

---

## THE RELATIONSHIP BETWEEN PREGNANT WOMEN'S KNOWLEDGE AND ATTITUDES ABOUT PERINEUM MASSAGE IN REDUCING PERINEUM RUPTURE AT THE MANIS MATA COMMUNITY HEALTH CENTER MANIS MATA DISTRICT KETAPANG REGENCY WEST KALIMANTAN PROVINCE IN 2024

Rosalya Sihombing<sup>1</sup>, Herna Rinayani Manurung<sup>2</sup>, Nopalina Suyanti Damanik<sup>3</sup>, Parningotan Simanjuntak<sup>4</sup>, Lifernia Tafonao<sup>5</sup>, Zunianti<sup>6</sup>, Shasha Naila<sup>7</sup>  
<sup>1,2,3,4,5,6,7</sup> Sekolah Tinggi Ilmu Kesehatan Mitra Husada Medan

[2319201494@mitrahusada.ac.id](mailto:2319201494@mitrahusada.ac.id)<sup>1</sup>, [hernarinayanti@mitrahusada.ac.id](mailto:hernarinayanti@mitrahusada.ac.id)<sup>2</sup>,  
[nopalinasyanti@mitrahusada.ac.id](mailto:nopalinasyanti@mitrahusada.ac.id)<sup>3</sup>, [parningotan@mitrahusada.ac.id](mailto:parningotan@mitrahusada.ac.id)<sup>4</sup>,  
[2219201060@mitrahusada.ac.id](mailto:2219201060@mitrahusada.ac.id)<sup>5</sup>, [2319201084@mitrahusada.ac.id](mailto:2319201084@mitrahusada.ac.id)<sup>6</sup>,  
[2319201771@mitrahusada.ac.id](mailto:2319201771@mitrahusada.ac.id)<sup>7</sup>

### ABSTRACT

Perineal rupture is a complication of childbirth that can increase the risk of bleeding and infection in the mother. One preventative measure that can be performed during pregnancy is perineal massage, which is influenced by the level of knowledge and attitudes of pregnant women. This study aims to determine the relationship between knowledge and attitudes of pregnant women regarding perineal massage and reducing perineal rupture at the Manis Mata Community Health Center (UPTD), Manis Mata District, Ketapang Regency, West Kalimantan Province in 2024. This study used a quantitative design with a cross-sectional approach. The sample population was all 45 pregnant women visiting the Manis Mata Community Health Center (UPTD), using a total sampling technique. Data were collected using a knowledge and attitude questionnaire and a perineal massage observation sheet. Data were analyzed univariately and bivariately using the Chi-Square test with a 95% confidence level ( $\alpha = 0.05$ ). The results showed that the majority of respondents had high knowledge (54%) and positive attitudes (55%) toward perineal massage. Fifty-three percent of respondents performed perineal massage regularly. The bivariate test results showed a significant relationship between pregnant women's knowledge and perineal massage practice ( $p$ -value = 0.000) and a significant relationship between pregnant women's attitudes and perineal massage practice ( $p$ -value = 0.032). The conclusion of this study indicates that pregnant women's knowledge and attitudes are significantly related to the practice of perineal massage as an effort to reduce the risk of perineal rupture.

**Keywords:** Knowledge, Attitude, Perineum Massage.

### Introduction

Midwifery care is a health service provided by midwives that supports women, babies and families at various stages of life including the postpartum period (Febriana Sari, Herna Rinayanti Manurung, Ariska Fauzianty, 2025). Perineal rupture is one of the most common complications of vaginal childbirth and remains a significant

maternal health problem. This condition may cause acute postpartum pain, hemorrhage, perineal wound infection, limitations in daily activities, and long-term consequences such as sexual dysfunction and psychological trauma. The World Health Organization states that unmanaged perineal trauma contributes substantially to maternal morbidity, particularly in developing countries with

limited healthcare resources (Cunningham et al., 2022). Perineal rupture is influenced by multiple interrelated factors, including maternal, fetal, and delivery-related factors. Maternal factors include age, parity, perineal tissue condition, pushing ability, and physical and psychological readiness during labor. Fetal factors include birth weight, head circumference, and fetal presentation, while delivery-related factors are associated with the skills and techniques of healthcare providers during the second stage of labor (Varney et al., 2019) (Prawirohardjo, 2020)

These changes in the reproductive organs are called involution. Postpartum care is needed during this period because it is a critical period for both the mother and the baby. It is estimated that 60% of maternal deaths due to pregnancy occur after delivery and 50% of postpartum deaths occur within the first 24 hours. Postpartum care is carried out to reduce maternal mortality because the postpartum period is a critical period that requires monitoring. Results: care for NY "S" with postpartum physiological puerperium 3 days ago with complaints of stomach cramps and little breast milk coming out and during these 3 days no potential problems were found such as signs of mastitis, blocked breast milk, breast abscess, and breast cancer. However, the breast milk came out little because there was no stimulation by the baby breastfeeding the mother, uterine contractions were good and Lochia was appropriate (Irma Suryani et al., 2024)

