

## Original Research Article

## EFFECT OF AGE AND PARITY ON PREGNANT WOMEN'S KNOWLEDGE ABOUT DISCOMFORT OF THE THIRD TRIMESTER

Sri Maryati<sup>\*1</sup>, Damai Yanti<sup>1</sup><sup>1</sup>Lecture in STIKES Budi Luhur Cimahi<sup>\*</sup>Corresponding Author, E-mail: srimaryati143@gmail.com

## ABSTRACT

**Introduction.** Pregnancy is a physiological process that almost always takes place in every woman. However, there are some mothers who experience discomfort. Knowledge can be influenced by a person's characteristics including age and parity. Increasing a person's age can affect the increase in knowledge gained. Likewise, mothers who have several children generally have better knowledge because they have had hands-on experience in previous pregnancies. The incidence of discomfort in the third trimester at Clinic A was 56 cases. The purpose of this study was to determine the effect of age and parity on knowledge of pregnant women about discomfort of the third trimester at Kilink "A" Banjaran in 2022. **Method.** This research is an analytic study with a cross sectional approach. The sample in this study were 85 pregnant women in the third trimester. Data analysis used multivariate analysis with linear regression, namely to test jointly the effect of the dependent variable, namely age and parity with the independent variable, namely knowledge. **Result & Analysis.** The results showed that the age variable has a correlation value of 0.363 while the parity variable has a correlation value of 0.041, meaning that the age factor is the most influential factor on knowledge. This can be related to the theory that the older a person is, the experience will increase and affect knowledge. this can happen because in this study most of the mothers were aged 25-35 years. **Discussion.** The age of 20-35 years is a mature age and has sufficient knowledge and experience both in terms of maturity in thinking and mentally to live a household.

Keywords: Age, Knowledge about third trimester discomfort, Parity Children

## INTRODUCTION

Pregnancy is a sequence of events that normally consists of fertilization, implantation, embryonic development, fetal growth, and ending in pregnancy. When a spermatozoa meets an ovum, the beginning of pregnancy begins. Every pregnancy always begins with the conception and nidasi of these results. Normal length of pregnancy is 280 days or 9 months 7 days which is calculated from the first day of the last menstruation (Nurhayati et al., 2019)

During the pregnancy process, there are physical changes that can cause

discomfort, especially in the third trimester, such as frequent urination, shortness of breath, back pain, heartburn, constipation, insomnia, dyspnea, perineal discomfort, calf muscle cramps, varicose veins, wrist edema. legs, fatigue, Braxton Hicks contractions, erratic mood, and increased anxiety. Increase in body weight, increase in uterine fundal height, and abdominal enlargement (Nurhayati et al., 2019)

A survey conducted by the University of Ulster in 2014, pregnant women who experience spinal pain as much as 70% of 157 pregnant women. Back pain is a normal occurrence in

pregnancy with an incidence of 50% in the UK and Scandinavia and close to 70% in Australia. Mantle reported 16% experiencing severe back pain and 36% in a 1991 study by Ostgaard et al (Nurhayati et al., 2019)

In Indonesia, the number of pregnant women in the territory of Indonesia who experience low back pain during pregnancy reaches 60-80% (Veronica et al., 2021) In the province of West Java, it is estimated that around 65% of 100% of pregnant women still experience back pain. (Fatmarizka et al., 2021).

Based on data obtained from clinic "A" in June-December 2021, it was found that 557 third trimester pregnant women who made ANC visits, namely the discomfort of third trimester pregnant women. There are several clinics that are close to clinic A, but the number of visits is still higher at Clinic A because clinic A is one of the primary clinics in Bandung Regency.

One of the factors that can be associated with the incidence of third trimester discomfort is the lack of knowledge of the mother about discomfort during pregnancy. One's knowledge is influenced by age. Increasing a person's age can affect the increase in knowledge he gains, but at a certain age or towards old age the ability to accept knowledge will decrease. This is in line with (Notoatmodjo, 2012) theory, the older you are, the more mature a person's level of maturity and strength is in thinking and taking action (Munna et al., 2020).

Based on the results of the study, it was found that there was a positive relationship between age and the level of knowledge of a mother about breast care during pregnancy ( $r = .564$ ,  $p < .01$ ). This illustrates that the older the respondent, the better the level of knowledge. This is because the older the wiser, the more information and knowledge. Age affects the perception and mindset of a person. As you get older, your grasping power and mindset will also develop, so that the knowledge you get is getting better (Agus Sulistyowati, 2017).

