

EFFECTIVENESS OF THE SITZ BATH METHOD WITH BOILING BINAHONG LEAVES IN HEALING PERINEUM WOUNDS IN POST PARTUM MOTHERS IN SUKANAGALIH CIANJUR YEAR 2023

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Abstract

Background: Perineal rupture is a condition that occurs quite often during normal childbirth. One of the factors that influence the wound healing process is perineal care, there are several methods, one of which is the sitz bath method with boiled binahong leaves.

Objective: To determine the effectiveness of the binahong leaf sitz bath method for healing perineal wounds in post partum mothers in Sukanagalih Cianjur 2023.

Methodology: Researchers used a quasi-experimental design with a pretest and posttest with control group design. The sample in the study was 30 post partum mothers consisting of 15 respondents who were given intervention and 15 respondents who were not given intervention. The sampling technique used Total Sampling, the sitz bath method with binahong leaves given for 7 days in the morning. The research instrument in the form of an observation sheet was carried out twice before and after the intervention was given. The analysis used was Paired t-test for tests within groups and independent t-test for tests between groups.

Research result: In the intervention group the binahong leaf sitz method before and after the intervention was 4.60 and 1.67 with Paired t-test results <0.05 . In the control group, the before and after results were 4.27 and 2.67 with Paired t-test results <0.05 . Independent t-test results $0.035 < 0.05$. It can be concluded that there are differences between the experimental and control classes

Conclusion: The Sitz bath method of binahong leaves has an effect that can accelerate

wound healing in post partum mothers

Keywords: Binahong leaves, Wound Healing, Sitz bath

Introduction

Based on data from the Directorate General of Public Health, Ministry of Health, 7,389 maternal deaths occurred in Indonesia in 2021. This number increased by 56.69% from the previous year. Based on the Sampling Registration System (SRS) in 2018, around 76% of maternal deaths occurred during childbirth and the postpartum period, of which 24% occurred during pregnancy, 36% during childbirth and 40% after childbirth, this resulted in more than 62% of maternal deaths and the baby occurred in the hospital. The maternal mortality rate in Indonesia in 2022 will reach 207 per 100,000 KH, exceeding the strategic plan or strategic plan target of 190 per 100,000 KH. Maternal Mortality Rate (MMR) is a strategic indicator of health development that reflects the health status and quality of the population. The number of MMR in Indonesia in 2021 collected in the family health profile records at the Indonesian Ministry of Health (2022) still shows a high number of 7,389 deaths. Referring to data from the West Java Health Office (2022), there were 1,206 MMR cases in West Java Province in 2021. Meanwhile, in Cianjur Regency, based on data obtained through the district health profile. Cianjur in 2021 In 2020 there was a significant increase in 2020 to 22 cases of maternal death or 56.83 per 100 thousand live births.

Factors that can influence perineal wound healing include culture and beliefs, mother's knowledge, facilities & infrastructure, staff handling, nutrition, age, wound care, activity, infection, medication and diabetes mellitus (Fatimah & Lestari, P., 2019). One of the factors that influence the wound healing process is perineal care. Improper care of perineal wounds can cause infection. If this infection is not resolved quickly, it can cause complications from bladder infections or birth canal infections (Fatimah & Lestari, P., 2019). Episiotomy care is an important aspect of postpartum care and sitz bath therapy is one of the most popular methods for postpartum mothers who experience post-episiotomy pain and/or who have episiotomy wounds. Sitz bath therapy for postpartum mothers is a sitting bath which functions to increase circulation in the local area (soaking area) which is carried out in the perineum. It is used to relieve discomfort and pain (Kapoor, Jyoti, 2018).

Pharmacological therapy is by administering antibiotics and antiseptic drugs (povidone iodine) to treat perineal wounds, however these drugs and ingredients have side effects such as allergies, inhibiting the production of collagen which functions for wound healing (Firdayanti, 2014). Meanwhile, non-pharmacological therapy that can be given to speed up wound healing to prevent infection is using betel leaf extract, red betel leaf extract, soursop leaf extract and binahong leaf extract (Oktaviani, 2019). For postpartum mothers, giving boiled water from binahong leaves is very good for healing perineal wounds. The antiseptic content in the binahong plant can kill germs, increase resistance to infection, and speed up wound healing (Ariani et al., 2022).

