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# Family empowerment in support of pregnancy examination: Scoping review

**Hardiyanti Fitriah Awaliyah**

Lecturer of Undergraduate Midwifery Study Program, Sekolah Tinggi Ilmu Kesehatan Al-Ma'arif, Baturaja, South Sumatera, Indonesia  
Corresponding author email: [hardiyanti.awaliyah@gmail.com](mailto:hardiyanti.awaliyah@gmail.com)

**Siti Yuriah**

Lecturer at the Diploma III Midwifery Study Program, Sekolah Tinggi Ilmu Kesehatan Al-Ma'arif, Baturaja, South Sumatera, Indonesia  
Email: [sitiyuriah@stikesalmaarif.ac.id](mailto:sitiyuriah@stikesalmaarif.ac.id)

**Abstract**--The maternal mortality rate (MMR) in the world in 2020 was 223 per 100,000 live births. The Maternal Mortality Rate in Indonesia (MMR) was 189 (BPS, 2020). The adequacy of K1 in 2022 in South Sumatra was 94%, an increase from 2021 with a coverage of 92%. The coverage of K4 in South Sumatra in 2022 was 91%, an increase compared to the previous year of 90%. The purpose of this scoping review is to review family empowerment in the context of supporting pregnancy examinations. This Scoping Review method uses the PEOS framework and article identification using inclusion and exclusion criteria. The results of this study found 6 articles and 6 themes. The themes are family empowerment, support for pregnant women, and examination of pregnant women. Suggestions for further researchers are to also provide special services only for pregnant women, health services for facilities with homes that are far away.

**Keywords**---Family empowerment, Support for pregnant women, examination of pregnant women.

**Introduction**

The maternal mortality rate (MMR) in the world in 2020 was 223 per 100,000 live births. The target of the Sustainable Development Goals (SDGs) in 2030, namely MMR below 70 per 100,000 live births, requires an annual decrease of 11.6% (Yuriah et al., 2024). South Asia contributed around 87% (253,000) of the estimated global maternal deaths in 2020. Sub-Saharan Africa alone contributed around 70% of maternal deaths (202,000), while South Asia contributed around 16 maternal deaths. % (47,000) (WHO, 2023).

The Maternal Mortality Rate in Indonesia (MMR) is 189 (BPS, 2020). These results show a significant decrease, even much lower than the target in 2023, which is 194 deaths per 100,000. Live BirthsThe Maternal Mortality Rate (MMR) in Indonesia in 2024 is targeted to decrease to 183 per 100,000 live births. Based on Maternal Perinatal Death Notification (MPDN) data dated January 26, 2024, the top three causes of maternal death are non-obstetric complications (35.2%), hypertension in pregnancy, childbirth and postpartum (26.1%), obstetric hemorrhage (17.6%), with the highest place/location of death being in Hospitals (91.2%) (Kemenkes RI, 2022).

One of the islands in Indonesia, namely the island of Sumatra, which has several provinces, one of which is Sumatra, where the number of maternal deaths continues to fluctuate from 120 people in 2018, down to 105 people in 2019, up to 128 in 2020 then up again to 131 in 2021 and down again to 97 people in 2022 (Muthoharoh et al., 2022). The leading cause of maternal death is bleeding 35% and the second is other causes 31% such as the quality of health services for pregnant women is still lacking and access to health care facilities (Dinkes Sumsel, 2023).

The adequacy of K1 in 2022 in South Sumatra was 94%, an increase from 2021 with a coverage of 92%. The coverage of K4 in South Sumatra in 2022 was 91%, an increase compared to the previous year of 90%. Efforts to accelerate the reduction of MMR are carried out by ensuring that every mother is able to access quality health services, including the fulfillment of all components of maternal health services must be provided during visits. More detailed data and information (Dinkes Sumsel, 2023). Maternal health services are provided to pregnant women by health workers at health service facilities (Sari & Chalid, 2022).

Government efforts are carried out with integrity since the planning by activating the "Family Approach" in this family approach through Puskesmas officers formed by a TEAM, namely KIA, P2P, Promkes and Environmental Health. The TEAM carries out further interventions on problems found as well as monitoring, one of which is pregnancy checks. This program makes appointments in advance to reduce queues (Kemenkes RI, 2021).

The family approach program was implemented because of the lack of family roles, the cause of the lack of family roles was the lack of information obtained by the family due to lack of information and lack of participation in pregnancy classes, especially in the control group. One of the reasons for the non-participation of pregnant women was because they were busy taking care of the house for their pregnant women and felt that it was not part of the husband's obligation to attend pregnancy classes when accompanying pregnant women, even though from pregnancy classes a lot of information would be obtained about pregnancy and childbirth care (Hendriani et al., 2021). Based on the background of the need for family empowerment in order to support pregnancy examinations from the latest literature, the researcher conducted a "scoping review: Family empowerment in order to support pregnancy examinations".

## Method

Scoping review was a method used in this study. Scoping reviews aim to answer questions from predetermined research topics using various sources of similar research articles and then it is classified and given conclusions (Widiasih et al., 2020).

In compiling a scoping review, there are several steps that researcher must do, according to (Arksey & O'Malley, 2005) in (Levac Danielle, Colquhoun Heather, 2012), there are four purposes for conducting a scoping review, namely (1) to examine the extent and nature of the activity. research, (2) to determine the value in conducting a full systematic review, (3) to summarize and disseminate the findings and (4) to identify research gaps in the existing literature (Levac Danielle, Colquhoun Heather, 2012). The problem in this study was that the researcher wanted to identify the results of previous studies regarding "family empowerment in order to antenatal care support".

Based on the phenomena that will be studied, the PEOS framework is used to determine the scoping review questions and to assist literature searches. The steps taken were by using the PEOS framework (Population, Exposure, Outcome, Study);

Table 1. *Framework PICO*

<i>Population</i>	<i>Pregnant mother family, pregnant woman</i>
<i>Exposure</i>	<i>Family to antenatal care support</i>
<i>Outcome</i>	<i>Family support for mothers to check their pregnancy</i>
<i>Study</i>	<i>All Research Methods</i>

Based on the framework above, the scoping review question chosen was: "How to empower families to provide support for antenatal care?"

After determining the scoping review questions, then determining inclusion and exclusion criteria. The inclusion criteria were as follows; articles published between 2019-2024, articles published in English or Indonesian, documents / reports / draft policies / WHO sites / certain formal organizations, articles discussing the *Family support for mothers to check their pregnancy*. Exclusion Criteria; opinion articles, comments, review articles, reports, and book reviews.

The database used in searching for relevant evidence was using the PubMed, Science Direct, and Wiley databases, besides, the gray literature (google scholar / WHO). Search using the PubMed database accessed via Google, Science Direct using access from PNRI, the Wiley Online Library accessed through the Unisa Library. The search strategy and specific keywords used in the search process using truncation and boolean strategies will also be used in literature searches.

The next step was selecting articles by entering keywords that match the theme ((((((((((((((empowerment\*) OR (family empowerment\*)) OR (family health education)) AND (family support)) AND (pregnancy check\*)) OR (pregnancy check\*)) OR (pregnant women\*)) OR (pregnancy\*))). To specify literature searches, then

determined the literature search period which in this study was limited to articles published in the last 5 years from 2019-2024 and the selected articles were free full text or open access.

In an article search of all accessed databases, it identified an initial 67 articles relevant to the scoping review question. In the process of selecting this article, the researcher used a prism flow chart to transparently describe the process that had been undertaken. A prism flow chart is a minimum set of evidence-based items for reporting in systematic reviews and meta-analyzes. Prism flow charts are considered as appropriate thing because its use can improve quality.

