

FACTORS RELATED TO KNOWLEDGE OF EARLY MOBILIZATION AMONG POST SECTIO CAESAREA MOTHERS AT RSUD ISKANDAR MUDA IN 2024

¹Anggun Evany Tamba, ²Cut Zuliani, ³Sri Muliana Putri Bakara, ⁴Grace Daniella Sipayung,
⁵Nabila Rara Putri
^{1,2,3,4,5}Sekolah Tinggi Ilmu Kesehatan Mitra Husada Medan

Email: 2519201600@mitrahusada.ac.id, 2319201146@mitrahusada.ac.id,
srimulianaputrimitrahusada@gmail.ac.id, 2519201609@mitrahusada.ac.id,
2519201612@mitrahusada.ac.id

ABSTRACT

This study aimed to determine the factors associated with the knowledge of post-cesarean section mothers regarding early mobilization at Iskandar Muda Regional General Hospital in 2024. Early mobilization is an essential component of postpartum care following cesarean section, as it helps accelerate recovery, improve blood circulation, reduce the risk of postoperative complications, and support the restoration of normal body functions.

This research employed a descriptive cross-sectional design. The population and sample consisted of all post-cesarean section mothers treated at Iskandar Muda Regional General Hospital in 2024. Samples were selected using an accidental sampling technique. Data were collected through structured questionnaires and analyzed using univariate and bivariate statistical methods. The Chi-Square test was used to determine the relationship between independent variables and the level of maternal knowledge regarding early mobilization.

The findings revealed that age, educational level, and access to information were significantly associated with mothers' knowledge of early mobilization. Mothers with higher educational backgrounds, greater access to health information, and mature age groups tended to demonstrate better knowledge compared to others. Adequate knowledge regarding early mobilization can encourage mothers to perform movement activities earlier, thereby enhancing the recovery process, preventing complications such as thrombosis and delayed wound healing, and improving overall postpartum outcomes.

In conclusion, age, education, and information are important factors influencing the knowledge of post-cesarean section mothers regarding early mobilization. Strengthening health education and providing comprehensive information by healthcare professionals are recommended to improve maternal knowledge and promote the successful implementation of early mobilization after cesarean delivery.

Keywords: Knowledge, Early Mobilization, Cesarean Section, Postpartum Mothers, Health Education

INTRODUCTION

Healthcare services are complex organizations involving professionals from diverse educational and social backgrounds who work together to provide quality healthcare services. One of the major health priorities is reducing the Maternal Mortality Rate (MMR) (Arif, 2022) through the provision of comprehensive maternal healthcare services, including antenatal, intrapartum, postpartum, and neonatal care, as well as referral services for obstetric complications. (Ningrum et al., 2023)

Complications during pregnancy, childbirth, and the postpartum period remain significant contributors to maternal morbidity and mortality (Arunita et al., 2024). Appropriate management of obstetric complications is therefore essential to protect the health and safety of both mother and baby (Metasari & Sianipar, 2018). One intervention commonly performed to address delivery complications is cesarean section (CS), a surgical procedure indicated in conditions such as cephalopelvic disproportion, fetal distress, hypertension, eclampsia, and previous cesarean delivery (Herman et al., 2019).

Early mobilization is an important component of post-cesarean care (Dyanti SR Butar-Butar et al., 2024). Early and gradual movement after surgery has been shown to improve blood circulation, enhance respiratory and gastrointestinal function, (Ferinawati, 2019) accelerate wound healing, and reduce the risk of thromboembolic complications. Despite these benefits, many mothers are reluctant to perform early mobilization because of pain, fear of wound disruption, physical weakness, and inadequate knowledge regarding its importance (Tambunan et al., 2025).

According to the World Health Organization, approximately 810 women die each day from preventable causes related to pregnancy and childbirth, with the majority occurring in low- and middle-income countries (Amir & Yulianti, 2020). In Indonesia, the prevalence of cesarean delivery reached 17.6% of total births in 2018. Data from Iskandar Muda Regional General Hospital showed that 369 mothers underwent cesarean section in 2023.

A preliminary survey conducted among 10 post-cesarean mothers found that eight mothers did not perform early mobilization within 24 hours after surgery because of pain, fear, and lack of understanding, while only two mothers practiced early mobilization due to awareness of its benefits (Adesy Asta et al., 2023). Therefore, this study aimed to determine the factors associated with the knowledge of post-cesarean section mothers regarding early mobilization at Iskandar Muda Regional General Hospital in 2024.

RESEARCH METHOD

This study employed a quantitative research approach with a descriptive cross-sectional design (Armaijn et al., 2024). The study was conducted at Iskandar Muda Regional General Hospital in 2024. The research was carried out from April to June 2024 (Sihombing et al., 2017).