Parity is the number or number of deliveries the mother has ever experienced, both live and stillbirth. Parity 2 to 3 is the safest parity in terms of maternal mortality. Mothers who have several children generally have better knowledge because they already have direct practical experience and acceptance will be easier (Rinata and Andayani, 2018).

The initial survey conducted at Clinic "A" at the time of interviewing 30 pregnant women in the third trimester there were 18 pregnant women with poor knowledge and 12 pregnant women with good knowledge, from 18 pregnant women it was found that mothers did not know the causes and how to overcome the discomfort.

## **METHOD AND ANALYSIS**

The design of this research is analytical research with cross sectional approach. The population in this study amounted to 557 pregnant women. The

sample in this study were 85 respondents with accidental sampling technique. This research was conducted in January-March 2022 at Klink "A" Banjaran. The data analysis used linear regression analysis because the independent variable was a numerical variable. The aim is to determine the joint effect of age and parity variables on mother's knowledge about third trimester discomfort. Prior to the regression analysis, it was determined that the correlation analysis used was by testing the normality of the data. The results obtained are abnormal data so that the test used is the Spearman rank test to analyze the relationship between variables (Dahlan Sopiudin, 2014).

RESULT

1. The Relationship between Age and Parity with Knowledge of Third Trimester Pregnant Women at Afifah Clinic Banjaran in 2022

The research has been carried out at Afifah Clinic Banjaran with a sample size of 30. Researchers will first display the frequency distribution for each variable, then the next table is the result of correlation analysis using Spearman rank to determine the relationship between age and parity on pregnant women's knowledge about Trimester III discomfort. The results of the analysis obtained are as follows:

Table 1.1 Frequency Distribution of Age, Parity and Knowledge of Pregnant Women About Third Trimester Discomfort at Banjaran Afifah Clinic in 2022.

| Variable                | F  | %     |
|-------------------------|----|-------|
| Age                     |    |       |
| <20 years and >35 years | 12 | 14.1  |
| 20-35 years             | 73 | 85.9  |
| Total                   | 85 | 100.0 |
| Parity                  |    |       |
| 1                       | 1  | 1     |
| 2                       | 2  | 2     |
| 3                       | 3  | 3     |
| Total                   | 85 | 100.0 |
| Knowledge               |    |       |
| Good                    | 19 | 22.4  |
| Just                    | 23 | 27.1  |
| Less                    | 43 | 50.6  |
| Total                   | 85 | 100.0 |

Based on the table above, it can be seen that of the 30 respondents, most of them were aged 20-35 years, namely 73 people (85.9%), most of the mothers with parity 1 were 42 respondents (49.4%), and most of the mothers had lack of knowledge as many as 43 respondents (50.6%) about the discomfort of the third trimester.

Table 1.2 Relationship of age and parity to knowledge About The Discomfort Of The Third Trimester In Cilinc "A" Banjaran In 2022

| Variabel | Knowledge |
|----------|-----------|
| Age      | r=0,377   |
|          | p=0,000   |
| Parity   | r=0,359   |
|          | p=0,001   |

Based on the table above, it is found that there is a relationship between age and parity with knowledge. It can be seen from the value of  $p < 0.05$ .

**2. The Influence of Age and Parity on Pregnant Women's Knowledge of Third Trimester Discomfort at Kilink "A" Banjaran in 2022**

The analysis below presents a linear regression analysis to determine the joint effect of age and parity with pregnant women's knowledge of third trimester discomfort at Afifah Banjaran Clinic in 2022. The results of the analysis obtained are as follows:

Table 1.3 The Effect Of Age And Parity On Pregnant Women's Knowledge About The Discomfort Of The Third Trimester In Cilinc "A" Banjaran In 2022

| Step   | Variable | Coefficient | Correlation coefficient | P value |
|--------|----------|-------------|-------------------------|---------|
| Step 1 | Age      | 1,516       | 0,328                   | 0,093   |
|        | Parity   | 1,313       | 0,041                   | 0,832   |
|        | Constant | 21,295      |                         | 0,171   |
| Step 2 | Age      | 1,677       | 0,363                   | 0,001   |
|        | Constant | 19,287      |                         | 0,117   |

The table above shows that age is the most influential variable on the knowledge of pregnant women about third trimester discomfort with a correlation value of 0.363.

**DISCUSSION**

**1. The Relationship between Age and Parity with Knowledge of Third Trimester Pregnant Women at Afifah Clinic Banjaran in 2022**

The results of the research conducted showed that the knowledge of pregnant women about third trimester discomfort in clinic "A" was mostly 43 people (50.6%). According to notoatmodjo, 2012 Most of

human knowledge is obtained through the eyes and ears. Knowledge is a very important domain for the formation of one's actions (Fauziah dan Rahmawati, 2021).

