

The utilization of e-books and video media in the tradition of food abstinence among postpartum

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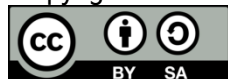
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ABSTRACT

Introduction: The puerperium is a precarious phase due to the problems that arise. This scenario can be averted by ensuring proper nourishment. Nutritional deficiencies are frequently observed in postpartum women due to mother abstinence and cultural practices. Abstinence behavior can be modified through health education. **Objective:** To assess the impact of e-book and video instruction on the attitudes toward abstinence traditions among postpartum women at Puskesmas Kandeman, Batang Regency. **Methods:** quasi-experimental research utilizing a one-group pretest-posttest methodology. The sample comprised 16 postpartum mothers from the Kandeman Health Centre region in Batang Regency, selected using purposive sampling. The research instruments included questionnaires, films, pamphlets, and standard operating procedures (SOPs). Data analysis employing the paired t-test. **Results:** The mean attitude towards abstinence tradition was 45.25 before providing e-book and video education and increased to 59.5 afterward. The e-book and video instruction significantly influence the attitude towards abstinence tradition among postpartum women at Puskesmas Kandeman, Batang Regency ($r: 0.000$). **Conclusion:** Using e-books and movies in education influences the modification of attitudes towards the abstinence tradition.

KEYWORDS: E-Learning, Food Abstinence, Tradition, Postpartum

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INTRODUCTION

In 2019, the World Health Organization (WHO) asserted that health behavior may be modified through behavior modification techniques encompassing enforcement, regulation, and education. Behavior modification via education or health promotion by disseminating information on achieving a healthy lifestyle, resulting in alterations in knowledge and attitudes (8). Research on food abstinence attitudes revealed that six respondents (20%) had opposing views, while 24 (80%) expressed favorable views (Wulansari & Yudha, 2017).

The nutrition of breastfeeding women can influence breast milk production. If maternal dietary intake is insufficient, the lactiferous glands in the breast will malfunction, ultimately impacting milk production. Enhancing food quality is an initiative aimed at augmenting breast milk output (Dini et al., 2023).

The culture of food consumption encompasses the attitudes towards food that shape the everyday eating habits of individuals across generations, including sourcing ingredients, meal preparation, and presentation. This food habit will evolve into a pattern for a family or community. This eating pattern encompasses taboos and superstitions that influence reduced food consumption among individuals (Mastuti et al., 2023).

The dietary habits of postpartum women constitute a manifestation of health behavior. Human behavior is influenced by three factors: (1) predisposing factors, which encompass knowledge, attitudes, beliefs, and values; (2) supporting factors, which include the availability of facilities, infrastructure, resources, and the skills of health workers; (3) driving factors, which consist of community leaders, health workers, families, and decision-makers (Kenre & Fitriani, 2022). Food abstinence in postpartum mothers may impede the healing of perineal sores. Perineal wound healing. Research indicates that dietary adequacy and food deprivation are linked to perineal wound healing (Aderia, 2020). A study indicated a correlation between food abstinence and perineal wound healing in postpartum women (Marcelina & Nisa, 2018).

A study on food abstinence behavior among postpartum mothers in Ngebrak Village, Gampengrejo Subdistrict, Kediri Regency, revealed that most postpartum mothers refrain from certain foods due to concerns about aesthetics, cultural heritage, parental advice, recommendations from traditional healers, and the mothers' personal beliefs and understanding of abstinence. The predominant abstinent foods consist of animal protein (Fadhillah, 2018). A separate study conducted in the Bayat Health Centre region in Klaten revealed that the majority of postpartum women refrained from consuming food. A further study in the vicinity of the Bayat Health Centre in Klaten revealed that most postpartum women knew the significance, requirements, nutrition, and dietary restrictions during the postpartum period. Most postpartum mothers exhibited a favorable attitude towards abstaining from food during the postpartum period, whereas a minority expressed disagreement. Most postpartum women have met the requirements for a supplementary and balanced diet, achieving optimal health, while some have not (Dyah, 2014).

Education is an interactive process that promotes acquiring new knowledge, attitudes, and skills through reinforcement and specific experiences (Rikomah, 2018). This Research will employ a hybrid booklet and video instruction approach. Booklets are a viable medium for educational purposes. A booklet is a publication typically utilized to present various notes accompanied by text and photographs in an aesthetically pleasing format (Atiko & Pd, 2019). Research indicates that distributing pamphlets enhances knowledge, attitudes, and spousal support (Safitri et al., 2018). A separate study indicates that delivering health education through video demonstrations on bathing infants influences the knowledge of first-time mothers (Maisya, 2020).

