

## **Impact Of Early Mobilization Video Education On Patient Motivation In Mothers After Cesarean Section**

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### **ABSTRACT**

Early post-SC mobilization is very important to speed up the mother's recovery process after a cesarean section. One way to increase mothers' understanding and motivation in carrying out early mobilization is by providing information through videos. The aim of this research was to determine the effect of the post SC early mobilization video education method on patient motivation before and after being given education at Permata Hati Way Jepara Hospital. This research is quantitative with a one group pre-post test design. Data were collected using a questionnaire to assess the level of motivation before and after being given education using a video about early post-SC mobilization. The number of respondents was 45 respondents using total sampling technique. The data obtained was processed statistically using the Wilcoxon test. The research results show that the level of motivation of respondents before being given education using the video method was that 23 respondents (51.1%) had high motivation and 22 respondents (48.8%) had low motivation. After respondents were given education, the number of respondents who had high motivation increased, as many as 39 respondents (86.6%) had high motivation and 6 respondents (13.3%) had low motivation. The P value in the Wilcoxon test between motivation before and after being given the intervention is 0.001 ( $< 0.05$ ), which means that there is an influence of education using the video method on patient motivation in carrying out early post-SC mobilization. There is an influence of the post SC early mobilization video education method on patient motivation before and after being given video education at Permata Hati Way Jepara Hospital.

Keyword : Education, Motivation, Early Mobilization, Post Sectio Caesarea, Video

### **INTRODUCTION**

Early mobilization after a cesarean section is very important because if you do not move, it can cause an increase in body temperature, abnormal bleeding, poor involution, poor blood circulation and increased pain levels (Lema, Lusiana Karolinda, Mochsen, R., & Barimbing, 2019). To speed up the mother's recovery after a cesarean section and enable her to resume daily activities, it is very important to mobilize the patient as soon as possible. Delaying early mobilization can worsen the mother's health condition and hinder post-cesarean recovery (Ferinawati, F., & Hartati, 2019).

Several findings from previous research, by (Simangunsong Rimayanti, Rottie Julia, 2019) showed that 96% of clients who performed early mobilization after undergoing a cesarean section experienced a rapid wound healing process. Conversely, 4% of patients who did not perform early mobilization experienced longer wound healing. In research (Ferinawati, F., & Hartati, 2019), it was stated that 25% of mothers who did not perform adequate

mobilization experienced slow post-operative wound regeneration, compared to 68.8% of mothers who performed mobilization activities who experienced rapid recovery of their surgical wounds. Patients' fear of moving after surgery causes a low level of early mobilization.

According to the World Health Organization, the number of cesarean deliveries worldwide will increase by 2023, exceeding the recommended range of 10%-15%. Latin America and the Caribbean contribute the highest cesarean delivery rate at 40.5%, followed by Europe at 25%, Asia at 19.2%, and Africa at 7.3%. According to statistics from 3,509 cesarean deliveries, indications for cesarean delivery include fetal-pelvic disproportion (21%), fetal distress (14%), placenta previa (11%), previous cesarean delivery (11%), fetal malposition (10%), preeclampsia, and hypertension (7%) (WHO, 2020).

Riskesdas data, 2021, the number of deliveries by Caesarean Section (CS) method in Indonesia was 17.6% and the highest in the DKI Jakarta region at 31.3% and the lowest in Papua at 6.7% (Ministry of Health of the Republic of Indonesia, 2020). Indications for delivery by Caesarean section were caused by several complications with a percentage of 23.2% with a transverse/breech fetal position (3.1%), bleeding (2.4%), eclampsia (0.2%), premature rupture of membranes (5.6%), prolonged labor (4.3%), umbilical cord entanglement (2.9%), placenta previa (0.7%), retained placenta (0.8%), hypertension (2.7%), and others (4.6%) (Ministry of Health of the Republic of Indonesia, 2021). Data on Post-SC mothers who carried out early mobilization after Post-SC was 42.6% by doing left and right tilts (Rangkuti, N. A., Zein, Y., Batubara, N. S., Harahap, M. A., & Sodikin, 2023).

