

Original Research Article

Mother's experience in managing labor pain in Central Java Indonesia

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ABSTRACT

Background: Maternal mortality ratio in Indonesia is still high compared to other ASEAN countries. One of the causes of maternal death is obstructed labor associated with anxiety, stress and pain. In some areas of Indonesia have the traditional ways to cope with pain during childbirth. This tradition is inherited from one generation to the next generations. The objective of this study was to explore the experience of mothers on coping with pain which are influenced by culture, values and beliefs of the Java community.

Methods: This study used a phenomenological qualitative approach. A total of five people in Magelang regency, Central Java participated in this study, selected by using purposive sampling and data was analyzed by thematic content analysis.

Results: The result of this study consist of four themes, namely mules (uncomforted feeling in stomach) and stiffness in stomach's muscle because the baby would be born which is a mother's perception of pain during childbirth, mothers perform actions in the physical, psychological and spiritual for pain, parents teach in eating and drinking, attitudes and actions in reducing labor pain, the parents and provider are source who convinced her to take action to manage labor pain.

Conclusions: Culture affects maternal in managing pain, so nurses need to notice to the cultural aspects of nursing care adjusted to the patient's beliefs and culture.

Keywords: Central java culture, Labor pain, Mother's experience

INTRODUCTION

Maternal mortality ratio (MMR) is one indicator of the level of public health. MMR in Indonesia according to Indonesia demographic health survey (IDHS) in 2007, amounting to 228 per 100,000 live births, but in 2012 increased to 359 per 100,000 live births (BPS, 2008: BPS, 2013).^{1,2}

The direct causes of maternal deaths in Indonesia are haemorrhage, eclampsia, infection, complications during childbirth, abortion, prolonged labor, embolism and other causes.³ While no direct factor causes of maternal death due to "Three Delays" and "Four Too", which is associated with the access factors, socio-cultural,

educational, and economic.⁴ The government program has done much to address the problem of maternal mortality in Indonesia, but not fix the problem, which is still high.⁵ One of the cause of maternal mortality was prolonged labor or obstructed due to physical factors, emotional factors and social factors.⁶ One of the emotional or psychological occurrence of prolonged labor is the fear and anxiety that is not resolved mother during childbirth.⁷

Fear has a negative effect on labor.⁸ Delivery time difference between women who experience fear with which did not experience fear is 1 hour 32 minutes.⁹ Anxiety is not resolved also a predictor of the occurrence of pain during childbirth that will affect the health of the

mother and baby.¹⁰ Instead of pain during childbirth also cause anxiety, so between stress, anxiety, fear and pain is a continuous cycle.¹¹⁻¹³ Labor pain experienced by most women, with an average intensity of pain during labor was 8.83.¹⁴⁻¹⁶ Labor pain must be addressed because it affects the functional mechanisms that cause physiological stress response.^{17,18} Pain also cause uterine activity is not coordinated so that labor becomes longer that ultimately threaten the lives of both mother and fetus.¹⁹⁻²¹

In some areas in Indonesia have traditional ways to cope with labor pain.²² This capability is informed and passed down from generation to generation. To avoid the impact of action to overcome labor pain that can harm both mother and fetus, there should be a further study on the experience of the mother cope with labor pain are influenced by culture, values and beliefs Java community.

METHODS

This research is qualitative research with descriptive phenomenology. Selection of participants in this study using purposive sampling method. Participants who become subjects of this study were mothers who had given birth in Magelang regency.

The number of participants is determined by the saturation of data where the data obtained from the participants did not occur theme or a new essence and just get a repetition of data from participants. The number of participants in this study were five people in accordance with the study inclusion criteria are able to communicate well with the use of the Java language and Indonesian and is able to express the experience in dealing with pain during childbirth. Based on the results of the five participants, the researcher has obtained the saturation of data where there is repetition of data and there is no new theme or essence. When the study was conducted for 3 months starting from the preparation of proposals, obtaining permits, data collection, data analysis and writing of the results of research. Location research in Magelang District.

Instruments in qualitative research is the researcher. To maintain the validity and reliability, researchers conducted a consultation with experts. The tools used in these interviews are tape recorders and notebooks. Data collection was conducted by researchers through the three stages of research, namely the preparation, implementation and termination.

Data analysis was done by using qualitative analysis, based on the data analysis stage by Colaizzi (1978). The terms of legality and validity of the data that must be met is credibility, dependability, confirmability, transferability. The main ethical principles are applied in this research is beneficence, respect for human dignity and justice.²³⁻²⁴

RESULTS

The results of the study there were four themes of perception and experience of mothers in labor pain by addressing cultural beliefs and Java. These themes are:

Theme one

Mules (uncomforted feeling in stomach) and kencing (stiffness in stomach's muscle) because the baby would be born to a mother's perception of pain during childbirth.