According to the data, the number of postpartum women at Puskesmas Kandeman, Batang Regency, was 951 in 2020 and 513 from January to August 2021. A pilot study involving interviews with ten postpartum mothers in the Kandeman Health Centre area revealed that 8 (80%) were still refraining from meals. Their abstention from food primarily stems from cultural influences transmitted through generations, parental guidance, and postpartum women's limited understanding of dietary restrictions. Many postpartum women refrained from consuming fish, eggs, poultry, soupy vegetables, and milk since they felt these items could induce itchiness and moisture in the perineal incision. Furthermore, breast milk may acquire a fishy flavor when these items are ingested. Puskesmas Kandeman has been advising postpartum mothers on each postpartum visit to avoid food abstinence. The counselor employs the MCH book as a resource; nevertheless, the information regarding postpartum nutrition within the MCH book lacks a comprehensive explanation. The study aimed to assess the impact of e-book and video instruction on the attitudes toward abstinence traditions among postpartum women at Puskesmas Kandeman, Batang Regency.

METHODS

Design

Quantitative research type, quasi-experiment design, and one group pretest-posttest design technique are all examples of research designs.

Research Questions

Is there a correlation between the knowledge provided by e-books and videos and the attitude of postpartum women toward the tradition of abstinence?

Sample and Settings

For this study, the population consisted of all postpartum mothers who had given birth in March 2022 in the Kandeman Health Centre region of Batang Regency. The research sample consisted of sixteen individuals, and the sampling approach was purposive sampling.

Variables

During the study, the use of electronic books and videos is the independent variable, while the attitude of abstinence tradition is the dependent variable.

Instruments

The research tools were electronic books and videos, standard operating procedures for the provision of education in the form of e-books and movies, and the Abstinence Questionnaire, which consisted of twenty questions.

Data Collections

The research was carried out at the Kandeman Community Health Centre, located in the Batang Regency, from April 2 to 8, 2022.

Data Analysis

The findings of the Shapiro-Wilk normality test on attitude data indicate that the data are normally distributed, so the paired t-test is the bivariate analysis utilized. This is because the significance level is greater than 0.05.

Ethical Consideration

The Research Ethics Committee of Karya Husada University Semarang issued a certificate of passing the ethical review on February 3, 2022. The certificate number is 0336/KEP/UNKAHA/LPPM/II/2022.

RESULTS

Table 1. Before (pre-test) and After (post-test) Receiving Educational materials, Including An E-book and Video (n=16)

Attitudes Toward Abstinence in Eating Traditions	Mean	Median	SD	Min-Max
Before receiving educational materials, including an e-book and video (pre-test).	45,25	46,5	4,655	37-53
After receiving educational materials, including an e-book and video (post-test).	59,5	59	2,757	55-66

According to Table 1, the average attitude of the abstinence tradition before receiving e-book and video education is 45.25, with the lowest score being 37 and the highest score being 53. On the other hand, the average attitude of the abstinence tradition after receiving e-book and video education is 59.5, with the lowest score being 55 and the highest score being 66.

Table 2. There was a significant impact of both e-book and video education on the attitude of postpartum mothers toward the tradition of abstinence (n = 16).

Attitudes Toward Abstinence in Eating Traditions	N	Mean	SD	ρ-Value
Before receiving educational materials, including an e-book and video (pre-test).	16	45,25	4,655	0,000
After receiving educational materials, including an e-book and video (post-test).	16	59,5	2,757	

The results of the paired t-test are presented in Table 2. The ρ value obtained was 0.000, which is less than the significance level of 0.05. Therefore, the null hypothesis (H_0) is accepted, indicating that there is a significant impact of e-book and video education on the attitude of postpartum women in Puskesmas Kandeman, Batang Regency, on the tradition of abstinence from food.

DISCUSSION

The culture of food consumption encompasses the attitudes towards food that shape the everyday eating habits of individuals, including the sourcing of ingredients, meal preparation, and presentation of cuisine. These eating habits will establish a dietary pattern for a family or community. This eating pattern encompasses taboos and superstitions that influence reduced food consumption among individuals (Mastuti et al., 2023). As mentioned above, the argument posits that the custom of food abstention among postpartum women is a cultural practice that has persisted for centuries. The practice of dietary abstinence among postpartum mothers in the Kandeman Community Health Centre region of Batang Regency is still maintained and observed by the majority of these women. This results from postpartum women's insufficient information regarding abstinence and the social support from individuals around the mother who admonish those who do not adhere to abstinence.

