

The higher reading interest of pregnant mother improves the utilization of MCH book

Apriliana¹, Intan Mutiara Putri^{2,*}, Suyani³, Istri Utami⁴

^{1,2,3,4}Faculty of Health Sciences, Universitas 'Aisyiyah Yogyakarta, Indonesia

²intan.mutiara Putri@unisayogya.ac.id*

Submission date: 7 September 2018, Receipt date: 1 Oktober 2018, Publication date: 30 Juli 2019

Abstract

The utilization of MCH book could be defined to be an activity when a mother and her close relatives actively participate in reading, learning, comprehending the contents of MCH book, and implementing it in daily routine. This research aims to discover the correlation between the reading interest of pregnant mothers and the use of MCH book. This study has been approved by the research ethics committee of Yogyakarta 'Aisyiyah University. This cross-sectional research was performed at the Community Health Centre of Mlati II Sleman Yogyakarta. Seventy-four pregnant mothers who owned MCH book were derived from incidental sampling technic. The retrieval of primary data used questioner method. The result of chi-square test states that pregnant mothers with higher reading interest will be utilizing the MCH book four times more effective compared to those with lower interest in reading (p-value: 0,005 and 95% CI: 1,488-10,902).

Keywords: pregnant mother, interest in reading, the utilization of MCH book

INTRODUCTION

Recently, the government has attempted to decrease the number of maternal mortality by creating a regulation using a book entitled 'Maternal and Child Health' (MCH) as the implementation of the national program (Kemenkes, 2015). The MCH book contains information concerning treatment, warning sign, and complication during pregnancy, labor, and childbirth. The success of the MCH book depends on the participation of the mother, husband, and close relatives to actively read, learn, comprehend the contents of MCH book, and implement it in daily life. The MCH book can be acquired freely in community health centers, hospitals, supporting health centers, village maternity, doctors, and private midwives. The MCH book is kept in the house and brought during antenatal care in the health services. The health officer will write the maternal care results down in the MCH book so as to inform the mother and her relatives on her health as well as the child. However, the use of MCH book by pregnant mother has not been optimal (Hasan Basri, 2009).

Based on 2015's data, the coverage of pregnant mothers who received MCH books in Yogyakarta reached virtually 100%, but there was no specific data about the use (Dinkes DIY, 2015). Research carried out by Subiyatun showed that the utilization



of MCH books as the source of health information by pregnant mothers in Sleman had achieved 100%. The utilization of MCH book could be found in the coverage of MCH books ownership. The scope of the antenatal care in Community Health Centre of Mlati II Sleman accounted for the third lowest in Sleman regency (Dinkes Sleman, 2018).

Reading interest cannot be gained instantly; by contrast, it is owned by involvement, experience, and daily life habit, especially during working and studying. Therefore it correlates with individual needs and interests (Patel & Jain, 2009). According to UNESCO, the reading interest of Indonesia society is highly low, which places them sixth of 61 countries with index 0,001 in which only one of 1000 inhabitants are interested in reading. This UNESCO data corresponds with the research by Indonesia National Library stating that the reading interest of Indonesia society rests around 25,1%. Its main indicators are reading frequency per week, reading duration per day, number of pages read per week, and financial allocation for buying books per year (Kompas, 2016).

The utilization of MCH book can improve knowledge and be implemented to take care of pregnant mother health so that it can increase the health level of mother and her fetus. This utilization is conducted by the health officer, pregnant mother, and her relatives by reading the health information in the MCH book (Isanurug, 2009). According to some study, being consistent in the utilization, distribution, and promotion of MCH books can improve the knowledge and behavior of pregnant mothers (Yanagisawa, Hisato, Midori, & Yasuhide, 2015). The other research showed that although uneducated women rarely read their own MCH books in their houses, they might be familiar with the health information in MCH books provided by health officers (Hagiwara, 2013).

RESEARCH METHODS

Type of the research and place: This *cross-sectional* research was conducted at the Community Health Centre of Mlati II Sleman Yogyakarta. Research population: 285 pregnant mothers who took health care and owned MCH books. The sample calculation applied Slovin formula, which collected 74 respondents. The sampling technic uses *incidental sampling*. The inclusion criteria were pregnant mothers who did antenatal care during research, owned MCH books, and finished only elementary school for their last education. The exclusion criterion was pregnant mothers who experience an emergency. Data collection and analysis of the research: The primary data collection used questioners of reading interest and utilization of MCH books. Analysis data exerted *chi-square* test with a 95% level of confidence. The ethics committee of the research: this research has been approved by the research ethics committee of Yogyakarta 'Aisyiyah University.

RESULTS AND DISCUSSION

Table 1 shows that respondents who had a higher reading interest aged 20-35-year-old, with 36 respondents (48,6%), and had an intermediate school with 31 respondents (41,9%).

