

The Effect Of Exclusive Breastfeeding Education Through Telehealth With The Sociodrama Method Towards Knowledge Of Post Partum Mother

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ABSTRACT

Breast milk is the primary source of nutrition for newborns and toddler, containing fat, protein, carbohydrates and variable minerals and vitamins. Breast milk also contains substances that help protect an infant against infection and inflammation, whilst also contributing to healthy development of the immune system and gut microbiome. Effort for increase exclusive breastfeeding among mother is increase of mother knowledge through education. Utilization of the sociodrama method in education will make it easy delivery message to mother. The aim of this study is to identified the effect of exclusive breastfeeding education through telehealth with the sociodrama method towards knowledge of post partum mother. This study uses a quasi-experimental design with one group pretest-posttest. The population in this study were postpartum mothers, sampling was taken a total sampling of 31 postpartum mothers who were in the working area of the Cibeber Health Community Center at Cimahi City. The primary data collection technique used was a questionnaire with a sociodrama video intervention. Data analyzed by paired t test non parametic wilcoxon at a significant level of 5%. The conclusion of this study shows that there is an effect of providing exclusive breastfeeding education through telehealth with the sociodrama method on mother's knowledge. The recommendation based on the results of this study is that health workers use the sociodrama method as an alternative media in providing education to breastfeeding mothers.

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1. Introduction

Breast milk is the best food that meets all the growth and development needs of infants and toddlers. Breast milk contains a perfect mixture of antibodies, vitamins and immune factors, so it is very much needed during this pandemic to increase baby's immunity (Kusumaningrum 2021). According to research conducted by Yunita (2017) with results showing that babies who are breastfed for less than 3 months have a lower IQ than babies who are breastfed for 6 months or more (Marliana Yunita 2017). Research conducted by Anita (2020) shows that infants who are not exclusively breastfed are 61 times more likely to experience stunting than infants who are exclusively breastfed (SJM, Toban, and Madi 2020). While the impact if the baby is not given exclusive breastfeeding is the risk of infectious diseases such as diarrhea, respiratory tract infections (ARI), ear infections, food allergies, obesity and malnutrition are at greater risk.

According to Cimahi City Health Office data taken in 2020, the coverage of exclusive breastfeeding in Cimahi City has decreased compared to 2019 from 65% to 50%. If seen based on data from one area in Cimahi City, namely in Cibeber in 2020, 48.08% of this figure still does not meet the exclusive breastfeeding coverage target determined by the Cimahi City Health Office. In addition, the state of the Covid-19 pandemic affected the postpartum visit service, where prior to the Covid-19 pandemic, the postnatal visit service policy could be in direct contact with health

workers in health care facilities. Meanwhile, in current conditions, contact with health workers is limited and it is recommended to apply the information in the KIA handbook (Direktorat Kesehatan Keluarga 2020). So that access to essential services such as breastfeeding counseling in health care facilities is disrupted. Inaccurate information circulating about the safety of breastfeeding has reduced the number of breastfeeding mothers because mothers are afraid of transmitting the disease to their babies (Ministry of Health RI 2020).

Based on a preliminary study with the coordinating midwife of the Cibeber Health Center that the obstacle to not achieving exclusive breastfeeding coverage is that the KPASI (Maternal Breastfeeding Support Group) program is not running where the activity provides education about breastfeeding which is followed by breastfeeding mothers and prospective mothers. the pattern of providing education before the pandemic has changed and during the Covid-19 pandemic the elimination of providing education before the KIA polyclinic was opened, reinforced by the existence of a pandemic that limited direct contact of health workers and clients because this was to prevent exposure to covid-19.

Exclusive breastfeeding is a form of public health behavior. The results of research conducted by Mulyana stated that there was a strong relationship between mother's knowledge about breastfeeding and exclusive breastfeeding for babies (Mulyana, 2008). The relationship between mother's knowledge about breastfeeding and exclusive breastfeeding shows that the level of knowledge that a person has affects his practice as the theory put forward by Green, that a person's knowledge is a predisposing factor to act or behave. In subsequent research, Rogers (1974) cited by Notoatmodjo (2003), concluded that the adoption of behavior based on knowledge, positive awareness, then the behavior will be lasting but on the contrary if the behavior is not based on knowledge and awareness, then the behavior is temporary or will not last long (Notoatmodjo 2003).

optimally for the mother and her family. Along with the development of this era, the easier access to information technology can be used in the health sphere to provide education on a wide scale, including Telehealth. According to research on technological developments such as research conducted by Moller, Arlen C., et al. (2017) in his article related to the application of behavior change techniques in the context of the digital health revolution, it was found that the application of digital technology-based health interventions was considered very profitable. First, it can facilitate access to services, facilitate the reach of services to the community. Second, it can move health interventions to digital platforms and present research with new opportunities to advance health service theories and concepts (Yani 2018).

