

POSTPARTUM CARE ACCORDING TO SUNDANESE CULTURE IN WERU VILLAGE SUKARESMI DISTRICT, PANDEGLANG REGENCY

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ABSTRACT

Maternal deaths often occur during labor and early postpartum. Pandeglang Regency is one of the areas that still carry out many traditional care traditions by utilizing herbal ingredients and other traditions that have long been carried out by ancestors from generation to generation during the early postpartum period. To obtain an overview of the traditions carried out by postpartum mothers in Weru Village, Sukaresmi District, Pandeglang Regency. This study uses a qualitative method. The informants in this study were postpartum mothers, midwives and parajis . The instrument in this study used an interview guide. Data collection techniques through in-depth interviews. The tradition that is still followed by mothers in postpartum care is eating raw kencur , using koneng bodas (temulawak), drinking herbal medicine, body massage, using stagen , not leaving the house, and consuming apples. The ingredients used to make herbal medicine are kencur , turmeric, ginger, betel leaf and temulawak . Tradition is obtained from parents. Midwives know the traditions that mothers do at home but do not carry out further monitoring. Paraji helps postpartum mothers in taking care of the mother, such as massaging the postpartum mother's body and making herbal medicine.

Keywords: Care, Postpartum Mother, Sundanese Culture

INTRODUCTION

The postpartum period (partum period) begins since baby born and returned reproductive organ system to normal circumstances like again , or Also known as the fourth trimester pregnancy . Period post partum said by traditional lasts 6 weeks and duration varies on each women . Change physiology that happens during the puerperium start from return of the uterus to shape again , cervical will shorten and harden for the next 12-18 hours , pussy slowly will shrink back , abdomen back beginning for 6 weeks , function kidney decreased and returned to normal within 1 month , and decreased rate hormones in the breast the return of the hormone is determined is mother breast-feed or no (Lowdermilk *et al*, 2013).

Time after labor or period Post partum is very important because is phase critical in life new mother and baby _ born . Period this have risk great health _ for mother and baby new born . Treatment in period after Post partum is very important , isn't it ? only for endure life but also for the future mother and baby new born . Changes that occur in the period this will determine well-being mothers and babies on future health (WHO, 2010).

postpartum period is Thing important for noticed To use lower number Dead mothers and babies in Indonesia. From various experience in cope Dead mothers and

babies in many countries, experts health recommend effort help focused on the intrapartum period of efforts this proven has save more from half mother maternity and baby new born with _ with complications of childbirth or threatening complications _ safety souls . However , no all interference in accordance for a country can with as well as immediately run and give impact profitable when applied in other countries (Saleha , 2009; Rahmilasari *et al*, 2020).

With existence postpartum care _ this could lower number death and pain . Management care comprehensive obstetrics _ regular will increase service care quality midwifery for mothers _ in Century breath . And the service is also at monitor signs danger postpartum as well as the possibilities sign the danger that will happen . postpartum period in context social , reflect many transition for parents , children and members _ other families (Zufrias , 2009; Wahyuningsih , 2018).

Which becomes attention government moment this , the only one is effort for reduce MMR and IMR, as one of the targets that must be achieve the SDG 's 2030 . Amount Dead collected mother _ from health program registration families at the Ministry of Health in 2020 showed 4,627 deaths in Indonesia. Effort acceleration AKI reduction is carried out with guarantee that every mother capable access service health quality mother , like _ service health mother pregnant help _ labor by force health trained in facilities service health , care post labor for mother and baby , care special and reference if occur complications , and services family planned including post-birth control delivery (Indonesian Health Profile , 2020).

