

PHENOMENOLOGICAL STUDY ON PREGNANCY CARE EXPERIENCE IN MOTHERS AT JORONG BERASTAGI NAGARI UJUNG GADING, LEMBAH MELINTANG SUBDISTRICT, PASAMAN BARAT, WEST SUMATERA

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Abstract

Pregnancy care is done during pregnancy which is more emphasized on the health of the mother. The objective of the study was to find out the experience in pregnancy care in mothers of Jorong Berastagi. The study was phenomenological qualitative with Colaizzi analysis. The samples were five mothers who had met the criteria, taken by using purposive sampling technique. The data were gathered by conducting in-depth interviews and field research. The result of the study showed that there were ten themes which described the characteristics of nursing care experiences in mothers pregnancy. The thematic categories included complaint during pregnancy, stimulus which causes the complaint, mothers response to the source for getting information about the fact that they had to accept about pregnancy, attempts to cope with complaint/pregnancy problem, the source of information to examine the pregnancy, any action for supporting health during the pregnancy which included medical and alternatives, the kinds of favored food during pregnancy, and activity during the third trimester of pregnancy, support which was obtained during pregnancy, and any culture which was believed during pregnancy. Since there was the deviation in pregnancy care in the study area, competent nurses were needed. In the implementation of holistic nursing care, nurses should give their respect to the local peoples cultural values so that the local people will easily accept modern medical science at Puskesmas in order to improve their health.

Keywords : Experience, Pregnancy care, Phenomenology

1. Background

Pregnancy is the most exciting and eagerly awaited every couple. Manuaba (2010), stating that the pregnancy is intrauterine fetal growth and development ranging from conception and ends until the delivery. Pregnancy lasts for about 10 months, or 9 calendar months, or 40 weeks, or 280 days (Bobak et al, 2005).

Adaptation to the hormones of pregnancy is a result of pregnancy and mechanical stresses due to the growing uterus and other tissues. This adaptation of protecting a woman's normal physiological function, meet metabolic demands of pregnancy a woman's body, and provide for the needs for the development and growth of the fetus. (Medforth et al, 2011).

The impact of the adaptation of pregnancy cause a sense of discomfort

during kehamlilan like fatigue, frequent urination, nausea, vomiting, breast sensitive, prone to vaginal infections, decreased appetite, decreased muscle tone, lordosis, headache (Bobak et al, 2005).

Prenatal care is very influential on the health and safety of the baby to be born. Women who regularly go to health care facilities for prenatal care will have good health and a healthy baby. While women who have poor health will be more susceptible cause of infant mortality. Quality antenatal care still needs to be improved continuously, because of the availability of referral facilities for high-risk cases can reduce maternal mortality (Sri, in 2013).

Expectant mothers and maternity mortality is influenced by several factors: education, science, social, cultural, social, economic, geographical and environmental,

mother Accessibility to health facilities as well as macro policies in the quality of health services. One of the factors that affect maternal mortality is the attitude and behavior of the mother during pregnancy itself and supported by the knowledge of the mother against her pregnancy. (Agustini, 2013).

Indonesian society there is a traditional antenatal (Devy et al, (2011). Culture for the community an important thing, even among trusted and been a lifeline. Community jorongBrastagih, revealing some phenomena. In this ethnic culture phenomena in the experience of prenatal care , where pregnant women do pregnancy checks to artisan machination, even pregnant women already perform checks to midwives, but due to hereditary culture in this area, pregnant women still undergo the masseuse and also listen to messages from a masseuse in matters abstinence during a period of pregnancy. Ordering is also done so that the position of the fetus remains in place again, because the activity is believed to affect changes in maternal fetal position. But more about this culture is not yet known, so it is necessary to dig about the behavior of the public to know and dig Experience Pregnancy Care On Mothers in JorongBrastagihNagari Ujung Gadingsubdistrict Valley Crossing.

2. Research Methodology

The research is a qualitative research with phenomenological approach, about Pregnancy Care Experience At Mothers in JorongBrastagih Ujung GadingsubdistrictNagari Valley Crossing. The inclusion criteria: 1) mothers Minang tribe, 2) Having a maximum of 5 years experience, 3) Willing to be a respondent to obtain richer information (rich information) as well as voluntary or not under

pressure. The sample selection of this study through purposive sampling technique as much as 5 people having reached the saturation of data (Polit and Beck, 2008).

