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## Midwifery Science

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# The effectiveness of preoperative educational videos on self efficacy and early mobilization implementation in post section caesarea mothers

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ARTICLE INFO	ABSTRACT
<p><b>Article history:</b></p> <p>Accepted Mar 7, 2024 Revised Mar 10, 2024 Accepted Mar 13, 2024</p>	<p>Hospital efforts to increase early mobilization have so far only been through verbal education, but patients still need better Self-Efficacy and elements in carrying out early mobilization. However, early mobilization is very important to speed up post-operative recovery. Early mobilization requires maternal self-efficacy to carry out early mobilization. For this reason, it is necessary to increase self-efficacy by providing pre-operative education using video media so that post-operative patients can immediately mobilize early. This study aims to determine the effectiveness of preoperative educational videos on Self Efficacy and the implementation of early mobilization in mothers after caesarean section. This type of research is quasi-experimental research, and a pre-post-test control group design is used for Self Efficacy, followed by a post-test with a control group for early mobilization. The population is post-caesarean section mothers with an average number of 78 people per month. According to the Roscoe formula, the sample was 34 people, including the intervention and control groups, 17 people each. Data analysis used paired samples t test, independent t test, and Mann-Whitney test. This research shows that preoperative educational videos are effective in increasing Self Efficacy (p-value = 0.008 and average difference = 20.36). Preoperative educational videos are effective in implementing early mobilization in mothers after cesarean section (p-value = 0.008). Conclusion: Preoperative educational videos can increase Self Efficacy and implement early mobilization.</p>
<p><b>Keywords:</b></p> <p>Early Mobilization Preoperative Educational Videos Self Efficacy</p>	

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## INTRODUCTION

There are two types of childbirth when viewed from the method or method of delivery, namely normal childbirth (vaginal birth), and operative childbirth which is usually called a caesarean

section or SC.(Arkamil & Jambak, 2023)

*Caesarean section (C-section)* is a birth process with surgery performed on the stomach and uterus to remove the baby from the mother's stomach (INDRIYANNI, 2019). Sectio Caesarea is the most frequently performed surgical procedure in obstetrics and gynecology surgery. Caesarean section procedures have increased rapidly in recent years (Kesty & Bernolian, 2022).

Based on the Global Health Survey delivered by the World Health Organization (WHO) in 2020, the number of mothers who gave birth with indications for caesarean section accounted for around 10-15% of all births throughout the world, with the highest number of mothers having caesarean sections. operations occurred in 2020. Latin America and Caribbean region (40.5%), Europe (25%), Asia (19.2%), and Africa region (7.3%) (Ikhlasih, 2021). The 2018 Riskesdas results showed that 17.6% of 4,444 births were carried out via caesarean section. The province with the highest number of caesarean sections is DKI Jakarta (31.3%) and the lowest is Papua province (6.7%) (Saputri, Naim, Ma'rifat, & Marjan, 2022). In East Kalimantan, the number of caesarean sections recorded in 2022 was 34.28% (Sari et al., 2023).

In the data report contained in RSUD dr. Kanudjoso Djatiwibowo Balikpapan in 2020 to 2021 there were 250 mothers who gave birth via cesarean section (DEWI, 2022). Dr Abdul Rivai Hospital, Berau Regency is the only hospital in Berau Regency that is capable of performing caesarean section procedures. According to data from Dr. Abdul Rivai, Berau Regency, there was an increase in deliveries by caesarean section, namely in 2020 there were 819 births by caesarean section out of a total of 2,790 mothers giving birth with a percentage of 29.3%. In 2021, there were 806 mothers who gave birth via caesarean section out of a total of 2,248 mothers who gave birth, a percentage of 35.8%. In 2022 there will be 764 births via caesarean section from a total of 2,436 mothers giving birth with a percentage of 31.3%. From this data it can be concluded that there will be an increase in the percentage of mothers giving birth via caesarean section in 2020-2021 and will decrease slightly in 2022. (Umat & Ningrum, 2022).

