

## Article

### Analysis of Holistic Midwifery Care For Maternal Health

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#### SUBMISSION TRACK

Received: December 06, 2022

Final Revision: December 27, 2022

Available Online: December 28, 2022

#### KEYWORDS

Holistic midwifery care, physical, social, mental, spiritual, maternal health

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#### A B S T R A C T

Maternal health is one of the global health development indicators which is always a challenge for all countries in the world strive to improve health and reduce mortality. Health is a state of complete physical, mental, social and spiritual well-being, so that holistic care is needed to fulfill these circumstances. The purpose of this research is analyzing holistic midwifery care for maternal health. The research design used a cross-sectional quantitative study that is analyzing the relationship between physical, social, mental, and spiritual health status to the holistic health status of the mother. Sampling was carried out by purposive sampling of 51 pregnant women. The analysis used Pearson's correlation test. The research results show 54.25% of pregnant women are in a state of less than average physical health status; 52.94% have less than average social health status; 45.1% have a mental health status of symptoms of anxiety; 41.18% have less than average spiritual health status. The statistical test results show that there is a relationship between physical, social, mental and spiritual health status on the mother's health status holistically. Holistic midwifery care can be carried out starting from assessment to management of early detection and referral and evaluation to optimize health conditions, especially maternal health.

## I. INTRODUCTION

Midwives are one of the health workers who have an important position in reducing the Maternal Mortality Rate (MMR) and Infant Mortality Rate (IMR). The maternal mortality rate (MMR) in Indonesia increased from 2007-2012, and decreased in 2018 and may rise again during the Covid-19 pandemic. Jember Regency is the area with the highest number of maternal deaths in East Java in 2021 with 115 maternal

deaths that takes place during pregnancy, childbirth, or the puerperium (Dinkes, 2022).

The high rate of maternal mortality is consistently linked to physical ailments, such as hemorrhage, preeclampsia, and infection, through prenatal care provided by midwives, namely standard 10T. The use of maternal health status indicators in social, mental, and spiritual indicators has not been done optimally (Per,2021).

Maternal health during pregnancy causes changes in the mother's body, not only physically but also psychologically, due to increased hormones secreted by the placenta, resulting in a new balance and adaptation for the mother. Therefore, mothers require holistic care that addresses the physical, psychological, social, and even spiritual conditions of the mother. The purpose of this research is to analyze holistic midwifery care for maternal health.

## II. METHODS

The research design used a cross-sectional quantitative study that analyzed the relationship between physical, social, mental, and spiritual health status and the holistic health status of the mother. Purposive sampling was used to sample 51 pregnant women. Data analysis in this study will be assisted by using the SPSS program, which includes univariable and bivariable analysis.

The univariable analysis's findings are displayed as a frequency distribution table and are narratively explained. Bivariable analysis with Chi Square test identified a relationship between physical, social, mental, and spiritual health status to holistic health status.

## III. RESULT

The subjects of the study were 51 mothers, 74.5% of whom were of reproductive age, and 62.75% of whom had middle and high education or tertiary education. The holistic health status of the mother is identified based on the status of her physical health, social health status, mental health status, and spiritual health status. Table 1 shows that the physical health status of 54.25% of mothers is still below the national average.

**Table 1. Physical Health Status**

Indicator	Above average	Below average
Nutrition Status	58.82%	41.18%
Immunization Status	35.29%	64.71%
Hemoglobin Level Status	43.14%	56.86%
<b>Physical Status</b>	<b>45.75%</b>	<b>54.25%</b>

Mother's Social Health Status seen from Table 2, which consists of the status of the mother's personal social relations, expressing opinions, and making decisions related to maternal health, shows that 52.94% is still below average.

**Table 2. Social Health Status**

Indicator	Above average	Below average
Personal Social	47.06%	52.94%
Express Opinion	49.02%	50.98%
Decision-making	45.1%	54.9%
<b>Social Status</b>	<b>47.06%</b>	<b>52.94%</b>

Mental health status is shown by the results of the anxiety level questionnaire using the Zung Anxiety Scale measurement tool, while spiritual health status uses the Likert scale. The results are shown in table 3 below.

**Table 3. Mental and Spritual Health Status**

Health Status	Above average	Below average
Mental Status	54.9%	45.1%
Spiritual Status	58.8%	41.2%

A chi-square analysis test was used to examine the relationship of physical, social, mental, and spiritual health status to overall health status, and it yielded a p-value of 0.000, indicating that there was a significant relationship between all physical, social, mental, and spiritual health statuses to overall health.

