

THE RELATIONSHIP BETWEEN KNOWLEDGE WITH PREGNANT WOMEN'S BEHAVIOR IN THE FIRST SEMESTER ABOUT EMESIS GRAVIDARUM AT MANGASA HEALTH CENTER, MAKASSAR

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ABSTRACT

Emesis gravidarum is a normal symptom or often occurs in the first pregnancy. Nausea usually happens in the morning, but there are also those happen at any time and in the night. These symptoms usually occur six weeks after the first day of the last menstruation and last for more or less than 10 weeks. The purpose of this research was to know whether there was a relationship between knowledge and behavior of first-trimester pregnant women when experiencing emesis gravidarum at the Mangasa Health Center, Makassar. The type of research used is a cross-sectional design. The population used in this study were pregnant women who experience emesis gravidarum. Samples in this study were 63 respondents using accidental sampling technique. The research instrument used a questionnaire sheet. The statistical test used was the Chi-Square Test. The results showed that the knowledge of pregnant women about emesis gravidarum in the good category was 60.3% (38 respondents). The behavior of pregnant women when experiencing emesis gravidarum in the positive category is 68.3% (43 respondents). The results of the analysis with using the Chi-Square test are indicated by p-value = 0.000, there was a relationship between knowledge and First trimester Pregnant Women's behavior when experiencing emesis gravidarum at the Mangasa Health Center, Makassar City. Based on the results of this study, it is expected that Mangasa Health Center will further enhance activities by leading programs related to emesis gravidarum such as Health Education and counseling on emesis gravidarum in first trimester of pregnant women.

Keyword: knowledge, behavior, pregnant women's, emesis gravidarum

INTRODUCTION

The emesis gravidarum is a natural symptom or often at the first pregnancy. Nausea usually happens in the morning, but there are arises at every time and nights. These symptoms usually happen six weeks after the first period of the last period and lasting under a week or ten weeks (Wiknjosastro, 2007)

Emesis gravidarum is a common symptom often found in the first pregnancy. Nausea usually occurs in the morning, but in a few cases that arise at any time and night. These symptoms usually occur six weeks after the first day of last menstruation and last for approximately 10 weeks (Wiknjosastro, 2007). Nearly 50% of pregnant women experience nausea and usually, this nausea begins early in pregnancy. Nausea, vomiting during young pregnancy is often called morning sickness, but in reality, nausea, vomiting can occur at any time. In some cases, it can continue until the second and third trimester of pregnancy, but this rarely happens (Ratna, 2011). Nausea, vomiting that occurs continuously can cause dehydration and even weight loss in pregnant women. If this matter is not handled appropriately and quickly it will have bad consequences for pregnant women and fetuses and can even cause death in pregnant women and fetuses.

In pregnant women especially in the first trimester, symptoms often occur were nausea

and vomiting (emesis gravidarum). This is a natural symptom but sometimes can lead to pathological conditions. This occurred in 60% - 80% of primigravida and 40% - 60% of multigravida (Prawirohardjo, 2014). In the first months of pregnancy, there is a feeling of nausea, this may be due to increased hormone levels. This complaint frequently accompanied by vomiting (emesis) in the first months of pregnancy, usually occurs in the morning, known as "morning sickness" (Manuaba, 2007).

Approximately 50-60% of pregnancy accompanied by vomiting nausea from 360 pregnant women, 2% of whom experienced nausea and vomiting in the morning and about 80% nausea and vomiting throughout the day, this condition usually persists and reaches the peak at the age of 9 weeks gestation. Nevertheless, about 18% of cases of nausea and vomiting will continue until birth (Fauziyah, 2012).

Nausea and vomiting occurring in pregnancy up to 16 weeks of age. In severe vomiting, dehydration, alkaline, and electrolyte acid disorders and ketosis, this condition is called Emesis gravidarum.

Based on data from Mangasa Health Centre Makassar in 2018 from January to June there were 998 pregnant mothers who checked their pregnancy in midwifery polyclinic at Mangasa Health Centre Makassar.