Data for 2023 of patients after caesarean section in May there were 88 caesarean births (36.1%) out of 244 births, in June there were 69 caesarean births (32.8%) out of 210 births, in July there were 81 caesarean births (34.8%) out of 232 births, August there were 83 caesarean deliveries (37.2%) from 223 births, September there were 69 caesarean deliveries (30%) from 230 births (LAIA, 2019). This data shows that mothers who give birth via cesarean section experience increases and decreases every month. The most frequent indications for caesarean section delivery in September were a history of caesarean section in 25 cases, preeclampsia in 11 cases, severe preeclampsia in 10 cases, oligohydramnios in 7 cases, premature rupture of membranes in 5 cases, fetal abnormalities. in 5 cases, and other indications in 10 cases (MUNFARIQOH, 2021).

The impact of birth *Caesarean section* the risk of complications is five times higher than normal birth. Complications after caesarean section including infection are 25 times higher than infections during normal delivery (Saragih, 2023). From data from the Ministry of Health, the maternal mortality rate due to infection after caesarean section reaches 7.3% after surgery (P. Lestari et al., 2021). The most problematic component in implementation and the easiest to modify is early mobilization (Wirawan, 2020).

Self-Efficacy is the ability to predict actions that will benefit one in the future (Hairudinor, 2021). Individuals with *Self Efficacy* high mobilization they have high goals and are oriented towards achieving mobilization, whereas *Self Efficacy* Individuals who have weak mobilization have weak commitment to achieving mobilization goals (Iksan et al., 2020). Based on (Kusumaningrum & Kartikasari, 2020) It was found that there was an influence of efforts to increase Self Efficacy on the mother's ability to carry out early mobilization.

Increase *Self Efficacy* Early mobilization of mothers after cesarean section can be done by providing health education. Preoperative education is believed to improve *Self Efficacy* and patient behavior after surgery (Sujianto, 2021). Preoperative education is a form of education given before the patient undergoes surgery. This education contains information regarding actions that patients

must take after surgery (B. Lestari & Wahyuningtyas, 2023). Good education can improve patient mobility more quickly and shorten hospital stays (Purnaningrum et al., 2023).

One media that can be used to provide education is video. Video-based preoperative educational interventions capture patient attention, thereby increasing learning effectiveness and providing immediate insight (Qasanah et al., 2022). Preoperative education plays an important role in preparing patients for surgery and improving postoperative outcomes. Several studies show that preoperative education, both in the form of classes and videos, can have a positive impact on various aspects of patient care, such as Self Efficacy and early postoperative mobilization. (ULFAH, 2021).

Research result (Wahyuni, 2021) suggests that preoperative education is important in patient care. Education provided via video has proven to be more effective in increasing self-efficacy and improving post-operative exercise behavior in lower extremity fracture patients compared to providing verbal education.

Research result (Santoso, 2017) it was found that a combined intervention of a video-based educational program and nurse-led reinforcement discussions was feasible and well received by patients undergoing elective major surgery. Other research (Kerenhapukh, 2022) shows that the use of audiovisual media can be used actively in the field of nursing practice.

In hospitals in Indonesia, preoperative information is usually not fully implemented. The emphasis is more on the way the operation is carried out, so many patients are reluctant to take the necessary steps after surgery, such as: walking exercises, tilting left and right, ways to reduce pain, etc. (FEBRIZA YENI et al., 2019). At Dr. Hospital Abdul Rivai, Berau Regency, the preoperative education provided was less than optimal. Then the SOP for early mobilization for mothers after cesarean section already exists but the implementation of early mobilization is still lacking (Agustin et al., 2020).