Based on the analysis of the data obtained. Based on the analysis of the data obtained, the third trimester pregnant women at the clinic "A" aged 20-35 years had good knowledge of 19 people (22.3%). Meanwhile, pregnant women aged <20 years have less knowledge by 3 people (3.5%) and 1 person with sufficient knowledge (1.2%) and none with good knowledge.

In addition, the third trimester pregnant women who are >35 years old were not found. This division is based on

epidemiological data that the risk of pregnancy and childbirth for both mother and child is higher at the age of less than 20 years, the lowest at the age of 20-35 years and increases again sharply over 35 years.

Based on the data analysis, the data in the clinic "A" was found that multigravida mothers had good knowledge of 16 people (18.9%), and less knowledgeable there were 14 people (16.4%), and had sufficient knowledge of 12 people (14.1%). While the primigravida mothers who have less knowledge are 29 people (34.1%), 11 people have enough knowledge (12.9%), and 3 people have good knowledge (3.5%). Besides, mothers with grande multigravida were not found

According to (Manuaba, 2015) the age of 20-35 years is a healthy reproductive age. The results of this study are in line with research conducted by Sulistyowati A, et al. in 2017 that is, there is a positive relationship between age and the level of knowledge of pregnant women about breast care during pregnancy ( $r = 0.564$ ,  $p < 0.01$ ). Age affects a person's perception and mindset. As the age increases, the comprehension and mindset will also develop so that the knowledge gained is getting better (Agus Sulistyowati, 2017).

Parity is the number or number of deliveries the mother has ever experienced, both live and stillbirth. Parity 2 to 3 is the safest parity in terms of maternal mortality. Mothers with high parity more than 3 have high maternal rates because endometrial

disorders can occur. Parity can be divided into nullipara, i.e. parity 0, primipara, i.e. parity 1, multipara, i.e. parity 2-4, and grandemultipara, i.e. parity more than 4 (Rinata and Andayani, 2018).

This is in accordance with the theory of (Notoatmodjo, 2007), which states that knowledge is closely related to parity because the more often a woman gives birth to a baby and cares for her, the more personal experience she gains and can guide a person in drawing conclusions (Sri Haryanti et al., 2016).

The researcher assumes that if the mother has more children or more than one, the mother will know more about the discomfort of the third trimester. This study is in line with research conducted by Kurniawati A, Nurdianti D in 2017 that there is a relationship between the characteristics of pregnant women (age, education, occupation and parity) with the knowledge and attitudes of pregnant women in recognizing the danger signs of pregnancy with a p-value in each each variable is smaller than alpha ( $\alpha=0.05$ ) (Kurniawati and Nurdianti, 2017).

## **2. Effect of Age and Parity with Knowledge of Third Trimester Pregnant Women at Afifah Clinic Banjaran in 2022**

Regression analysis was conducted to get the results that age is the most influential variable on the knowledge of pregnant women about the discomfort of the third trimester, this can happen because in this study most of the mothers were aged

25-35 years. The age of 20-35 years is a mature age and has sufficient knowledge and experience both in terms of maturity in thinking and mentally to live a household.

In this study, parity was not the most influential variable on the level of knowledge of pregnant women, because in this study the majority of respondents were primiparous women so that their experience was still lacking and their knowledge was also lacking. Mother's knowledge is not only influenced by parity, it can be influenced by mother's education level, mother's age, and mother's occupation as well (Sri Haryanti et al., 2016)

Knowledge is the result of knowing and this occurs after people sense a certain object, sensing occurs through the five human senses, namely the senses of sight, hearing, smell, feeling and taste. Most of human knowledge is obtained from the eyes and ears (Sri Haryanti et al., 2016).

Factors that influence knowledge are education, mass media/information, socio-cultural and economic, environment, experience, and age. Based on the survey results, the level of knowledge is influenced by the experience factor where in theory it is stated that experience affects a person's knowledge, namely by repeating the way he obtained in solving problems in the past (Wigunantiningsih A, 2012).

The research that is different from this research is the research conducted by Komariah S, Nugroho A, where the results obtained are that there is a relationship between age and the incidence of

pregnancy complications (p value:  $0.003 < : 0.05$  and odds ratio:  $5.837 > 1$ ). There is a correlation between parity and the incidence of pregnancy complications (p value :  $0.002 < : 0.05$  and odds ratio : 6.250. Based on the OR value, it can be concluded that the tendency of parity to cause complications is greater than age. This can occur because the assessed not to knowledge but rather to the incidence of complications during pregnancy, although this can be related indirectly to knowledge (Winarsih L, 2017).