Table 1. The distribution of respondents' characteristic toward reading interest of pregnant mothers

Respondent Characteristic	Reading Interest				Total	
	Low		High		f	%
	f	%	f	%		
Age						
<20 year-old - > 35 year-old	3	4,1	9	12,2	12	16,3
20-35-year-old	26	35,1	36	48,6	62	83,7
Education						
Primary (SD)	0	0	4	5,4	4	5,4
Secondary (SMP/SMA)	23	31,1	31	41,9	54	73
Tertiary (Diploma/Sarjana)	6	8,1	10	13,5	16	21,6
Total	29	39,2	45	60,8	74	100

Between 20-35-year-old, pregnant mothers are usually more productive and active in handling daily activities. This statement is consistent with the opinion stating that the age of an individual relates to her life experiences; the older a person is, the more experience her life. Consequently, in that age, pregnant mothers tend to be more active in exploring information concerning their pregnancy through reading activity. Education affects people's behavior and lifestyle, including motivation in establishing the aspect of health. As a result, the higher the education level of an individual, the more knowledge she has, which corresponds to the more comfortable a person accepts information. On the contrary, less of education can obstruct the person behavior growth toward new values (Oktarina & Mugeni, 2013).

Table 2. The distribution of respondent characteristic toward the utilization of MCH book

Respondent Characteristic	MCH Book Utilization				Total	
	Enough		Good		f	%
	f	%	f	%		
Age						
<20 year-old - > 35 year-old	6	8,1	6	8,2	12	16,3
20-35-year-old	30	40,5	32	43,2	62	83,7
Education						
Primary (SD)	1	1,4	3	4,1	4	5,5
Secondary (SMP/SMA)	25	33,7	29	39,2	54	72,9
Tertiary (Diploma/Sarjana)	10	13,5	6	8,1	16	21,6
Total	36	48,6	38	51,4	74	100

Table 2 indicates that the effective utilization of MCH book was performed by respondents aged 20-35, amounting to 32 respondents (43,2%), and experienced secondary school with 29 respondents. Since this age is a productive phase, pregnant mothers are likely to use MCH books. Pregnant mothers think that antenatal care is a significant activity. Rahmawati (2017) contended that the age of a person impacts his/her mindset. Mothers who are in the productive phase (20-35-year-olds) are more rational than they who are younger or older. Consequently, pregnant mothers who are in the productive phase typically are keen on taking care of their pregnancy. This statement relates to the previous research affirming that pregnant mothers who are in productive age are more interested in utilizing MCH books and bringing it as

communication media with health officers (Hagiwara, 2013). Since education is a conscious and planned effort to actualize the condition and process of learning, the education level of respondents plays a significant role in affecting their behavior in utilizing the MCH books. The previous study stated that pregnant mothers who have lower education level possess stronger curiosity so that they read or utilizing MCH books more frequent (Napitupulu, 2018). The MCH books are distributed to pregnant mother in her first pregnancy visit and contain the information on health services. Besides, MCH books report the detail of antenatal care result which can be comprehended by pregnant mothers (Osaki, 2015).

The statistic test produced p-value with 0,005. In other words, there is a correlation between reading interest with the use of MCH books. A pregnant mother with higher reading interest was 4, 028 times more probable in maximalizing MCH books effectively (95% CI: 1,488-10,902) compared to those with lower reading interest.

Table 3. Correlation between reading interest with the use of MCH book by pregnant mother

Reading Interest	Use of MCH Book				Total		p-value	OR
	Sufficient		Effective		(%)			
	f	%	F	%	f	%		
Lower	20	27	9	12,2	29	39,2	0,005	4,028
Higher	16	21,6	29	39,2	45	60,8		
Total	36	48,6	38	51,4	74	100		

One the advantage of using MCH book is that, by reading the information within it, the pregnant mother can understand behavior, interference, and treatment that they should perform not to mention it can be accepted in many health care facility (Ainiyah, 2017). Previous research showed that almost half of the respondent (33,3%) have a higher reading interest and completed understanding of MCH books. It indicated that there is a correlation between reading interest on MCH with mother's knowledge on MCH book (Annisa, 2016). Previous research stated that using MCH books by reading the information provided within it might enable the pregnant mother to understand behavior, interfere, and clinical examination that should be performed. Moreover, the book is acceptable in any health care facility and at any time. In effect, regular monitoring toward the condition of the pregnant mother and the fetus as the first step in actualizing *Continuity of Care* can take places (Nakamura, 2010). This opinion is supported by Nzioki et al. (2015) demonstrated that mother using MCH in Kenya tended to maximalize available health care by conducting antenatal care visit at least four times, in line with WHO regulation. One of the factors that affect reading interest is permanent culture. Reading culture might engender a person to have a higher reading interest. Interest is an egocentric trait, and someone who has reading interest believes that reading can lead them to possess broader insight and intelligence in dealing with life. It is the reason they will conduct the activity until older age (Sudarsana & Bastiano, 2013). With MCH as media in providing health information, a pregnant mother can understand the information more accessible and execute it. It is in line with the research conducted by Mori (2015) showed that MCH books could increase the number of visits for pregnancy examination purpose as opposed to those who do not use it.

