

The Relationship Between Postpartum Mothers' Knowledge and Attitudes Regarding Perineal Wound Care at The Rimenda BR Tarigan Prenatal Care Center in Medan Denai, North Sumatra 2025

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ABSTRACT

According to World Health Organization (WHO) data in 2020, approximately 2.9 million cases of perineal tears occurred among women during childbirth. In Indonesia, about 75% of women who undergo vaginal delivery experience perineal lacerations. In the same year, among a total of 1,951 spontaneous vaginal births, this study aimed to examine the relationship between postpartum mothers' knowledge and attitudes toward perineal wound care at PMB Rimenda Tarigan, North Sumatra, in 2025. This research employed a quantitative approach with a cross-sectional study design. A total of 63 respondents were included as the sample, and bivariate analysis was conducted using the Chi-square test. The findings showed that most respondents were aged 20–35 years, accounting for 60 individuals (95.2%). The majority had a secondary level of education (senior high school/vocational school), totaling 52 respondents (82.5%), and most were unemployed, with 57 respondents (90.5%). Good knowledge was observed in 38 respondents (60.3%), while 38 respondents (60.3%) also demonstrated positive attitudes. Additionally, 50 respondents (79.4%) performed appropriate perineal wound care practices. Statistical analysis revealed significant relationships between knowledge (p -value = 0.015) and attitude (p -value = 0.000) with perineal wound care. The study concludes that there is a significant association between postpartum mothers' knowledge and attitudes and the practice of perineal wound care at PMB Rimenda Tarigan, North Sumatra, in 2025.

Keywords: Postpartum, Knowledge, Attitude, Perineal Wound

Introduction

The postpartum period is a critical phase following childbirth, during which the mother undergoes significant physical and psychological recovery (*World Health Organization*, 2020).

During this period, postpartum mothers are vulnerable to various health problems, one of which is perineal wounds resulting from episiotomy procedures or spontaneous perineal tears during vaginal delivery (Royal College of Obstetricians and Gynaecologists, 2015) (Sinaga *et al.*,

2022). Globally, the World Health Organization reported that approximately 2.9 million women experienced perineal tears during childbirth in 2020, highlighting the magnitude of this maternal health issue (*World Health Organization*, 2020).

In Indonesia, perineal trauma remains a common occurrence among women who give birth vaginally. Data from the Ministry of Health of the Republic of Indonesia indicate that around 75% of women who undergo normal

delivery experience perineal lacerations, either spontaneous or due to episiotomy (Kemekes RI, 2020). If perineal wounds are not managed properly, they may lead to complications such as infection, prolonged pain, delayed wound healing, and discomfort that can interfere with maternal activities and newborn care (RCOG, 2015; Fraser and Cooper, 2019).

Knowledge plays a fundamental role in shaping individual attitudes and health behaviors. According to (Notoatmodjo, 2017), knowledge is the result of sensory perception and serves as the foundation for forming attitudes and behaviors. In the context of postpartum care, mothers who possess sufficient knowledge regarding perineal wound management tend to develop positive attitudes, which subsequently encourage appropriate wound care practices.

Several studies have demonstrated a significant relationship between maternal knowledge, attitudes, and health behaviors. Research conducted by (Sinaga, Fauzianty, and Situmorang, 2023) revealed that maternal knowledge and attitudes are significantly associated with maternal health care behaviors. Similarly, Fauzianty, Sinaga, and Situmorang (2023) found that mothers with better knowledge are more compliant with health recommendations provided by healthcare professionals. These findings are further supported by Purba, Sinaga, and Sari (2023), who reported that a combination of good knowledge and positive attitudes contributes to improved maternal health practices.

Furthermore, a study by Napitupulu, Fauzianty, and Sinaga (2022) indicated that increased knowledge among postpartum mothers is significantly related to better postpartum health care behaviors.

Riswathi, Situmorang, and Simanjuntak (2023) also confirmed that maternal knowledge and attitudes play a crucial role in shaping health behaviors, particularly in maternal and child health practices. In addition, the role of healthcare workers is essential in improving maternal knowledge and attitudes through education, counseling, and continuous support. (Agustina et al., 2023) (Simarmata dkk, 2022).

Preliminary observations conducted at the Rimenda Br Tarigan Prenatal Care Center in Medan Denai revealed that some postpartum mothers still lacked adequate knowledge regarding perineal wound care and demonstrated less supportive attitudes toward proper wound management. This condition potentially increases the risk of infection and delays the perineal wound healing process.

Based on the above background, the researchers were interested in conducting a study entitled “The Relationship Between Postpartum Mothers’ Knowledge and Attitudes Regarding Perineal Wound Care at the Rimenda Br Tarigan Prenatal Care Center in Medan Denai, North Sumatra, in 2025.”

