

Overview of Pregnant Women's Knowledge of Antepartum Care at the Taraju Community Health Center in Tasikmalaya

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ABSTRACT

Background: Pregnancy begins with the meeting of the ovum and sperm cells will last around 9 months from the first day of the last menstruation, one of the important treatments during pregnancy is a pregnancy check-up, which is a service provided by nurses to women during pregnancy, which monitors their physical and psychological health, fetal growth, and preparation for childbirth. Apart from that, good knowledge about personal and fetal health care during pregnancy can improve the health of pregnant women. This research aims to assess the level of knowledge of pregnant women about antenatal care at the Taraju Tasikmalaya Community Health Center. **Methods:** this research method used was descriptive quantitative, with 30 respondents selected by accidental sampling, with data accumulation carried out using a questionnaire. **Results:** the result of the study showed that the majority of pregnant women at the Taraju Tasikmalaya Community Health Center had good knowledge about antenatal care at 66.7% (20 respondents), sufficient knowledge at 30% (9 respondents) or less at 3.3% (1 respondent). **Conclusion:** the majority of pregnant women's knowledgeable about antenatal care at the Taraju Tasikmalaya Health Center for the period May to June 2024 mostly good.

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Introduction

Pregnancy is a natural reaction that married couples look forward to. Pregnancy is a reaction that begins from the moment of conception until the fetus and placenta are fully developed, which takes about forty weeks from the first day of the last menstrual period (Silalahi & Widjayanti, 2022). Various abnormalities can affect

pregnancy and lead to infertility (sterility) or miscarriage, with risks of maternal and infant mortality present in every pregnancy. In 2020, the WHO reported a very high maternal mortality rate, with 810 women dying every day due to pregnancy and childbirth complications, and approximately 295,000 pregnant women dying after giving birth or during the postpartum period (Mustofa et al., 2023).

In ASEAN, the MMR is 235 per 100,000 live births (Khoerunnisa & Futriani, 2022). The results of the 2020 Long Form SP survey show that Indonesia has an MMR of 189 per 100,000 live births, which means that 189 women die during pregnancy, childbirth, and the postpartum period (Badanpusatstatistik, 2023). A number of maternal and neonatal deaths in Indonesia originate from West Java. To date, the maternal mortality rate stands at around 305 per 100,000 live births and has not yet reached the 2024 target of 183 per 100,000 live births (Rokom, 2023).

Records from the West Java Provincial Health Office show that from January to August 2020, Tasikmalaya Regency still ranked 11th in terms of maternal mortality (AKI) and 4th in terms of newborn mortality (AKB). The MMR in Tasikmalaya Regency still ranks 11th with 17 cases, with a ratio of 91 per 100,000 live births. This exceeds the West Java Province target for 2020, which is no more than 85 per 100,000 live births. Compared to Indonesia's target for maternal mortality according to the 2030 Sustainable Development Goals (SDGs), which is to reduce MMR to below 70 per 100,000 (Andriyansyah, 2022), the maternal mortality rate (MMR) at the Taraju Health Center in Tasikmalaya throughout 2023 has recorded 3 cases.

Maternal health begins with good knowledge of self-health checks and fetal health during pregnancy. A mother's health during pregnancy affects her child's health throughout their life. An efficient solution to reduce the Maternal and Infant Mortality Rates is through the addition of childbirth services provided by professional health workers in health services. It is very important for mothers to participate and understand the benefits of pregnancy check-ups by health workers in health services (KemenkesRI, 2018).

One of the services provided to women during pregnancy is antenatal care by medical personnel such as nurses, which includes monitoring physical and psychological health, including fetal growth and development, preparing for labor and delivery so that mothers are ready to take on their new role as parents (Wijayanti et al., 2022). Antenatal services are provided to observe the development of the pregnancy and confirm the health of the mother and fetus, as well as to identify potential pregnancy complications early on, including medical history and surgical procedures (KemenkesRI, 2018).