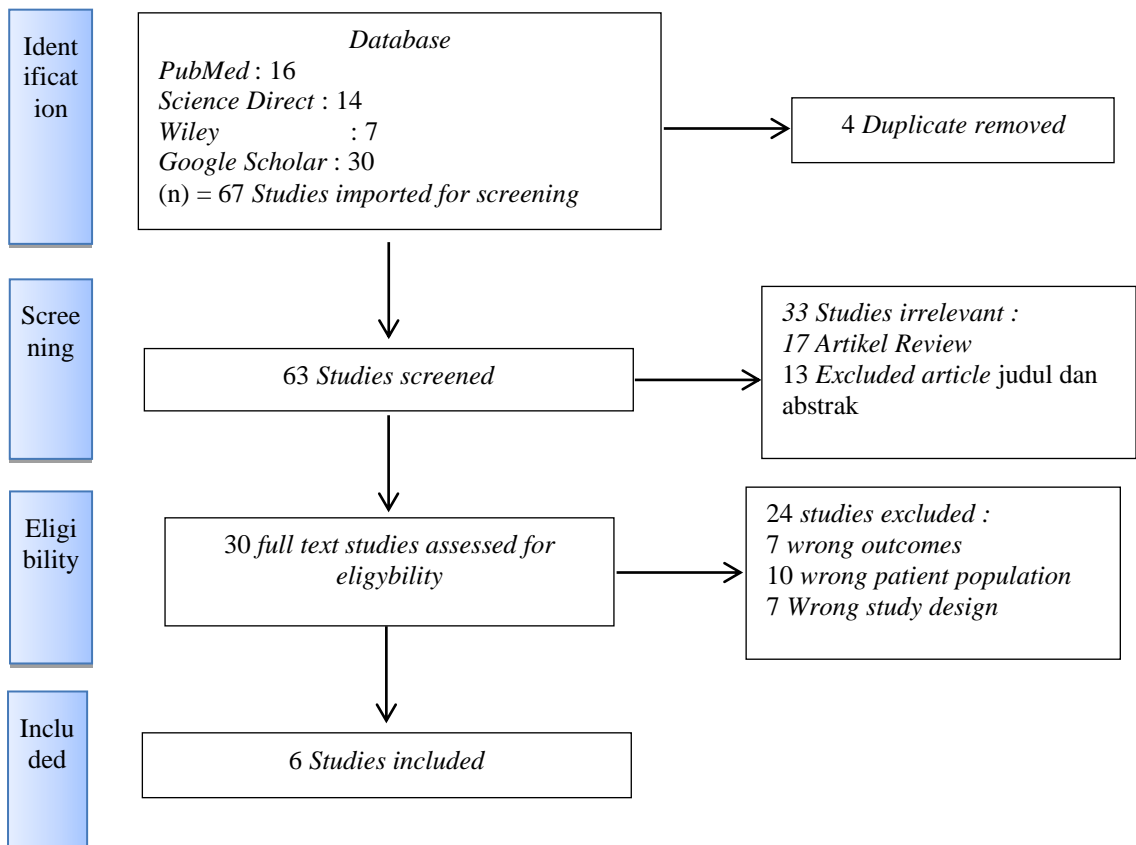


Figure 1. Prisma Flow Chart

Based on the final results of the screening of the prism flow chart, 6 articles were selected and it is in accordance with the good quality, then entered into the data charting table (**table 2**. Data Charting), then data extraction was carried out to classify several points or parts of the article such as research objectives, research design, number of samples, and the results of the study.

Furthermore, to find out the quality of the articles that have been selected, a critical appraisal was undertaken. Critical Appraisal in this Scoping review used

the Mixed Method Appraisal Tool (MMAT). MMAT was designed to assess the methodological quality of a study from five research categories, namely, qualitative research, randomized controlled trials, non-randomized studies, quantitative descriptive studies and mixed-method studies (Hong et al., 2018). Of the 6 articles that underwent a critical appraisal process, the results showed that almost all of the articles assessed were grade A, and for the research design, all studies used a quantitative design.

Table 2. Data *Charting*

No	Author/Year/ Title/ Grade	Country	Aim of Study	Type of Research	Data Collection	Participants / Sample Size	Result
A1	(Chairiyah & Siti Nurhidayah, 2024), Analysis of Pregnant Women's Examination Visits Based On Age and Family Support /A	Indonesia	This study aims to analyze the relationship between age and family support with maternal check-up visits.	Quantitative study	Data collection was conducted by using questionnaire	30 1st trimester pregnant women and families.	Themes have been found: 1. Family support High motivation has a possibility of 2,000 times better than low motivation. According to the assumption of researchers in the field, pregnant women still consider pregnancy checks unnecessary and a waste of time so that motivation affects pregnancy checks. 2. age of pregnant mother. According to research results, Older mothers may be more experienced in previous pregnancies, while younger mothers may need more guidance and encouragement to make ANC visits. .
A2	(Ekawati et al., 2023), Relationship between Knowledge, Family Support and Accessibility to Visits/B	Indonesia	To determine the relationship between knowledge, family support and accessibility of pregnancy check-ups.	Quantitative Study	Data collection was conducted by using questionnaire	145 pregnant women with a sample size of 30	Themes have been found: 1. Knowledge Factor Respondents with high knowledge have a 7,800 times greater chance of completing the K4 pregnancy check-up visit compared to those with low knowledge. 2. Support Factor Researchers assume that family support is strong support or motivation in fulfilling the needs of pregnant women, thus supporting pregnant women in carrying out complete

