



## THE RELATIONSHIP BETWEEN HERBAL MEDICINE CONSUMPTION IN POSTPARTUM MOTHERS AND THE INCIDENCE OF DIARRHEA IN INFANTS AGED 7-40 DAYS AT THE BULANGAN HAJI HEALTH CENTER, PAKONG SUB-DISTRICT, PAMEKASAN.

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### ABSTRACT

Jamu Nifas is a traditional herbal medicine that is made from the original recipe of the ancestors of Madura, from herbal plants. The purpose of this study was to determine the relationship of herbal medicine consumption in postpartum women with the incidence of diarrhea in infants aged 7-40 days. The type of research used was correlation analytic with a cross sectional approach, the population of postpartum mothers who had babies was 41, the sample was determined according to simple random sampling as many as 38 postpartum mothers who had babies, using the independent variable of herbal medicine consumption in postpartum mothers and the dependent variable of diarrhea incidence in infants aged 7-40 days. Using Fisher's Exact Test statistical test at the degree of significance  $\alpha = 0.05$ .

The results showed that almost all (92.3%) of the 24 mothers who consumed herbal medicine had diarrhea. The results of the Fisher's Exact Test statistical test show the value ( $\rho$ ) = 0.000 < 0.05, then H<sub>0</sub> is rejected, meaning that there is a relationship between the consumption of herbal medicine in postpartum mothers with the incidence of diarrhea in infants aged 7-40 days. Based on the results of the study, it is concluded that mothers who consume herbal medicine during the postpartum period can cause diarrhea in infants. Because of the hygiene factor that is less clean and the content of spices that are too hot. In order to minimize the factors that cause babies to experience diarrhea, mothers should not carelessly consume food and drinks, especially in choosing traditional herbs that do not harm mothers and babies. If you want to consume herbal medicine, you should precipitate it first and then drink it clearly.

**Keywords : Herbal, PostPartum, Diarrhea**

## Introduction

One of the traditional drinks that we still often encounter in society is herbal medicine. Herbal medicine is one of the ingredients or ingredients in the form of plant materials, animal materials, mineral ingredients, galenic preparations, or a mixture of these materials which have been used for generations for treatment, and can be applied in accordance with the norms prevailing in the community. Jamu Nifas is a traditional herbal medicine made from the original recipe of the ancestors of Madura, and from herbal plants<sup>1</sup>.

Child health problems are one of the biggest obstacles in the health sector that currently occurs in Indonesia. One of the problems in children is diarrhea. Diarrhea is defined as abnormal defecation or watery stools with more frequency than usual. In neonates, diarrhea can be declared if the frequency of defecation occurs more than 4 times a day, while in infants aged more than 1 month to the age of children can be said to be diarrhea if the frequency of defecation is more than 3 times a day. Diarrhea disease (especially in infants) needs immediate action, because if the action taken is too late it can result in death in infants.<sup>2</sup>

Diarrhea is an environmentally-based disease that occurs in almost all geographical areas of the world. Each year there are approximately 1.7 billion cases of diarrhea with a mortality rate of 760,000 children under 5 years.<sup>3</sup> In developing countries, children under 3 years of age experience an average of 3 episodes of diarrhea per year. Based on the Indonesian Health Profile in 2019, the number of diarrhea patients in Indonesia was 2,549 people and the Case Fatality Rate (CFR) was 1.14% .<sup>4</sup>

From the results of a preliminary study at the Bulangan Haji Community Health Center, