

The Relationship Between Mother's Knowledge And Attitude About High Risk Pregnancy In Pulo Brayan Medan Health Center

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ARTICLE INFO

Keywords:
Knowledge,
Attitude,
High Risk Pregnancy

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ABSTRACT

Some complications that may occur in high-risk pregnancies, especially women who are pregnant at the age of more than 35 years, including the fetus in the womb experiencing genetic problems and congenital abnormalities. According to a number of theories, women at a greater age are at greater risk of having a baby born with genetic disorders. The purpose of this study was to analyze the relationship between knowledge and attitudes with a high risk of pregnancy at the age of more than 35 years in the working area of the Pulo Brayan Health Center, Medan. This type of research is an analytic survey using a cross-sectional approach by means of observation and data collection at one time. The statistical test used was the chi square test with a significant degree of p value of 0.05. The results showed that 80% of mothers with less knowledge and 85% of negative attitudes experienced high-risk pregnancies, namely pregnant at age > 35 years. There is a significant relationship between knowledge and the risk of pregnancy over 35 years, p value 0.001 and there is an attitude relationship with the risk of pregnancy over 35 years, p value 0.000. Suggestions for the Puskesmas to optimize health education and proper handling of high-risk pregnancies.

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INTRODUCTION

One indicator to see women's health status is to look at the Maternal Mortality Rate (MMR). Maternal and infant mortality is a big problem, especially in developing countries found cases of maternal and perinatal mortality 98-99%, whereas in developed countries only 1-2%. The high or low MMR in an area is an indicator that describes the magnitude of health problems, resources and quality of health services. High-risk pregnancy is a condition in which both the pregnancy and the fetus will have a poor outcome if general management is carried out as is done in normal cases. Therefore, the way to deal with a risky pregnancy must be a proactive attitude, planning with promotive and preventive efforts until the decision is made to take a firm and fast attitude in order to save the mother and her baby. Efforts to accelerate the reduction of MMR are carried out by ensuring that every pregnant woman is able to access quality health services, such as antenatal care health coverage, delivery assistance by trained health workers at health service facilities, postpartum care for mothers and babies, special care and referrals in case of complications, and family planning services including postpartum family planning. (Budijanto, 2020) and family planning services including postpartum family planning. (Budijanto, 2020) and family planning services including postpartum family planning. (Budijanto, 2020)

Causes of high-risk pregnancies include age <20 years or> 35 years, history of more than 4 births, distance between the last delivery and the current pregnancy less than 2 years, height less than 145 cm, genetic history with diabetes, hypertension and body deformities, such as spinal or pelvic abnormalities, this is a risk factor that can increase the risk of maternal and perinatal death (Saifudin, 2009).

Every pregnancy will not always show normal signs. Facing a risky pregnancy, a proactive, planned attitude must be taken with promotive and preventive efforts to take a quick and

appropriate attitude to save the mother and fetus. The health of pregnant women is an important aspect to pay attention to in the life cycle of a woman-fetus (Manuaba, 2008).

The risks of pregnancy faced by pregnant women at the age of 35, namely the fetus has genetic disorders and birth defects, even though it is a hereditary disease, but according to theory, middle-aged women are at greater risk of having a baby with genetic disorders (Muharam, 2017). Based on this background, researchers will examine the knowledge and attitudes of mothers about high-risk pregnancies at the Pulo Brayen Health Center in Medan.

METHODS

This type of research uses an analytic survey with a cross sectional approach. Cross sectional is a study to study the dynamics of the correlation between risk factors and effects, by way of approach, observation or data collection at one time. This means that each research subject was only observed once and measurements were made of the character status or subject variables at the time of examination. The population is pregnant women who visit to carry out ANC at Puskesmas Pulo Brayen. Sampling by accidental sampling technique, totaling 30 people. (Notoadmojo, 2017).

RESULTS AND DISCUSSION

1. Distribution of Pregnant Women at Risk

The pregnancies with the risks referred to in this study are seen from the age of the mother (respondent) at the time of data collection, as shown in table 1.

Table 1. Distribution Age of Pregnant Women at Risk at the Pulo Brayen Health Center in 2022

No	Age of Pregnant Women	frequency	Percent (%)
1	No risk (20-35 years)	12	40
2	At risk (>35 years)	18	60
	Total	30	100

From the table it can be seen that there are 18 (76.7%) pregnant women at risk, namely mothers aged > 35 years.

2. Relationship of Knowledge with High Risk Pregnancy

Respondents' knowledge was measured through interviews using a questionnaire checklist sheet instrument, so the results were obtained as in the following table:

Table 2 Knowledge Relationship with High Risk Pregnancy

Knowledge	Age of Pregnant Women				Amount		p.s
	At risk (>35 years)		No risk (20-30 years)		n	%	
	n	%	n	%			
Not enough	16	80	4	20	20	100	0.001
Good	2	20	8	80	10	100	

Based on Table 2. shows that 80% of mothers with less knowledge experience high risk pregnancies. The results of statistical analysis used the chi square test of 0.001, which means there is a relationship between maternal knowledge and high risk pregnancies.

3. Relationship of Attitude with High Risk Pregnancy

Respondents' attitudes were divided into two categories, namely negative and positive attitudes, measured by filling out a questionnaire, with the following results:

Table 3 Attitude relationship with High Risk Pregnancy

Attitude	Age of Pregnant Women				Amount		p.s
	At risk (>35 years)		No risk (20-30 years)		n	%	
	n	%	n	%			
Negative	15	85	3	15	18	100	0.000
Positive	3	25	9	75	12	100	

Based on Table 3, it shows that 85% of mothers with negative attitude categories experience high-risk pregnancies and the p value statistical test is 0.000, which means there is a significant relationship between attitudes and high-risk pregnancies.

Discussion

In general, someone who is more educated will have broader knowledge and the easier the process of receiving information. However, that does not mean that someone with low education is absolutely low in knowledge. A person with low education can receive information widely if he is actively socializing.

Statistical results show a significant relationship between knowledge and the risk of pregnancy over 35 years with a p value of 0.001. The better one's knowledge, the better judgment will be made in making decisions.

The relationship between attitude and high risk pregnancy that the intended attitude is a potential tendency to react in a certain way when the individual is faced with a stimulus that requires a response. This attitude made respondents think positively about the risks of pregnancy over 35 years that might occur. The statistical result is that there is a significant relationship between attitude and the risk of pregnancy over 35 years.

Attitude is a reaction or response of someone who is still closed to a stimulus or object. Attitudes are not directly seen but can only be interpreted in advance from closed behavior. Attitude actually shows the connotation of appropriate reactions to certain stimuli which in everyday life are emotional reactions to social stimuli (Notoatmodjo, 2017).

According to the researcher's assumption that good knowledge will tend to produce a positive attitude. Furthermore, a positive attitude will influence decisions that have an impact on health, including decisions in keeping the pregnancy going well without the risk of danger signs that may occur during pregnancy.

CONCLUSION

There is a significant relationship between maternal knowledge and high risk pregnancies at Pulo Brayon Medan Health Center with a p value of 0.001. There is a significant relationship between attitudes and high risk pregnancies at the Pulo Brayon Medan Health Center with a p value of 0.000.

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