Research by Kusumaningrum, S., Anggraini, M., and Faizin (2022) explains that 66.6% of post-CS mothers performed early mobilization by tilting to the right and left. Meanwhile, (Restipa, L., Rahmi, H., & Liana, 2023) explains that 70.0% of post-CS mothers performed early mobilization and this affected their pain intensity. Based on data from the Lampung Provincial Health Office, the number of Caesarean deliveries in 2018 was 15,679 out of 171,975 deliveries or around 9.1%. The number of Caesarean deliveries in Lampung Province increased in 2019 to 17,748 out of 173,446 deliveries or around 10.2% (Handayani, 2020).

Early mobilization barriers can be caused by discomfort experienced and concerns that moving the body in certain ways after surgery might impact the surgical wound that has not yet fully healed. Such concerns arise because patients are unaware of the benefits of early mobilization (Citrawati, N.K., Rahayu, N. L. G. R., & Sari, 2021).

It is hoped that once mothers understand the benefits of early mobilization, they will be more motivated to implement it immediately. A significant influence on the independence of early mobilization is strongly influenced by the mother's own motivation. Mothers will continue to rely on health workers for early mobilization if the information provided by health workers is not accompanied by strong motivation. Patients undergoing surgery need to be educated about the value of early mobilization to improve their understanding of the topic and their capacity to move. One type of media that can be utilized for learning purposes is video. Video media is an engaging and easy-to-understand multisensory audiovisual electronic educational tool (Sartika, Q.L., & Purnanti, 2021).

Video media can increase awareness and enthusiasm for early mobilization after CS because respondents gain new experiences from watching videos, especially about early mobilization. Video media relies on the target's ability to hear and see. By using audio-visual tools that involve all five senses, the greater the number of senses used in absorbing and processing information, the greater the likelihood that the information can be understood and memorized effectively. In the form of videos equipped with sound effects, it can make it easier for viewers to understand the content of the information to expand their knowledge (Yulianti, A., & Mawaddah, 2022).

The results of a preliminary study conducted at Permata Hati Way Jepara Hospital, data on deliveries by cesarean section in the last two months, between November and December

2024. Post-cesarean mothers have different desires for early mobilization, while at Permata Hati Way Jepara Hospital, they have never provided health education using video education methods related to early mobilization post-cesarean. Based on the researcher's preliminary test by interviewing 10 post-cesarean section patients at RSPH Way Jepara, 80% of them said they were only told verbally to do early mobilization post-CS, 20% of them said they had received information about early mobilization post-CS through videos on the internet.

Patient willingness to perform mobilization, particularly joint range-of-motion exercises, is influenced by several factors, including age, developmental status, previous surgical experience or history, lifestyle, disease process, education level, and information provided by healthcare providers. One of the midwives' roles as educators places them in a crucial position in the recovery of post-cesarean mothers. Education on the importance of early mobilization should be provided to post-cesarean mothers to improve their knowledge and skills (Kozier, Erb, 2020).

Based on the aforementioned, researchers were motivated to study the effect of early mobilization video education on patient motivation in post-cesarean mothers .

## METHODS

In this study, the type used was quasi-experimental research, namely experimental research carried out on only one group called the experimental group without a comparison group or control group (Sugiyono, 2019).

The research design used is a one group pre-post test design, which is an experimental study conducted on only one group selected randomly and no stability and clarity tests were conducted on the group's condition before being given treatment. This one group pre-post test design research design was measured using a pre-test conducted before being given treatment and a post-test conducted after being given treatment for each series of learning. Thus, the results of the treatment can be known more accurately. To eliminate bias from the research results, the pre-test and post-test will be conducted in each series of learning. Data collection using a questionnaire with a sample of 45 respondents (post-SC mothers). Based on the Wilcoxon statistical test, the p-value was  $0.001 < 0.005$ , so H1 was accepted.

## RESULTS

Table 4.1 Table of Characteristics of Respondents of Mothers Who Gave Birth by Caesarean Section at Permata Hati Hospital, Way Jepara, East Lampung (n=45) Respondents.

Hasil Penelitian	SC (f)	Persen (%)
<b>Umur Responden</b>		
< 20 Tahun	9	20%
20-35 Tahun	20	44,4%
>35 Tahun	6	13,4%
<b>Pendidikan</b>		
SD	7	15,5%
SMP	10	22,2%
SMA	12	26,6%
D3	5	11,1%
S1	11	24,4%
<b>Paritas</b>		
P1	19	42,2%
P2-P4	15	33,3%

>P4	11	24,5%
<b>Pekerjaan</b>		
Bekerja	16	35,5%
Tidak bekerja	29	64,5%
<b>Informasi mobilisasi dini post sc sebelumnya</b>		
Belum dapat informasi	31	68,9%
Sudah dapat informasi	14	31,1%

Based on the results of the study on the characteristics of the respondents in the table above, it states that the majority of respondents are in the low-risk delivery age category, namely 9 people (20%), and the high-risk delivery age category is 6 people (13.4%). Respondents with the highest number of parities are primiparas, namely 19 people (42.2%), while the least parity is grandmultiparas as many as 11 people (24.5%). The level of education of respondents is mostly highly educated respondents, namely 28 people (62.2%), and those with low education are 17 people (37.8%). There are 16 working mothers (35.5%), and the number of respondents who are unemployed is 29 people (64.5%). There are several respondents who have received information about early mobilization post CS before as many as 14 people (31.1%), either looking for information themselves on YouTube or other media or getting information related to their previous CS history. And most respondents have never received information about early mobilization post CS as many as 31 people (68.9%).

Table 4.2 Table of Motivation for Early Mobilization Post SC in Respondents Before and After Being Given Early Mobilization Video Education Post SC (n=45) Respondents.

Pemberian Edukasi Video Mobilisasi Dini Post Sc					
Motivasi Ibu					
	Tinggi		Rendah		Σ
	(f)	(%)	(f)	(%)	Responden
<b>Sebelum</b>	23	51,1	22	48,8	45
<b>Sesudah</b>	39	86,6	6	13,3	45

Based on the table above, the results of the study on the level of motivation for early mobilization post-SC before receiving early mobilization post-SC video education at Permata Hati Way Jepara Hospital, East Lampung, showed that 22 respondents (48.8%) had low motivation, and 23 respondents (51.1%) had high motivation from a total of 45 respondents. After respondents were given education using early mobilization post-SC videos, the number of mothers with high motivation increased, while mothers with low motivation decreased, namely 39 respondents (86.6%) had high motivation and 6 respondents (13.3%) had low motivation from a total of 45 respondents.

## DISCUSSION

### **The Effect of Early Post-Cesarean Section (EC) Mobilization Videos on Patient Motivation Before and After Early Mobilization Videos for Post-Cesarean Section Mothers**

Factors influencing a person's motivation level include age, parity, education, occupation, and previous information regarding early mobilization after a C-section. The results showed that the majority of respondents (9 respondents) fell into the low-risk delivery age category (20%). The results indicate that age influences early mobilization in post-Cesarean section mothers. The highest parity was primiparous mothers, with 19 (42.2%). Analysis of the mothers' motivation survey for early mobilization indicated that mothers with low motivation were mostly those without previous C-section experience, thus unaware of the purpose and benefits of early mobilization training after a C-section. This is evident from the low total scores on the items indicating the need for safety, the need for affection, the need for esteem, and the need for self-actualization, as indicated by Maslow's motivation statement. The results of the study showed that out of 45 respondents, 17 had low education and 28 had high education. Therefore, it can be concluded that a mother's formal education influences a person's level of motivation. This is indirectly related to a person's occupation. In this study, 16 respondents (35.5%) had working mothers, and 29 respondents (64.4%) had unemployed mothers. In this study, employment level influences a person's motivation. In this study, data obtained before the intervention showed that 31 respondents had never received information about early mobilization after CS before, and 14 respondents stated that they had received information about early mobilization after CS from the internet. Mengidentifikasi motivasi ibu post SC hari pertama untuk melakukan mobilisasi dini sebelum diberikan edukasi dengan video

The results of this study indicate that mothers' motivation regarding early post-cesarean mobilization before receiving education using the early post-cesarean mobilization video method was low in 22 respondents (48.8%) and high in 23 respondents (51.1%).