Providing education as part of health promotion can use various methods and media. Health Promotion Methods consist of individual, group, and mass health promotion methods. While health promotion media are print media, electronic media and media boards that are installed in public places (Jatmika et al. 2019). According to Wasludin's (2019) research on the effectiveness of electronic media and print media on knowledge, it was found that electronic media is better than print media in increasing knowledge (Wasludin 2019).

There are many temporary programs to improve health promotion, including classes for pregnant women, mothers of toddlers, KPASI and the MCH handbook. The program for pregnant women and children under five can not be implemented in order to break the chain of transmission of Covid-19, while the use of MCH books according to the results of the Kunang Analysis (2020) most postpartum mothers is less effective in using MCH books. there are respondents who are well informed. So the alternative use and utilization of this technology is one of the right solutions for solving problems related to health promotion using telehealth with the socio-drama method. Sociodrama is one of the techniques in group guidance, namely the role playing technique by dramatizing forms of behavior in social relations (Latifa and Juanda 2015). This sociodrama method uses electronic media that is moving and dynamic, can be seen and heard and delivered through electronic aids. So this sociodrama method has advantages, including being easier to understand, more interesting, already known to the public, involving all five senses, the presentation can be controlled and repeated and its reach is greater (Mrl et al. 2019).

Based on the results of Ulfah's research (2020) stated that before the sociodrama intervention there were 37.0% Furthermore, after the intervention, 70.4% of respondents involved in research their knowledge increased, this is in line with Edgar Dale's theory the more senses used to receive something, the more and the clearer the understanding or knowledge gained (Widyawati 2020).

Based on the above, the researcher is interested in examining how the effect of providing exclusive breastfeeding education through telehealth with the sociodrama method on postpartum mother's knowledge.

2. Method

This study uses a quasi-experimental design with one group pretest-posttest. The population in this study were postpartum mothers, sampling was taken a total sampling of 31 postpartum mothers who were in the working area of the Cibeber Health Community Center at Cimahi City. The primary data collection technique used was a questionnaire with a sociodrama video intervention. Data analyzed by paired t test non parametric wilcoxon at a significant level of 5%. The data collection of knowledge variables was taken by distributing questionnaires to postpartum mothers from day one to day 42. The intervention was carried out through a zoom meeting platform with a 30-minute sociodrama video intervention media.

3. Result and Discussion

3.1 Result

Table 1
The Influence of the Sociodrama Method on the Knowledge of Postpartum Mothers

	Criteria						Total		SD	Z	Asymp. Sig
	Good		Good Enough		Not Good		F	%			
	F	%	F	%	F	%					
Before Intervention (Pretest)	0	0	13	41.9	18	58.1	31	100	9,605	-4,876	0.000
After Intervention Posttest	27	87.1	4	12.9	0	0	31	100			

Based on the table above, it shows that of the 31 respondents, before getting the sociodrama method intervention 18 people (58.1%) were in the not good category, 13 people (41.9%) were in the good enough category. After the intervention, 27 people (87.1%) had good knowledge and the knowledge was reduced to 4 people (12.9%). From the results of the Wilcoxon test, it shows that there is an effect of the sociodrama method on the knowledge of postpartum mothers with a value of sig = 0.000 < 0.05. So it can be concluded that the hypothesis is accepted, namely that there is an effect of providing exclusive breastfeeding. education through Telehealth with the sociodrama method on the knowledge of postpartum mothers.

3.2 Discussion

Based on the table above, it shows the p value = 0.000 < 0.05 which concludes that there is an effect of providing exclusive breastfeeding education through telehealth with the sociodrama method on postpartum mother's knowledge. These results are in line with Ulfah's research (2018) which shows that before and after treatment in the intervention group using the sociodrama method, p value (0.000) < (0.05) means that there is a significant difference in the level of knowledge before and after treatment. The results of this study are also in line with Ditya Yankusuma's research (2020) regarding the effectiveness of health promotion using video media and leaflets on the level of knowledge about osteoporosis prevention using Wilcoxon test analysis in the intervention group. It can be concluded that there is a difference between before and after video administration with a p-value of 0.025 (p < 0.05).

Various kinds of media can be used in delivering education. Health promotion media itself is all means or efforts to display messages or information to be conveyed by communicators, both through print media, electronics (in the form of radio, TV, computers and so on) and outdoor media, so that the target can increase his knowledge which is then expected be a change in behavior in a positive direction in the health sector (Notoatmodjo 2012). The use of media in providing education provides benefits such as stimulating target interest, overcoming the limitations of space,

time, language, and senses in the process of receiving education, overcoming the target's passive attitude, experience, generating the same perception and encouraging the respondent's desire to know, explore and understand which ultimately provides a positive understanding of the health message in question.

