

## "Gentle Birth" To Prepare For Safe And Comfortable Childbirth For Pregnant Women At TPMB Desi Trianita, Lateng District, Banyuwangi

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### Abstract

The phenomenon of childbirth from year to year with the increasing caesarean section method and increasingly sophisticated caesarean section methods has made the scope of midwifery services narrower. One method that is currently being developed is the Eracs method of delivery by caesarean section. Where with this method many pregnant women are tempted by the word "painless", where many pregnant women with a fairly high percentage choose to deliver with this method without indications and without regard to the effects on the reproductive organs in the future. The aim is to carry out outreach to pregnant women about comfortable delivery in pregnant women with the "Gentle Birth" method. The results of this counseling are to increase pregnant women's knowledge about safe and comfortable childbirth, both normal and caesarean section. The counseling went well, in an orderly manner, and the pregnant women were very happy with the material provided, which can be seen from the enthusiasm of the mothers while participating in the counseling

**Keywords:** 3 to 5 keywords are written alphabetically under the abstract

### Introduction

The process of giving birth to a baby is an extraordinary experience for every mother. A powerful and always transformational experience. Every birth experience is unique to the woman giving birth. For every woman, initial social conditioning will create the belief that they cannot give birth naturally (Aprilia, 2019). Every woman wants a smooth and comfortable vaginal delivery or normal delivery. Caesarean section, namely artificial delivery through an incision in the abdominal wall and uterus with the uterine incision intact and a body weight above 500 grams (Sarwono, 2009).

The phenomenon of childbirth from year to year using the caesarean section method is increasing and the caesarean section method is increasingly sophisticated, making the scope of midwifery services increasingly narrow. One method that is currently being developed is delivery using the Eracs caesarean section method. With this method, many pregnant women are tempted by the words "painless", where a fairly high percentage of pregnant women choose to give birth using this method without indication and without paying attention to the effects on the reproductive organs in the future.

According to the World Health Organization (WHO), the average standard for Sectio Caesarea (SC) surgery is around 5-15%. Data from the WHO Global Survey on Maternal and Perinatal Health 2011 shows that 46.1% of all births were via CS. According to statistics on 3,509 cases of CS compiled by Peel and Chamberlain, indications for CS are fetal pelvic disproportion 21%, fetal distress 14%, placenta previa 11%, previous CS 11%, fetal abnormalities 10%, pre-eclampsia and hypertension 7% .2 According to Bobak et al, the morbidity and mortality rate due to Sectio Caesarea surgery is higher compared to vaginal delivery. The death rate for Sectio Caesarea surgery ranges from 40-80 people per 100,000 live births. Sectio Caesarea patients have a 25 times greater risk of death than vaginal birth. The morbidity rate for Sectio Caesarea is 27.3 per 1,000 events, which is very different from the morbidity rate for normal childbirth which is only 9 per 1,000 events.

Based on the results of Fatriona's research (2022), more than half (63.3%) of mothers who gave birth by caesarean section had poor knowledge. Because knowledge is a big influence in decision making. It is hoped that this service will provide education about "Gentle Birth".

### **Identification of Problems**

In the birthing process, a lot of knowledge is needed about "preparing for the birthing process" which is of course "safe and comfortable" for the mother giving birth. By holding classes for pregnant women, counseling, and also practices regarding preparation for childbirth, one of which is natural induction "oxytocin massage", it is hoped that it will increase knowledge and thorough preparation for pregnant women, both physically and psychologically.

### **Implementation Methodology**

The stages of the community service method used in carrying out this activity consist of 4 stages, namely: analyzing needs and problems based on the advantages of the study program, preparing service proposals, implementing service permits, carrying out service, carrying out evaluations.

### **Results and Discussion**

The outreach community service activity with the theme "preparing for safe and comfortable childbirth for pregnant women using the "gentle birth" method presented 12 pregnant women out of a total of 15 pregnant women who underwent antenatal care pregnancy checks at TPMB Desi Trianita, Lateng sub-district, Banyuwangi. Counseling is given to pregnant women using

the theory and practice of "natural induction" as well as the relaxation method of antenatal yoga. Pregnant women seemed enthusiastic about listening to the material provided. After being given the material, pregnant women are taught to carry out natural induction, one of which is using an oxytocin massage.

Pregnant women were very enthusiastic about trying oxytocin massage movements, as well as doing yoga movements with the supervision of midwives and midwife profession students, which were carried out by pregnant women and their husbands. The activities were carried out well, gradually the pregnant women were able to understand and follow the instructions given by the midwife and it was hoped that the implementation of the community service with counseling regarding preparation for safe and comfortable childbirth would be of good use.

Figure 1. Image giving gentle birth of activities



Table 1. List of Activities

No	Implementation	Location	Information
1	Giving gentle birth	TPMB Desi Trianita	Safe and comfortable delivery

Knowledge is the result of knowing, and this occurs after people sense a particular object. Sensation occurs through the five human senses, namely the senses of sight, hearing, smell, taste and touch (Notoatmodho, 2012). Based on the results of Fatriona's research (2022), more than half (63.3%) of mothers who gave birth by caesarean section had poor knowledge.

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### **Conclusion**

A midwife is required to be able to provide as much information as possible about the health of the mother and child. One of the knowledge that needs to be provided is the view of childbirth which has long been considered very sacred and is known for its sensation of intense pain. By providing knowledge about changing the view of the labor process as painful and very uncomfortable, it is hoped that pregnant women can prepare their physical and psychological conditions. So it is hoped that under any circumstances pregnant women can be calm when making decisions and also have the birth they want. Accept every birth process that will be carried out with full comfort. The process of natural or artificial childbirth requires conditions that are sufficiently prepared for every pregnant woman, of course also with support from the family. With this outreach, it is hoped that pregnant women's knowledge about preparing for the birthing process can help prepare what the birthing mother and her companion can do.

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