Attitude is the response or attitude of an individual towards a stimulus or object. Attitude distinctly reflects the appropriateness of responses to specific stimuli, particularly emotional reactions to social cues in daily life (Kenre & Fitriani, 2022). Experience is a significant component that influences attitudes. Personal experience must leave a profound imprint as the foundation for attitude formation. Experiences will shape and impact the foundation of attitude formation (Azwar, 2016). According to the idea above, postpartum women who exhibit a negative disposition towards food abstention may be influenced by the experiences of those who have navigated the postpartum phase. Postpartum mothers observe that individuals who abstain from food during the postpartum period do not encounter impediments to maternal health recovery or infant development. This experience further influences the knowledge and beliefs of postpartum women about the notion that food abstinence does not impact the health of the mother and her infant. Wulansari's (2017) study on attitudes towards food abstention indicated that six respondents (20%) expressed unfavourable views, whereas 24 respondents (80%) held good views (Wulansari & Yudha, 2017).

Education constitutes a component of communication, information, and education (IEC) within health education, delivered more systematically. A primary objective of education is to elevate health as a societal asset. Consequently, health educators are tasked with integrating healthy lifestyles into individuals' daily routines (Afriyani & Salafas, 2019). Educated mothers might enhance the average attitude towards the abstinence tradition, as education disseminates information regarding abstinence, enabling respondents to acquire knowledge and subsequently develop a positive attitude towards it. The educational medium utilized are e-books and videos. Education with e-books and video media imparts information regarding abstinence from consumption, supplemented by visual and auditory elements. The research findings indicate that educational interventions utilizing e-books and videos have positively influenced attitudes about abstaining from eating.

An *e-book* is a digital publication that typically presents numerous notes, accompanied by text and photos, in an aesthetically pleasing format. Video is a technique for collecting, recording, processing, transmitting, and rearranging moving pictures. Typically, they use celluloid film, electronic signals, or digital media. E-books possess the advantage of portability, owing to their reduced size and thickness compared to traditional books. The material in the pamphlet is presented succinctly and clearly for the reader's comprehension (Afriyani & Salafas, 2019). The e-book medium utilized in this study aligns with the respondents' requirements for information on dietary abstinence. This medium uses videos to provide information regarding abstinence from eating. E-books possess advantages over traditional teaching media, such as leaflets, as they present information about abstention from eating alongside visually appealing images. E-books may be possessed by respondents and utilized by other family members to enhance knowledge regarding abstinence. The pamphlet may be possessed by respondents and utilized by other family members to enhance knowledge regarding abstinence.

Green's theory posits that an individual or community's health behaviour is influenced by their knowledge, attitudes, beliefs, and traditions. Moreover, the accessibility of facilities and the attitudes and conduct of health personnel towards one another would further enhance and reinforce behavioural development (Aderia, 2020). According to the notion above, e-books and video media effectively enhance respondents' attitudes towards the tradition of abstinence. This is evidenced by a 14.25 increase in the average attitude towards the abstinence tradition. Information regarding dietary abstinence acquired from e-book media is seen through the five senses, fostering a favourable disposition towards the tradition of abstinence. Safitri's research (2018) indicates a disparity in attitude enhancement between the two groups following the provision of an e-book on exclusive breastfeeding (Safitri et al., 2018).

Durrotun Munafiah et al.'s research indicates that applying E-ProfBid influences the understanding of clinical skills in midwifery care during labour. Midwifery during labour. The understanding of clinical competencies in midwifery care is recognized. The median score for midwifery clinical abilities in childbirth following E-ProfBid application training is 90.00, whereas the average score is 81.80. The median value of knowledge on clinical abilities in midwifery care during labour before the E-ProfBid training application is 70.00, with an average of 66.40 (Munafiah et al., 2024). This E-ProfBid Application training aimed to enhance the knowledge and skills of midwives, particularly during the labour stage (Munafiah et al., 2023).

Strengths and Limitations

This study did not incorporate confounding variables, including socioeconomic, cultural, and spiritual factors.

Implications for Practice

Future researchers may utilize this study's findings as foundational data for the creation of educational media for postpartum women, including e-books and videos, and the incorporation of confounding variables.

CONCLUSIONS

The provision of e-books and video instructional interventions influences the attitude towards abstinence traditions among postpartum women at Puskesmas Kandeman, Batang Regency.

Conflict of Interest Statement

None

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