Pregnancy checkups/ANC are necessary for monitoring the health status of the mother and fetus and are very important to be done regularly. Pregnancy tests should be performed at least once in the first trimester (1 to 3 months), once in the second trimester (4 to 6 months), and twice in the third trimester (7 to 9 months), which can be administered by health workers, providing a better opportunity to detect various pregnancy complications or health problems in pregnant women (Wijayanti et al.,

2022). Some diseases or complications do not immediately appear with pregnancy (e.g., hypertension during pregnancy), and symptoms do not appear until a certain stage of pregnancy (e.g., prenatal bleeding due to placenta previa). Furthermore, efforts to provide information about the pregnancy process and its problems to pregnant women and their families through outdoor activities and counseling will be effective if there is sufficient time to complete the necessary health education.

Data obtained from the Taraju Health Center shows that many pregnant women in the area are still unaware of the importance of pregnancy check-ups in improving the health of mothers and babies and preparing for childbirth. According to a preliminary study conducted by the researcher, it was found that out of ten mothers who underwent pregnancy check-ups at the Taraju Community Health Center, only five pregnant women had knowledge about the importance of pregnancy check-ups, while five pregnant women were not yet aware of the importance of attending ANC visits.

Based on the above description, the author was motivated to conduct a study entitled "An Overview of Pregnant Women's Knowledge of Antenatal Care at the Taraju Health Center in Tasikmalaya."

Objective

This research aims to assess the level of knowledge of pregnant women about antenatal care at the Taraju Tasikmalaya Community Health Center

Method

The study used a quantitative descriptive method and was conducted at the Taraju Community Health Center in Tasikmalaya from May to June 2024. The population to be studied consisted of 100 pregnant women in their first, second, and third trimesters who underwent their first pregnancy checkup at the Taraju Community Health Center. The research sample was selected using accidental sampling, involving 30 respondents. Data was obtained using a questionnaire and analyzed using univariate analysis.

Results

This study was conducted in May-June 2024 in the working area of the Taraju Tasikmalaya Community Health Center. The number of respondents involved was 30 pregnant women who underwent their first pregnancy check-up, who were studied regarding their level of understanding of antenatal care. The data used in this study was primary data obtained and collected directly from the research subjects, as well as secondary data from the health center's register and medical records using a questionnaire and frequency distribution.

Univariate analysis was used in this study to analyze the characteristics of pregnant women, such as age, education, occupation, and pregnancy check-up visits, in order to determine the level of understanding of pregnant women about antenatal care.

Table 1. Knowledge

No	Category	Frequency (F)	Percentage (%)
1	Good	20	66.7
2	Fair	9	30.0
3	Poor	1	3.3
Total		30	100

Based on Table 1, the results show that 66.7% (20 respondents) have good knowledge and 3.3% (1 respondent) have poor knowledge.

Table 2. Age

No	Category (Age Range)	Frequency (F)	Percentage (%)
1	< 19 years	5	16.7
2	20–35 years	25	83.3
Total		30	100

Table 2 shows that in the age category, the highest frequency was found in the 20 to 35 age group, which was 83.3% (25 people), and the lowest frequency was found in the under-19 age group, which was 16.7% (5 people).

Table 3. Education

No	Category (Education Level)	Frequency (F)	Percentage (%)
1	Elementary School	0	0
2	Junior High School	15	50.0
3	Senior High School	15	50.0
4	Higher Education	0	0
Total		30	100

Discussion

According to the results of the study conducted, out of 30 respondents at the Taraju Health Center in Tasikmalaya, the majority of pregnant women had a good level of knowledge about antenatal care, with 20 respondents (66.7%) falling into the good category, 9 respondents (30%) falling into the adequate category, and only 1 respondent (3.3%) having poor knowledge. Respondents at the Taraju Community Health Center had a good level of knowledge about antenatal care. This was because the respondents had received general health information and pregnancy checkups from family and friends, and some respondents had obtained information from the internet, which they often accessed. However, there were still respondents who did not know about the importance of pregnancy checkups, either at health services or at local midwives.