Based on the above background, researchers are interested in conducting research on "The Effectiveness of the Sitz Bath Method with Boiled Binahong Leaves on Healing Perineal Wounds in Post Partum Mothers in Sukanagalih Cianjur in 2023"

Method

The method should be structured as follows:

1. Research design

The design of this research isquasy experimental research design.Quasy Experimental Design. The design used is a pretest-posttest research design with control group design. The experimental group received treatment while the control group did not receive treatment

2. Settings and samples

The population in this study were postpartum mothers who experienced perineal wounds in PMB, Sukanagalih village, Cianjur Regency, totaling 30 respondents. In research, the samples taken must have criteria.

3. Intervention (applies to experimental studies)

In the intervention group, the Sitz bath method of boiled binahong leaves will be given for 5 – 10 minutes in the morning for 7 days. In the control group, wound care was carried out according to the standards explained by the midwife.

4. Measurement and data collection

This research usesObservation sheet to determine the healing of perineal wounds before and after being given the Sitz bath method with boiled binahong leaves. And for collecting research data, the researcher explained to potential respondents about this

research, if they were willing to eat, informed consent was carried out, after that the researcher explained the SOP and carried out the procedure in the morning for 7 days. Documenting respondents and assessing the results of the observation sheet

5. Data analysis;

Analysis of this research data used the normality test, homogeneity test, paired t - test and independent t test.

Results

Table 1

Average Value of Pretest and Post Test Perineal Wound Healing in the Experimental Group at PMB Sukanagalih in 2023.

Intervention Group	N	Min	Max	Mean	Std. Deviation
Pretest	15	3	6	4.60	986
Posttest	15	0	4	1.67	1,291

Based on the table above, it is known that the average value of wound healing before being given the binahong leaf decoction was 4.60 and the average value after giving it for 7 days was 1.67. This means that there was a decrease after the intervention was carried out for 7 days.

Table 2

Average Pretest and Posttest Perineal Wound Healing Values in the Control Group at PMB Sukanagalih in 2023.

Control Group	N	Min	Max	Mean	Std. Deviation
Pretest	15	3	6	4.27	884
Posttest	15	0	4	2.67	1,175

Based on the table above, it is known that the average value of wound healing before is 4.27 and after 1.67. This means that there was a decrease in the control group for 7 days.

Table 3

Results of Normality Test of Wound Healing in the Intervention and Control Groups in Sukanagalih in 2023

HealingWound	Sig. Shapiro Wilk	Information
Experiment		
Pre Test	0.082	Normal
Post Test	0.099	Normal
Control		
Pre Test	0.063	Normal
Post Test	0.069	Normal

Based on the table above, it is known that the significant result (sig) in the normality test with Shapiro Wilk for the pre-test data in the experimental group is 0.082 and the post-test in the experimental group is 0.099. Then it was discovered that the significant result (sig) in the pre-test control group was 0.063 and in the post-test experimental group, namely 0.069. Where the results from both groups are > 0.05 , it can be concluded that the data is normally distributed.

Table 4
Homogeneity Test of Perineal Wound Healing After Conducting the Intervention Group and the Control Group at PMB Sukanagalih in 2023

Sizt Bath Technique	Sig	Information
Experimental Group	0.733	Normal
Control Group	0.667	Normal

Based on the table above, it shows that the sig in the experimental group and control group is more than > 0.05 . In the experimental group the sig value was $0.733 > 0.05$, while in the control group the sig value was $0.667 > 0.05$. Based on this research, the data from the experimental group and the control group have homogeneous data. So the method used is a statistical method using paired t - test and independent t - test.

Table 5

The Effect of Providing Sitz Bath Technique Therapy on Perineal Wound Healing

Sitz Bath Therapy	Pretest Mean	Posttest Mean	Difference	P	-Value
Experiment	4.60	1.67	2.93		0,000
Control	4.27	2.67	1.60		0,000

Based on table 4.5, it is known that the healing value of perineal rupture wounds in the experimental group before the intervention was carried out was 4.60 and after being given the sitz bath therapy intervention was 1.67, while in the control group the average was 4.27 and after the seventh day it decreased to 2.67. the results of statistical tests using paired t-test for the effect of the sitz bath technique with boiled binahong leaves in the experimental group had a p-value of 0.000 (<0.05) and in the control group had a p-value of 0.000 (<0.05) it could be concluded that there was significant difference before and after intervention in the experimental and control groups on the healing of perineal rupture wounds in PMB Sukanagalih District. Cianjur.