This theme is formed of two categories

- Mules and kencing is perceived mothers at birth.

This was revealed by three of the five participants such statements as the following participants:

"... Like the mules would defecate, mules like going straining, just like the stomach mules once diremas-remas" (P2, P4, P5).

Only one participant revealed painful.

"... Wow severe pain ... (P3)

While the other of participants revealed waist stiff as of participants following expression:

"... Like a stiff waist, legs stiff ... (P3).

- Babies come out the cause of pain during childbirth by a mother's perception.

This was expressed by the majority of participants that four out of five participants as the expression of participants as follows:

"... Because the baby would come out ..." (P3)

But the participants express the pain caused by the baby's hair tucked, as an expression of the following participants:

"... Because the baby's hair tucked ..." (P4)

Theme two

Expectant mother take action physically, psychologically and spiritually

This theme is formed of three categories

- Mother action to overcome physical pain.

This was revealed by three of the five participants such statements as the following participants:

"... Complaining belly stroked while praying ..." (P2)

"... Stroking the belly while holding the pain ..." (P3)

"... Rubbed his stomach while a deep breath ..." (P5)

- Pray and do not yell is an act of spiritual mother to cope with pain.

This was revealed by two of the five participants such statements as the following participants:

"... A lot of praying and streets ..." "... laakhaulawala kuwwata ila billahil aliyil adzim ..." (P1)

"... Complaining belly stroked while praying ..." (P2)

While the participants reveal the action taken when the pain is to withstand the pain as an expression of the following participants:

"... Yes, just hold, there should not be shouting" (P1)

- Support from the people closest to reduce anxiety and pain.

This was revealed by two of the five participants such statements as the following participants:

"... A massage and attended by the mother ..." (P3)

"... My mother gives me massage, hand feels cold, comfort ..." (P5)

Theme three

Parents teach in eating and drinking, attitudes and actions in reducing pain

This theme is formed of three categories

- Eating sugar, brown sugar and drank coconut oil was taught parents to cope with childbirth pain.

This was revealed by two of the five participants such statements as the following participants:

"... If the blood out of pain, it is called" Keket Kidangr "was told to eat cane." (P2)

"... If the bleeding is called " Keket Kidang "was told to eat sugar or brown sugar ..." (P3)

"... If you do not come out also told to drink two drops of coconut oil were placed in taro leaves...." (P2)

- Apologize, prayer and patience are the teachings of parent's cope with anxiety during childbirth.

This was disclosed by one of the five participants such statements as the following participants:

"... Told to apologize to both parents especially mothers husband then ..." (P4).

Besides, the participants revealed that parents advocate for patient in labor, as an expression of the following participants:

"... Told to wait for the delivery, if ordered to be detained hurt ..." (P5)

While three of the five participants reveal a parent advocate for many pray during labor as an expression of the following participants:

"... Read prayers ..." (P1)

"... Read prayers khanah waladat maryam, maryam waladat isa." (P2)

"... Read prayers at Al Fatikhah blessings ..." (P3)

- Stroked the side of the bed, and room doors, and open all doors house is teaching parents in different actions to overcome pain maternity.

This was disclosed by one of the five participants such statements as the following participants:

"... Massage the door and the edge of the bed room used for sleeping patient while disambat to help make the process smooth birth ... '(P2)

One participant also reveals the different ways to cope with pain as an expression of the participants as follows:

"... The door was opened, just like also the birth canal so that the open door ..." (P1)

Theme four parents and health professional is a source that convinced her to take action to cope with labor pain

This theme is formed of a category that is a mother, grandmother and teach health professional how to cope with pain during childbirth, as an expression of the participants follows:

"... Of the mother and of the grandmother ..." (P1; P2; P3; P5)

"... Of health professional ..." (P4)

DISCUSSION

Mules and kenceng because the baby would be born to a mother's perception of pain during childbirth

Mother's understanding about labor pain different among participants. This is consistent with the theory that every woman has spawned a unique experience including understanding of pain and how to overcome them. The experience of pain varies from the physical and psychological aspects. Labor pain is a complex and subjective event, the interactions between multiple physiological, psychological, and cultural environment as well as the interpretation of the stimulus delivery. The average intensity of pain during labor was 8.83. Participants stated that the labor pain caused by movement of the baby is the baby had to find a way to come out. Another participant stated that labor pain is due to the baby's hair is tucked and baby's hair friction. This is in contrast with the theory that during the first stage of labor pain caused by muscle contractions of the uterus and cervix dilation. Stimulus pain of cervical dilatation runs through hypogastric plexus into the spinal cord in the thoracic segment to 10, 11, 12 and lumbar to 1. Participants understanding about the labor pain come from the mother and grandmother as well as traditional birth attendants so that the view of the clouds that do not have a background in health sciences. Thus, the need is justified in order to do the right thing, because the labor pain caused by hypoxia myometrium due to contraction of the myometrium. To prevent such problems are encouraged mothers sleep on his side to the left to prevent the inferior vena cava so that cardiac output and perfusion to the placenta increases so oxygenation to the fetus will increase.^{14-16,25-30}

