
Factors Associated with The First Antenatal Care Visit (K1) For Pregnant Women in The Working Area of Tanjung Morawa Health Center in 2021

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Abstract: The first antenatal care visit conducted in the 1st trimester (K1) to pregnant women at the Tanjung Morawa Health Center in 2019 were still below the expected target of 95%. Based on the preliminary survey conducted, the factors of young age, low education, knowledge and support of health workers who are less suspicious are the causes of low antenatal care visits (K1). This study aims to determine the factors associated with the first antenatal care visit for pregnant women in the Tanjung Morawa Health Center working area in 2021. This research is an analytical observation with a cross sectional approach. The population is all pregnant women who have passed the trimester, which is as many as 153 people. Samples were taken by simple random sampling as many as 73 people. Data collection was obtained by using a questionnaire containing questions. Data analysis was carried out by chi-square statistical test, to see the relationship between the independent variable and the dependent variable with a degree of significance = 0.05. There is a relationship between knowledge and antenatal care visits in the first trimester of Tanjung Morawa Health Center in 2021 ($p=0.000$). There is no relationship between age ($p=0.704$), education ($p=0.250$), and support from health workers ($p=0.953$) with antenatal care visits in the first trimester of Tanjung Morawa Health Center in 2021. It is recommended to the health center to increase counseling so that mother's knowledge pregnant women regarding antenatal care is increasing and antenatal care visits can be carried out properly. It is also recommended for pregnant women to seek information about the importance of antenatal visits so that they can increase their knowledge about antenatal care.

Keywords: Antenatal Care Visit, Knowledge, Pregnant Woman

Introduction

The Maternal Mortality Rate (MMR) in Indonesia is 305 per 100,000 live births and is a fairly high number compared to other countries in the world, especially countries within ASEAN (Kemenkes RI, 2020). The World Health Organization in 2018 reported that MMR in Southeast Asian countries such as Malaysia (29/100,000 live births), Thailand (48/100,000 KH), Vietnam (59/100,000 KH), and Singapore (3/100,000 KH). Compared to developed countries, the numbers are very much different such as Australia (7/100,000 KH) and Japan (5/100,000 KH)

(WHO, 2019). Based on the 2017 district/city health profile report, the highest number of maternal deaths in 2017 was in North Sumatra Province, recorded in Labuhanbatu Regency and Deli Serdang Regency with 15 deaths, followed by Langkat Regency with 13 deaths and Batu Bara Regency with 11 deaths. The lowest number of deaths in 2017 was recorded in Pematangsiantar City and Gunungsitoli with 1 death each (Dinas Kesehatan Provsu, 2018).

According to WHO (2019), around 287,000 mothers died due to complications of pregnancy and childbirth, such as bleeding 28%, preeclampsia/eclampsia 24%, infection 11%, and indirect causes (obstetric trauma) 5%. And most of the cases of maternal death in the world occur in developing countries, including Indonesia. One of the efforts made to reduce and prevent complications during childbirth is to carry out regular antenatal care.

Antenatal care is an activity to supervise pregnant women to prepare pregnant women as well as possible physically and mentally, as well as to save mothers and babies in pregnancy, childbirth and the postpartum period (Kemenkes RI, 2018). The importance of antenatal care through antenatal care because in general pregnancy proceeds normally but with increasing gestational age it tends to develop into risky complications (Rukiyah, 2019). Antenatal care is important to ensure that the natural process of pregnancy runs normally and continues so that pregnant women can go through their pregnancies in a healthy and safe way. It is estimated that around 15% - 20% of all pregnant women will experience high risk conditions and obstetric complications, which endanger the life of the mother and fetus if not treated adequately (Kemenkes RI, 2018).

Based on the report from the North Sumatra Health Office, K1 coverage in 2018 and 2019 was 93% without an increase and K4 coverage in 2018 was 85.92% to 85.85% in 2019 (Dinkes provsu, 2019). In Deli Serdang Regency, K1 coverage was 87.10% in 2019 and K4 was 83.32% (Deli Serdang Health Office, 2019). At the Tanjung Morawa Health Center the K1 coverage in 2019 was 83% while the expected target was 95%. From these data, it is known that the coverage of K1 antenatal care in the Tanjung Morawa Health Center area is still low and has not yet reached the national target (Profil Puskesmas Tanjung Morawa, 2020).