Methods

This study employed a quantitative design with a correlational analytical approach using a cross-sectional method, meaning that the independent and dependent variables were measured simultaneously. This design was used to determine the relationship between postpartum mothers' knowledge and attitudes regarding perineal wound care.

Results

The results section describes the findings obtained from the analysis of the research data. This study, entitled *"The Relationship between Knowledge and Attitudes of Postpartum Mothers Regarding Perineal Wound Care at PMB Rimenda Br Tarigan Medan Denai, North Sumatra, in 2025,"* involved 63 respondents who participated by completing an online questionnaire distributed through a Google Form. After data collection, the responses were examined, coded, and entered into a computerized database. The data were then processed and analyzed using univariate and bivariate analytical techniques, with the results presented in the form of tables.

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Table 4.1 Extension Activities

The findings summarized in Table 4.1 show that the majority of respondents were between 20 and 35 years of age, totaling 60 individuals (95.2%), while only a small number were either under 20 years or over 35 years old, amounting to 3 respondents (4.8%). With respect to educational background, most respondents had completed secondary education (senior high school or vocational school), comprising 52 respondents (82.5%), whereas a minority of 5 respondents (7.9%) had attained a lower level of education, such as elementary or junior high school. In terms of occupational status, the results indicated that most respondents were not employed, with 57 individuals (90.5%), while only 6 respondents (9.5%) were employed.

Table 4.2 Frequency Distribution of Respondents' Knowledge in the

Characteristics	F	%
Age (Years)		
< 20 dan > 35	3	4,8
20 – 35	60	95,2
Education		
Low (SD &	5	7,9
Middle School (High School &	52	82,5
Vocational School)	6	9,5
Higher (Bachelor)		
Work	57	90,5
Doesn't work Work	6	9,5
Amount	63	100,0
Knowledge	F	%
Less	25	39,7
Good	38	60,3
Total	63	100,0

Table 4.3 Frequency Distribution of Respondents' Attitudes in the Rimenda Student Admissions Program Br Tarigan Medan Denai North Sumatra 2025

Attitude	F	%
Negative	25	39,7
	38	60,3
Positive	63	100,0

Table 4.4 Frequency Distribution of Perineal Wound Care Respondents at PMB Rimenda Br Tarigan Medan Denai, North Sumatra, in 2025

Perineal Wound Care	F	%
Not Done	13	20,6
Done	50	79,4
Total	63	100,0

4.5 Relationship between Knowledge and Perineal Wound Care

Knowledge	Not Done (Perineal Wound Care)		Done (Perineal Wound Care)		Total	
	n	%	N	%	n	%
Less	9	14,3	16	25,4	25	39,7
Good	4	,3	34	54,0	38	60,3
Total	13	20,6	50	79,4	63	100,0

Discussion

Rimenda PMB Br Tarigan Medan Denai North Sumatra 2025 : Based on the findings presented in Table 4.2, most respondents demonstrated a good level of knowledge, accounting for 38 individuals (60.3%), while 25 respondents (39.7%) exhibited a poor level of knowledge.

As shown in Table 4.3, the majority of respondents demonstrated a positive attitude, with 38 individuals (60.3%), while 25 respondents (39.7%) exhibited a negative attitude.

The findings in Table 4.4 indicate that most respondents performed perineal wound care, accounting for 50 individuals (79.4%), while 13 respondents (20.6%) did not perform such care. Based on the results presented in Table 4.6, among the 38 respondents with positive attitudes, the majority—36 individuals (57.1%)—performed perineal wound care, while only

2 respondents (3.2%) did not. In contrast, among the 25 respondents with negative attitudes, 14 individuals (22.2%) carried out perineal wound care, whereas 11 respondents (17.5%) did not.

The statistical analysis yielded a p-value of 0.000 ($p < 0.05$), indicating a significant association between postpartum mothers' attitudes and the practice of perineal wound care at PMB Rimenda Br Tarigan in 2025.

Conclusion and Suggestion

Based on the study findings, most respondents were aged 20–35 years, accounting for 60 individuals (95.2%). The majority had a secondary level of education (senior high school/vocational school), totaling 52 respondents (82.5%), and most were unemployed (57 respondents; 90.5%). Furthermore, 38

respondents (60.3%) demonstrated good knowledge, 38 respondents (60.3%) exhibited positive attitudes, and 50 respondents (79.4%) appropriately performed perineal wound care.

A significant association was identified between postpartum mothers' level of knowledge and their behavior in performing perineal wound care at PMB Rimenda Br Tarigan Medan Denai, North Sumatra, in 2025, as indicated by a p-value of 0.015 ($p < 0.05$).

A statistically significant association was observed between postpartum mothers' attitudes and perineal wound care practices at PMB Rimenda Br Tarigan Medan Denai, North Sumatra, in 2025, as indicated by a p-value of 0.000 ($p < 0.05$).

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