Independent Midwife Practice in the Health Center area in Palopo, researchers found a problem in 5-day-old babies with sticky umbilical cord gauze and a slightly unpleasant odor on the baby's umbilical cord that had not been changed for 4 days, the mother did not dare to change the gauze bandage in the baby's center, this can cause umbilical cord infection because the wetness makes it easy for tetanus spores to enter.

2. Research Methods

Study this is *descriptive* research with the main objective is to describe the knowledge of postpartum mothers about umbilical cord care. The data in this study are primary data and secondary data. The primary data in this study are postpartum mothers in the Puskesmas area in Palopo, while the secondary data in this study are the results of previous studies, and data from Secondary Data.

Population study This is Mother postpartum in the Health Center Area in Palopo totaling 100 people per year 2021. The calculation of the number of samples was carried out using the Slovin formula obtained and the number of research samples was 50 postpartum mothers in the Health Center Area in Palopo. In taking samples, the researcher carried out inclusion criteria, namely postpartum mothers who were willing to be respondents, while the exclusion criteria were postpartum mothers whose education was health.

Data collection was conducted by visiting postpartum mothers in the Health Center





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area in Palopo with village midwife enumerators in the Health Center area in Palopo. Respondents were asked to fill out the research instrument with a questionnaire. Univariate analysis for variable level knowledge Mother postpartum about umbilical cord care is categorized as good (76-100% of the total score answered 15-19 statements correctly), sufficient (56-75% of the total score answered 15-19 statements correctly) 11-14 statements), less (<56% of the total score answered 1-10 statements correctly).

3. Results And Discussion

a. Results

Table 1.
Postpartum Mothers' Knowledge About Umbilical Cord Care

No	Knowledge	Frequency	%
1	Good	40	80
2	Enough	9	18
3	Not enough	1	2
	Total	50	100

Based on the results of the study of postpartum mothers' knowledge about "understanding umbilical cord care" in the Health Center Area in Palopo, most respondents answered correctly. This data collection was obtained from the results of the study, namely Subjective data and Objective data. Subjective data or symptoms are phenomena experienced by the client and may be the beginning of the client's normal sensation habits. Objective Data, based on phenomena that can be seen factually. Objective data can be observed and measured. This data will provide evidence of the patient's clinical symptoms and facts related to the diagnosis.

Based on the method of umbilical cord care, it can be seen that the frequency distribution of the statement with the most correct answers is statement number 9 about "after washing the umbilical cord does not need to be dried" as many as 40 respondents (80%) meaning that mothers already know that the umbilical cord must be dry. While the frequency distribution of respondents' answers that most often answered incorrectly is statement number 13 about "cleaning the umbilical cord with betadine then wrapped in gauze" as many as 9 respondents (18%) meaning that there are still many mothers





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who think that the umbilical cord that is given betadine then wrapped is a good thing, because most mothers consider betadine to be a medicine for healing wounds without thinking that it will cause the umbilical cord that is given betadine then wrapped can cause the umbilical cord to become damp and can slow down the drying process.

Based on the researcher's data regarding the consequences of incorrect umbilical cord care, it can be seen that the frequency of the statement most frequently answered correctly is about "if the umbilical cord is not cared for properly, it will cause infection" as many as 40 respondents (80%), meaning that the mother's knowledge about umbilical cord infection is good.

b. Discussion

In childbirth, possible complications that may occur include dystocia due to abnormal contractions/power (Power), Dystocia due to the baby's birth canal (Passage), Dystocia due to abnormalities in the fetus itself (Passager), Narrow maternal pelvis (Pevic Contraction), shape and abnormalities of the mother's pelvis, trial labor, abnormalities of the birth canal, abnormal head position, double/multiple presentation, breech position, transverse position, Dystocia due to abnormalities in the shape and size of the fetus, protruding umbilical cord, prolonged labor and neglected labor. A long umbilical cord can cause the baby to become entangled in the umbilical cord, the average length of a baby's umbilical cord is around 50-60 cm.

Maintenance rope center namely to maintain remaining rope center in a dry state without applying anything and covered loosely using gauze. The level of maternal knowledge about umbilical cord care in this study was that the majority of respondents had good knowledge of 80%. From these results it can be concluded that the level of maternal knowledge in umbilical cord care in the Health Center Area in Palopo can be categorized as having good knowledge.

The results of this study are in line with research conducted by Tiya Anggreyani related to the relationship between the level of knowledge of postpartum mothers about umbilical cord care and umbilical cord release in newborns at PKU Muhammadiyah Gamping Hospital which showed that 44.6% of respondents had a good knowledge category about umbilical cord care. Based on the survey results, babies were still found





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with umbilical cords with gauze that was still attached to the umbilical cord and umbilical cords that smelled (signs of umbilical cord infection) which was caused by the mother not daring to change the umbilical cord bandage. Conditions like this can occur due to, among other things, the knowledge of the postpartum mother.

Postpartum mothers who have good knowledge about umbilical cord care do not necessarily carry out umbilical cord care properly because of their lack of courage to carry out umbilical cord care. This causes postpartum mothers not to carry out proper umbilical cord care. A postpartum mother's good knowledge should be in line with good abilities and skills in carrying out umbilical cord care.

Knowledge is the result of knowing obtained from sensing a particular object. The sensing process through a person's five senses consisting of the senses of sight, hearing, smell, taste and touch. Factors that can influence maternal knowledge include age, education, occupation, environment, socio-culture, economy and information.

In this study, the age of the respondents was mostly in early adulthood, this can be seen from the results of the study which showed that the majority of respondents were in early adulthood, namely 20-35 years old. In this study, the majority of respondents had a high school education. Knowledge is closely related to education, so that if a person's education increases, their knowledge also increases. Although the majority of respondents are high school graduates, in terms of education they have good reading skills. In this study, it was found that most of the postpartum mothers respondents worked. The level of knowledge of mothers in this study was mostly in the good category, this is because many factors influence the level of knowledge of mothers, for example, having been given education by midwives after giving birth regarding umbilical cord care techniques for newborns.

4. Conclusion

Umbilical cord entanglement can be fatal and can result in death in the baby, this is because repeated twisting of the umbilical cord in one direction can result in blood flow from the mother to the fetus being completely blocked. The umbilical cord being wrapped too tightly around the baby two or three times can cause pressure on the umbilical cord, causing the fetus to experience a lack of oxygen. Some causes of umbilical cord





entanglement include the baby's overly active movements or excessive contractions during labor.

Postpartum mothers' knowledge about umbilical cord care in the Health Center Area in Palopo is mostly included in the good category, but this good knowledge is not in line with good behavior in umbilical cord care. Therefore, suggestions for health workers in providing umbilical cord care information are accompanied by correct umbilical cord care practices.

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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