



OPTIMIZATION OF CADRE ASSISTANCE IN IMPROVING SELF EFFICACY OF PREGNANT WOMENT TO OVERCOME EMESIS GRAVIDARUM

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Abstract, Background: Nausea and vomiting or commonly known as emesis gravidarum is a common symptom of pregnancy that occurs in 70% of pregnant women. Currently, there are still pregnant women who have negative behavior to overcome nausea and vomiting so that it can endanger the health of the mother and the growth of fetus. The role of cadres as assistant is to improve knowledge and positive attitudes of pregnant women, so that it is expected to reduce delays in decision making to access maternal and child health services. While the role of cadres in providing education and assistance to pregnant women is still not optimal, they only do the weighing and recording and they are still very dependent on health workers due to the lack of knowledge and skills of cadres. The purpose of this community partnership program is to optimize assistance of cadres in improving the self-efficacy of pregnant women to overcome emesis gravidarum.

Methods: Community partnership program was carried out in working area of Puskesmas Sukajadi kota Bandung from January to December 2022. The partners were cadres from several RW in that place as many as 10 people. The implementation of community partnership program was carried out in 7 activities. Cadre received training on emesis gravidarum and socialization of "Video Sahabat Ibu Hamil" as a media of education and assistance to pregnant women who have nausea and vomiting (emesis). Cadres who have been given training, then provide education and assistance to pregnant women who have nausea and vomiting (emesis). Measurement of knowledge, skills and self-efficacy of pregnant women using questionnaire.

Result: The results of this activity showed an improvement of knowledge and skills of cadres after being given training and ability of cadres in assistance pregnant women who have nausea and vomiting (emesis) which can be seen from the improvement self-efficacy of pregnant women to overcome nausea and vomiting (emesis).

Conclusion: The training given to cadres about nausea and vomiting in pregnancy (emesis gravidarum) can improve the ability of cadres as assistant so that pregnant women can improve their self-efficacy to overcome nausea and vomiting (emesis).

Keywords : Keywords: Assistance, Cadre, Self-Efficacy, Pregnant Women, Emesis Gravidarum

Background

Nausea and vomiting, also known as emesis gravidarum, is a common symptom of pregnancy that occurs in 70% of pregnant women. Emesis gravidarum starts at the age of 4-8 weeks and lasts up to 16-20 weeks, sometimes the symptoms persist during pregnancy. Emesis gravidarum is considered a physiological symptom during pregnancy so that the impact that may be caused is ignored by herself and her family ⁽¹⁾

Emesis gravidarum causes a decrease in appetite so that there is a change in the electrolyte balance with potassium, calcium and sodium which causes changes in the body's metabolism. Emesis gravidarum will increase in to hyperemesis gravidarum which causes pregnant women to vomit continuously every time she drinks or eats, as a result pregnant women become weaker, paler, and the frequency of urination decreases drastically so that body fluids are reduced and the blood becomes thick (hemoconcentration) thus slowing blood circulation that can cause tissue damage and endanger the health of mother and the growth of fetus ⁽²⁾

The results of Elba & Putri's research explained that in the 1st trimester of pregnancy the most common discomfort was nausea and vomiting as much as 83.3%, and most of the respondents who felt discomfort in the 1st trimester preferred not to check their discomfort and wait for it to disappear ⁽³⁾ Based on the results of Kurniawati's research, it was found that 40% of pregnant women had sufficient knowledge about the discomforts of pregnancy, and 46.7% still had a negative attitude to overcome the discomfort they felt ⁽⁴⁾ Based on another study conducted by Yati&F, there were still 43.3% of pregnant women who had a negative to overcome the discomfort of the first trimester of pregnancy ⁽⁵⁾ In Rahmawati's research, said that 46.7% of pregnant women had negative behavior to overcome emesis gravidarum (nausea and vomiting), which means that there are still pregnant women who have not been able to overcome emesis that occurs to them. These conditions can be influenced by the level of education, personal experience or from other people who can give influence ⁽⁶⁾

Cadre is one element that has an important role in health services in the community. The role of cadres in maternal and child health programs is to inform all health issues related to pregnant women, newborns and be able to become a driving force for existing community groups or organizations. The role of cadres as assistant is to improve knowledge and positive attitudes of pregnant women, so that it is expected to reduce delays in decision making to

access maternal and child health services. Based on the research results, said that there is still a lack of knowledge of cadres about pregnant women's care, there is a relationship between the role of cadres and knowledge, cadres who have good knowledge have more positive roles ⁽⁷⁾ Other studies said that the most influential factor on antenatal care visits in high risk pregnancy is the role of the cadre as a assistant ⁽⁸⁾

The working area of Puskesmas Sukajadi has 52 posyandu and 52 active cadres. Based on observations of the implementation at posyandu, cadres only do weighing and recording. The role of cadres in providing education and assistance to pregnant women is still not optimal and cadres are still very dependent on health.