Preliminary Study at RSUD dr. Abdul Rivai, Berau Regency, in October 2023, it was discovered that 7 out of 10 post-cesarean section mothers admitted to receiving verbal education and these mothers admitted that they did not know the meaning, benefits and steps of early mobilization so they felt doubtful regarding early mobilization. Preliminary Study using PSES (*Preoperative Self Efficacy Scale*) In the first 6 hours after caesarean section, 2 out of 2 mothers after caesarean section had scores of 48 and 46 which indicated poor Self Efficacy so that when mobilizing the mother did not dare to bend her legs or move her legs and arms. Mother said he was still weak and afraid to move. In the first 6-10 hours, 2 out of 3 mothers after cesarean section had a score of 58 and 60 which indicated poor Self Efficacy so they were less confident in mobilizing the left and right obliques, the mother said she felt pain in her stomach and was afraid that the stitches would come off so she was not sure able to do it. early mobilization. In the first 24 hours, 1 in 3 post-caesarean section mothers had a score of 115 which indicates good Self Efficacy so they are able to carry out early mobilization while sitting. The mother felt that after mobilizing the pain had reduced and she was able to care for herself and her baby. And at more than 24 hours, 1 out of 2 mothers after cesarean section have a score of 120 which shows good Self Efficacy so they are able to learn early mobilization to walk.

Based on the description above, researchers are interested in taking the title "Effectiveness Preoperative Self-Efficacy Educational Video and Implementation of Early Mobilization in Post Sectio Caesarea Mothers at RSUD dr. Abdul Rivai, Berau Regency" It is hoped that this research will have an impact on improvement *Self Efficacy* in post-cesarean section mother thus increasing early mobilization to prevent post-cesarean section complications which can affect maternal health.

## RESEARCH METHODS

This study used a quasi-experimental design with a pre-post test control group design approach to determine differences in self-efficacy, and a post-test only control group design approach to

determine differences in early mobilization after caesarean section. The population in this study was calculated for the last 3 months from July to September 2023 with the number of post-caesarean section mothers as many as 234 people and an average per month of 78 people. In this study there were 17 intervention groups and 17 control groups. The analysis of this study was carried out in this way Normality Test, Univariate Analysis, Bivariate Analysis

## RESULTS AND DISCUSSION

### Univariate Analysis

#### Average Self Efficacy score before treatment in the control and intervention groups

Identify the average score *Self Efficacy* before treatment in the control and intervention groups for pre-caesarean mothers at RSUD dr. Abdul Rivai, Berau Regency, you can see the following table:

**Table 1.** Statistical distribution of average scores *Self Efficacy* before treatment in the control and intervention groups in pre-caesarean section mothers at RSUD dr. Abdul Rivai, Berau Regency

<i>Self Efficacy</i> before treatment (Pre Test)	Means	median	elementary school	Minimum Value - Maximum value	95%CI
Control	55.71	55	4,254	49-66	53.88-58.00
Intervention	55.35	55	3,534	49-63	53.59-56.88

Source: Primary Data, 2023-2024

#### Average Self Efficacy score after treatment in the control and intervention groups

Identify the average score *Self Efficacy* after treatment in the control group and intervention in pre-caesarean mothers at RSUD dr. Abdul Rivai, Berau Regency, you can see the following table:

**Table 2.** Statistical distribution of average scores *Self Efficacy* after treatment in the control and intervention groups in pre-caesarean section mothers at RSUD dr. Abdul Rivai, Berau Regency

<i>Self Efficacy</i> after treatment (Post Test)	Means	median	elementary school	Minimum Value - Maximum value	95%CI
Control	95.29	114	29,374	54-120	81.00-108.71
Intervention	115.65	115	1,869	114-120	114.88-116.59

Source: Primary Data, 2023-2024

#### Implementation of early mobilization after treatment in the control and intervention groups

Identify implementation Early post-treatment mobilization in the control and intervention groups of mothers after caesarean section at RSUD dr. Abdul Rivai, Berau Regency, you can see the following table:

**Table 3.** Frequency distribution application Early post-treatment mobilization in the control and intervention groups of mothers after caesarean section at RSUD dr. Abdul Rivai, Berau Regency

NO	Implementation of Early Mobilization (Post Test)	F	%
Control			
1	Good	11	64.7
2	Not good	6	35.3
Amount		17	100
Intervention			
1	Good	17	100
2	Not good	0	0
Amount		17	100