No	Author/Year/ Title/ Grade	Country	Aim of Study	Type of Research	Data Collection	Participants / Sample Size	Result
							antenatal visits 4 times. 3. Accessibility Factor The existence of a relationship that easy access to services including distance, time and transportation from home to the health service location should not be an obstacle for mothers to utilize antenatal care services.
A3	(P. Ningsih, 2020), Relationship Between Age, Knowledge and Family Support with Pregnant Women's Antenatal Care (ANC) Visits (K4) at Pariaman Community Health Center/B	Indonesia	The purpose of this study is to determine the relationship between Age, Knowledge and Family Support with Antenatal Care (ANC) (K4) visits for Pregnant Women.	Quantitative study	Data collection using questionnaires	Sample size 32 respondents	Themes have been found: 1. Age factor It was found that the age factor was also not related to Antenatal Care visits. 2. Knowledge Factor There is a significant relationship between maternal knowledge and pregnancy checks 3. Family Support The results of the study also found that family support influences antenatal care visits.
A4	(Vica et al., 2022) The Relationship Between Family Support for Pregnant Women and The Regularity of Integrated Ancerdi Village, Karangsembing alih, Sugiok District, Lamongan Regency/A	Indonesia	The aim of this study was to determine the relationship between family support for pregnant women and the regularity of integrated ANC.	Quantitative Simple Randomized sampling.	Data collection used questionnaire and observation	20 respondents pregnant women.	Themes have been found: 1. Family Support The younger or older the pregnant mother is, the more her understanding of taking information will be affected, especially in pregnancy check-ups, so family support is needed so that the mother remains regular in having pregnancy check-ups.
A5	(Farkhia et al., 2023), Relationship of Family Support to Antenatal Care Visits in the Sangurara	Indonesia	The aim of this study was to analyze the relationship between family	Quantitative-Purposive sampling	Data collection used questionnaire	86 respondents pregnant women	Themes have been found: 1. Family Support The research results identified that many pregnant women still do not receive enough family support for antenatal care visits.

No	Author/Year/ Title/ Grade	Country	Aim of Study	Type of Research	Data Collection	Participants / Sample Size	Result
	Health Center Work Area, Palu City/A		support and antenatal care visits.				
A6	(Mehuli et al., 2023), Relationship between Mother's Attitude, Husband's Support, Family Support on Pregnant Women's Compliance with ANC at Sungai Pinang Health Center, Lingga Regency, Riau Islands/A	Indonesia	To find out the Relationship between Mother's Attitude, Husband's Support, Family Support and Pregnant Women's Compliance in Undergoing ANC	Quantitative study	Data collection used questionnaire	The sample in this study was 62.	Themes have been found: 1. Husband Support Respondents with good husband support are 21 times more likely to be compliant in carrying out ANC compared to respondents who do not receive husband support. 2. Family Support Good family support has the potential for mothers to be more compliant in carrying out ANC compared to respondents who do not receive family support. 3. Pregnant women's attitudes Respondents with good attitudes are 15 times more likely to comply with ANC compared to respondents with poor attitudes.

## Results and Discussion

### Results

The results of the article findings all come from Indonesia.

Based on the results of the critical appraisal of the 6 selected articles, all used quantitative research methods with cross-sectional designs, all research instruments used questionnaires, the difference was the sampling technique, including 4 articles using the Non-Probability sampling technique, and 2 others using the Probability sampling technique.