Methods

Community partnership program was carried out in working area of Puskesmas Sukajadi kota Bandung from January to December 2022. The partners were cadres from several RW in that place as many as 10 people. The implementation of community partnership program was carried out in 7 activities. Cadre received training on emesis gravidarum and socialization of "Video Sahabat Ibu Hamil" as a media of education and assistance to pregnant women who have nausea and vomiting (emesis). Cadres who have been given training, then provide education and assistance to pregnant women who have nausea and vomiting (emesis). Measurement of knowledge, skills and self-efficacy of pregnant women using questionnaire.

Results and Discussion

Community partnership program starts from preparation, such as preparation of proposals, preparation of instruments and permits. After obtaining permission, we conduct a selection of active cadres. Based on the selection, 10 cadres were selected and then we explained the objectives of the activities to be carried out. We made whatsapp group to facilitate communication with cadres.

The cadres who have been selected were given training in two times. In the first training the topics regarding emesis gravidarum was delivered such as the physiology of pregnancy, signs and symptoms of emesis, causes of emesis, how to overcome emesis (nausea/vomiting), danger of signs/complications and husband's support. Then we socialized video "Sahabat Ibu Hamil" which can be used by cadres as a guide when providing education and assistance to pregnant women who have nausea dan vomiting. In the training, cadres are given a pre-test and post-test regarding knowledge about emesis gravidarum. In the second training, cadres were given training on skills in providing education.

We conduct a selection of pregnant women with gestational age <20 mg who have nausea and vomiting (emesis). Based on the selection, 10 pregnant women were selected. They were asked to fill out self-efficacy questionnaire to overcome emesis before being given education and assistance by cadres. Then, each cadre provides education to one pregnant woman. When assess the skill of cadres when providing education using instruments that have been made.

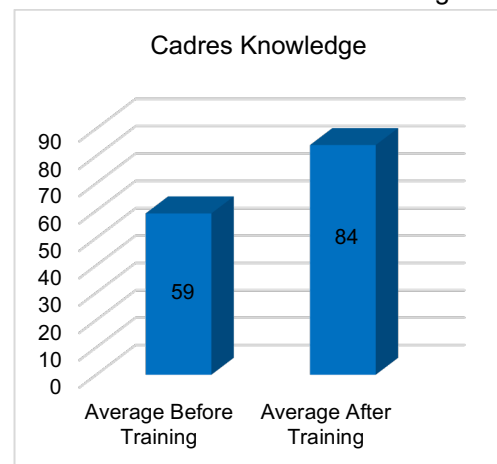
The next step was cadres assistance to pregnant women who have nausea and vomiting (emesis) either by meeting in person or via whatsapp media. The cadres asked about the conditions of nausea and vomiting of pregnant women, the obstacles they faced and whether they could do the methods to overcome nausea and vomiting that had been given during education by the cadres. We do monitoring of cadres when assistant pregnant women. Cadre assistance to pregnant women is carried out within 4 weeks. After 4 weeks, pregnant women were asked to fill out efficacy questionnaire again. The final activity of this Community partnership program was reflection on the ability of cadres to provide education and assistance to pregnant women. Cadres were asked to share their experiences in assistance pregnant women who have nausea and vomiting and reinforcing the topics regarding emesis gravidarum and skills in providing education.