The low coverage of K1 in pregnant women is caused by several factors consisting of predisposing factors (age, education, parity, income, knowledge and attitudes), enabling factors (location of health services and presence of health workers) and reinforcing factors (support from husband, support from health workers). and media exposure). In addition there are several other factors such as often mothers do not have the right to make decisions, some mothers do not know they have to have their pregnancy checked because of lack of knowledge so the mother does not do it, mothers do not have time to check their pregnancy, and distrust and displeasure with health workers (Saifuddin, 2015).

Pregnancy check-up visits are a form of behavior. According to Green in Notoatmodjo (2017) there are three factors related to behavior, namely predisposing factors, enabling factors, and reinforcing factors. Which includes predisposing factors of age, gender, race, knowledge, attitudes, beliefs, education, occupation, traditions and values. While the enabling factors are the availability of resources, the affordability of health services and the commitment of the community or government. Including reinforcing factors including families, health workers, community leaders and decision makers.

The results of interviews with health workers at the Tanjung Morawa Health Center that the lack of antenatal visits by pregnant women is thought to be caused by age. From the profile of the Tanjung Morawa Health Center, it is known that the age of many pregnant women is <20 years (23.4%). In addition, it is also suspected by the low education and knowledge of pregnant women about the importance of antenatal visits. Likewise, the support of health workers is suspected as the cause of the low K1 visits at the Tanjung Morawa Health Center. The purpose

of this study was to determine the factors associated with the first antenatal care visit (K1) for pregnant women in the working area of Tanjung Morawa Public Health Center in 2021.

Methods

This research is an analytic observational study using a Cross Sectional approach, namely to analyze factors related to the first antenatal care visit to pregnant women in the Tanjung Morawa Health Center working area in 2021. The population in this study were all pregnant women who had passed the trimester period. First, in the Tanjung Morawa Health Center working area, there were 153 people. The sample of the study was some pregnant women who had passed the first trimester which were taken by simple random sampling as many as 73 people. Sampling in this study was carried out in February-March 2021. Primary data was collected using a questionnaire to obtain data on variables of age, education, knowledge, support from health workers and antenatal care visits. Secondary data was carried out by taking data from documents or records obtained from the Deli Serdang District Health Office and data from the Tanjung Morawa Health Center. Data analysis was conducted to determine the frequency distribution and the percentage of each variable studied. Data analysis was carried out by statistical tests using chi-square, to see the relationship between the independent variable and the dependent variable with a degree of significance = 0.05.

Result

Univariate Analysis

The mother's age was mostly in the category of 20-35 years, as many as 57 people (78.1%). The education level of the majority of respondents is high school as many as 39 people (53.4%). The knowledge of the majority of respondents in the good category is 40 people (54.8%). The majority of health workers' support for respondents was in the good category as many as 71 people (97.3%). Based on the answers from respondents who visited Antenatal care in the first trimester as many as 38 people (52.1%) and who did not visit Antenatal Care in the first trimester as many as 35 people (47.9%). The result of univariate analysis can be seen in table 1 below

Table 1. Results of Univariate Analysis Characteristics in The Working Area of Tanjung Morawa Health Center in 2021

Variable	f	%
Age		
<20 years	5	6.8
20-35 years	57	78.1
>35 years	11	15.1
Total	73	100.0
Education		
Elementary	9	12.3
Junior High School	17	23.3
Senior High School	39	53.4
Bachelor	8	11.0

Total	73	100.0
Knowledge		
Lack	3	4.1
Medium	30	41.1
Good	40	58.8
Total	73	100.0
Health Officer Support		
Lack	2	2.7
Good	71	97.3
Total	73	100.0
First Antenatal Care Visit (K1)		
No	35	47.9
Yes	38	52.1
Total	73	100.0