Source: Primary Data, 2023-2024

### Bivariate Analysis

#### Differences in Self Efficacy before and after treatment in the control group

Difference analysis *Self Efficacy* before and after providing verbal preoperative education to the control group of pre-caesarean section mothers at RSUD dr. Abdul Rivai, Berau Regency, can be seen in the following table:

**Table 4.** Differences *Self Efficacy* before and after treatment in the control group of pre-caesarean section mothers at RSUD dr. Abdul Rivai, Berau Regency

Group	<i>Self Efficacy</i>	Means	Different Way	Q	P
Control	<i>Pre-test</i>	55.71	39.58	-5,697	0,000
	<i>Post test</i>	95.29			

Source: Primary Data, 2023-2024

#### Differences in Self Efficacy before and after treatment in the intervention group

Difference analysis *Self Efficacy* before and after giving preoperative educational videos to the intervention group for pre-caesarean section mothers at RSUD dr. Abdul Rivai, Berau Regency, can be seen in the following table:

**Table 5.** Differences *Self Efficacy* before and after treatment in the intervention group for pre-caesarean section mothers at RSUD dr. Abdul Rivai, Berau Regency

Group	<i>Self Efficacy</i>	Means	Different Way	Q	P
Intervention	<i>Pre-test</i>	55.35	60.3	-54,779	0,000
	<i>Post test</i>	115.65			

Source: Primary Data, 2023-2024

#### The effectiveness of preoperative educational videos on Self Efficacy

Analysis effectiveness of preoperative educational videos about *Self Efficacy* in mother before caesarean section at Dr Abdul Rivai Hospital, Berau Regency, can be seen in the following table:

**Table 6.** The effectiveness of preoperative educational videos on *Self Efficacy* in mothers pre-caesarean section at Dr Abdul Rivai Hospital, Berau Regency

<i>Self Efficacy</i>	Group	Means	Different Way	Q	P
Post Test	Control	95.29	20.36	-2,851	0.008
	Intervention	115.65			

Source: Primary Data, 2023-2024

#### The effectiveness of preoperative educational videos on early mobilization

Analysis The effectiveness of preoperative educational videos on early mobilization post-caesarean section mother at Dr Abdul Rivai Hospital, Berau Regency, can be seen in the following table:

**Table 7.** The effectiveness of preoperative educational videos in implementing early mobilization in mothers after caesarean section at Dr Abdul Rivai Hospital, Berau Regency

Implementation of Early Mobilization	Group	z	P
Post Test	Control	-2,659	0.008
	Intervention		

Source: Primary Data, 2023-2024

## Discussion

### Self-Efficacy before treatment in the control and intervention groups

Based on the research results, it is known that average score *Self Efficacy* before giving verbal preoperative education in the control group of cesarean section mothers at RSUD dr. Abdul Rivai, Berau Regency namely 55.71. Meanwhile the average score *Self Efficacy* before provided preoperative educational videos to the intervention group for pre-caesarean section mothers at RSUD dr. Abdul Rivai, Berau Regency namely 55.35. It shows the average score *Self Efficacy* before The treatment in the control group and intervention group was not much different.

The results of this research are in accordance with previous research conducted by (Terok et al., 2022) shows that the average Self Efficacy score before treatment in the control group was 23.00 and the intervention group was 23.66, indicating that it was not much different with a difference of only 0.66. This data shows the difference average score *Self Efficacy* before being given treatment in the intervention and control groups was smaller in this study compared to previous studies.

Research result (Putri et al., 2020) shows that the Self Efficacy score before treatment in the control group was 97.5 and the intervention group was 65, indicating very different with a difference of 32.5. This shows the difference average score *Self Efficacy* before being given treatment in the intervention and control groups was smaller in this study compared to previous studies, so this study shows Self Efficacy before being given treatment. *Caesarean section (C-section)* is a birth process with surgery performed on the stomach and uterus to remove the baby from the mother's stomach (MEGA, 2024). Sectio Caesarea is the most frequently performed surgical procedure in obstetrics and gynecology surgery. Caesarean section procedures have increased rapidly in recent years (Sudarsih et al., 2023).