Collecting data in this study conducted by the method of observation (passive participant observation) and in-depth interviews (depth interview).Data analysis method with approach Colaizzi (1978) in Polit en Beck, (2012).

Member checking conducted by researchers to participants to validate the results of interviews and thematic results done during data analysis.

3. Results

Ujung GadingNagari tribes divided into two parts, but the vast majority were ethnic MinangNagari as well as all residents of the Ivory UjuangMinang and indigenous people say that they use the custom also Minang.

The end of the economic situation Nagari population was down to the middle of ivory, most of the population have jobs as farmers, farm employees and wirausaha.Tingkat education / graduate education in Nagari Ujung Gading most elementary level as many as 11 264 inhabitants, as many as 13 051 inhabitants junior, Bachelor (S1-S2) as many as 11 893, as many as 1,575 high school, kindergarten as many as 1,474 lives and Academy (D1-D3) 1,025 souls.

The study involved five participants who have experience maximum prenatal care experience five years ago, the average age of the last child 5 years old, high school education background. All the participants are married and not working.

Table 1. Categories and themes were obtained from all participants.

No	Themes	Categories
1.	Complaints experienced during pregnancy	Do not want to eat and appetite Edema in legs Numbness in the feet Colds Dizziness dizzy view No appetite Nausea Body feels weak Pain in the nipple Myoma.
2.	Stimulus that cause odor complaints	The smell of cookingrice, chilifries, the smellmeatballsandmilk eat rice
3.	Response to the acceptance of pregnancy the mother during pregnancy	Grumpyhusband Lappingstomachwhile pregnant Wantto terminate the pregnancy Hate with pregnancy
4.	Efforts to deal with complaints / problems of pregnancy	Go to the midwife PHC Hospital Artisan buzz Alternative treatment Eating bark and areca
5.	Sources of informationthat was obtainedforprenatal care	Brother Family
6.	Acquiredform of actionto supportthehealthcareduringpregnancyincludesmedicaland alternative.	knowingDJJ Knowing thedate of delivery Knowing thematernalandfetalhealth, ultrasound immunization obtainingvitamins Fixingthe position ofthe fetus relax the body Fetalhealth check Determining whentogive birth.
7.	The preferred type of nutrition during pregnancy Milk	milk bread Spicyfish curry Sourspicygoulash fried chicken CarrotsvegetablesandvegetableJipang steamedcakesusechili
8.	Activities conducted in the third trimester of pregnancy	Walk in the morning
9.	Supportobtained duringprenatal careexperience	Husband always concern availability husband Family and dear brother Husband helps her needs. Glad to neighbors Good socialization, Relationship with her husband, a good family
10	Culturebelievedduring pregnancy	Husband still mingatkan to eat During pregnancyshould not besitting behindthe Do not sitin front of thedoor

4. Conclusions and Recommendations

Research results obtained from the fifth respondents about pregnancy care community in Jorong Brastagi found that this community has a cultural concept about prenatal care, and there are some cultural practices conducted for pregnancy care. The concept is in the form of complaints during pregnancy, the stimulus that causes the complaint, the response to pregnancy, tackling complaints of pregnancy, resources obtained for prenatal care, acquired form of action to support health care during pregnancy, type of preferred food during pregnancy, the activities conducted the third trimester of pregnancy, the support obtained during prenatal care and culture believed during pregnancy.

The cultural practice carried out during pregnancy that consume traditional foods, and

do an alternative massage. Prenatal care is commonly done by mothers in JorongBrastagih is setting activities, alternative massage to improve the position of the fetus, the choice of food, and gained support during pregnancy.

Women's health problems are increasingly complex and require a comprehensive settlement requires competent management nurses in the field. So in an effort to implementation of holistic nursing care nurses should respect the cultural values of society. Thus the public will be more receptive to modern science and by itself would make the decision to utilize health services at the health center which is expected to improve the health of local communities