The population of this study consisted of all post-cesarean section mothers who were hospitalized at Iskandar Muda Regional General Hospital in 2024. The sample included post-

cesarean section mothers who met the inclusion criteria and were willing to participate in the study. Sampling was performed using an accidental sampling technique, in which (7%) were grand multiparous. Most respondents had a secondary education level (Senior High School), accounting for 67 respondents (67%), while 23 respondents (23%) had basic education (Elementary and Junior High School), and 10 respondents (10%) had higher education

Bivariate analysis was conducted using the Chi-Square test to determine the relationship between age, education, information, and maternal knowledge regarding early mobilization (홍종욱, 2019). The results indicated that age, educational level, and information exposure were significantly associated with the level of maternal knowledge about early mobilization. (Pragholapati, 2020)

Mothers with higher educational attainment and adequate access to information tended to have better knowledge compared to those with lower educational levels and limited information sources. (Saragih, 2023)

The findings suggest that demographic and informational factors play an important role in shaping maternal understanding of early mobilization after cesarean section (Yulianti et al., 2024). Adequate knowledge is expected to encourage mothers to perform early mobilization appropriately, thereby supporting faster recovery and reducing postoperative complication (Firdaus, 2022)

DISCUSSION

The findings of this study indicate that age, educational level, and information exposure are factors associated with the knowledge of post-cesarean section mothers regarding early mobilization. Knowledge is an important component in influencing maternal behavior during the postpartum period, particularly in the implementation of early mobilization following cesarean delivery.

Age was found to be associated with maternal knowledge regarding early mobilization. Mothers in the mature age group generally demonstrated better understanding than younger mothers. Increasing age is often accompanied by greater life experience, improved decision-making abilities, and enhanced capacity to receive and process health-related information. These factors may contribute to a higher level of knowledge regarding the benefits and procedures of early mobilization after cesarean section.

Educational level was also associated with maternal knowledge. Mothers with higher educational attainment tended to have better knowledge compared to those with lower educational levels. Education influences an individual's ability to obtain, understand, and apply health information. Individuals with higher education are generally more receptive to new information and are better able to interpret health messages provided by healthcare professionals. Therefore, education plays a significant role in improving awareness and understanding of postpartum care practices, including early mobilization.

Information exposure was another factor related to maternal knowledge. Mothers who received information from healthcare providers, electronic media, printed media, or other educational

sources demonstrated better knowledge regarding early mobilization. Access to accurate information enables mothers to understand the importance of movement after surgery, the appropriate timing for mobilization, and the potential risks associated with prolonged bed rest. Health education delivered by nurses, midwives, and physicians is therefore essential in promoting appropriate postoperative recovery behaviors.

Good knowledge regarding early mobilization is important because it can encourage mothers to actively participate in their recovery process. Early mobilization has been reported to improve blood circulation,

accelerate wound healing, reduce the risk of thromboembolic complications, restore gastrointestinal function, and enhance overall physical recovery following cesarean section. Consequently, increasing maternal knowledge through continuous education and counseling should be considered an integral component of postpartum care services.

The findings of this study emphasize the importance of educational interventions and information dissemination for post-cesarean section mothers. Healthcare professionals should provide clear, comprehensive, and evidence-based information regarding early mobilization to ensure that mothers understand its benefits and are motivated to implement it during the postpartum period.

CONCLUSION AND SUGGESTION

The results of this study indicate that age, educational level, and information exposure are associated with the knowledge of post-cesarean section mothers regarding early mobilization at Iskandar Muda Regional General Hospital in 2024. Mothers with higher educational attainment, adequate access to information, and greater maturity tend to have better knowledge regarding the importance and benefits of early mobilization. Adequate knowledge can support the implementation of early mobilization, which contributes to faster recovery and reduces the risk of postoperative complications.

Healthcare professionals are encouraged to enhance health education and counseling programs regarding early mobilization for post-cesarean section mothers. Hospitals should provide adequate educational media and support systems to improve maternal knowledge. Future researchers are recommended to explore additional factors influencing maternal knowledge and practices related to early mobilization using larger samples and broader research settings.

APPRECIATE

The authors would like to express their sincere gratitude to Iskandar Muda Regional General Hospital for granting permission and support during the research process. The authors also thank all respondents who participated in this study and contributed valuable information. Special appreciation is extended to the research supervisor, lecturers, and all parties who provided guidance, assistance, and encouragement throughout the completion of this research.

