

The habit of consuming herbal reviewed from the level of knowledge and culture in pregnant women in Tunge Village, Wates Sub-District

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ABSTRACT

Among pregnant women are often also found mothers who consume herbs, with various purposes such as to eliminate nausea, vomiting, disappear lethargy and weakness, strengthen the fetus and calm the mind. The purpose of this research is to analyze the relationship between consuming herbal habits in terms of the level of knowledge and culture among pregnant women. The research design used descriptive Analytic with a *cross sectional* approach. The sampling technique uses a total sampling of 38 respondents. Data were analyzed using *Spearman's* correlation. The results of the study were obtained mostly 18 (48%) respondents with a good level of knowledge, and did not consume herbal medicine during pregnancy. In cultural factors, the vast majority, namely 13 (34.5%) respondents with moderate culture, do not consume herbal medicine. From the results of the *Spearman's Rho* test, a probability value of 0.007 is obtained. From the results of the study, it can be analyzed that level knowledge and culture have a close relationship with the habits of mothers consuming herbal medicine during pregnancy. Good level knowledge will affect the formation of good behavior. In contrast to culture, a weak culture makes mothers not consuming herbal.

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INTRODUCTION

Pregnant woman is a woman who is pregnant starting from conception to the birth of the fetus. Pregnancy is a transitional time, which is the period between life before having a child who is now in the womb and later life after the child is born (Anggraeni et al., 2017). Pregnancy is the union of spermatozoa and ova and is followed by nidation (Peprah et al., 2019). When calculated from the moment of fertilization to the birth of the baby, a normal pregnancy will take place within 40 weeks or 9 months according to the international calendar (Anggraeni et al., 2017). So, it can be concluded that pregnancy is the meeting of eggs and sperm in or outside the uterus and ends with the exit of the baby and placenta through the birth canal (Ajeng & Hariastuti, 2022). Jamu is a

traditional medicine made from natural cultural heritage that has been passed down from generation to generation for health (Harismayanti et al., 2019). For generations herbal medicine is consumed by the community, there is an opinion that the efficacy of herbal medicine is no less important than chemical drugs (Triandini & Hairani, 2022). Among pregnant women, there are often also mothers who consume herbal medicine, with various purposes such as to eliminate nausea, vomiting, disappear lethargy and weakness, strengthen the fetus and calm the mind (Nova et al., 2022). Some references to many side effects caused when consuming herbal medicine during pregnancy, one of which is to cause miscarriage, for example for sour turmeric herbs because they cleanse the uterus (Rumpiati, 2022). According to WHO, about 80% of the population in several Asian and African countries use traditional medicine to overcome their health problems (Ningsih, 2021). In Indonesia, the number of women who consume herbal medicine is 61.87% and 33.3% of them are pregnant women (Gunawan, 2023). There are also mothers who convey for the health of the baby in the womb, and so that labor becomes smooth (Jalil, 2019). Herbal medicine can also make amniotic fluid cloudy, as the experience of researchers having encountered 1 kasus when helping maternity mothers at UPTD Puskesmas Wates, in August 2021, a mother who gave birth to a baby because of turbid and thick amniotic fluid was then sucked by the baby, causing the baby to be asphyxiated and then died after help (Yulianti et al., 2024). When studied, it turns out that during pregnancy, mothers routinely consume herbs. Other side effects are fetal heart abnormalities and layered or crusty fetal skin due to herbal deposits, and also the placenta becomes sticky (Kurniati & Azizah, 2021). Cultural factors also have a close relationship that influences health responses and habits. Other influencing factors are economic status and educational status (Mangkuji et al., 2023).

From the results of the author's interview with 10 pregnant women in Tunge Village, Wates District, it is known that 5 of them have the habit of consuming herbs, they said they routinely consume a glass of turmeric tamarind and synom every day, when mothers are asked about the side effects of consuming herbs, they no one knows. Due to the lack of knowledge of pregnant women regarding the impact of consuming herbal medicine during pregnancy, the community health center provides an education program during pregnant women's classes and integrated antenatal care (Ajeng & Hariastuti, 2022). The type of herbal medicine that pregnant women often consume is turmeric acid, which is made from turmeric. The habit of consuming herbal medicine during pregnancy can cause difficulties during labor such as cloudy amniotic fluid, inhibiting contractions and miscarriage mother's consumption habits. Dangerous substances such as herbs, caffeine, or cigarettes can affect weight newborn baby's body. The sediment contained in herbal medicine is dangerous if consumed by pregnant women, abnormalities in the fetal heart, crusty fetal skin, and makes the placenta sticky. In addition, sediment can affect health and disinfection processes. Turmeric contains curcumin which is dominant in the turmeric tamarind concoction. If consumed in large quantities and thickly, you need to pay attention to the time of use because turmeric extract has a stimulant effect on uterine contractions and abortion. Turmeric consumed by pregnant women will automatically also be consumed by the fetus through the placenta. so it will have an effect on the fetus in the womb (Qamariyah, 2023). A study said that from 416 mothers giving birth in Bekasi, it was found that mothers who consumed herbal medicine during pregnancy had a 7 times risk of giving birth to asphyxiated babies compared to mothers who did not consume herbal medicine during their pregnancy.(Yulianti et al., 2024). The results of this research can be used as a reference for similar research.

RESEARCH METHOD

This study uses an Analytical Descriptive research design with a cross sectional approach. In this study using a sample of 38 pregnant women in Tunge Village, Wates District. The sample size is equal to the total population. To see the results of this study, a *spearman's rho* correlation test was conducted, with a signification level of 95% $p = 0.005$. If the p value < 0.005 can be stated that there

is a relationship between the level of knowledge and culture of pregnant women with the habit of consuming herbal medicine, but if the p value > 0.005 then it can be stated that there is no relationship between the level of knowledge and culture of pregnant women with the habit of consuming herbal.

Analyze the existing variables descriptively by calculating frequency distributions and proportions to determine the characteristics of the research subjects. The results are presented in the form of frequency distribution tables and narratives. Apart from that, analysis is also used to see the relationship between two variables, namely the independent variable and the dependent variable using Chi - Square. The data has been tested for validity and reliability.

Table 1. Frequency distribution of respondent based on knowledge on pregnant woman

Level Knowledge	Frequency (n)	Percentage (%)
Less	8	21
Enough	11	29
Good	19	50
Total	38	100

Based on Table 1 it is collecting data on 38 respondents obtained results as many as 19 people or 50% of respondents stated that they received good level knowledge.

Table 2. Frequency distribution of respondent based culture on pregnant woman

Culture	Frequency (n)	Percentage (%)
Strong	7	18
Keep	16	42
Weak	15	40
Total	38	100

Based on Table 2 it is collecting data on 38 respondents obtained results as many as 16 people or 50% of respondents stated that they received Keep Culture.

Table 3. Frequency distribution of respondent based consuming herbal on pregnant woman

Consuming Herbal	Frequency (n)	Percentage (%)
Yes	9	23.6
Not	29	76.4
Total	38	100

Based on Table 3 it is collecting data on 38 respondents obtained results as many as 29 people or 50% of respondents stated that they received Not Consuming Herbal.

Table 4. Cross-tabulation of knowledge with consuming herbal on pregnant women

Level Knowledge	Consuming Herbal		Total
	Yes	Not	
Less	4 (10,5%)	3 (7,8%)	7 (18,4%)
Enough	3 (7,8%)	8 (21%)	11 (28,9%)
Good	2 (5,2%)	18 (47%)	20 (52,6%)
Total	9 (23,6%)	29 (73,6%)	38 (100%)

Based on Table 4, it is collecting data on 38 respondents, 18 people or 47% of respondents stated that they received Good level Knowledge and Not Consuming herbal.

RESULTS AND DISCUSSIONS

Table 5. Cross-tabulation of culture with consuming herbal on pregnant women

Culture	Consuming Herbal		Total
	Yes	Not	
Strong	4 (10,5%)	3 (7,8%)	7 (18,4%)
Keep	3 (7,8%)	13 (34,1)	16 (42,1%)
Weak	2 (5,2%)	13 (34,1%)	15 (39,4%)
Total	9 (23,6%)	29 (73,6%)	38 (100%)

Spearman's rho : $p = 0.007$; Correlation coefficient (r) = 0.608

Based on Table 5, it is collecting data on 38 respondents, 13 people or 34,1% of respondents stated that they received Weak Culture and Not Consuming herbal. From the results of the Spearman's Rho statistical test, a probability value of 0.007 is less than 0.05. Because the value of $p =$ is smaller than 0.05, H_0 is rejected and H_1 is accepted, which means that there is a relationship between culture and the habit of consuming herbal in pregnant women in Tunge Village, Wates District. The value of the contingency coefficient was obtained 0.608, this means that cultural variables and variables of herbal consumption habits in pregnant women have a strong close relationship