CONCLUSION

Pregnant mothers with higher reading interest will be utilizing the MCH book four times more effective compared to those with lower interest in reading.

ACKNOWLEDGMENT

This research supported by Universitas 'Aisyiyah Yogyakarta Indonesia.

REFERENCES

- Ainiyah, N. H. (2017). *Hubungan Pemanfaatan Buku Kesehatan Ibu dan Anak (KIA) dengan Tingkat Pengetahuan dan Perilaku Kesehatan Ibu Hamil Trimester III di Puskesmas Jagir Surabaya*. Yogyakarta: Universitas "Aisyiyah
- Annisa, F. N.(2016). Hubungan Minat Membaca Buku KIA dengan Pengetahuan Ibu Hamil tentang Buku KIA. *Jurnal Promkes*, 4(2), 188-198.
- Dinas Kesehatan D.I.Y. (2015) *Profil Kesehatan Daerah Istimewa Yogyakarta*.
- Dinas Kesehatan Sleman. (2018). *Profil Kesehatan Kabupaten Sleman*.
- Hagiwarara, A, Ueyamab, M, Ramlawic, A and Sawada, Y.(2013). Is the Maternal and Child Health (MCH) handbook effective in improving health-related behavior? Evidence from Palestine. *Journal of Public Health Policy*, 34(1), 31–45.
- Hasanbasri. (2009). *Pemanfaatan Buku Kesehatan Ibu dan Anak*. Yogyakarta : UGM.
- Isaranurug, S. (2009). Maternal and Child Health (MCH) Handbook in The World Maternal and Child Health Handbook in Thailand. *Journal International Health Vol,24 (2)*, ASEAN Institute for Health Development Mahidol University, Thailand.
- Kemendes RI. (2015). *Profil Kesehatan Indonesia 2014*. Jakarta: Kementerian Kesehatan RI.
- Kompas. (2016, Agustus 29). *Minat Baca Indonesia Ada di Urutan ke-60 Dunia*. Retrieved from Kompas.com: <https://edukasi.kompas.com/read/2016/08/29/07175131/minat.baca.indonesia.ada.di.urutan.ke-60.dunia>.
- Mori, R, Yonemato, N, Noma, H *et al.* (2015). The Maternal and Child Health Handbook in Mongolia: A Cluster Randomized, Controlled Trial. *Journal.pone DOI: 10.1371*.
- Napitupulu, TF, dkk.(2018). Gambaran Pemanfaatan Buku KIA dan Pengetahuan Ibu Hamil Mengenai Tanda Bahaya Kehamilan. *Jurnal Kesehatan Vokasional*, 3(1), 17-22.
- Nzioki, JM, Onyango, RO, Ombaka, JH. (2015). Sociodemographic Factors Influencing efficiency of Community Health Strategy in providing Maternal and Child Health services in Mwingi District, Kenya: an expert opinion perspective. *American Journal of Public Health Research* Vol.3(1): 21-30.
- Oktarina, Mugeni. (2013). Hubungan Pengetahuan, Sikap, Kepatuhan Ibu Hamil, dan Ibu Bayi dalam Penggunaan Buku KIA di Puskesmas Geger dan Kedung Kabupaten Bangkalan. *Buletin Penelitian Sistem Kesehatan*, vol.18(2) : 141-150.

- Osaki, K. (2015). *Factor Affecting the Utilisation of Maternal, Newborn, and Child Health Service in Indonesia : The Role of the Maternal and Child Health Handbook*. www.Elsevier.com/puhe (diakses 08 Juli 2019).
- Patel, M. F., & Jain, P. M. (2009). *English Language Teaching*. Jaipur: Sunrise Publishers & Distributors.
- Rachmawati, AI, Puspitasari, RD, Cania, E. (2017). Faktor-faktor yang Mempengaruhi Kelengkapan Kunjungan Antenatal Care (ANC) Ibu Hamil. *Majority, vol.7(1)* :72-76.
- Subiyatun, S.(2017). Gambaran Pemanfaatan Buku Kesehatan Ibu dan Anak (KIA) oleh Ibu Hamil. *Jurnal Kebidanan dan Keperawatan*, 13(2), 203-209.
- Yanagisawa, S. A., Hisato, I., Midori, U., & Yasuhide, N. (2015). Effect Of a Maternal and Child Health Handbook on Maternal Knowledge and Behavior : Acommunity Based Controlled Trial In Rural Combodia. *Health Policy and Planning*, 1184-119.