



## Factors Affecting The Level of Knowledge of Postpartum Mothers About Perineal Wound Care at The Independent Practice of Midwife E, Kalijati District, Subang Regency, 2025

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### ABSTRACT

**Introduction:** The postpartum period is a critical phase during which mothers undergo significant physiological and psychological changes that may increase their vulnerability to complications such as perineal wound infections. Perineal injuries remain one of the leading causes of postpartum infection, particularly in developing countries where access to health information and quality midwifery care is limited. Adequate maternal knowledge regarding perineal wound care is essential in preventing infection, promoting healing, and reducing morbidity. However, many postpartum mothers still lack proper understanding of wound care practices due to factors such as limited education, inadequate information sources, and insufficient counseling from healthcare providers. **Objective:** This study aimed to identify the factors influencing the level of knowledge of postpartum mothers regarding perineal wound care at the Independent Practice of Midwife E, Kalijati District, Subang Regency, in 2025. **Method:** A descriptive-analytic approach with a cross- sectional design was employed. A total of 35 respondents were selected using accidental sampling, and data were collected through structured, validated, and reliable questionnaires. Univariate analysis was conducted to describe respondent characteristics, while bivariate analysis using the Chi-Square test ( $\alpha = 0.05$ ) examined correlations between variables. **Result:** The results showed that most respondents were  $\geq 25$  years old, had intermediate education, were housewives, were multiparous, and primarily received information from healthcare workers. The majority had a fair level of knowledge (48.6%). Significant relationships were found between education level ( $p = 0.016$ ) and information source ( $p = 0.027$ ) with

knowledge level, while age, occupation, and parity showed no significant associations.

**Conclusion:** In conclusion, education and information sources are key determinants of postpartum mothers' knowledge of perineal wound care. Strengthening health education by midwives is essential to enhance maternal understanding, prevent infection, and support optimal postpartum recovery.

**Keywords:** education, health information, knowledge level, perineal wound care, postpartum mothers

## Introduction

The postpartum period is the phase that begins after the expulsion of the placenta and ends when the reproductive organs return to their pre-pregnancy condition. This period usually lasts for six weeks or approximately forty days. The term *puerperium* refers to the period following childbirth, often described as the "recovery period," during which the reproductive organs return to their original state. During this time, mothers are at risk of several causes of maternal mortality, including hemorrhage, infection, unsafe abortion complications caused by early marriage, delayed postpartum care, low social and educational levels, and lack of knowledge regarding postpartum checkups (Kemenkes RI., 2021).

Postpartum infection remains one of the leading causes of maternal death, particularly in developing countries such as Indonesia, which continues to face challenges in the quality of midwifery services. The occurrence of infection may be influenced by several factors, including decreased immunity, poor self-care during the puerperal period, nutritional deficiencies, anemia, improper wound care, and maternal fatigue. Perineal wounds are among the main causes of infection during the postpartum period (Triyani et al., 2021).

According to data from the World Health Organization (WHO, 2020), there were 2.7 million cases of perineal injury among postpartum mothers worldwide, and this figure is projected to reach 6.3 million by 2050. In Asia, perineal wounds represent a significant issue, accounting for about 50% of global cases. In Indonesia, 75% of vaginal delivery mothers experience perineal pain. In 2020, among 1,951 spontaneous vaginal births, 57% experienced perineal pain, 28% due to episiotomy, and 29% from spontaneous tears (Khusniyati & Purwati, n.d.). In Subang Regency, there were 22,704 postpartum mothers in 2023 (99.1%), and 8,289 (67.95%) in 2024 (*Profil Kesehatan Subang*, 2024).

The knowledge of postpartum mothers regarding perineal wound care plays a vital role in healing and preventing complications. Mothers with adequate knowledge are more capable of performing proper self-care, such as maintaining genital hygiene, changing sanitary pads regularly, and recognizing signs of infection (Rukiyah, A. Y., & Yulianti, 2020). However, many postpartum mothers still lack proper understanding of perineal wound care, particularly in rural areas with limited access to information.

