Analysis of Dietary Abstinence in Madeung Culture against Wound Healing in Post-Partum Mothers Perineum in the Working Area of Samadua Health Center

Sri Rosita¹*, Rahmayani² & Diza Fathamira Hamzah³

¹,²,³ Universitas Serambi Mekkah, Aceh, Indonesia

*Corresponding Author: Sri Rosita, sri.rosita@serambimekkah.ac.id

Abstract

Madeung is one of the traditions of the people of Aceh, especially the people in the Samadua sub-district, in caring for post-partum mothers by abstaining from eating during the post-partum period. This abstinence from eating behavior has an impact on the mother's health, namely a lack of nutrition which results in slow healing of perineal wounds. This study aims to analyze the behavior of abstinence from eating madeung culture in healing perineal wounds in post-partum mothers in Samadua District. This study uses a design using a combination method or Mixed Methods with the Concurrent Embedded model. The sample of this research was 45 post-partum mothers using purposive sampling technique. Data analysis was performed using the chi square test. The results of the study showed that there was a significant relationship between food restrictions and perineal wound healing with a p-value of 0.001 with a 95% confidence interval. It can be concluded that H₀ is accepted and H₁ is rejected. The results of the qualitative analysis show that abstinence from eating, which is believed so far, can slow down the healing of perineal wounds because the mother lacks nutrition, which has an impact on the health of the mother and baby. Postpartum mothers are advised not to abstain from eating during the postpartum period because it can slow down the healing of perineal wounds and to health workers, especially village midwives to provide special assistance to postpartum mothers intensely and provide information related to dietary restrictions that are detrimental to health.

Keywords: Madeung Culture, Abstinence Eating, Perineal Wound

1. Introduction

Wound is one of the causes of postpartum bleeding (Saifuddin, 2014). The impact of the occurrence of perineal wounds on the mother include infection in the sutures, and can spread to the bladder tract or the birth canal so that it can result in the emergence of complications of bladder infection and infection in the birth canal. Slow handling of complications can cause postpartum maternal death considering the condition of postpartum mothers is still weak (Manuaba, 2012). Lack of maternal nutritional intake can be influenced by a culture of abstinence from eating, such as eggs, fish and chicken meat (Dayu, 2012).

The maternal mortality rate in the world is still high. In 2017, around 295,000 women died during pregnancy, childbirth and the postpartum period (WHO, 2019). The maternal mortality rate in Indonesia is 359 per 100,000 live births, the infant mortality rate is 24 per 1000 live births and the neonatal mortality rate 15 per 1000 live births (SDKI, 2017).

Aceh is one of the provinces in Indonesia and is located in the westernmost part of the archipelago of the archipelago. Maternal Mortality Rate is one of the important indicators in determining the health status of the community, especially Aceh. From data sourced from the district/city health office, it is known that the number of reported
maternal deaths was 141 cases and 101,296 live births, the maternal mortality ratio in Aceh again showed a decline to 139 per 100,000 live births (Dinkes Aceh, 2018).

Every wound is certainly at risk of infection, especially if the nutritional status or nutrition of the mother is not good. Malnutrition in general can result in reduced wound strength, increased wound dehiscence, increased susceptibility to infection and poor quality scarring (Taylor, 2014). Nutritional factors, especially protein, will greatly affect the perineal wound healing process because tissue replacement really needs protein. If the nutritional needs of the mother are not met, it will cause the mother to experience nutritional deficiencies, thereby increasing the risk of disease and the duration of perineal wound healing (Rukiyah, 2014).

The procession of taboos in the *madeung* culture has been going on for generations in Acehnese society. Cultural beliefs and beliefs about post-partum maternal care are still widely encountered in the community. One of the treatments and provisions of this tradition is that the mother must abstain from certain foods, the mother is forbidden to eat foods that contain high protein such as shrimp, several types of fish, eggs and consume little water, eat limited food and only eat vegetables. bathing, dieting food, not being allowed to leave the house, wearing footwear, using an octopus, not allowed to sleep during the day even they believe that colostrum is not good for children. This is because it is believed that consuming fish and eggs will have an itchy effect on postpartum wounds, and wounds will be difficult to heal because they are wet (Mudatsir, 2017).