Respondents who understood the benefits of pregnancy check-ups were motivated to undergo regular check-ups. The results showed that mothers with good knowledge scored higher than mothers with adequate or poor knowledge. This indicates that a good level of knowledge about the benefits of ANC visits is associated

with a higher frequency of visits compared to mothers who did not understand the importance of pregnancy check-ups.

In statements no. 3, 8, and 13, quite a number of respondents at the Taraju Community Health Center answered incorrectly because they thought that prenatal checkups should only be done at the beginning of pregnancy or when they were sick. According to the respondents, if mothers always took good care of their health at home, their fetuses would also be healthy. Therefore, some respondents rarely went for prenatal checkups unless they were reminded or told to do so by their families and medical personnel.

Pregnant women who do not undergo regular prenatal check-ups may not be aware of danger signs and problems that may arise during pregnancy or childbirth. In line with the results of a study (Armaya, 2018) at the Kutacane City Health Center, understanding has a very significant effect on the discipline of mothers in antenatal care examinations. Thus, the better the understanding of pregnant women, the better they will be in complying with their pregnancy examinations.

The research results show that there are several factors that influence pregnant women's understanding of pregnancy check-ups, namely age, education, occupation, and pregnancy check-up visits. In line with the research (Putriatrik et al., 2016), pregnant women's understanding of pregnancy check-ups is influenced by various components, namely age, education, occupation, and pregnancy check-up visits.

Some respondents still lack knowledge about pregnancy check-ups, therefore it is necessary to provide health information to pregnant women about the importance of pregnancy check-ups. The information provided is expected to be beneficial, so that pregnant women who initially did not know the importance of pregnancy check-ups, danger signs during pregnancy, and childbirth will understand that with good and correct information about the importance of antenatal care, pregnant women will take better care of their pregnancy and undergo regular pregnancy check-ups. Because mothers receive a lot of information about health, this has a positive effect on their behavior.

Age is also a factor that influences pregnant women's awareness of pregnancy checkups. Based on the results of the study, most respondents were over 20 years old (83.3%, or 25 respondents), while the rest were under 19 years old (16.7%). (5 respondents). Pregnant women who are mature and ready to face their pregnancy will certainly be influenced by the knowledge they have acquired, enabling them to better understand and recognize the importance of prenatal checkups in promoting the health of both mother and fetus. In line with the research by A. I. Rachmawati et al (2017) that age affects a person's way of thinking, mothers of productive age (20-35 years) often have the ability to think more rationally than younger or older mothers. In this case, mothers of productive age have greater motivation to undergo pregnancy check-ups. The age of pregnant women greatly influences their knowledge of antenatal care in preventing complications because respondents of productive age are more likely to know the benefits of pregnancy check-ups, thus encouraging them to

have regular check-ups. According to the theory of Affandi & Soliha (2023), traditional attitudes towards the process of development throughout life emerge, namely that the older a person gets, the smarter they become, the more knowledge they acquire, and the more they will do.

Education is also a factor that influences respondents' knowledge about antenatal care. The results of the study related to junior high school education showed 15 people (50%) and senior high school education showed 50% (15 people), while elementary school and college education showed 0%. The education level of respondents who underwent pregnancy check-ups at the Taraju Community Health Center was the same between junior high school and high school, in line with research (Eka Sarofah Ningsih, 2017) stating that someone with a higher education will more easily accept knowledge and even obtain more information, so that person will be better at understanding pregnancy check-ups.

A person's education is closely related to the information they have obtained, meaning that education encompasses the entire process of life, all activities in their environment, both formal and non-formal. The level of education affects the level of understanding of pregnant women about antenatal care, because the information obtained through nurses and other health professionals can change their way of thinking, attitudes, and understanding. Similar to the theory of Husamah et al (2019), education is changing the behavior and attitudes of individuals and groups of people to become mature through education and teaching, so that changes in behavior and healthy attitudes will be seen. Higher education will facilitate a person in receiving information and implementing knowledge in behavior and daily lifestyle, especially health.