After processing the data on the results of community partnership program, the following results were obtained:

1. Cadre's Knowledge and Skills

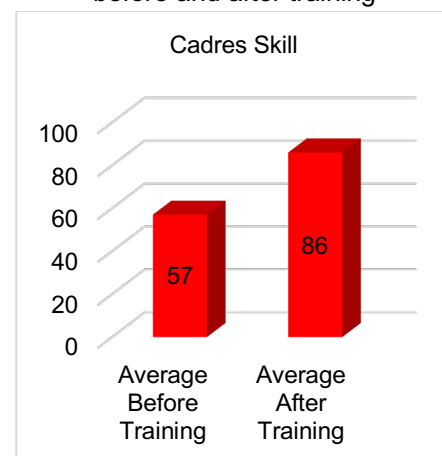
After measuring knowledge and skill pre and post tests, it was found that there was an improve in the knowledge and skill of cadres about emesis and how to overcome it, as described in the following graph:

Figure 1. The average knowledge of cadre before and after training



Based on the graph above, the average knowledge of cadres before being given training 59 poin and the average knowledge of cadres after being given training 84 poin.

Figure 2. The average skill of cadre before and after training

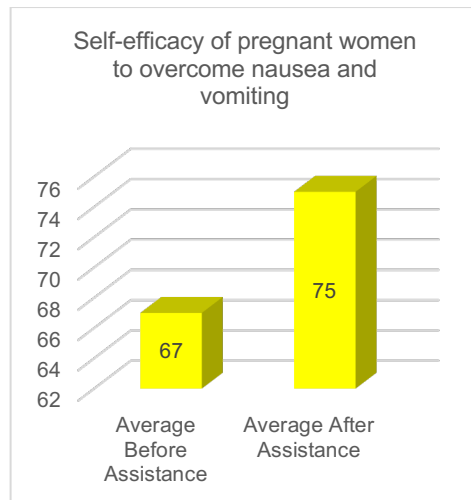


Based on the graph above, the average skill of cadres before being given training 57 poin and the average skill of cadres after being given training 86 poin.

2. Self-Efficacy of Pregnant Women to overcome Nausea and Vomiting (Emesis)

The self-efficacy of pregnant women to overcome nausea and vomiting (emesis) have improvement after being provided with assistance as described in the following graph:

Figure 3. The average self efficacy of pregnant woman before and after assistance



Based on the graph above, the self-efficacy of pregnant women to overcome nausea and vomiting before assistance by cadres 67 poin and the self-efficacy of pregnant women to overcome nausea and vomiting after assistance by cadres 75 poin

Training is one way to improve one's knowledge and skills. Based on the results of the community partnership program, there was an improvement of knowledge and skills of cadres in providing education about emesis. Good knowledge and skills are the basic for cadres in providing assistance to pregnant women so that cadres will be more confident in carrying out their roles. The role of cadres as assistants is to improve knowledge and positive attitudes of pregnant women, so that it is expected to reduce delays in making decisions to access maternal and child health services.

The results of Dewanti Evita's research said that the training provided to cadres could improve their knowledge and skills in applying toddler growth monitoring standards at posyandu (9). Likewise, the results of Kholisotin's research said that there was counseling about referrals given to cadres that had an effect on cadres' knowledge in assistance high risk pregnant women in

Puskssmas⁽¹⁰⁾ Nurul Misbah in his research said knowledge, attitudes and training were related to the role of cadres in early detection of high risk pregnancies⁽¹¹⁾

The result of this activity showed an improvement in self-efficacy of pregnant women to overcome nausea and vomiting (emesis). This can be interpreted that there is an improvement in the ability of cadres assistance to pregnant women who have nausea and vomiting (emesis). Video is used as a tool when cadres provide education and assistance to pregnant woman. The improvement of self efficacy can be caused by improvement in knowledge and attitudes of pregnant women about the nausea and vomiting they have, after being given education and assistance by cadres. The result of Eka Riyanti's research said that breastfeeding education for postpartum mothers had a effect on increasing self efficacy of breastfeeding.⁽¹²⁾ Abdul Hadi's research said that education and assistance accompanying administration of Fe tablets to pregnant woman can increase Hb levels of pregnant women.⁽¹³⁾ Nur Sakinah's research said that nutritional assistance can increase mother's self efficacy in providing complementary food for breastfeeding.⁽¹⁴⁾ The result of Diki Retno Yuliani's research said that video educational can be used as a tool to increase self efficacy of breastfeeding mothers⁽¹⁵⁾

Conclusion

- 1) The training given to cadres about nausea and vomiting in pregnancy (emesis gravidarum) can improve the ability of cadres as assistant so that pregnant women can improve their self-efficacy to overcome nausea and vomiting (emesis).
- 2) Training for cadres can be carried out periodically to improve ability of cadres in assistance pregnant women.

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