

## **Description of Mother's Knowledge and Attitudes Regarding Early Mobilization Post Sectio Caesarea at The Fatimah Mother and Children's Special Hospital, Makassar**

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### **Abstract**

The aim of this study was to describe the knowledge and attitudes of post-caesarean section mothers regarding early mobilization at the Fatimah Regional Special Hospital for Women and Children in Makassar. The method used in this research is a descriptive survey. The results showed that of the 37 respondents studied, 23 mothers had good knowledge, 18 people (78.3%) carried out early mobilization according to the stages well.

**Keywords:** Mother's Attitude, Post Sectio Caesarea, Mobilization

### **Introduction**

Currently, there is a tendency for young women to prefer giving birth by caesarean section to avoid pain during vaginal birth. Another reason why women prefer caesarean section is because they are afraid/phobic of the birthing process, afraid of the feelings caused during labor, and even for the reason that they want to give birth on the day, date and time of their own choosing (Maryunani, 2010). The aim of caesarean section delivery is to preserve the life of the mother and fetus. Apart from that, caesarean section is carried out in situations where delaying birth will worsen the birth of the fetus, mother or both, while vaginal birth is not possible to carry out safely (Hartati, Maryunani, 2015).

In South Sulawesi, the number of mothers who gave birth in 2014 was 8,137 births, of which 34.6% of mothers gave birth by caesarean section, in 2015 there were 8,137 births, 31.9% of mothers gave birth by caesarean section, and in 2016 up to October the births were with caesarean section 30.2% of 7,531 deliveries (Harun, et al, 2016). An initial survey conducted at the Fatimah Makassar Regional Special Hospital for Women and Children, found that the number of women giving birth by caesarean section in 2013 was 892 people, in 2014 there were 625 people, in 2015 there were 747 people, and in 2016 there were 488 people (Medical Records at the Fatimah Regional Special Hospital for Women and Children, Makassar, 2017).

Early mobilization after caesarean section is important, because if the mother does not mobilize early it will cause complications, for example: increased body temperature, abnormal bleeding, thrombosis, poor involution, blocked blood flow, and increased pain intensity. Apart from that, it can also result in longer hospital stays and a slower wound healing process (Hartati S & Maryunani A, 2015). Based on the above background, the research problem was formulated "what is the description of mothers' knowledge and attitudes regarding early mobilization post caesarean section at the Fatimah Makassar Regional Special Hospital for Women and Children?".

The results of research conducted by Buhari S.I (2016), regarding the description of the level of knowledge about early mobilization among postpartum mothers at the Likupang Timur Community Health Center, East Likupang District, obtained results from the 50 respondents studied, the highest level of knowledge of respondents was good, namely 31

respondents (62% ), while 19 people (38.0%) lacked knowledge. The results of another study conducted by Marfuah I (2015), regarding the description of the level of knowledge and attitudes of mothers regarding early mobilization after caesarean section at Dr. Regional General Hospital. Moewardi obtained results from 106 respondents studied, 67 respondents (63.2%) had high knowledge, and 39 respondents (36.8%) had low knowledge. Meanwhile, based on attitude, 75 respondents (70.8%) had a good attitude and 31 respondents (29.2%) had a poor attitude. The aim of this study was to describe the knowledge and attitudes of post-caesarean section mothers regarding early mobilization at the Fatimah Regional Special Hospital for Women and Children in Makassar

## Methods

The method used in this research is a descriptive survey. The aim is to explain or describe the research problem, namely a description of mothers' knowledge and attitudes regarding early mobilization post caesarean section at the Fatimah Makassar Regional Special Hospital for Women and Children. This research was carried out at the Fatimah Regional Special Hospital for Women and Children in Makassar. The sample in this study was post-caesarean section mothers who were treated at the Fatimah Makassar Regional Special Hospital for Women and Children, with (1) inclusion criteria, namely post-caesarean section mothers who were treated on the first day and were willing to be respondents; (2) exclusion criteria, namely post-caesarean section mothers who were treated with complications and post-caesarean section mothers who were treated on the second day and beyond. The data processing process is carried out in steps (1) editing; (2) coding; (3) data entry; (4) carry out technical analysis.

## Results and Discussion

### Mother's attitude

Table 1. Description of Mothers' Attitudes Regarding Early Mobilization Post Sectio Caesarea at the Fatimah Regional Special Hospital for Women and Children in Makassar

<b>Mother's attitude</b>	<b>n</b>	<b>%</b>
Positive	31	83,8
Negative	6	16,2
Total	37	100,0

Source: Primary Data

Table 1 shows that the majority of mothers had a positive attitude regarding early mobilization post caesarean section, namely 31 people (83.8%), and 6 people (16.2%) had a negative attitude.