Up and down number Dead no could explained through health only , but also must linked with factor others include _ social economy , culture , and demography . Dead mother and baby often occurs during labor , puerperium early , and baby new born in period first his life . Ministry of Health 2020 records data, mother maternity who have to do visit postpartum as much as 3 times can calculated has to do visit postpartum complete , Coverage visit postpartum complete data in Indonesia in 2020 by 88.3 % . Province with achievements highest is Banten Province with 122.9 % , followed by North Kalimantan and DKI Jakarta. Meanwhile , Gorontalo, Papua, and West Papua have complete KF achievements lowest . postpartum care , is _ much needed care for mother , and the most decisive time in development health mother after giving birth , generally Public still delivery postpartum care _ to paraji (Indonesian Health Profile, 2020).

Postpartum Mother Services that have been conducted as one _ effort for push number Dead mother and decline number pain is a must challenge strived , as for results scope service postpartum in 2019 it was 81.95% and in 2020 it was 57.4% of target plan 90%, pg this experience enough drops _ significant reached 24.5% (Profile Health Office Regency Pandeglang , 2020).

Indonesia is a country with various type ethnicity and culture . Diverse The culture that exists in Indonesia is a very valuable wealth for the country, and culture is also a marker personality something area . Indonesia is a country with amount ethnic group many nations . _ Based on results the census of the Central Statistics Agency (BPS) in 2018, the Indonesian nation consists of over 17,000 islands in the archipelago , and 1,331 tribes . Based on census that too, tribe nation biggest is Ethnic group Java which covers 40.2 percent from Indonesian population . Ethnic group Java this is combined from tribes nation on the island Java , namely : Java , Osing , Tengger , Samin , Bawean , Naga, and other tribes other . Ethnic group Sunda Becomes order biggest second from results census government in 2018 (Central

Bureau of Statistics , 2018). Of the five mothers postpartum who have been interviewed , all do 11 kinds tradition postpartum care with reason could provide a sense of comfort , and feel various type benefits like speed up recovery , strengthen body , expedite milk production, reduce swollen feet, and warm stomach .

RESEARCH METHODS

Study this in the form of study descriptive where researcher will describe and describe as detailed possible information that has been obtained from subject research . In Thing this researcher will find out about postpartum care according to culture Sundanese . Population in study this is mother post partum , family , midwife local and originating paraji _ from original ethnic group Sundanese and live in the village area Weru Subdistrict official Regency Pandeglang . sample from study this are 10 postpartum mothers , 5 midwives local , 5 paraji originating from ethnic group Sunda native and live in the village area Weru Subdistrict official Regency Pandeglang .

RESULTS AND DISCUSSION

Interview Results

1. Knowledge Overview Informant

Based on results Interview deep with 10 informants mother breath , can concluded that all informant knowing a number of a tradition that is believed by the community Sunda for care traditional breath . But there is informant who chooses for no to do tradition with the reason alone . in terms of traditional herbal medicine , there are a number of ingredients different is used in herbal medicine making with amount the measure used , everything return again to knowledge them .

2. Source Overview Information

Researcher ask about who teaches _ tradition postpartum done by mother , the result is all informant mother postpartum knowing about tradition from parents _ they especially mother . Likewise with _ paraji , source informant they are also from parents they early . Paraji is considered US village elder who understands about treatment traditional because they has help Public a long time ago, so until now service they still needed by the community , start from accompany labor until nurse baby them .

3. Support Role Overview Midwife

In Thing this researcher ask to midwife is midwife knowing various type tradition carried out mother in care breath , what? benefits from tradition that , what mother midwife recommend tradition that . Result is power health or Midwife local knowing what just mother 's culture _ _ postpartum for speed up the healing process post childbirth , and midwives recommend mother for to do tradition the because it is considered inheritance from trusted ancestor _ since first and proven benefits and also for utilization herbal ingredients around ____ _ Village that , but there is a tradition that doesn't suggested by Midwife that is no can eat eggs and fish for mother breath .

Discussion

1. Knowledge Overview Informant About Tradition Culture Sunda

Obtained conclusion that Public knowing what just tradition culture Sundanese done _ mother postpartum from era first inherited _ by hereditary . From

result interview is also known mother to do a number of tradition and there are also traditions that are not done by mother with reason certain .