Several factors can influence the level of maternal knowledge, including education level, age, occupation, parity, previous childbirth experience, and sources of information (Widyastuti, E., Lestari, R., & Sari, 2022). Education is the most influential factor, as higher education facilitates the acceptance and comprehension of health information. Furthermore, support from healthcare providers, particularly midwives, plays a significant role in educating postpartum mothers about perineal wound care (Nugraheni, D., Pratiwi, R., & Sulastri, 2021).

Preliminary data at the Independent Practice of Midwife E in Kalijati District, Subang Regency, showed that some postpartum mothers still did not understand the importance of maintaining perineal wound hygiene and its care methods. This may result in delayed wound

healing and an increased risk of infection. Based on these conditions, this study was conducted to identify "Factors Affecting the Level of Knowledge of Postpartum Mothers About Perineal Wound Care at the Independent Practice of Midwife E, Kalijati District, Subang Regency, 2025".

### **Objective**

To identify the factors that influence the level of knowledge of postpartum mothers regarding perineal wound care at the Independent Practice of Midwife E, Kalijati District, Subang Regency, in 2025.

### **Method**

This study employed a quantitative approach with a descriptive-analytic design and a cross-sectional method aimed at determining factors influencing the level of knowledge of postpartum mothers regarding perineal wound care. The design was chosen because data were collected at one point in time to identify the relationship between independent and dependent variables without intervention. The study was conducted at the Independent Practice of Midwife E, Kalijati District, Subang Regency, from January to June 2025. The population consisted of all postpartum mothers visiting during the study period. Sampling used the *accidental sampling* technique, selecting respondents who met the inclusion criteria and were available during the research. Using Slovin's formula with a 10% margin of error, 35 respondents were selected. Inclusion criteria included postpartum mothers with perineal wounds, the ability to communicate well, and willingness to participate. Exclusion criteria were mothers with severe complications or those absent during data collection.

The dependent variable was the mothers' level of knowledge about perineal wound care, while independent variables included age, education, occupation, parity, and source of information. Data were collected through structured questionnaires tested for validity and reliability, administered via direct interviews. Data analysis consisted of univariate and bivariate analyses. Univariate analysis described frequency distributions, and bivariate analysis used the Chi-Square ( $\chi^2$ ) test with a 95% confidence level ( $\alpha = 0.05$ ).

### **Result**

#### 1. Respondent Characteristics

Table 1. Frequency Distribution of Respondents' Characteristics Based on Age, Education Level, Occupation, Parity, and Source of Information

| No | Characteristics    | Category                       | Frequency (f) | Percentage (%) |
|----|--------------------|--------------------------------|---------------|----------------|
| 1  | Age                | <25 years                      | 12            | 34.3           |
|    |                    | ≥25 years                      | 13            | 65.7           |
| 2  | Education          | Basic (Elementary-Junior High) | 9             | 25.7           |
|    |                    | Intermediate (Senior High)     | 18            | 51.4           |
|    |                    | Higher (College)               | 8             | 22.9           |
| 3  | Occupation         | Unemployed                     | 20            | 57.1           |
|    |                    | Employed                       | 15            | 42.9           |
| 4  | Parity             | Primipara                      | 13            | 37.1           |
|    |                    | Multipara                      | 22            | 62.9           |
| 5  | Information Source | Workers                        | 16            | 45.7           |
|    |                    | Social Media                   | 11            | 31.4           |
|    |                    | Family                         | 8             | 22.9           |

Most respondents were  $\geq 25$  years old (65.7%), had intermediate education (51.4%), were housewives (57.1%), were multiparous (62.9%), and received information from healthcare providers (45.7%).

## 2. Level of Knowledge About Perineal Wound Care

Table 2. Frequency Distribution of Postpartum Mothers' Knowledge Levels

| No | Knowledge | Frequency (f) | Presentase (%) |
|----|-----------|---------------|----------------|
| 1  | Good      | 12            | 34.3           |
| 2  | Fair      | 17            | 48.6           |
| 3  | Poor      | 6             | 17.1           |
|    | Total     | 35            | 100            |

Most postpartum mothers (48.6%) had a fair level of knowledge, indicating the need for continued education from healthcare providers.

## 3. Bivariate Analysis

Bivariate analysis was conducted using the Chi-Square ( $\chi^2$ ) test to determine the relationship between factors (age, education, occupation, parity, and source of information) and the level of postpartum mothers' knowledge.