### Implementation of Early Mobilization Post Sectio Caesarea

Table 2. Description of the Implementation of Early Mobilization Post Sectio Caesarea in Special Regional Hospitals Ibu Dan Anak Fatimah Makassar

<b>Implementation of Early Mobilization Post Sectio Caesarea</b>	<b>n</b>	<b>%</b>
Carry out early mobilization	21	56,8
Not carrying out early mobilization	16	43,2
<b>Total</b>	<b>37</b>	<b>100,0</b>

Source: Primary Data

Table 2 shows that the majority of post-caesarean section mothers have carried out early mobilization, namely 21 people (56.8%), and 16 people (43.2%) of post-caesarean section mothers have not carried out early mobilization.

### Crosstabs Analysis

#### Description of Mother's Knowledge Post Sectio Caesarea about Early Mobilization

Table 3. Description of Post Sectio Caesarea Mothers' Knowledge about Early Mobilization at the Fatimah Makassar Regional Special Hospital for Women and Children

Mother Knowledge	Early Mobilization PostSectio Caesarea				Total	
	Do		Do not do			
	n	%	n	%	n	%
Good	18	78,3	5	21,7	23	100,0
Enough	3	21,4	11	78,6	14	100,0
<b>Total</b>	<b>21</b>	<b>56,8</b>	<b>16</b>	<b>43,2</b>	<b>37</b>	<b>100,0</b>

Source: Primary Data

Table 3 shows that of the 37 respondents studied, 23 mothers had good knowledge, 18 people (78.3%) carried out early mobilization according to the stages well and 5 people (21.7%) did not carry out early mobilization. Meanwhile, there were 14 mothers who had sufficient knowledge, 3 people (21.4%) carried out early mobilization according to the stages well and 11 people (78.6%) did not carry out early mobilization.

#### Description of Post Sectio Caesarea Mother's Attitude Regarding Early Mobilization

Table 4. Description of Post Sectio Caesarea Mother's Attitude Regarding Early Mobilization at the Regional Special Hospital Ibu Dan Anak Fatimah Makassar Tahun 2017

Mother Attitude	Early Mobilization Post Sectio Caesarea				Total	
	Do		Do not do			
	n	%	n	%	n	%
Positive	19	61,3	12	38,7	31	100,0
Negative	2	33,3	4	66,7	6	100,0
<b>Total</b>	<b>21</b>	<b>56,8</b>	<b>16</b>	<b>43,2</b>	<b>37</b>	<b>100,0</b>

Source: Primary Data

Table 4 shows that of the 37 respondents studied, 31 mothers had a positive attitude, 19 people (61.3%) carried out early mobilization according to the stages well and 12 people (38.7%) did not carry out early mobilization. Meanwhile, there were 6 mothers who had negative attitudes, 2 people (33.3%) carried out early mobilization according to the stages well and 4 people (66.7%) did not carry out early mobilization.

#### Description of Mother's Knowledge Post Sectio Caesarea about Early Mobilization

The results showed that of the 37 respondents studied, 23 mothers had good knowledge, 18 people (78.3%) carried out early mobilization according to the stages well. Good knowledge about early mobilization can make mothers have good efforts and behavior in carrying out early mobilization post caesarean section. According to Potter & Perry, (2006), quoted in Sulasmi (2015), knowledge will provide reinforcement to individuals in

every decision they make and in their behavior. However, the research results found that 5 people (21.7%) did not mobilize early even though they had good knowledge. This was because the mother's condition at the time of the research was still not good as a result of the operation, making the mother feel afraid to move or mobilize early. Apart from that, the mother still lacks awareness of the importance of the benefits of movement or early mobilization post caesarean section, so even though the mother already knows the stages of mobilization, if it is not followed by the will and awareness to mobilize, the knowledge she has will be meaningless.

Meanwhile, there were 14 mothers who had sufficient knowledge, 11 people (78.6%) did not mobilize early. This is due to the mother's ignorance about the benefits of early mobilization post caesarean section and the implementation of early mobilization clearly and correctly due to the lack of information obtained by the mother about early mobilization. This can be seen in the results of the summary of respondents' answers to the questionnaire, where respondents who have sufficient knowledge do not know the objectives, benefits, stages, disadvantages and the right time to mobilize. According to Potter & Perry, (2006), quoted in Sulasmi (2015), the patient's low level of knowledge about the importance of early mobilization post caesarean section can be one of the factors inhibiting the implementation of early mobilization. However, the research results found that 3 people (21.4%) carried out early mobilization according to the stages well, even though they had insufficient knowledge. This can be caused by the mother's experience with previous births, so that when the mother goes into labor again the mother already knows what movements can be made after undergoing a caesarean section operation even though the mother does not really know about mobilization. According to Notoatmodjo (2014), experience is something that is felt (known, done) and is also an awareness of something that is captured by the human senses..