Researchers concluded that average score *Self Efficacy* before The treatment in the control group and intervention group was not much different. This is because respondents in both the control and intervention groups have never received information regarding preparing health data and physical preparation, effective deep breathing and coughing exercises, as well as early mobilization after caesarean section, including medication.

### Self-Efficacy after treatment in the control and intervention groups

Based on the research results, it is known that average score *Self Efficacy* after providing verbal preoperative education to the control group of mothers pre-caesarean section at RSUD dr. Abdul Rivai, Berau Regency namely 95.29. Meanwhile the average score *Self Efficacy* after provided preoperative educational videos to the intervention group for pre-caesarean section mothers at RSUD dr. Abdul Rivai, Berau Regency namely 115.65. It shows the average score *Self Efficacy* after The treatment obtained by the intervention group was higher than the control group. If grouping is carried out by researchers based on classification according to Arikunto (2013), it can be concluded that the results are said to be satisfactory if the score obtained is more than 76% of the total score, namely 150 or the equivalent of a score of 114 (Harsel, 2020). The average score in the intervention group was 115.65 in the good category, while the average score in the control group was 95.29 in the poor category.

The results of this research are in accordance with previous research conducted by Lee & Parks, (2020) shows that the average Self Efficacy score after treatment in the control group is 24.91 and the intervention group is 27.91 which shows an increase in score with a difference of 4.25. This data shows the difference average score *Self Efficacy* after being given treatment in the intervention and control groups was higher in this study compared to previous studies, therefore this study displays videos The preoperative education provided was better than previous studies. This could be due to the respondents' productive age, high school and tertiary education which were considered good enough to make them easy to accept the information conveyed.

Research result (RAMADHAN et al., 2019) shows the average Self Efficacy score after being given treatment in the control group was 139 and the intervention group was 100 which shows an

increase in scores with a difference of 35. ] This data shows the difference average score *Self Efficacy* after being given treatment in the intervention and control groups was higher in this study compared to previous studies, therefore this study displays videos. The preoperative education provided was better than previous studies. This could be due to the respondents' productive age, high school and tertiary education which were considered good enough to make them easy to accept the information conveyed.

Researchers concluded that average score *Self Efficacy* after the treatment obtained by the intervention group was higher than the control group. This is because preoperative education is delivered using video media, where educational videos are proven to be more effective in improving patient outcomes *Self Efficacy* and patient behavior after surgery. Video-based preoperative educational interventions capture patient attention, thereby increasing learning effectiveness and providing immediate insight.

#### **Implementation of early mobilization after treatment in the control and intervention groups**

Based on the research results, it is known that application of early mobilization after providing verbal preoperative education in the control group of mothers after cesarean section at RSUD dr. Abdul Rivai, Berau Regency 11 people (64.7%) were mostly good, while 6 people (35.3%) were less good. Meanwhile implementation of early mobilization after providing preoperative educational videos in the intervention group for post-cesarean section mothers at Dr. Abdul Rivai, Berau Regency as many as 17 people were good (100%) and none were bad.

Research results by (Murliana & Year, 2022) shows that the mother's ability to mobilize early 4-8 hours after caesarean section with the control group at 0% and the intervention group at 11.8% showing a difference of 11.8. This data shows the difference implementation score of early mobilization after treatment in the intervention and control groups was higher in this study compared to previous studies, so this study shows that the preoperative educational video provided was better than in previous studies.

Researchers concluded that application of early mobilization after treatment in the intervention group was better than the control group. This is because before having a caesarean section, the intervention group received a preoperative educational video compared to the control group which only provided verbal education without using media.

#### **Differences in Self Efficacy before and after treatment in the control group**

Based on the research results, it is known that in the control group, the average difference between *Self Efficacy* before providing verbal preoperative education with after providing verbal preoperative education of 39.58 and p value  $0.000 < 0.05$ , which means there is an influence providing preoperative verbal education about self-efficacy to a control group of mothers pre-cesarean section at RSUD dr. Abdul Rivai, Berau Regency.