## CONCLUSION

There is a relationship between age and parity on the knowledge of pregnant women about the discomfort of the third trimester It can be seen from the value of  $p < 0.05$ . The regression analysis used showed that the age variable was the most influential variable on the knowledge of pregnant women about third trimester discomfort with a correlation value of 0.363.

## REFERENCES

- Agus Sulistyowati, K.W.R.P.R.U., 2017. Hubungan Antara Usia Dan Tingkat Pendidikan Dengan Tingkat Pengetahuan Ibu Hamil Tentang Perawatan Payudara Selama Hamil Di Poli Kandungan Di RSUD Jasem, Sidoarjo. *Jurnal Nurse and Health*. 6(2): 40–43.
- Dahlan Sopiudin, 2014. *Statistik untuk Kedokteran dan Kesehatan, 6th ed.* Salemba Medika., Jakarta.
- Fatmarizka, T., Afriani Khasanah, D., Arwida, N., 2021. Prevalensi pola

- keluhan nyeri punggung pada ibu hamil di Puskesmas Kartasura. *Journal Physical Therapy UNISA* 1. 1(2): 64–67. <https://doi.org/10.31101/jitu.2415>
- Fauziah dan Rahmawati, 2021. Hubungan Usia Dan Paritas Dengan Persiapan Persalinan Pada Ibu Hamil Trimester Ketiga Di Klinik Kusuma Kota Samarinda. *Bunda Edu-Midwifery Journal (BEMJ)*. 4(1): 3-7
- Ida Bagus Gde Manuaba, 2015. *Pengantar Kuliah Obstetri*. EGC, Jakarta.
- Kurniawati, A., Nurdianti, D., 2017. Karakteristik Ibu Hamil Dengan Pengetahuan Dan Sikap Dalam Mengenal Tanda Bahaya Kehamilan. *JURNAL BIMTAS FIKes-Universitas Muhammadiyah Tasikmalaya*. 2(1): 32-41.
- Munna, A.I., Jannah, M., Susilowati, E., 2020. Hubungan Tingkat Pengetahuan dengan Perilaku Ibu Hamil Trimester III dalam Pemanfaatan Buku Kesehatan Ibu dan Anak (Kia) di Puskesmas Tlogosari Kulon Kota Semarang. *Jurnal Link*. 6(2): 73–82. <https://doi.org/10.31983/link.v16i2.5636>
- Notoatmodjo, 2012. *Metode Penelitian Kesehatan*. Rineka Cipta, Jakarta.
- Notoatmodjo, S., 2007. *Promosi Kesehatan dan Ilmu Perilaku*. Rineka Cipta, Jakarta.
- Nurhayati, B., Simanjuntak, F., Karo, M.B., 2019. Reduksi Ketidaknyamanan Kehamilan Trimester III Melalui Senam Yoga. *Binawan Student Journal*. 1(3): 167-171.
- Rinata, E., Andayani, G.A., 2018. Karakteristik ibu (usia, paritas, pendidikan) dan dukungan keluarga dengan kecemasan ibu hamil trimester III. *Medisains*. 16(1): 14-20. <https://doi.org/10.30595/medisains.v16i1.2063>.
- Sri Haryanti, R., Puspitaningrum, A., PKU Muhammadiyah Surakarta, S., 2016. The Relationship Between Parity With The Level Of Mother Knowledge About The Umbilical Cord Care. *Jurnal Profesional Islam*. 14(1): 67-71.
- Veronica, S.Y., Kumalasari, D., Gustianingrum, C., 2021. Hubungan Senam Hamil Dengan Kejadian Nyeri Punggung pada Kehamilan Trimester III. *Jurnal Aisyah : Jurnal Ilmu Kesehatan*. 6(1): 220-224 <https://doi.org/10.30604/jika.v6is1.790>
- Wigunantiningsih A, 2012. Hubungan Paritas Dengan Tingkat Pengetahuan Ibu Hamil Tentang Antenatal Care di RB Wijaya Kusuma Karanganyar. *Jurnal Maternal*. 6(6): 141.
- Winarsih L, 2017. Hubungan Tingkat Pengetahuan, Paritas, Dan Usia Ibu Hamil Dengan Kecemasan Menghadapi Persalinan. *Kendedes Midwifery Journal*. 3(1): 1-15