The next factor that influences mothers' understanding of pregnancy checkups is employment. The results show that 40% of the pregnant women surveyed (12 people) work, while the remaining 60% (18 people) are housewives. According to Notoatmodjo (2014), work is an activity that a person does to earn a living to meet their daily needs. A working pregnant woman has more burdens and obstacles, meaning that family and household matters must be managed first by the mother. If they are unable to balance both roles, they will experience difficulties, so many mothers are unable to overcome these obstacles.

In line with the theory of Affandi & Soliha (2023), working mothers carry out various important and demanding tasks that require time and energy, and hard-working mothers sometimes have less time to obtain information. According to A. I. Rachmawati et al (2017), pregnant women who are actively working and working hard will choose their careers over their health, which will affect their compliance with pregnancy check-ups at the health center, while housewives will be more optimal in conducting pregnancy check-ups because they have more free time to arrange their pregnancy check-up schedules.

This does not mean that housewives are guaranteed to have better children than working mothers, because both working and non-working mothers may take the same

actions in terms of pregnancy check-ups. For example, respondents who underwent pregnancy check-ups at the Taraju Community Health Center, who had permanent jobs as teachers and private sector employees, still underwent regular check-ups because they understood the importance of pregnancy check-ups.

The factor of antenatal care visits, according to the research results, showed that 96.7% of the mothers surveyed (29 people) made fewer than 4 antenatal care visits, while the remaining 3.3% (1 person) made more than 4 visits. In line with the research by Hasibuan & Batubara (2021), knowledge influences a person's attitude towards attending antenatal care visits, because the better pregnant women's understanding of pregnancy check-ups, the better they are at attending antenatal care visits.

According to the results of the study, most respondents did not meet the standards for attending pregnancy check-ups, because some respondents were in the early stages of pregnancy and had not yet made a follow-up visit. Pregnancy check-ups are very necessary to monitor the health of the mother and fetus.

Therefore, it is necessary for pregnant women to have regular antenatal care check-ups, at least once in the first trimester (less than 14 weeks of pregnancy), at least once in the second trimester (14-28 weeks of pregnancy) and twice in the third trimester (more than 28 weeks, between weeks 30 to 32 and between weeks 36 to 38 until birth) (Wijayanti et al., 2022). However, if there is a high-risk pregnancy, the ANC visit schedule must be even stricter.

The minimum standard of care for pregnancy services (14T) according to (Elisanti, 2018) includes: measuring weight, height, blood pressure, nutritional status (measuring upper arm circumference (lila)), measuring uterine fundal height (TFU), checking fetal heart rate (FHR) and fetal presentation, administering TT immunization, administering 90 iron tablets during pregnancy, laboratory tests, urine tests as indicated, breast care, handling cases according to authority, administering malaria medication for malaria-endemic areas, counseling, and pregnancy exercises.

Prenatal care (ANC) visits are very important for pregnant women. Regular prenatal check-ups according to standards will reduce problems during pregnancy because health workers can identify signs of pregnancy complications early on. Regular check-ups will reduce the number of cases of maternal and infant morbidity and mortality.

The Indonesian Ministry of Health recommends a minimum of four ANC visits during pregnancy. The number of ANC visits may increase according to need (if there are complaints, illnesses, or pregnancy complications), up to a maximum of six visits, with at least two visits to a doctor, two visits for screening for risk factors or pregnancy abnormalities in the first trimester, and one visit for screening for delivery risk factors in the third trimester (Indonesian Ministry of Health, 2020). By attending antenatal care visits or examinations at healthcare facilities, women can enhance their knowledge about pregnancy, their own health, and the health of the fetus, thereby preventing unwanted outcomes such as pregnancy complications.

Conclusion

According to the results of the study that has been conducted, in accordance with the research objectives, namely to determine the level of knowledge of pregnant women about antenatal care at the Taraju Tasikmalaya Community Health Center during the period of May to June 2024, the results show that 20 people (66.7%) have good knowledge.

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