One preventive effort to reduce the risk of perineal rupture is perineal massage. Perineal massage is a non-pharmacological technique involving gentle massage of the perineal tissue to improve elasticity and flexibility. Regular perineal massage starting at 34 weeks of

gestation has been shown to enhance blood circulation, increase tissue elasticity, and reduce the incidence and severity of perineal trauma and episiotomy (Yesie Aprilia, 2015) (Beckmann, M.M.,Garrett, A.J., 2019). Despite its benefits, perineal massage is not widely practiced among pregnant women. Limited knowledge and negative attitudes are major factors influencing women's behavior regarding perineal massage. According to health behavior theory, knowledge and attitude are essential determinants in shaping health-related behavior (Notoatmodjo, 2018). Therefore, this study aims to analyze the relationship between pregnant women's knowledge and attitudes toward perineal massage in reducing perineal rupture.

There is a relationship between nutritional status and perineal wound recovery. Suggestion: It is hoped that health workers can provide more health education to postpartum mothers regarding the fulfillment of nutrients during the postpartum period in order to accelerate the recovery of nutritional status (Sinaga et al., 2022).

### Research Method

This study employed a quantitative research approach with a cross-sectional design to examine the relationship between pregnant women's knowledge and attitudes and the practice of perineal massage. The cross-sectional design was chosen because it allows the assessment of relationships between variables at a single point in time without providing direct intervention to the respondents (Sugiyono, 2021). The study was conducted at UPTD Puskesmas Manis Mata, Ketapang Regency, West Kalimantan Province, from February to June 2024. The study population consisted of all third-trimester pregnant women who attended antenatal

care services at the health center during the study period. A total sampling technique was applied, resulting in a total of 45 respondents included in the study.

Research instruments consisted of structured questionnaires designed to measure the level of knowledge and attitudes of pregnant women regarding perineal massage. The questionnaires were developed based on health behavior theories and findings from previous studies and were tested for validity and reliability prior to data collection to ensure accuracy and consistency (Azwar, 2017).

Bleeding at perineal rupture can be severe especially in grades I and III ruptures or if the perineal rupture extends to the side or up the vulva on the clitoris. The results of this Bivariate study indicate that the Chi-Square Statistical Test results obtained a P value of 0.021, then  $H_0$  is rejected and  $H_a$  is accepted, which means that there is a significant relationship between Early Mobilization and the Healing Process of Perineal Wounds in Post Partum Mothers (Simanjuntak, 2022).

Data analysis was performed using univariate analysis to describe respondent characteristics and variable distributions, and bivariate analysis using the Chi-Square test to determine the relationships between independent and dependent variables. A significance level of  $p < 0.05$  was applied in this study to establish statistical significance (Nurhamida Fithri; Lasria Simamora, 2022)

### Discussion

The findings of this study demonstrate a significant association between pregnant women's level of knowledge and the practice of perineal massage. Women who possess adequate knowledge are more likely to comprehend the benefits and mechanisms of perineal massage, which in turn enhances their motivation to perform the practice

### Result

The results indicated that the majority of respondents were within the healthy reproductive age range of 20–35 years. Most respondents had a secondary level of education and were housewives, suggesting that they had sufficient time and opportunity to receive health education during pregnancy. The distribution of knowledge levels revealed that most pregnant women had good knowledge regarding perineal massage. Respondents with good knowledge generally understood the benefits of perineal massage, the recommended timing of its implementation, and the basic techniques required to perform perineal massage correctly during pregnancy.

Analysis of attitudes showed that the majority of respondents demonstrated positive attitudes toward perineal massage. Positive attitudes were reflected in the respondents' willingness to try perineal massage, accept guidance from healthcare providers, and practice perineal massage regularly throughout pregnancy.

Bivariate analysis demonstrated a statistically significant relationship between knowledge and perineal massage practice, as well as between attitude and perineal massage practice, with p-values less than 0.05. These findings indicate that knowledge and attitude play important roles in influencing pregnant women's behavior regarding perineal massage.

consistently. This relationship aligns with health behavior theory proposed by Notoatmodjo, which emphasizes that knowledge constitutes a fundamental cognitive basis for the formation and adoption of health-related behaviors (Notoatmodjo, 2018a)

In addition to knowledge, attitude was also identified as a significant

determinant of perineal massage practice, as a positive attitude reflects psychological readiness and emotional acceptance of preventive health behaviors. Pregnant women with favorable attitudes tend to be more receptive to health education and demonstrate greater consistency in applying perineal massage as part of routine pregnancy care. The role of healthcare providers, particularly midwives, is therefore pivotal in strengthening both knowledge and attitudes through continuous education, individualized counseling, and practical demonstrations of perineal massage techniques, which can enhance women's confidence and autonomy in performing the intervention. Furthermore, the present findings corroborate previous evidence indicating that perineal massage is an effective preventive strategy for reducing the incidence and severity of perineal rupture during childbirth.