Table 3. Bivariate Analysis

| No | Variable           | p-value | Description     |
|----|--------------------|---------|-----------------|
| 1  | Age                | 0.225   | Not Significant |
| 2  | Education          | 0.016   | Significant     |
| 3  | Occupation         | 0.382   | Not Significant |
| 4  | Parity             | 0.293   | Not Significant |
| 5  | Information Source | 0.027   | Significant     |

The Chi-Square test showed significant relationships between education and source of information with the level of maternal knowledge ( $p < 0.05$ ), while age, occupation, and parity were not significant.

## Discussion

### 1. Respondent Characteristics

Most respondents were adults ( $\geq 25$  years) with intermediate education. According to Notoatmodjo adulthood is a mature thinking stage where individuals better understand information, but knowledge is strongly influenced by education and information access (Notoadmojo, 2018). Similarly, Puspitasari stated that education significantly enhances maternal understanding of reproductive and postpartum care (Puspitasari, N., Lestari, I., & Handayani, 2020). The World Health Organization emphasizes that education is one of the key determinants of health-related behavior, including the ability of postpartum mothers to perform self-care practices independently (World Health Organization, 2020). Supporting this, a study by desi and amy found a significant relationship between education level and perineal wound care practices among postpartum women (Andriani & Wahyuni, 2023).

Most mothers were housewives (57.1%), allowing more time for health education. However, Rahmadani Devita, found that occupation does not significantly affect knowledge unless accompanied by good access to information (Devita, 2019). Similarly,

reported that employment status alone is not a strong predictor of maternal health knowledge; instead, exposure to health information sources plays a more dominant role (Kawasaki et al., 2015).

Although most respondents were multiparous (62.9%), experience alone does not guarantee better knowledge. Sari and Handayani found that direct education from health workers is more effective than personal experience (Sari, M., & Handayani, 2021).

Health workers were the primary information source (45.7%), aligning with Dewi and Astuti, who noted that counseling from midwives provides better understanding than social media or peer information (Dewi, R., & Astuti, 2021).

## 2. Relationship Between Education and Knowledge

A significant correlation was found between education level and knowledge ( $p = 0.016$ ). Higher education facilitates comprehension of new information and its application in daily life, including wound care. Educated mothers better understand the importance of hygiene, infection signs, and correct wound care practices. Thus, education plays a crucial role in shaping postpartum maternal health behavior (Puspitasari, N., Lestari, I., & Handayani, 2020).

## 3. Relationship Between Information Source and Knowledge

The study found a significant relationship between information sources and knowledge ( $p = 0.027$ ). Information from healthcare professionals has a major influence. According to Dewi & Astuti, direct counseling from midwives improves understanding because it uses simple language and demonstration (Dewi, R., & Astuti, 2021).

Moreover, WHO reports that about 85% of postpartum mothers experience perineal tears (spontaneous or episiotomy-related). Proper education about wound care is essential for infection prevention and healing. Hence, accurate information from healthcare providers is key to improving knowledge.

## 4. Non-significant Variables

Age ( $p = 0.225$ ), occupation ( $p = 0.382$ ), and parity ( $p = 0.293$ ) were not significantly related to knowledge. These findings are consistent with Handayani, who stated that knowledge does not always increase with age or experience but depends more on motivation and information access. Therefore, health workers should continue providing counseling to all postpartum mothers regardless of age, occupation, or childbirth experience (Sari, M., & Handayani, 2021).

## Conclusion

This study revealed that most postpartum mothers at the Independent Practice of Midwife E, Kalijati District, Subang Regency, had a fair level of knowledge (48.6%) about perineal wound care. Bivariate analysis showed that education level ( $p = 0.016$ ) and information source ( $p = 0.027$ ) were significantly related to maternal knowledge, while age, occupation, and parity were not ( $p > 0.05$ ).

The most influential factors were education and information sources, highlighting the importance of healthcare providers—especially midwives—in delivering accurate and easily understood education. Continuous health counseling and guidance are necessary to enable mothers to perform self-care effectively, prevent infection, and promote faster healing.

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