Research by Lestari et al (2022) shows that in the control group the average *Self Efficacy* score before being given treatment was 97.5 and after being given treatment was 139, which shows an increase in score by a difference of 41.5. This data shows that the average *Self Efficacy* score for the control group in this study was higher than in previous studies. This could be because the control group received good treatment, even if only verbally, so that information was easily received.

Researchers concluded that there is a difference in *Self Efficacy* before and after treatment in the control group of pre-cesarean section mothers at Dr Abdul Rivai Hospital, Berau Regency. This is because the control group still received education even without using media *Self Efficacy* increased, although not as much as the intervention group.

#### **Differences in Self Efficacy before and after treatment in the intervention group**

Based on the research results, it is known that in the intervention group, the average difference between *Self Efficacy* before providing preoperative educational videos with after providing

preoperative educational videos of 60.3 and p value 0.000 < 0.05, which means there is an influence. Providing preoperative educational videos about self-efficacy in the intervention group for pre-caesarean section mothers at RSUD Dr. Abdul Rivai, Berau Regency. Because of that,  $H_0$  is accepted i.e. there is no difference in Self Efficacy before and after treatment in the intervention group of pre-section mothers at Dr Abdul Rivai Hospital, Berau Regency.

Research by Lestari et al (2022) shows that in the intervention group the average Self Efficacy score before being given treatment was 65 and after being given treatment was 100 indicating an increase in scores by a difference of 35. This data shows that in the intervention group the average self efficacy score in this study was higher than in previous studies. This could be because the intervention group received good treatment and was supported by supportive education to make it easier to receive information.

Researchers concluded that there is a difference in Self Efficacy before and after treatment in the intervention group of pre-section mothers at Dr Abdul Rivai Hospital, Berau Regency. This is because respondents have received intervention using video media. The ease of video in visualizing and presenting structured information makes video a medium that can improve the ability to convey messages that contain complex information. Preoperative education has a positive impact on post-caesarean section outcomes, including health status, anxiety, patient satisfaction, and Self-Efficacy.

### **The effectiveness of preoperative educational videos on Self Efficacy in mothers pre-caesarean section**

Based on the research results, it is known that the difference between the mean Self Efficacy of the control group and the intervention group after treatment was 20.36. The mean value was higher in the intervention group, namely 115.65, compared to the control group, namely 95.29, so preoperative educational videos are better at upgrading Self Efficacy to mother pre-caesarean section at Dr. Hospital. Abdul Rivai Berau Regency compared to verbal preoperative education. Obtained p value 0.008 < 0.05 which means  $H_0$  is accepted, namely preoperative educational videos are effective on maternal self-efficacy pre-caesarean section at Dr Abdul Rivai Hospital, Berau Regency.

This study found a significant difference between the two groups in terms of Self-Efficacy before surgery ( $p = 0.001$ ), so that audiovisual media can be used effectively in nursing practice to improve self-care and pre-operative Self-Efficacy in patients undergoing surgery. This previous research is similar to this research obtained p value 0.008 < 0.05, namely preoperative educational videos are effective on maternal self-efficacy pre-caesarean section at Dr Abdul Rivai Hospital, Berau Regency. However, the significance value is smaller in this study compared to previous studies. This is due to their productive age and relatively good education.

Research by Lestari et al (2022) shows that although there were significant changes in each group, the percentage increase in self-efficacy scores in the intervention group (53.84%) tended to be higher than the control group (42.56%). However, the significance value is smaller in this study compared to previous studies, meaning preoperative educational videos are more effective in increasing self-efficacy in mothers pre-caesarean section compared to previous studies. This is due to their productive age and relatively good education.