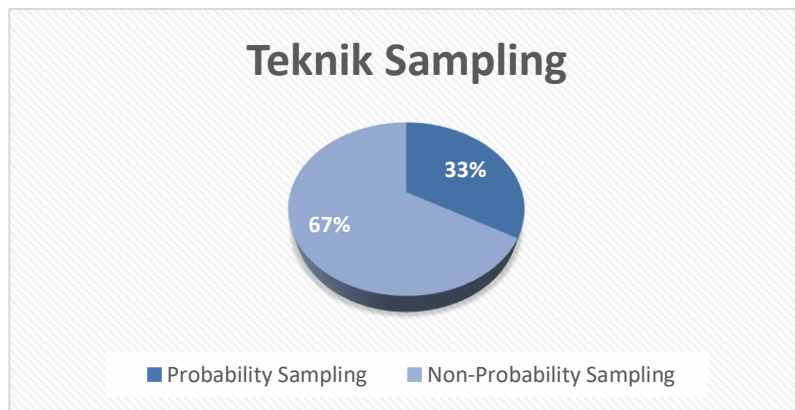


Figure 2. Study Design

The assessment results of all articles obtained grade A (Good) for 4 articles, grade B (Quite Good) for 2 articles, and no articles had grade C, all articles published in 2020-2024.

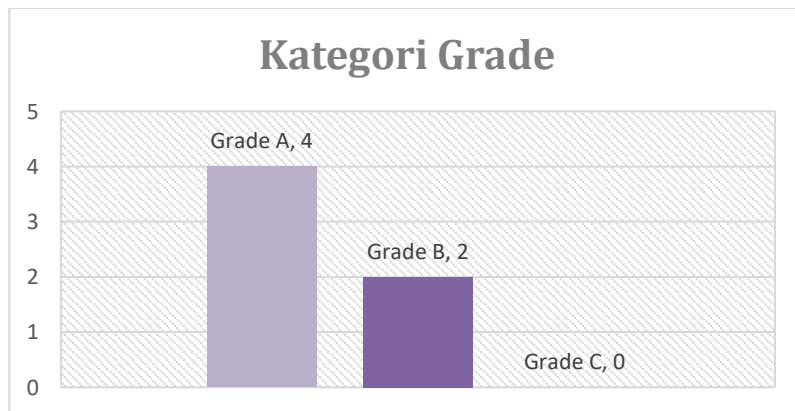


Figure 3. Grade Article

## Discussion

Based on the scoping results of 6 articles, researchers drew several themes, including; family support, husband's support, mother's age, mother's knowledge, mother's attitude, and access to health services.

### 1. Family Support

Maternal compliance in conducting pregnancy check-ups is closely related to family support (Yuriah et al., 2022). Adequacy of ANC visits is determined by the number of ANC visits conducted during each trimester of pregnancy. Women are categorized as having adequate frequency of ANC visits when they have at least one visit each during the first and second trimesters and at least two visits during the third trimester (Sepriani et al., n.d.). One of the functions of the family is its role in health. Another important role of the family during a mother's pregnancy is to remind the mother to comply with health protocols and check-ups (Farkhia et al., 2023).



According to the researcher's assumption that family support has an important relationship in increasing the mother's desire to make routine antenatal care visits, with the support of the family the mother will be motivated and more enthusiastic. In addition, family support is a strong support or motivation in meeting the needs of pregnant women so that it supports pregnant women in making complete antenatal visits as many as 4 times (Mehuli et al., 2023).

## 2. Husband Support

Husband's support consists of informational support, for example, the husband participates in providing important information related to pregnancy, assessment support, for example, the husband gives words of praise to the mother when she has finished the examination, instrumental support, for example, the husband prepares funds to support the pregnancy examination and takes the mother to have her pregnancy checked at a health facility, and emotional support when the mother has a pregnancy examination, the husband gives the mother confidence and encouragement (Vica et al., 2022).

The form of husband's support is shown through daily activities. If a mother gets the benefit of all her husband's support, then the mother has received a positive stimulus to change her attitude to be positive and one of the impacts is that the mother will be more routine in doing ANC visits (Maharrani et al., 2020).

## 3. Mother's age

Based on the results of previous research, researchers assume that most pregnant women aged 17-25 years do not carry out complete antenatal care visits when compared to mothers aged 25-35 years and 36-45 years, this is due to the immaturity of women's age at the time of marriage, which influences mothers in making decisions (P. Ningsih, 2020).