Based on an initial survey conducted by researchers in the working area of the Samadua Health Center, 10 postpartum mothers who did not eat said they only consumed certain foods such as only white rice and fried or fried anchovies and drank little water, did not eat vegetables and could not eat eggs. , shrimp, tuna and fruit, 7 mothers stated that their perineal wounds heal slowly (average > 14 days) which is characterized by lochia still smelling, the scars are not dry and still bleeding and pus.

2. Method

This study used a mixed methods design with the Concurrent Embedded model. The population in this study was post-partum mothers in the working area of the Samadua Health Center, totaling 45 people. The sample of this research was 45 post-partum mothers using purposive sampling technique. Data analysis was performed using the chi square test. Methods of data collection was quantitative data by distributing questionnaires to research respondents who met the inclusion criteria, namely all postpartum mothers who gave birth normally with perineal wounds, could read and write and were willing to become respondents. Qualitative analysis used was descriptive approach with in-depth interviews.

3. Results and Discussions

Univariate Analysis

Based on the results of data collection using research questionnaires, the results or univariate analysis were obtained as follows:

<table>
<thead>
<tr>
<th>No</th>
<th>Dietary Restrictions</th>
<th>Total</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Abstinence</td>
<td>27</td>
<td>60.0</td>
</tr>
<tr>
<td>2</td>
<td>No Abstinence</td>
<td>18</td>
<td>40.0</td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td>45</td>
<td>100</td>
</tr>
</tbody>
</table>

"Innovations to Support Emancipated Learning (MBKM), Research, and Community Services for Sustainable Development Goals"
Based on Table 1 the frequency distribution of dietary restrictions, it can be seen that from 45 postpartum mothers, 27 respondents (60%) did dietary restrictions and as many as 18 other respondents (40%) did not.

**Table 2. Distribution of Perineal Wound Healing Frequency**

<table>
<thead>
<tr>
<th>No</th>
<th>Wound Healing Perineum</th>
<th>Total</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Slow (&gt; 14 days)</td>
<td>24</td>
<td>53.3</td>
</tr>
<tr>
<td>2</td>
<td>Normal (7-14 days)</td>
<td>9</td>
<td>20.0</td>
</tr>
<tr>
<td>3</td>
<td>Fast (1-6 days)</td>
<td>12</td>
<td>26.7</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>45</td>
<td>100</td>
</tr>
</tbody>
</table>

Based on Table 2, it shows that of the 45 respondents studied, it is known that as many as 24 respondents (53.3%) with slow perineal wound healing (> 14 days), 9 respondents or 20.0% with normal perineal wound healing, namely 7 to 14 days and as many as 12 other respondents, namely 26.7% with fast perineal wound healing, which is 1 to 6 days.

**Bivariate Analysis**

**Table 3. The Abstained Eating Behavior on Perineal Wounds**

<table>
<thead>
<tr>
<th>No</th>
<th>Abstinence for Eat</th>
<th>Penyembuhan Luka Perineum</th>
<th>Total</th>
<th>P</th>
<th>α</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Slow</td>
<td>Normal</td>
<td>Fast</td>
<td>f %</td>
</tr>
<tr>
<td>1</td>
<td>Abstinence</td>
<td>24</td>
<td>88.9</td>
<td>3</td>
<td>11.1</td>
</tr>
<tr>
<td>2</td>
<td>No Abstinence</td>
<td>0</td>
<td>0</td>
<td>6</td>
<td>33.3</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>24</td>
<td>53.3</td>
<td>9</td>
<td>20.0</td>
</tr>
</tbody>
</table>

Based on the data in Table 3 above, it can be defined that of the 45 respondents studied that 27 respondents did abstinence from eating during the postpartum period, it is known that as many as 24 respondents or 88.9% experienced slow healing of perineal wounds. Of the 18 respondents who did not abstain from eating, it was known that 12 respondents or 66.7% experienced fast wound healing.

Based on statistical tests using the Chi-Square Test at a 95% confidence interval, it was found that the \( p \) value was 0.001 < 0.005, which means that there is a significant relationship between dietary restrictions and perineal wound healing in post-partum mothers in Samadua District.

