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The influence of prenatal class towards the maternal role attainment in pregnant women according to the theory of becoming a mother

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Abstract---The Prenatal Class activity gives impact in the maternal role attainment in relation to the increase of knowledge, nutrition and health status, readiness in self-concept, as well as identity and perception during the pregnancy. In primigravida women the maternal role attainment is very optimal, it is because in this period women are more open and have high curiosity. The Prenatal Class activity provides the result of pregnant mother's attainment in the category of good readiness. It indicates that Prenatal Class influences in the maternal role attainment started since the early pregnancy or in the Anticipatory phase.

Keywords---class, mother, influences.

Introduction

Maternal role attainment is a process in which a mother could attain her ability in running her role as a mother, integrates her motherhood until she finds a new role in gaining self-confidence and harmony with her new identity. The role played from the status of a mother are to educate, guide and raise her kids. Maternal role attainment started since the early pregnancy up to six months after giving birth. The failures in maternal role attainment can have the impact on the increase of Maternal and Child Mortality Rate (Trisetyaningsih, 2017). Mother and child health become the main target in Millennium Development Goals (MDG's) that is to Lower the Child Mortality Rate and Increase Mother's Health. In the attainment of MDG's and the aim of health development, the improvement of mother's health service is being prioritized by reducing the rate of maternal mortality to 102 per 100,000 live births in 2015 from 425 per 100,000 live births in 1992, meanwhile the rate of infant mortality in 2012 of 32 per 1,000 live births. In West Java, the maternal and child mortality rate continues to decrease. Currently, maternal mortality rate is recorded as 91 per 100,000 mother giving

birth. Meanwhile, the infant mortality is 23 per 100,000 birth (RI Health Ministry, 2016).

From the result of the preliminary study conducted in Desa Baron by interviewing four pregnant mothers starting from her feeling when she is pregnant, the interaction with the surrounding, mother and infant care up to the readiness to face the labor, three of the respondents said that she only followed her fetus development. The interview result showed that 75% of the pregnant mothers had not understood yet about the sign and danger of pregnancy, they didn't know much about the role and baby care that they should do, they didn't understand yet about the things that they had to do when the baby had born. The women in Desa Baron still entrusted the care of their baby to shaman in their village, starting from bathing, swaddling, up to massaging the baby within a quite long time period. The cause of the high of Maternal Mortality Rate and Infant Mortality Rate is also caused by the mother's helplessness in making the decision either in treatment or medical. It is caused by some factors, such as the low of mother's knowledge in baby and mother health care, the decrease of understanding of mother's role, the lack of support from either the family or the surrounding environment, also the decrease of Antenatal Care visitation during the pregnancy.

Mercer in Aligood (2017) in the theory of Becoming a Mother said that there were several factors which affect the maternal role attainment, such as the mother's age, self-concept, personal identity, as well as health status. Mother's age very affects the maternal role attainment, since it needs physical strength and psychosocial. Bee and Getting in Byar (2008) said the assumption which underlies Merce's theory on the maternal role attainment is that the mother has "self-concept" which is relatively stable, it is attained through a lifelong socialization which defines how the mother explains and feels the event as well as baby and other people response perception and towards her role as a mother. The efforts done by the government to lower the Maternal and Child Mortality Rate are not little. There are some ways or strategies to lower the Maternal and Child Mortality Rate namely by multiplying health workers in remote areas which are lack of service coverage, completing the facilities and infrastructure existed in the health facility either basic health facility or the reference, providing medicines within one unit with health service system as well as improving the society's knowledge on pregnancy. (Health Ministry of RI, 2016)

Prenatal Class is an activity to fulfill the needs of prospective parents. In this class parents come with various experience; they exchange opinion with others who possess similar problem to theirs. Prenatal Class is a learning medium for all on the health of pregnant women, that could be conducted in the form of conventional way (face-to-face) or in a group discussion to enhance the mother's knowledge on pregnancy, pregnancy care, in labor, post labor, or even baby care. Prenatal Class consists of some pregnant mothers with the number of participants around 10 - 15 person (Puspitasari, 2012). From the existing phenomena, prospective parents do not prepare much on the changes that they will undergo. The parents do not know yet and understand correctly on the role attainment as a new parent. The parents are lack of awareness and knowledge related to the pregnancy or birth process. Prenatal Class will have an impact on the prospective parents since they will be able to know about pregnancy, birth,

the danger during pregnancy, baby care and the role that should be done as a new parent. Prenatal Class for the prospective parents especially the mother is truly essential, as a benchmark of each individual to face his/her new life. According to the background, the researcher intends to do a research related to the influence of Prenatal Class to the maternal role attainment according to the theory of Becoming a Mother.