Table 6

Differences in Providing Sitz Bath Therapy in Healing Perineal Wounds in PMB Sukanagalih District. Cianjur in 2023

Sitz Bath Therapy	N	Experimental Group Mean	Control group Mean	Difference	P - Value
Posttest	30	1.67	2.67	1	0.035

Based on the table above, the experimental group mean is 1.67 with the control group mean being 2.67 with a difference of 1. This statistical test uses the independent t-test because it will compare the effects of the experimental group and the control group. Based on the data, it was found that the P value was $0.035 < 0.05$, so there was a difference between the intervention group and the control group.

Discussion

Based on research data, the Sitz bath method with boiled binahong leaves was given for 7 days as an effort to heal wounds in post-partum mothers. In this study, from 30 respondents, the average result in the intervention group before was 4.60 with a minimum value of 3 and a maximum of 6 after administration, namely an average of 1.67 with a minimum value of 0 and a maximum of 4. In the control group, the average was obtained. The pretest wound healing was 4.27 with a minimum value of 3 and a max of 6 and the posttest was 2.68 with a minimum value of 3 and a maximum of 0. So it can be concluded that there was a decrease in the average wound healing among post partum mothers in PMB Sukanagalih District. Cianjur in 2023.

Childbirth often results in injury to the birth canal, perineal tears occur in almost every birth, both primigravida and multigravida. The postpartum period is a period of recovery for the reproductive organs which experience changes after pregnancy or childbirth, one of which is a perineal tear. Therefore, good care is needed to speed up the healing process and prevent complications such as infection due to slow healing of perineal wounds. The initial healing period for perineal wounds takes around 6-7 days (Aldesta et al., 2020).

The sitzh bath method or soaking the perineum in warm water can increase oxygenation and nutrition in the tissue, reduce edema and speed up wound healing, increase muscle relaxation and reduce wounds due to spasm or stiffness, increase blood flow, provide a local feeling of warmth, besides sitzh bath Warm water can also promote the movement of waste substances and nutrients in the body and warm water sitz baths are also very easy for mothers to practice at home. (Girsang et al., 2019).

The results of research conducted by Zakiyah (2022) with the title The Effect of Giving Binahong Cream on the Healing of Perineal Wounds in Postpartum Mothers. In postpartum mothers, the results of the study showed that the wound healing time in the control group (no intervention was given) was 60% with an average healing time of 166 .93 hours.

The results of research conducted by Martini (2019) entitled the effect of sitz baths on the healing time of perineal wounds in post partum mothers showed that the average healing time for perineal wounds carried out by sitz baths on the 5th day was 2.95 from 11.3, so the group that Doing a sitz bath heals perineal wounds faster than not doing a sitz

bath.

The results of research by Phebe., et al (2019) in the title of administering binahong leaf extract gel in healing wounds after administering binahong leaf extract gel increased the number of new blood vessels faster than between the four treatments.

This research is in accordance with research conducted by (Umi Narsih, et al., 2019) regarding the effect of giving binahong (*Anredera cordifolia* (ten) steenis) leaves on the length of healing of perineal wounds in the majority of post partum mothers in the control group (57.1%) experienced a long healing time for perineal wounds > 7 days post partum.

According to researchers' assumptions, the factor that can influence the healing of perineal rupture wounds is poor personal hygiene. The sitz bath method with boiled binahong leaves contains carbonic acid to activate prolyl hydroxylation enzymes and collagen formation so that it can accelerate wound healing, which is confirmed by existing theories and previous researchers.

Limitations

Every research is at risk of experiencing problems and things that are often unexpected. The researcher realized that there were many limitations in conducting this research, such as time constraints, so he was assisted by another midwife to visit the respondent's house and make observations because there were several respondents at the same time. The sitz bath method using boiled binahong leaves for healing perineal rupture wounds is rarely known by respondents so researchers must explain it in detail to respondents so that respondents understand the purpose and benefits of the sitz bath method.

Conclusion

Based on the results of the research and discussion described in the previous chapter, researchers can draw the following conclusions:

1. Average value– The average healing rate for perineal wounds given the Sitz bath treatment of binahong leaves was 1.67.
2. The average value of perineal wound healing that was not done with the binahong leaf sitz bath was 2.67.

3. There is an effect of Sitz bath with boiled binahong leaves on the healing of perineal rupture wounds in post partum mothers with a p value = 0.000.

Confession

The researcher would like to thank the PMB involved and hopes to provide additional information to midwives about the influence of the Sitz bath method and the benefits of binahong leaves as a means of herbal medicine. And thanks to all parties involved for helping carry out this research.

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