Mother action physically, psychologically and spiritually

Actions taken by the participants in addressing labor pain that arises by way rubbed his stomach, pray, move and deep breath. The effort who performed by individuals who experience pain also varies influenced by cultural, social, psychosocial and environmental. Rubbed his stomach is one efforts did by the participants, it is consistent with the theory that effleurage will provide distraction and will reduce pain by blocking the transmission of pain signals all. Effleurage technique is usually combined with breathing pattern techniques. Moving is one of the common behavioural techniques to manage pain by increasing tolerance to pain that relate to the contraction. Movement and change of position increase uterine contractions, fetal engagement and self-control to pain. Pray to overcome stressful situations. Childbirth is an important event in the life of a woman and a critical period so a good opportunity to connect with the spiritual aspect. Childbirth has the potential for self-transcendence. There is a relationship between spirituality with health. Nursing emphasizes the importance of spirituality in providing care. Spirituality strong increase one's satisfaction towards life. Spirituality is characterized by faith, searching for meaning and purpose in life, a sense of relating to others and self-transcendence that emerge peace and prosperity. One method in which the mother in overcoming pain with

praying, which states that 99.2% of the pain coping behaviour with praying.^{26,31-36}

Parents teach in eating and drinking, attitudes and actions in reducing pain

In Central Java, there are myths associated with pregnancy, childbirth and after childbirth. Very strong tradition adopted by the community. Some myths believed as a trust or a message from ancestors that if not adhered to will have an impact not fun or "karma". Culture community greatly influence health knowledge, mindset, knowledge, and experience taught habits of parents to their children about the myths during delivery such as eating sugar or brown sugar that does not hurt.

When viewed in terms of health, sugar cane or sugar containing glucose as an energy source of the mother during labor. At the time of the birth mother put all her energy to go through childbirth safely and smoothly. Energy required for physiological processes that take place in the body's cells. This process includes muscle contraction, the formation and transmission of nerve impulses, secretion glands, the team to maintain the temperature of heat production, metabolism active transport and various synthesis reactions.³⁷

The other to cope with the pain, the mother is encouraged to drink coconut oil so baby will soon have born and pain lost. Coconut oil slick so connotated make delivery smoothly, but in the health field has no effect. Psychologically, the mother believed by drinking coconut oil into a smooth delivery.

Apologized to the parents, pray and wait will soothe and provide peace of mind mother. If the mother is quiet in undergoing the process of childbirth, the catecholamine secretion will be decreased so that adequate myometrial contractions and labor becomes more smoothly.^{38,39} Stroking the edge of the bed and the bathroom door is a different way that is recommended by the parents in dealing with pain. This action when viewed from the standpoint of health sciences are not relevant to labor pain. However, these measures are still doing in Central Java because it follows the tradition that has been carried out for generations.⁴⁰

Parents and caregivers are sources that convinced her to take action to cope with labor pain

Javanese culture teaches that children should respect and obey their parents. Culture should be imparted to the parents, the culture "Unggah-ungguh" or manners. In Java, there are differences in the use of indigenous languages from a small child to his friend, from children to older, from children to parents, even from children to someone who is very respected. Just as children should obey their parent's advice delivered at the time of delivery. Parents refer mothers to perform various actions during childbirth, the mother will do it because it is the

culture of children should obey their parents, if not follow his advice would "kuwalat". Although some suggestion has nothing to do with health, but since then the mother dutifully implementing all suggestion parents.

Health officer is someone who has completed formal education in the field of health and have the expertise and authority in carrying out the service in accordance with the profession. People consider that health workers are people who understand and have knowledge relate with health. So, when providing information and suggestions will be considered to be followed by the family.

CONCLUSION

The research found four themes, namely mules and kencing because the baby would be born a mother's perception of the pain during childbirth, maternal physical action, psychological and spiritual to cope with pain, parents teach in eating and drinking, attitudes and actions in reducing pain, the parents and health professional is a source that convinced her to take action to cope with childbirth pain. Suggestions of this study were nurses need to pay attention to the cultural aspects of doing nursing care tailored to the patient's beliefs and culture.

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