Theoretical Review

Pregnancy is a maturity crisis which can cause stress, but it is precious since such woman prepares herself to provide care and carry bigger responsibility. In pregnancy, there is a process of change in either physical or psychological gradually as well as the change in family member structure which results an adaptation process in the whole family member so that it is called critical period. Critical period is stated as psychological imbalance caused by the situation to undergoing development phase which is often being related to the occurrence of disruption, identity change, and role for everyone. In pregnant women, they undergo an adaptation process which is social and cognitive complex process which is not based on instinct, but it needs to be learnt, the adaptation experienced by the pregnant mothers covers psychological adaptation or physiological adaptation (Fauziah & Sutejo, 2010; Baston & Hall, 2015).

Mercer in Aligood (2017) explained that there were many factors influencing directly or indirectly in forming the role as a mother which added the complexity in her research. There were 21 indicators in achieving mother's role conveyed by Mercer. In her research there were four phases experiencing by pregnant mother in her attainment as a mother, namely: Anticipatory Phase, Formal Phase, Informal Phase, and Personal Phase. The implementation of Mercer's concept in maternity concept is known as bonding attachment, that is the interaction between parents with their baby starting since the postpartum. The definition of bonding itself is the starting of emotional, physical and sensory interaction between parents and their baby as soon as the birth of the baby which is shown through one-way appeal by the parents to their baby. Meanwhile attachment is a bond of affection between parents and their baby which includes outpouring of attention as well as strong emotional, physical relation in the form of the most beneficial reciprocal relationship through a signal between the primary care giver and the baby who develops gradually. (Rahayu & Yunarsih, 2015)

The lack of readiness in the maternal role attainment in primigravida pregnant woman raises the need of activity which supports the improvement of knowledge and the attainment of such role, one of those is through Prenatal Class activity. Prenatal Class is the activity to meet the need of the prospective parents. In this class the parents come with various experience, they exchange their opinion with others who possess the similar problems to theirs. Prenatal Class is a learning medium for all on the health of pregnant mother, that could be done in the form of conventional way (face-to-face) or group discussion which aims to improve the mother's knowledge on pregnancy, pregnancy care, labor, postpartum or baby care. Prenatal Class consists of some pregnant mothers with the total number of 10-15 person (Puspitasari, 2012).

There were five main activity in Prenatal Class, namely: Relaxation Deep Breathe Technique; Position and Posture of Pregnant Mother; Pregnancy Exercise, Education Counselling; and New Born Baby Care. The good Prenatal Class provides the clues to the group member who could exchange information, discuss anxiety, and teach each other. Seen from a favourable angle, the Prenatal Class needs a supportive and long-lasting friendship. (Budiasih, 2017)

Research Method

The researcher used Quasy Experiment with the design of Non-Equivalent Control Group. The population in this research was about 89 respondents and sample of 30 respondents. The sampling was taken by using purposive sampling method.

Research Results

According to the research results it showed that half of the respondents (53.3%) were less prepared in the maternal role attainment.

Score Criteria	Range	Before Prenatal Class		After Prenatal Class	
		Freq	%	Freq	%
<28		8	53.3	0	0
29-56		7	46.7	6	40.0
57-84		0	0	9	60.0

According to the above table, that after the Prenatal Class activity was held, there were nine respondents (60%) who were in well readiness in attaining the role as a mother.