#### IV. DISCUSSION

In a broad sense, "holistic" refers to all of the elements within the human being, including the body, mind, spirit, and emotions, that work together to optimize the balance of health in humans. Holistic service is an approach concept that considers humanity as a whole, including bio-psycho-socio-cultural-spiritual aspect Thoughts, emotional status, lifestyle, physical environment, and social environment are all part of the concept that views the human as a whole (Schultz, 2014).

Maternal health service standards primarily determine physical health status, particularly during at least six consecutive pregnancies that meet the 10T criteria. These criteria include weighing and height measurements; measuring blood pressure; Assess nutritional status by measuring the upper arm circumference (LILA); measure the fundal height of the uterus; determining fetal presentation and fetal heart rate (FHR); screen for tetanus immunization status and provide tetanus toxoid (TT) immunization if needed; 90 tablets of Fe tablets; laboratory tests (pregnancy test, Hb, blood type, urine protein if indicated); management/handling of cases of authority; and talk (counseling) (Kemenkes, 2022).

The nutritional status of pregnant women is one of the factors that determines the growth and development of the fetus, including the weight and length of the baby at birth and the linear growth of the child in the future. Maternal nutritional status can be identified from the body mass index (BMI) and from LILA measurements. In pregnant women, weight gain during pregnancy can also be used to determine the mother's nutritional status (Taneja, 2020). Infectious diseases and Tetanus neonatorum, which can cause health

problems for mothers and children, can be prevented with complete Tetanus toxoid (TT) immunization for women of childbearing age (WUS) and pregnant women (Faria, 2021).

Indicators of physical health status in mothers besides nutrition and immunization are hemoglobin (Hb) levels. Low hemoglobin levels can affect the blood's ability to circulate oxygen in the body. The high demand for oxygen is in line with the increased activity of the body. Increased body activity If adequate Hb in the blood is not present to support its role in circulating oxygen throughout the body, it will cause a person to become dizzy, tired, lethargic, and lose concentration, affecting work productivity (Lutfi, 2011).

Social support is one approach to achieving holistic health in pregnant women. Social support is a reciprocal network consisting of people who care about and love each other and provide assistance to each other in the form of information and advice so that individuals can feel calm, cared for, loved, and confident. During pregnancy, mothers with lower socioeconomic position experience more stress. Previous research conducted by Mahmoodi et al. (2013) showed that low income is associated with a high incidence of chronic diseases and mental disorders, namely psychosocial factors, lifestyle changes, and psychopathological changes.

Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and can make a contribution to society. The mental health measurement using the ZS-RAS is designed similarly to a customer service survey questionnaire. The ZS-RAS consists of 20 items to

measure anxiety levels based on scores in four manifestation groups: cognitive, autonomic, motor, and central nervous system symptoms. The measurement is made based on a Likert scale of 1–4 (1. never at all, 2. occasionally experiencing this kind of thing, 3. often experiencing this kind of thing, and 4. always experiencing that kind of thing every day). Anxiety assessment is carried out by assessing the total number of answers as a whole based on a predetermined score, where the total score ranges from 20-80 (Daulay, 2015).

Spiritual health is a sense of close harmony between oneself and others, nature, and the highest life. This sense of harmony is achieved when a person finds a balance between their values, goals, and belief systems and their relationships within themselves and with others. In research conducted by Kimberly S. Johnson, etc., it was found that spiritual well-being, including belief in pain and meaning, peace, and purpose in life, is associated with various signs and symptoms of anxiety and depression. This research is supported by the findings of other studies, such as

those conducted by Koenig (2015), which show that physical and spiritual health are equally important during the healing process of illness. The findings of this study show a beneficial relationship between spirituality and health outcomes, such as mortality, physical sickness, mental illness, and how one manages illness.

## V. CONCLUSION

In their understanding, holistic-based health services should be mastered by midwives' knowledge and skills in holistic midwifery care. The purpose of implementing holistic midwifery care is:

- 1) Obtain an overview of the patient's psycho-spiritual problems at the initial assessment.
- 2) Obtain information about the background and causes of psycho-spiritual problems experienced by patients.
- 3) Obtain information from the analysis about the relationship between psychospiritual aspects and the patient's physical condition.

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