Bivariate Analysis

Based on the results of the cross tabulation between maternal age and antenatal care visits, p value = 0.704, meaning that there is no relationship between maternal age and antenatal care visits at Tanjung Morawa Health Center in 2021. Based on the results of cross tabulation between education and antenatal care visits I, p = 0.250, meaning that there is no relationship between education and antenatal care visits in the first trimester at the Tanjung Morawa Health Center in 2021.) who did not make an antenatal car visit. Of the 30 respondents with moderate knowledge, there were 9 respondents (30.0%) who did antenatal care visits in the first trimester and 21 respondents (70.0%) did not do antenatal care visits. Of the 40 respondents with good knowledge, there were 29 respondents (72.5%) who did antenatal care visits in the first trimester and 11 respondents (27.5%) did not visit antenatal care. The results of statistical tests obtained p value = 0.000, meaning that there is a relationship between knowledge and antenatal care visits in the first trimester of Tanjung Morawa Health Center in 2021. Based on the results of cross tabulation between health worker support and antenatal care I visits, p value = 0.953, meaning there is no relationship between the support of health workers and antenatal care visits in the first trimester at the Tanjung Morawa Health Center in 2021. The result of Bivariate analysis can be seen in table 2 below:

Table 2. Cross-Tabulation of Independent and Dependent Variables in Working Area The Tanjung Morawa Health Center in 2021

Variable	First Antenatal Care Visit (K1)						P Value
	No		Yes		Total		
	n	%	n	%	n	%	
Age							0.704
<20 years	2	40.0	3	60.0	5	100.0	
20-35 years	28	49.1	29	50.9	57	100.0	
>35 years	5	45.5	6	54.5	11	100.0	
Education							
Elementary	5	55.6	4	9	9	100.0	0.250

Junior High School	11	64.7	6	17	17	100.0	
Senior High School	17	43.6	22	39	39	100.0	
Bachelor	2	25.0	6	8	8	100.0	
Knowledge							
Lack	3	100.0	0	0	3	100.0	0,000
Medium	21	70.0	9	30.0	30	100.0	
Good	11	27.5	29	72.5	40	100.0	
Health Officer Support							
Lack	1	50.0	1	50.0	2	100.0	0.953
Good	34	47.9	37	52.1	71	100.0	

Discussion

There was a significant relationship between maternal knowledge and antenatal care visits ($p=0.000$). This proves that knowledge has an effect on increasing antenatal care visits. This means that knowledge has a higher chance of improving pregnancy checks. Good knowledge makes mothers more often check their pregnancy according to their gestational age compared to mothers who have less or poor knowledge. Mothers who have good knowledge will feel that antenatal checks are important because they will see how the condition of the fetus they are carrying is whether there are problems or not. This is in accordance with a study conducted by Manurung (2015) at the Padangmatinggi Health Center which stated that knowledge had a significant relationship with antenatal care visits ($p = 0.001$).

Mothers who are well-informed are more likely to have their pregnancy checked, this may be because mothers who are well-informed care about their health and are concerned about the state of their pregnancy. The knowledge possessed by the mother makes the mother more curious about the state of her pregnancy so that she makes more frequent antenatal care visits. Good knowledge is obtained from good education where the majority of respondents are educated high school graduates and can also be obtained from previous experience (Sarwono, 2018).

Knowledge is an indicator of a person in carrying out an action, if a person is based on good knowledge of health then that person will understand the importance of maintaining health and motivate himself to be applied in his life. Knowledge is needed as support in growing self-confidence as well as attitudes and behavior every day, so it can be said that knowledge is a fact that supports one's actions (Notoatmodjo, 2017).

Knowledge or cognitive domains are very important for the formation of one's actions, knowledge is influenced by formal education factors, knowledge is very closely related to education where higher education will increase knowledge, but that does not mean people with low education are absolutely low in knowledge (Notoatmodjo, 2017).

This is supported by several studies showing that knowledge has a relationship with prenatal care. The importance of the knowledge aspect in the use of antenatal care (ANC) can be seen from the opinion of Choli (2014) which states that the use of antenatal care (ANC) needs to be made efforts to improve maternal health during pregnancy and childbirth. This is in line with the research by Sihombing (2012) which states that there is a relationship between knowledge and natal care visits.

Conclusion

Based on the results of the research conducted, it can be concluded that there is a relationship between knowledge and antenatal care visits in the first trimester of Tanjung Morawa Health Center in 2021. There is no relationship between age, education, and support from health workers with antenatal care visits in the first trimester of Tanjung Morawa Health Center in 2021. It is suggested to the puskesmas to increase outreach activities so that the knowledge of pregnant women about antenatal care increases and antenatal care visits can be carried out properly. It is also recommended for pregnant women to seek information about the importance of antenatal care visits so that they can add insight to mothers about antenatal care.

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