Mothers under 20 years old tend to rarely check their pregnancy. However, antenatal care visits are not only influenced by the mother's age. Antenatal care visits are influenced by various factors including knowledge, attitudes, and family support (Mehuli et al., 2023).

According to researchers, age can affect the level of experience and knowledge about maternal and child health (Yuriah et al., 2023). Older mothers may be more experienced in previous pregnancies, while younger mothers may need more guidance and encouragement to make ANC visits (Ekawati et al., 2023).

## 4. Mother's knowledge

A person with higher education is more likely to have a broader view of something so that it will be easier to accept ideas including about ANC and vice versa. Less family support is possible due to knowledge and experience factors. Knowledge can be obtained from both formal and non-formal education (Chairiyah & Siti Nurhidayah, 2024).

Likewise, the less experience gained, the less knowledge gained. The higher a person's knowledge about pregnancy check-ups, the more complete the Visits (K4) obtained and also supported by the availability of health workers and the accessibility of health services (Maharrani et al., 2020).

Behavior as a result of health education is influenced by knowledge. A very important element in forming a person's actions from experience and research is called knowledge or cognitive. Behavior that is based on knowledge will be more durable than behavior that is not based on knowledge

(Yuriah & Kartini, 2022). Knowledge plays an important role in determining complete behavior because knowledge will form beliefs that then perceive reality, provide a basis for decision making and determine behavior towards certain objects (Ike et al., 2021).

5. Mother's attitude

Lack of support from husband and family, so that the mother's positive attitude towards pregnancy check-ups cannot be implemented because it is hindered by the negative attitudes of the people around the mother (Ike et al., 2021). Support or motivation is something that causes and supports a person's actions or behavior. Support refers to encouragement and efforts to satisfy a need or a goal. Support becomes a reason for someone to act in order to fulfill their life needs (Sari & Chalid, 2022).

6. Accessibility

According to researchers, this is because the health service is far from residential areas, especially for people in remote areas. This makes the distance to health services quite far (Mehuli et al., 2023). This assumption is supported by (Vica et al., 2022), Pregnant women who live a short distance to the pregnancy check-up location are 3x more likely to receive good pregnancy care compared to pregnant women whose homes are far from health service locations.

In this study, knowledge is a supporting factor for health services, especially for mothers who seek the nearest health services such as community health centers, village health clinics, health posts or private health workers (Setiyorini et al., 2021).

Easily accessible health services support pregnant women to utilize ANC services because the distance from the mother's house to the service location is close and can be reached on foot or by means of transportation, the cost is cheap, and it does not take much time during the trip. Likewise, ANC services that are difficult to reach tend to make mothers less likely to utilize ANC services (N. Ningsih et al., 2024).

Difficult access to health facilities will tend to make mothers lose their motivation to use ANC services. The further the distance can make mothers think twice about making ANC visits because it will take a lot of energy and time every time the mother visits (Meilani, 2023).

## **Conclusion**

Support or motivation is something that causes and supports a person's actions or behavior. Support refers to encouragement and efforts to satisfy a need or a goal. Support becomes a reason for someone to act in order to fulfill their life needs.

Family support for compliance with pregnancy check-ups is an important aspect for a pregnant woman to support and motivate the mother in carrying out routine pregnancy check-ups. Family independence is a condition experienced by a family which is characterized by the ability to think, decide and do something that is considered appropriate in order to achieve solutions to the problems faced by using the abilities they have.

A gap was found in the results of the article review that all articles obtained were from Indonesia, this is because foreign cultures tend not to intervene in nuclear/other family problems. Of the 6 articles, none of the articles discussed male participants, this is a concern for researchers. Further researchers need to involve male participants or husbands of pregnant women. Because in addition to family support, husband support is also very important in motivating mothers to routinely do ANC. Then all studies use quantitative research methods, so further research needs to use qualitative research methods. Furthermore, health workers are able to explore the needs of pregnant women so that they are able to provide appropriate support and no one has yet researched psychological support for pregnant women so that they can carry out ANC more routinely.

#### *Conflict of interest statement*

The authors declared that they have no competing interests.

#### *Statement of authorship*

The authors have a responsibility for the conception and design of the study. The authors have approved the final article.

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