Several factors associated with those include knowledge and behavior. Knowledge is everything that is known related to a thing and this happens after someone senses a certain object, while attitude or behavior is a process of assessment carried out by someone against an object or situation that is accompanied by certain feelings and provides a basis for people to make a response or behave in a certain way chosen.

Based on the description above, the author is interested in conducting research with the title "The relationship between Knowledge with Pregnant Women's Behavior in The First Semester about Emesis Gravidarum at Mangasa Health Center, Makassar".

MATERIAL AND METHODS

This type of research is an analytic survey which is a type of research that aims to describe and analyze the relationships between variables. The method used was the cross-sectional approach to explore the relationship of knowledge with the behavior of first trimester pregnant women about emesis gravidarum. The data collected by a questionnaire compiled by researchers based on the theories about emesis gravidarum.

This study was conducted in Mangasa Health Centre Makassar from September to November 2019. This study used direct interview using questionnaires over pregnant women visited in Mangasa Health Centre. This study sample accounted for 63 respondents were selected using accidental sampling technique.

RESULTS AND DISCUSSION

For more detailed about the results of this research, the authors compiled from descriptive information about variable and then continued to the analytic description to

describe the relationship between variables. The results of the study can be seen as follows:

Table 1
Knowledge category of respondents about emesis gravidarum

Knowledge	Frequency	%
Poor	25	39.7
Good	38	60.3
Total	63	100

Based on Table 1, 25 respondents (39,7%) have a lack of understanding of emesis gravidarum in the first trimester and 38 respondents (60,3%) had a good understanding. More respondents had sufficient knowledge about emesis gravidarum in the first semester among 63 respondents.

Table 2
The behavior of pregnant women toward emesis gravidarum

Behavior	Frequency	%
Positive	43	68.3
Negative	20	31.7
Total	63	100

Based on Table 2, respondents had positive behavior in managing emesis gravidarum accounted for 43 respondents (68.3%), and showed negative behavior numbered 20 respondents (31.7%).

Table 3.
The relationship between knowledge and behavior of pregnant women related emesis gravidarum in the first semester

Knowledge	Behavior				Total	%	p-Value
	Positive	%	Negative	%			
Poor	10	15.9	15	23.8	25	39.7	0.000
Good	33	52.4	5	7.9	38	60.3	
Total	43	68.3	20	31.7	63	100	

Based on Table 3 above, among 25 respondents with poor knowledge about

emesis gravidarum, 10 respondents (15%) still showed positive behavior in handling

emesis gravidarum but 15 respondents (23.8%) performed negative behavior in treating their self regarding emesis gravidarum. Among 38 respondents with good knowledge about emesis gravidarum, there were 33 respondents (52.4%) had positive behavior in managing emesis gravidarum while 5 respondents had negative behavior in managing emesis gravidarum.

Statistical analysis results using the chi-square test to analyze the relationship between variables showed that there was a significant correlation ($p=0.000<0.05$) between the state of knowledge with pregnant women behavior regarding emesis gravidarum in their first-semester pregnancy.

Based on the research results were found almost half respondents (60.3%) Have a good knowledge of emetic gravidarum. Good knowledge of emetic gravidarum is influenced by the age of mothers, age of the pregnancy, education, and occupation. The first thing that can affect the respondent's knowledge is age. Based on the results the study gained that most respondents (34,9%) aged between 26-30 years had good knowledge. The more inadequate, the level of maturity and strength of a person will be more mature in thinking. The memory of an individual is influenced by age, with an increasing age a person will influence the increase of knowledge gained. The older the age of a person then the process of mental development improved (Nursalam, 2003).

The respondent's education level can also affect one's knowledge. Based on the results of the study received respondents (30.1%) Who have a high school education. Education of one will affect knowledge because in the process of education there is a process of learning about something.

But in high school education is not given information about the pregnancy of one who is experiencing emesis gravidarum, but the mother is certainly easier to understand some things related to the emetic gravidarum. The factor that affects the third knowledge is work. Based on the results the study gained that most of the respondents were 49 (77.8%) is a housewife. Mothers who do not work, who share information with neighboring environments that do not necessarily have the accuracy and correctness of the information.