The results of this study indicate that the majority of postpartum mothers in the working area of Puseksmas Samadua practice dietary restrictions during the puerperium, of the 45 postpartum mothers studied, 27 respondents (60%) abstained from eating. As for the foods that are forbidden, among others, all types of vegetables, fish, meat, eggs, nuts, fruits, drinking a little water for fear of bloating the baby, should not eat spicy food, eat even a little rice to maintain shape. body, and is not allowed to consume oil or salt on the grounds of hastening the disconnection of the baby's umbilical cord. So the food consumed is only white rice with roasted anchovies.

The behavior of abstinence from eating during the post-partum period in the working area of the Samadua Health Center is due to following traditions or cultures that have been carried out for generations, mothers are not aware that their behavior by performing dietary restrictions can affect maternal health, namely it can slow down the healing of perineal wounds according to the results. Research from 27 respondents who did dietary restrictions in the Madeung culture as many as 24 respondents or 88.9% experienced slow perineal wound healing, which was <14 days. This dietary behavior, in addition to having an impact on the mother, also has an impact on the health of the baby because the breast milk consumed by the baby lacks the nutrients needed by the baby for growth and development.
The results of this study are in line with research conducted by (Kasari, Wahyuni, 2020) that there is a significant relationship between abstinence from eating and healing of perineal wounds in postpartum women. With the results of the analysis obtained the value of value (0.000) < a (0.05). This is also in line with research conducted by Marcelina (2018) that almost all (76%) postpartum mothers who did not abstain from food almost entirely (82%) had good wound healing. Statistical test results obtained p value = 0.000 < = 0.05, meaning that there is a relationship between food abstinence and perineal wound healing at RSI Jemursari Surabaya.

In this post-partum, high-quality nutrition is needed with sufficient calories, protein, and vitamins. These nutritional factors will affect the wound healing process in the perineum, vulvar hygiene, wound area, age, and vascularity. If the postpartum mother's food needs are met by eating a balanced nutritious diet, the postpartum will be healthy and fresh mothers post-partum who have a culture of abstinence from food such as eating eggs, chicken, fish, meat will affect the nutritional intake of the postpartum so that it can slow down the wound healing process in the perineum (Susanti et al., 2015).

Post-partum mothers, the nutrients that are needed are calories and protein for the perineal wound healing process. A postpartum mother should eat more rice and side dishes than before giving birth and eat a variety of foods (Jalan, 2013). Animal protein is a nutrient that is very influential on perineal wound healing, because protein is needed for tissue replacement. Postpartum mothers are expected to consume more animal protein so that perineal wound healing will be faster (Muniroh, 2016).

The conclusion from the results of in-depth interviews with postpartum mothers using a descriptive phenomenology approach is that the abstinence from eating behavior has been followed by postpartum mothers because of recommendations from parents and family, namely mothers. This was conveyed that so far the recommendation to abstain from eating during the madeung has been carried out from generation to generation and has become a recommendation from traditional birth attendants who accompany healing during the postpartum period.

According to postpartum mothers in the Samadua Health Center work area, they did this to speed up the healing of perineal wounds and to keep their bodies beautiful. Especially the food restrictions that they do for the health of their babies, one of which is like the mother not eating eggs because it is believed that it will make her milk smell fishy so that her baby will vomit and refuse to drink breast milk. Postpartum mothers can only eat white rice with fried anchovies. In addition, foods that contain fat protein should not be eaten because it is believed to slow down the healing of perineal wounds. Fruits and vegetables are also abstained, don't drink a lot of water because it is believed that it can make the baby bloated. Even though the behavior that has been believed so far is contrary to reality in health science because nutritious nutrients are very beneficial for the health of mothers and babies and accelerate the healing of perineal wounds in postpartum mothers.

4. Conclusions

There is a relationship between taboos on perineal wound healing in the madeung culture in the working area of the Samadua Public Health Center, South Aceh Regency. It is hoped that the Public Health Center, especially the Public Health Center midwives and village midwives, will routinely provide assistance by providing intense information related to dietary restrictions in the Madeung culture to accelerate the healing of perineal wounds.

5. Acknowledgments

The author would like to thank RISTEKDIKTI for providing financial support for this study. Thank you to the UPTD Samadua Health Centre.
References