These findings support the research hypothesis which states that there is an influence of providing preoperative educational videos on the Self Efficacy of pre-caesarean section mothers in dealing with post-operative situations. Delivery of information via video media was found to be effective in helping post-caesarean section mothers understand the procedures and benefits of early mobilization, thereby increasing self-confidence in facing the recovery process. The results of this study have positive implications for pre-caesarean section care at RSUD Dr. Abdul Rivai, Berau Regency.

### **The effectiveness of preoperative educational videos in implementing early mobilization in mothers after cesarean section**

Research results by showed that in the group after being given intervention, more than half (52.9%) had better early mobilization behavior, namely at 8-24 hours PP and less than half (11.8%) had fast mobilization behavior, namely at 4-8 first hour. postpartum. From statistical tests using the Independent Sample T Test with a p value of 0.032, H1 is accepted, meaning that there is an influence of efforts to increase Self Efficacy on the ability of early mobilization of postpartum mothers in the postpartum room at Dr. RSUD. Soegiri Lamongan Regional Hospital. Meanwhile, this research obtained p value 0.008 < 0.05 which means H<sub>a</sub> is accepted, namely Preoperative educational videos are effective in carrying out early mobilization of mothers after cesarean section at Dr Abdul Rivai Hospital, Berau Regency. However, the significance value is smaller in this study compared to previous studies, meaning Preoperative educational videos are more effective in increasing the implementation of early mobilization in women before caesarean section compared to previous studies. This is due to their productive age and relatively good education.

Researchers concluded that There is The influence of preoperative educational videos on the implementation of early mobilization in post-cesarean section mother at Dr Abdul Rivai Hospital, Berau Regency. This is because Planned early ambulation is an effective strategy to improve the general condition of post-cesarean section patients and facilitate the resumption of daily activities. Information presented via video can be more easily absorbed by patients, thereby increasing knowledge and having an impact on the level of understanding and implementation of early mobilization in patients after caesarean section. This shows that preoperative educational videos are effective in providing information and preparation to patients before undergoing surgery. Apart from that, respondents' Self Efficacy increased after being given a preoperative educational video, thus increasing the mother's self-confidence in carrying out early mobilization after a cesarean section.

Preoperative educational video intervention has positive implications for maternal care after cesarean section at RSUD dr. Abdul Rivai, Berau Regency, so that the implementation of interventions can be used to improve the recovery of mothers after caesarean section by carrying out appropriate early mobilization so as to prevent complications after caesarean section, including surgical wound infections due to lack of early mobilization after caesarean section. -mothers who undergo caesarean section. Post-cesarean section mothers who are more prepared and confident tend to experience a better recovery, thereby reducing the risk of post-cesarean section complications, reducing the burden on hospitals, and improving the quality of service. Thus, this research is not only relevant academically, but also has practical implications that can improve maternal care after cesarean section and the quality of service at RSUD dr. Abdul Rivai, Berau Regency.

## **CONCLUSION**

Self Efficacy before being given verbal preoperative education in the control group and preoperative educational video in the intervention group did not show different scores. Self Efficacy increased after being given verbal preoperative education in the control group and preoperative educational video in the intervention group did not show different scores, the implementation of early mobilization has more criteria, both in the intervention group of respondents who received preoperative educational videos, compared to the control group who received verbal preoperative education. There were differences in Self Efficacy before and after treatment in the control group of pre-cesarean section mothers at RSUD dr. Abdul Rivai, Berau Regency, there was a difference in Self Efficacy before and after treatment in the intervention group of pre-cesarean section mothers at RSUD dr. Abdul Rivai, Berau Regency, effective preoperative educational video regarding self-efficacy for mothers before caesarean section at RSUD dr. Abdul Rivai, Berau Regency, preoperative educational videos are effective in carrying out early

mobilization for mothers after caesarean section at RSUD dr. Abdul Rivai, Berau Regency. Limitation of the research lies in the inclusion criteria of the researcher not distinguishing between control and intervention group respondents, such as the selection of control group respondents because they do not like videos. This caused the data to be inhomogeneous. Future research can provide homogeneous data by distinguishing respondents in the control and intervention groups.

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