The results of this research are in line with research conducted by Buhari (2016), with the research results showing that of the 50 respondents studied, the highest level of knowledge of respondents was good, namely 31 respondents (62%), while 19 people had poor knowledge (38, 0%). So it can be concluded that the better a person's knowledge about early mobilization, the person will always carry out early mobilization in a healthy way, as well as the level of education, the higher a person's education will be followed by behavior that can improve his health. The level of knowledge is a factor that plays an important role in realizing the implementation of early mobilization after giving birth. If a person's level of knowledge is low regarding the benefits and objectives of mobilization then this will greatly affect the level of implementation. (Bahiyatun, 2009, quoted in Buhari, 2016). In general, knowledge has a predictive ability towards something as a result of recognizing a pattern. For example, post-caesarean section mothers' knowledge about early mobilization can be obtained from a pattern of predictive ability from experience and information received. Budiman & Riyanto A (2013), stated that knowledge is not a fact of a reality that is being studied, but rather is a person's cognitive construction of objects, experiences, or their environment. Knowledge is an important factor in shaping the behavior of a patient who is suffering from an illness.

The respondent's level of knowledge is influenced by several factors, including the respondent's education level. The relatively low level of education of respondents causes the respondent's ability to understand information about the benefits of early post-operative mobilization to be lacking. Someone takes action because of the knowledge they have. This knowledge can be obtained from the learning process, both formal and non-formal. This learning process is influenced by various internal factors, such as motivation and external

factors in the form of available information facilities, as well as socio-cultural conditions (Buhari, 2016). Based on the discussion presented above, the researcher concluded that the better the post-caesarean mother's knowledge about early mobilization, the more likely the mother will carry out early mobilization in accordance with the recommendations of the nurse or midwife.

### **Description of Post Sectio Caesarea Mother's Attitude Regarding Early Mobilization**

The research results showed that of the 37 respondents studied, 31 mothers had a positive attitude, 19 people (61.3%) carried out early mobilization according to the stages well. This is because mothers have a high awareness of the importance of early mobilization post caesarean section and also because of the fear of infection after post caesarean section delivery, which causes mothers to mobilize early. According to Marfuah I (2015), a positive attitude is influenced by the mother's knowledge, where the better the mother's knowledge about post-caesarean section mobilization, the better the mother's attitude towards post-caesarean section mobilization. However, the research results found that 12 people (38.7%) did not mobilize early even though they had a positive attitude. This is due to the mother's lack of awareness of the importance of early mobilization post caesarean section. A positive attitude will not become an action if it is not followed by a person's good awareness, so even if someone has a positive attitude, if they do not have a good awareness then that attitude will not become a real action.

Meanwhile, there were 6 mothers who had negative attitudes, 4 people (66.7%) did not mobilize early. This is due to a lack of knowledge and information obtained by mothers about the benefits of implementing early mobilization post caesarean section. Mother thinks that early mobilization will increase the pain and damage the surgical wound. According to Maryanti D & Septikasari M (2012), education influences women's attitudes towards health. Low education makes women less concerned about health. They do not know the dangers or health threats that may occur to them. Therefore, the lack of knowledge among respondents can make attitudes towards early mobilization post caesarean section also less good because there is still little information obtained about the many benefits of early mobilization post caesarean section. However, the research results found that 2 people (33.3%) carried out early mobilization according to the stages well even though they had a negative attitude. This is due to the support of the family who always provide support and encourage the mother to carry out early movement or mobilization in order to help speed up the mother's recovery after undergoing surgery, so that even though the mother's attitude is negative, due to encouragement from the family in the end the mother is willing to carry out early movement or mobilization.

The results of this research are in line with research conducted by Marfuah I (2015), with the results showing that of the 106 respondents studied, 75 respondents (70.8%) had a good attitude and 31 respondents (29.2%) had a good attitude. not enough. The higher the mother's knowledge about early mobilization after caesarean section. the better the mother's attitude in carrying out early mobilization post caesarean section.

The attitude that mothers have regarding the benefits of early mobilization is how post-caesarean section mothers take their stance in implementing early mobilization (Bahiyatun, 2009, quoted in Buhari, 2016).

In determining the mother's attitude regarding early mobilization post caesarean section, knowledge plays an important role because with knowledge, the mother can develop what she knows and can carry out early mobilization post caesarean section in an effort to

speed up healing. Mothers who know the benefits of early mobilization post caesarean section will tend to move compared to mothers who do not know the benefits of early mobilization post caesarean section. Mothers who do not know the benefits of early mobilization post caesarean section tend not to do anything because they are afraid it will disrupt or hinder the healing process (Clara Grace, 2012).

Based on the discussion presented above, the researcher concluded that the mother's attitude is greatly influenced by knowledge, where mothers who have good knowledge about the benefits of early mobilization, this knowledge can make the mother's attitude positive in carrying out early mobilization post caesarean section.

## Conclusion

Based on this research, it can be concluded that (1) The majority of respondents have good knowledge about early mobilization post caesarean section, namely 23 people (62.2%); (2) The majority of respondents had a positive attitude regarding early mobilization post caesarean section, namely 31 people (83.8%); (3) The mother's knowledge about early mobilization post caesarean section will influence the mother's attitude, where mothers who have good knowledge about the benefits of early mobilization, this knowledge can make the mother's attitude positive in carrying out early mobilization post caesarean section. So, the mother's attitude is greatly influenced by knowledge, where mothers who have good knowledge about the benefits of early mobilization, this knowledge can make the mother's attitude positive in carrying out early mobilization post caesarean section.

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