In Notoadmodjo (2018) the provision of formal and non-formal information can increase knowledge. The provision of audiovisual media is one of the provision of non-formal information used in health promotion. Video is a medium that can be seen and heard, which is useful in helping to stimulate the senses of the eyes (sight) and ears during the process of receiving messages. Visual media has several benefits, including making it easier for someone to remember, visual media has a relationship between image visualization and thoughts, the use of images can also make someone more focused, because images can focus attention and images can affect the passion and emotionality of respondents, besides that it also increases creativity.

The sociodrama method in delivering education is used to provide understanding and appreciation of problems and develop the ability to solve them. The Sociodrama method involves multiple senses which will facilitate the delivery of messages to respondents. This research is also supported by Edger's cone theory, namely the more senses that are used to receive something, the more and the clearer the understanding or knowledge obtained. From the cone it can be seen that the most basic layer is the original object and the topmost layer is the words. This means that in the process of receiving the message, the original object has the highest intensity for perceiving the message or information. Meanwhile, the delivery of material that is only in words is very less effective or has the lowest intensity (Notoadmodjo 2018).

One thing that must be considered in providing information, one of which is the time of providing information according to Dimiyati and Mudjiono something (2009) explains that a person's attention increases in the first 15-20 minutes, then decreases in the second 15-20 minutes, and then increases and decreases again. The tendency of decreasing attention occurs parallel to the length of time the education is carried out. It is evident from the results of this study that there was a significant increase in knowledge before and after giving soisodrama videos about exclusive breastfeeding with a duration of < 20 minutes for postpartum mothers. This reinforces that audiovisual media is an effective health promotion media and in increasing maternal knowledge.

In educational research delivered to respondents using telehealth with the sociodrama method made in the form of this video it will increase a person's interest, according to Rogers theory (1974) that the adoption of a person's behavior starts from awareness, interest, evaluation, trial, adoption and is based on knowledge, positive awareness, then the behavior will be long lasting, but on the contrary if the behavior is not based on knowledge and awareness, then the behavior is temporary or will not last long.

Telehealth is a telecommunications technology used to improve health information and health services. Telehealth also facilitates the provision of education in areas that have problems with geographical conditions, and access (Sri Hariyati and J 2012). In line with research conducted by Moller, Arlen C., et al. (2017) in his article related to the application of behavior change techniques in the context of the digital health revolution, it was found that the application of digital technology-based health interventions was considered very profitable. First, it can facilitate access to services, facilitate the reach of services to the community. Second, it can move health interventions to digital platforms and present research with new opportunities to advance health service theories and concepts (Yani 2018).

Knowledge is obtained from human sensing, or the result of knowing someone about an object from the senses they have (eyes, nose, ears, and so on). By itself, the time from sensing to producing knowledge is strongly influenced by the intensity of attention and perception of the object. Most of a person's knowledge is obtained through the sense of hearing (ears) and the sense of sight (eyes) (Notoadmodjo 2018). According to Lawrence Green's theory, knowledge is a predisposing factor for behavior, the better a person's level of knowledge can influence a person in making decisions and taking actions.

The results of this study indicate that respondents in answering questions on the questionnaire regarding the level of mother's knowledge about the benefits of the nutritional content of breast milk indicate that questions number 17 and 18 before the intervention were given a lot of wrong answers, this can be seen from the total respondents who answered incorrectly as many as 24 respondents. This is influenced by the level of knowledge before the intervention was

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given, mostly in the less category (58.1%). After being given the intervention, almost all of the respondents answered correctly. The benefits of the nutritional content of breast milk are important for mothers to know because to give an idea to the mother that breast milk has good nutritional content to meet all the needs of the baby's growth and development until after 6 months by knowing the nutritional content of breast milk, the mother knows the importance of exclusive breastfeeding for the health of the baby. So they tend to give exclusive breastfeeding to their babies. It is hoped that the results of the research on increasing knowledge of postpartum mothers about exclusive breastfeeding will be a stimulus for postpartum mothers in making decisions and actions in giving exclusive breastfeeding to their babies. Behavior that is based on knowledge, awareness and a positive attitude, then the behavior will be long lasting. The knowledge that mothers have about exclusive breastfeeding will make mothers aware and have a positive attitude about the importance of exclusive breastfeeding so that mothers give exclusive breastfeeding to their babies.

4. Conclusion

This study concludes that there is an effect of providing education with the sociodrama method with the mother's level of knowledge with a sig value of 0.000 (<0.05). Recommendations based on research are that all health education providers are expected to be able to use telehealth media as an alternative in providing education.

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