The integration of structured perineal massage education into routine antenatal care services represents a strategic and evidence-based approach to improving the quality of maternal healthcare and minimizing childbirth-related complications (World Health Organization., 2020)

### **Conclusion and Suggestion**

Based on the results of the study examining the relationship between pregnant women's knowledge and attitudes toward perineal massage in reducing the risk of perineal tissue tears, it can be concluded that there is a significant influence of both good knowledge levels and positive attitudes on the implementation of perineal massage. Pregnant women who possess adequate knowledge tend to perform perineal massage more routinely and consistently, which is likely to contribute to increased

perineal elasticity and a reduced risk of perineal rupture during childbirth. These findings indicate that knowledge and attitude play an essential role in shaping preventive health behaviors during pregnancy and support the importance of integrating perineal massage education into maternal healthcare services.

To enhance the effectiveness of perineal massage implementation, it is recommended that health workers, particularly midwives, receive regular training on effective educational strategies and practical techniques for teaching perineal massage to pregnant women. Well-trained health workers are expected to provide clearer, more accurate, and more applicable information, thereby improving pregnant women's understanding and confidence in practicing perineal massage independently. In addition, the development of structured and systematic educational programs on perineal massage during antenatal care visits is strongly recommended. Such programs should include direct demonstrations, visual aids, and simple educational materials that are easy for pregnant women to understand and apply in daily practice.

Furthermore, family involvement, especially that of spouses, should be encouraged in the perineal massage education process. Family support can increase pregnant women's motivation, comfort, and adherence to performing perineal massage regularly. Therefore, maternal health programs that actively involve families need to be developed in a more comprehensive and inclusive manner. Lastly, further research is recommended to explore additional factors influencing the practice of perineal massage and to design more effective intervention strategies. Future studies may also employ longitudinal approaches to

assess the long-term impact of perineal massage on maternal and neonatal health outcomes. Through the implementation of these recommendations, it is expected that pregnant women's knowledge and skills will improve, ultimately reducing the risk of perineal rupture during childbirth.

## References

- Azwar, S. (2017). *Sikap Manusia: Teori dan Pengukurannya (Edisi ke-2)*. Pustaka Pelajar.
- Beckmann, M.M., Garrett, A.J. (2019). *Antepartum perineal massage for reducing perineal trauma. Cochrane Database of Systematic Reviews*. 2.
- Cunningham, F. G., Leveno, K. J., & Bloom, S. L. (2022). *Williams Obstetrics (26th ed.)*. McGraw-Hill Education.
- Febriana Sari, Herna Rinayanti Manurung, Ariska Fauzianty, S. S. T. G. (2025). *Konsep Kebidanan*. BUKU LOKA.
- Irma Suryani, Febriana Sari, Riyanti Riyanti, Sonia Novita Sari, & Juliana Munthe. (2024). Manajemen Asuhan Kebidanan pada NYS Masa Nifas Fisiologis 3 Hari Post Partum di PMB BD. Riyanti, STR.KEB Bangetayu Kulon Genuk Kota Semarang Provinsi Jawa Tengah Tahun 2024. *VitaMedica: Jurnal Rumpun Kesehatan Umum*, 2(4), 64–71. <https://doi.org/10.62027/vitamedica.v2i4.188>
- Notoatmodjo, S. (2018a). *Ilmu Perilaku Kesehatan*. Rineka Cipta.
- Notoatmodjo, S. (2018b). *Metodologi Penelitian Kesehatan*. Rineka Cipta.
- Nurhamida Fithri; Lasria Simamora. (2022). Pengaruh Pijat Perineum dalam Mengurangi Ruptur Perineum saat Persalinan. *Journal of Health (JoH)*, 9(1).
- Prawirohardjo, S. (2020). *Ilmu Kebidanan. Edisi 4, Cetakan 6 (Edisi keenam)*. Bina Pustaka Sarwono Prawirohardjo.
- Simanjuntak, L. Y. (2022). The relationship between early mobilization and the healing process of perineal wounds in post partum mothers. *Jurnal Aisyah : Jurnal Ilmu Kesehatan*, 7(1), 425–428. <https://doi.org/10.30604/jika.v7i1.1520>
- Sinaga, R., Sinaga, K., Simanjuntak, P., & Damanik, N. S. (2022). Hubungan Status Gizi Ibu Nifas Dengan Penyembuhan Luka Perineum. *Indonesian Health Issue*, 1(1), 69–75. <https://doi.org/10.47134/inhis.v1i1.13>
- Sugiyono. (2021). *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*. Alfabeta.
- Varney, H., Kriebs, J. M., & Geger, C. L. (2019). *Varney's Midwifery (6th ed.)*. Jones & Bartlett Learning.
- World Health Organization. (2020). *WHO recommendations on maternal health*. World Health Organization.
- Yesie Aprilia. (2015). *Gentle Birth: Melahirkan Nyaman Tanpa Rasa Sakit*. Gramedia Widiasarana Indonesia (Grasindo).