These results align with research by Imansari, J., Yulifah, R., & Panggayuh (2019), which found low mobilization scores before receiving education on early post-cesarean mobilization. Maternal motivation can be influenced by several factors, including age, education, parity, and occupation. The wide range of high and low motivation values, when associated with respondent characteristics, shows that based on educational characteristics, 17 respondents (37.7%) had low education, while the majority had high education. Knowledge level influences a person's motivation. The higher a person's education, the faster they receive and understand information, thus increasing their knowledge and motivation (Budiman, 2019).

Factors that cause low maternal motivation include the number of parities, education, employment, information about previous early mobilization and maternal physiological factors. One of the factors causing low maternal motivation is the number of parities, research findings on 45 respondents found 19 respondents (42.2%) who said this was their first pregnancy and there were some mothers who admitted this was their second pregnancy but it was their first time undergoing surgery showing why mothers have low motivation because they have not received information related to cesarean sections especially about early mobilization post CS. Parity affects the level of knowledge and motivation of mothers (Imansari, J., Yulifah, R., & Panggayuh, 2019).



**Identifying the motivation of post-cesarean delivery mothers on the first day of their first delivery to engage in early mobilization after receiving video education at Permata Hati Hospital, Way Jepara, East Lampung.**

The results of this study, regarding patients' motivation to mobilize early after receiving postoperative video education at Permata Hati Hospital, Way Jepara, East Lampung, showed that 39 respondents had high motivation and 6 respondents had low motivation. These results align with research by Imansari, J., Yulifah, R., & Panggayuh, 2019, which found that respondents' motivation levels increased after receiving education. Pengaruh metode edukasi video mobilisasi dini post SC terhadap motivasi pasien sebelum dan sesudah mendapatkan edukasi dengan video di Rumah Sakit Permata Hati Way Jepara Lampung Timur.

The results of this study were to analyze the effect of early mobilization video education method post-SC on patient motivation before and after receiving education with video at Permata Hati Hospital Way Jepara East Lampung, using the Wilcoxon test because the data in this study were not normally distributed (Saphiro-Wilk test results). From the results of the Wilcoxon test, the p value was obtained  $0.001 < 0.05$  so that it can be interpreted that hypothesis one (H1) is accepted, namely there is an effect of early mobilization video education method post-SC on patient motivation before and after receiving video education at Permata Hati Hospital Way Jepara East Lampung.

## **CONCLUSION**

From the results of the research conducted at Permata Hati Hospital, Way Jepara, East Lampung, the following conclusions can be drawn:

1. The characteristics of the respondents in this study: Most respondents were in the low-risk delivery age category, namely 39 respondents (86.6%) aged 20-35. The highest parity was primiparous, with 19 respondents (42.2%). Most respondents had a high school education, with 28 respondents (62.2%) having a college degree. 16 respondents (35.5%) were employed, and 29 respondents (64.4%) were unemployed. Most respondents (31 respondents (68.8%)) stated they had never received information about early post-C-Sectare mobilization before.
2. Before receiving education using the video method on early post-C-Sectare mobilization, most respondents had low motivation, with 22 respondents (48.8%) out of a total of 45 respondents.
3. After receiving education using the early mobilization post-CS video method, the results showed that the majority of respondents were highly motivated to carry out early mobilization post-CS, namely 39 respondents (86.6%) out of a total of 45 respondents.
4. From the results of the assessment and analysis of the early mobilization motivation questionnaire, it can be concluded that there is an effect of providing video education about early mobilization post-CS on patient motivation between before and after receiving video education at Permata Hati Hospital, Way Jepara, East Lampung.

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