Tradisi	R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	Total %
Memakan kencur mentah	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	100%
Menggunakan koneng bodas	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	100%
Minum jamu	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	100%
Menggunakan kencur dan jahe tumbuk	✓	✓	-	-	-	-	✓	-	✓	✓	50%
Mengoleskan kencur pada wajah	-	-	-	✓	-	✓	-	-	-	✓	30%
Pijat tubuh	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	100%
Menggunakan stagen	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	100%
Tidak makan pedas	✓	✓	✓	✓	-	✓	✓	✓	✓	✓	90%
Tidak makan telur dan ikan	-	-	✓	-	✓	✓	-	-	-	-	30%
Tidak keluar rumah	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	100%
Perendaman kaki dengan air hangat	-	✓	-	✓	-	-	-	✓	✓	✓	50%

Based on table on could concluded that a tradition that is still alive mother in to do care postpartum is eat aromatic ginger raw , using smug bodas , drink herbs, massage body , using stagen , no go out home , and consume apple . Because only based on passed down knowledge from each person's experience then there is various difference from ingredients plants used and not _ have dose certain in process it . Tradition is custom habits do _ down hereditary and still keep going conducted in community , different every place (Prastyo , 2010).

This thing in line with research conducted by Shanti , *et al.* (2014) with title studies ethnobotany treatment traditional for care women in society Surakarta Palace which explains that knowledge about treatment traditional Surakarta Palace is demoted by straight away . each family transfer knowledge they to people who live at his house . Transformation process knowledge treatment traditional to Public got from results interaction everyday .

1. Eat Aromatic ginger Raw

Kaempferia galanga (KG) or aromatic ginger been used for a long time Asian community , including Indonesia as drug traditional and seasoning cook . Conferential information _ botanicals , metabolites secondary and bioactivity kencur is very important for development US drug traditional so that could minimize effect beside him. Writing article this based studies literature obtained _ on line and off line in the form of books , journals nor results study other . Aromatic ginger is aromatic herbs _

with leaf usually 2-3 pieces with sheath 1.5-5 cm, leaves often horizontal and cover surface land . Ethyl-trans-p-methoxy cinnamate and trans-ethyl cinnamate are compound which is very important in kencur and is a components that have nature pharmacology , therefore that important conducted election accession with content compound high bioactive . _ By ethnobotany aromatic ginger used US drug expectorate , carminative , drug cough , rheumatism , and anti- cancer , cholera , vasorelaxation , anti- microbial , antioxidant , anti- allergic healing wounds (Marina, 2019).

2. Use Aromatic ginger Bodas (Temulawak)

Plant Curcuma have many content compound chemistry , where starch is one _ content most found in plants _ ginger . Curcuma generally used by the community Java US ingredients play drug useful traditional _ for maintain health body , treat disease and improve health . Curcuma occupy rating first in East Java and ranked second in Central Java after ginger based on needs for industry drug traditional and industrial small drug traditional . Too much ginger used by the community traditional such as in Donggala , Central Sulawesi, utilize stems and rhizomes Curcuma US drug with score utility by 8%. Use Curcuma in treatment traditional many used in treatment ? digestion , pain yellow , white , increase power stand body as well as maintain health (Raden *et al*, 2019).

3. Drink Jamu

Study this in line with study previous by Prastiwi (2018), with title treatment traditional (herbal) in care health mother postpartum and breastfeeding in the district Tegal which states that the composition of the herbs consumed contain a number of compounds capable of support recovery health mother like from kencur and meet sleigh . Other compositions can be build and take down worry mother will lack of milk production. Consumption of herbs does not all individual have the same reaction . Sometimes impact negative will appear if condition physics mother currently decrease nor there is condition psychological mother .

4. Massage Body

Massage have long believed beneficial for health , start from relieve stress until speed up time recovery after illness , allergies , depression , problems breathing , insomnia, injury moment exercise and fatigue chronicles . Massage is therapy with approach working holistic _ lower pressure blood , pulse heart repair _ breathing, improve Genre gland limphe to in channel vessels blood , help expenditure remainder metabolism , reduce stiffness , make body Becomes relax , improve sleep , improve move joints , reduce painful by natural and repair health in general . (Satiyem , 2015).