Based on the research results were obtained 43 respondents (68.3%) showed

positive behavior when experiencing emesis gravidarum. The pregnant women behavior when experiencing emesis gravidarum is an individual response in managing their problem due to the occurrence of emesis gravidarum. The pregnant women behavior when experiencing emesis gravidarum tend to do active behavior like have a small portion of meals infrequent due to their nausea and vomitus complaints. Another positive behavior was regularly checked their pregnancy to midwives to minimize the pregnant complication usually occurred.

The results of this study are in line with the results of Sisilia Ikavianti Sulate's study entitled "Knowledge Relationship about Emesis Gravidarum on the Behavior of Pregnant Women when Experiencing Emesis Gravidarum in BPM Nihayatur Rohma, Kuningan Village, Kanigoro District, Blitar Regency". The results showed knowledge of pregnant women about emesis gravidarum in the poor category that was 45% (9 respondents). The behavior of pregnant women when experiencing emesis gravidarum in the positive category is 60% (12 respondents). The results of the analysis using the Spearman rank Correlation test showed p -value = 0.024 meant there was a relationship between the knowledge of pregnant women about emesis gravidarum with the behavior of pregnant women when experiencing emesis gravidarum in BPM Nihayatur Rohma Kuningan Village, Kanigoro District, Blitar Regency.

Behavior firstly initiated by certain experiences of individuals and their external factor (environment), both physical and non-physical. These experiences and environment were understood, perceived, believed, and then it would induce motivation, intentions to behavior (Notoatmodjo, 2010). Pregnant women very carefully in preserving their pregnancy. Therefore they performed regular antenatal care by visiting midwives.

The family environment specifically spouse (husband) and the parents will pay attention to the pregnant mother. This is the most important thing in forming the mindset of a child and lately affect their skills that belong to. Health services are sources of information and a good service place to respond to the pregnant mother's complaint. Health services as one of the true information sources believed by pregnant mothers and should be practiced when experiencing emesis gravidarum.

The family functions as giving advice, guidance, advice, and feedback. The effects of support for health and well-being function more specifically, the existence of adequate family support has been shown to be associated with easier recovery from illness (Notoatmodjo, 2010). The support that can be given by families is emotional support and informative support. The emotional support that is giving such empathy, care, and attention to pregnant women when experiencing emesis gravidarum. Informative support by giving advice, directions, suggestions, and feedback about emesis gravidarum.

The behavior of pregnant women when experiencing emesis gravidarum is formed due to a process of stages of awareness, interest (feeling happy), evaluation (weighing), trial (trying), adaptation (accepting) in a person. This positive behavior shows the awareness of pregnant women to always pay attention to the complaints they feel when pregnant. From this awareness comes a sense of interest to find out the causes and actions that can be taken to deal with emesis gravidarum so that in the end they can anticipate and handle emesis gravidarum independently.

The relationship between knowledge and this behavior indicates that knowledge is an important basis for realizing positive behavior when experiencing emesis gravidarum.

Healthy behavior will not just be performed, it is a process that learned because individuals understand the positive or negative effects of related behavior. The basic knowledge that pregnant women have about emesis gravidarum becomes the basis for the formation of behavior when experiencing emesis gravidarum. Although in this study the formation of positive behavior due to the response of pregnant women in order to have a healthy pregnancy. Positive behavior will also be increased if pregnant women have good knowledge, while an adequate level of knowledge can make pregnant women have potential behavior that results in reducing the risk of health problems.

Based on the results of research and discussion in accordance with the objectives of the study, then some conclusions were drawn. The understanding of pregnant women about emesis gravidarum in the category of poor as many as 39.7% (25

respondents) while in the good category as much as 60.3% (38 respondents). The behavior of pregnant women when experiencing emesis in the positive category is 68.3% (43 respondents) while in the negative category is 31.7% (20 respondents). The results of the analysis using the chi-square test were obtained with $p\text{-value} = 0,000$. This meant there is a significant relationship of knowledge with the behavior of pregnant women when experiencing emesis gravidarum.

Mangasa Health Center should to further enhances activities or programs related to Emesis Gravidarum especially to improve community knowledge about this problem. The midwife working in the health center should provide health education to all pregnant women regarding emesis gravidarum.

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