REFERENCES

- Adesy Asta, Siti Aisyah, & Titin Dewi Sartika Silaban. (2023). Analisis Faktor-Faktor Yang Berhubungan Dengan Persalinan Sectio Caearia. *Jurnal Aisyiyah Palembang*, 8, 1–2.
- Amir, F., & Yulianti, S. (2020). Hubungan Paritas dan Usia Terhadap Persalinan Sectio Ccaesarea di RSU Bahagia Makassar Tahun 2020. *Jurnal Kesehatan Delima Pelamonia*, 4(2), 75–84. <https://doi.org/10.37337/jkdp.v4i2.179>
- Arif, T. R. H. F. S. G. M. S. E. (2022). Pengaruh Mobilisasi Dini Terhadap Post Operative Nausea and Vomitting Pasca Operasi Menggunakan General Anestesi. *Jurnal Ilmiah Kesehatan Media Husada*, 11(2), 26–33.
- Armaijn, L., Darmayanti, D., Sonia, B., & Rochmat, H. (2024). No Title 済無No Title No Title No Title (Vol. 2).
- Arunita, V. A., Rahayu, H. S. E., & Wijayanti, K. (2024). Pain relief in motion: The benefits of early mobilization for patient with post-sectio caesarea. In *The International Conference of Advancements in Nursing Care (ADNURS)* (Vol. 1).
- Dyanti SR Butar-Butar, Bakara, S. M. P., Hutabarat, D. S., Dinata, D. P., Sitompul, J. S., & Manurung, R. (2024). the Relationship Between the Nutritional Status of Postpartum Women and the Wound Healing Process Post Sectio Caesarea At Tanjung Pura Hospital in 2024. *Journal of Public Health Science*, 1(4), 329–333. <https://doi.org/10.70248/jophs.v1i4.1976>
- Ferinawati, F. H. R. (2019). HUBUNGAN MOBILISASI DINI POST SECTIO CAESAREA DENGAN PENYEMBUHAN LUKA OPERASI DI RSU AVICENNA KECAMATAN KOTA JUANG KABUPATEN BIREUEN The Relationship Of Early Post Sectio Caesarea Mobilization With Surgical Wound Healing In The Nursing Room Of Avicenna Hospital Juang City District Bireuen District In 2019. *Journal of Healthcare Technology and Medicine*, 5(2), 2615–109.
- Firdaus, R. (2022). The Effect of Early Mobilization Implementation on the Healing of Sectio Caesarea Operation Wounds at Harapan Insan Sendawar Hospital Pengaruh Pelaksanaan Mobilisasi Dini terhadap Penyembuhan Luka Operasi Sectio Caesarea di RSUD Harapan Insan Sendawar. *Formosa Journal of Science and Technology (FJST)*, 1(8), 1165–1184.
- Herman, A., Santoso, B., & Yunitasari, E. (2019). The Effect of Early Mobilization on Intestinal Peristaltics in Patients after a Cesarean Section in Kendari City Hospital. *Jurnal Ners*, 14(3 Special Issue), 288–291. [https://doi.org/10.20473/jn.v14i3\(si\).17148](https://doi.org/10.20473/jn.v14i3(si).17148)
- Metasari, & Sianipar. (2018). Pengaruh Mobilisasi Dini Terhadap Nyeri Post SC. *Jurnal Ilmiah Kesehatan*, 10(1).
- Ningrum, A. D., , J., & Nulhakim, L. (2023). the Effect of Early Mobilization on Uterine Involution After Cesarean Section. In *International Journal of Nursing and Midwifery Science (Ijnms)* (Vol. 7, Issue 2A, pp. 6–10). <https://doi.org/10.29082/ijnms/2023/vol7/iss2a/496>
- Pragholapati, A. (2020). Effect Of Progressive Muscle Relaxation Technique On Pain In Post Sectio caesarea. *Jurnal Kesehatan Dr. Soebandi*, 8(2), 112–122. <https://doi.org/10.36858/jkds.v8i2.216>
- Saragih, E. P. (2023). Mobilisasi Dini, Asupan Nutrisi dan Personal Hygiene dan Hubungannya dengan Proses Penyembuhan Luka Post Operasi Sectio Caesarea. *SIMFISIS: Jurnal Kebidanan Indonesia*, 3(1), 526–533. <https://doi.org/10.53801/sjki.v3i1.171>

- Tambunan, E. A., Sinaga, R., Nur, I., Sari, I., Munthe, J., Purba, N. M., Sulistiawati, N., Yesya, E., Tinggi, S., Kesehatan, I., & Medan, M. H. (2025). the Role of Health Workers in Providing Pre Sectio Caesarean Care for Maternity Mothers At Griya Hospital Medica Batam in 2024. *MiHHICo*, 2025.
- Yulianti, L., Yunita, L., Mariana, F., & Palimbo, A. (2024). Early mobilization and length of wound healing post-sectio caesarean: A cross-sectional study. *Health Sciences International Journal*, 2(2), 104–114. <https://doi.org/10.71357/hsij.v2i2.32>
- 홍종욱. (2019). 3월 1일의 밤은 대한민국의 봄이었다 — 권보드래, □3월 1일의 밤: 폭력의 세기에 꾸는 평화의 꿈□ (돌베개, 2019) —. *Concept and Communication*, null(23), 301–316. <https://doi.org/10.15797/concom.2019..23.009>

MiHHICo-6
2026
STIKes MITRA HUSADA MEDAN