5. Use stage

The stage or also called crooked is inheritance typical of Indonesia. Normal worn by mother after give birth to for tighten muscle stomach and help speed up recovery womb to form again . Bengkung is cloth a bandage wrapped around the stomach mother after give birth to in the form of cloth weaving that has 20 cm wide and has 5 meters long with color standard that is white , black , green and yellow . Specification crooked generally made of from cotton twill material size 25cm x 15m and jumbo: with size 25cm x 20m with various choice color (mommyasia.id, 2019).

6. Note go out house

On research Astuti (2016), revealed woman experience change physiology , where womb shrink to size original so for restore condition body , society have various type tradition like no go out home and limit food certain . Restrictions food certain that often known with term abstinence eat . According to knowledge ethnicity Chinese during the puerperium mother no good consume food that is cold , food that causes itchy such as seafood , gas - containing foods and foods containing ingredients developer like sponges . Besides a number of type food , there are also prohibit activities during the puerperium that is no go out house or room , shampooing , sitting for a long time, praying and others . This thing aim for mother could rest completely _ live her postpartum period .

7. Eat Fruit Apple

Suggestion for consumption Apple during the puerperium Apple have many content substance very useful chemistry for body . Fruit Apple hood many minerals , including : calcium , magnesium , potassium , iron , fiber , vitamin A, vitamin B1, B2, B3, B5, B6 , B9 , C, Phyto chemical anti- oxidant substances that can ward off radical free , press cholesterol evil , tannins could refreshing mouth prevent damage teeth and disease gums , flavonoids can help lower risk cancer and healthy system digestion . Hence , substance Nutrients found in apples _ good for help recovery physical , uterine involution , and fiber good for digestion (Jauhary , 2016).

Research conducted _ have a number of possible limitations _ could influence results from study this , that is US following :

1. Research results depend on honesty respondent in answer question researchers .
2. Is experience new for researcher in to do Interview deep , so still many limitations in dig information .
3. Researcher not yet can interpret with perfect so that quality study depends experience researchers .

CONCLUSIONS AND SUGGESTIONS

Conclusion

Based on results research that has been done by researcher with title postpartum care according to culture Sundanese in the village Weru Subdistrict official Regency Pandeglang 2022, so that could drawn conclusion US following :

1. Type a tradition that is still alive mother in to do care postpartum is eat aromatic ginger raw , using smug bodas , drink herbs, massage body , using stagen , no go out home , and consume apple .
2. Because only based on passed down knowledge from each person's experience then there is various difference from method to do tradition , material plants used and not _ have dose certain in process it . Tradition is custom habits do _ down hereditary and still keep going conducted in community , different every the place .
3. Impact health for mother postpartum in to do tradition care postpartum like eat aromatic ginger raw is speed up healing , strengthening body , speed up healing wound stitches . Conng bodas for ingredients traditional herbal mix . Drink herbs for speed up recovery post childbirth , strengthen body , help milk production , and reduce discomfort comfortable . Massage body for speed up healing , body

feels more comfortable , reduce swelling of the legs, and flexing tense muscles . _
Use stage for return form stomach , remove wavy on the stomach , and reduce
weights . Mother becomes more focus on recovery and care the baby because to
do tradition no go out home . Consuming Apple for refreshing body .

Suggestion

Based on results research that has been done ,researcher want to provide
advice to :

1. Postpartum Mother
Though this is something tradition that has done by the community , it is
hoped every mother postpartum could notice condition they more formerly
before apply tradition care breath .
2. Health Workers/ Midwives
In the area rural treatment traditional still very thick , so should power health
put attention in use care traditional in the middle society .
3. Researcher next
Expected could dig and find out more many again information related tradition
postpartum care with culture Sundanese .

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