Discussion

From the research results on the primigravida pregnant women in Puskesmas Baron Kecamatan Baron Kabupaten Nganjuk, the statistical test analysis results using Independent T-test resulted p value = $0.001 < \alpha 0.05$. This showed that Hypothesis 1 was accepted, which meant that there was influence from the Prenatal Class toward the Maternal Role Attainment in Puskesmas Baron Kecamatan Baron Kabupaten Nganjuk, where the confident interval was (-43.252)-(-26.281), so it can be concluded that the Prenatal Class conducted by the researcher had an impact on the maternal role attainment. Meanwhile, according to the distribution in the cross table, it is showed that before the Prenatal Class was conducted, there were more than half of the respondents (53.3%) were less in the readiness with score range of <28 and after conducting the Prenatal Class, more than half of the respondents (60%) were good in the readiness with the score range criteria of 56-84.

According to the research results it is showed that after having Prenatal Class activity, all respondents (100%) showed favorable attitude. It is shown in the respondents' enthusiasm in joining every activity held and answering the questionnaire and already had the education on pregnancy or even birth, the danger sign during the pregnancy, pregnancy nutrition, as well as the preparation in attaining the mother's role. Lawrence Green (1984) in (Notoatmodjo, 2010) formulated the definition as follows: "health promotion is any combination form of health education and intervention related to the economic, politics, and organization which is designed to ease the change of behavior and conducive environment for health" In this research, the researcher emphasized the Anticipatory Phase that is a phase before the woman becomes a mother by studying anything needed in order to be a mother. According to Ramona T. Mercer, in anticipatory phase, a woman starts to do adaptation, whether it is social or psychosocial and learns the things needed by a mother during her pregnancy. A pregnant woman in the anticipatory phase tend to copy other women's fashion style associated with concept, style of interaction with the fetus inside her womb, as well as imitate the attitude carried by another woman (Alligood, 2017)

The Prenatal Class was held for six meetings, twice a week so that the materials conveyed tended to be easier to be understood by each respondent and could be relearn at home. This is in accordance with the health education method proposed by Notoadmojo (2003) named group education method. In this group education method, each individual might exchange their thought and could discuss based on the opinion they have. The form of this approach is guidance or counselling and discussion which aim to make them autonomous and to improve the respondents' readiness in attaining the new role as a mother. The Prenatal Class activity provided to the respondents was counselling in the form of lecturing by using leaflet and power point method. The mean of teaching in the lecturing method which could be classified as learning technique, is a way of teaching that is used to deliver the information on a main issue well as problem, in which the respondents are faced to a problem that could be in the form of problematic statement to be discussed and solved (Atteceh, 2014). The researcher considered that the Prenatal Class activity given in the form of lecturing and discussion method could help the attainment of a goal of such research in which in this method there is an interaction between the researcher and the respondents so that there will be a feedback toward the material conveyed. Through such interaction a change of knowledge of each responded will occur.

Conclusion

The Prenatal Class activity gives impact in the maternal role attainment in relation to the increase of knowledge, nutrition and health status, readiness in self-concept, as well as identity and perception during the pregnancy. In primigravida women the maternal role attainment is very optimal, it is because in this period women are more open and have high curiosity. The Prenatal Class activity provides the result of pregnant mother's attainment in the category of good readiness. It indicates that Prenatal Class influences in the maternal role attainment started since the early pregnancy or in the Anticipatory phase.

Suggestions

- For the Health Service Institution
There is a need to improve the health programs or activities and the useful activities for pregnant women in local area. Facilitating complete facilities and infrastructure, as well as providing regular activity such as Prenatal Class to support the readiness of women in maternal role attainment is also needed.
- For the Health Worker
 - It is hoped that the health worker either puskesmas worker or village midwife is able to create a conducive environment so that it can support the Prenatal Class activity.
 - The health worker is able to arrange the schedule or reschedule with the pregnant women in Baron area so that Prenatal Class activity could run regularly.
 - The worker could provide the optimal service to the inhabitant, especially the pregnant women with lack of knowledge and experience on pregnancy or labor so that the readiness in the attainment of a new role can be well attained.
 - The assessment on the achievement of the maternal role attainment for the pregnant women and productive age women regularly is needed so that it can be monitored in order to determine the prevention efforts or further measure of the unreadiness of pregnant women in the attainment of her new role as a mother.
- For the Respondents
It is hoped that the pregnant women join the Prenatal Class activity and it is hoped that they do the pregnancy test (ANC) regularly.

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