The results obtained in this study most respondents have knowledge about the consumption of traditional herbal medicine during pregnancy is good, as many as 19 respondents (50%). Age is one of the supporting factors for someone to have good knowledge (Andanawarih, 2021). From the data obtained 58% or as many as 22 people aged 20-35 years.(Nova et al., 2022). Age is calculated from a person to birth until he has a birthday (Andanawarih, 2021). The more a person has enough age, the level of maturity and thinking power of a person will be stronger in thinking, making decisions and working. Pregnant women aged 20-35 years, the ability to accept or remember something is still high. (Megakartikaningtyas, 2021).So that if given information or counseling about the consumption of traditional herbal medicine, it is easier to accept and do it. (Kurniati & Azizah, 2021).From the results of the study, it can be seen that respondents who participated in this study had a moderate culture of 42% or 16 people and at least a strong culture of 18% or 7 people. Until now, traditional people in developing countries, including Indonesia, usually overcome their own symptoms of illness with traditional medicine (Zainol et al., 2019). In Javanese society, efforts to maintain health, prevent disease and treatment of a disease suffered, are usually done by drinking traditional herbs or better known as jamu. (Rabiatunnisa et al., 2023). From the results of the study, it was found that there were 16 pregnant women who checked at midwives but also received herbal medicine at home, this is because the behavior has become a culture or habit carried out by parents who are believed to have benefits for pregnant women as in the *theory of Transcultural Nursing* (Andanawarih, 2021), cultural values or habits that are often done and are hereditary are one of the factors that can influence the formation of behavior in a person So that someone believes what is done has benefits or is valuable (Andanawarih, 2021).

Based on the results of research conducted on 38 respondents, it was found that most of 76.4% or 29 respondents did not have the habit of consuming herbs, while about 23.6% or 9 people had the habit of consuming herbs. In order to improve health during pregnancy is done by using herbal medicine every day (Cahyani et al., 2022). Nausea, vomiting, aches, kemeng cheese and varices experienced by 2 mothers, to maintain health by using herbal medicine every day (Wahyuni & Suryani, 2021). There are also respondents who consume herbal medicine 2-3 times a week to maintain the health of their pregnancy (Alyami et al., 2020). The habit of drinking herbal medicine is often done for the people of Indonesia, especially Java. In general, herbal medicine is considered non-toxic and does not cause side effect (de Diego-Cordero et al., 2021). Based on the results of the analysis that has been carried out, the results were 61.3% well informed and the

characteristics of respondents according to the parity of 45.2% primigravida respondents and 45.2% multigravida (Triandini & Hairani, 2022). This result shows that the behavior of respondents mostly behaves in accordance with government policy and in accordance with the theory according to (Kulsum, 2022), that knowledge is one of the determinants of behavior (Avitra, 2020). And in accordance with the theory According to (SURBAKTI & PARDOSI, 2024), said that mothers who give birth for the first time or in primiparous mothers do not have experience in the puerperium period so they will be more active to do PNC because they feel worried about the situation of themselves and their babies (Rahman & Dora, 2024).

From the results of the Spearman's Rho statistical test, a probability value of 0.007 is less than 0.05. Because the value of $p =$ is smaller than 0.05, H_0 is rejected and H_1 is accepted, which means that there is a relationship between culture and the habit of consuming herbal in pregnant women in Tunge Village, Wates District. The value of the contingency coefficient was obtained 0.608, this means that cultural variables and variables of herbal consumption habits in pregnant women have a strong close relationship.

CONCLUSION

From the results of the study, it can be concluded that the habit of consuming herbal in Tunge Village, Wates District is influenced by knowledge factors and cultural values. These factors have an important role in the behavior of drinking herbal medicine in pregnant women so that from these factors health behavior is expected to be well formed. There is a relationship between the level of knowledge and culture with the habit of consuming herbal in pregnant women in Tunge Village, Wates District. It is hoped that the results of this research will increase insight regarding the influence of herbal consumption on pregnant women. Future researchers are expected to be able to conduct research on the Transcultural "Sunrise Model" (economic factors, social factors, political and legal factors, religious and philosophical factors, as well as technological factors) with current behavior in other regions. The results of this research can be used as additional knowledge, especially regarding the role of herbal medicine consumption in pregnant women. There is a close relationship between theory and practice, that consumption of herbal medicine can have an impact on the fetus or mother giving birth

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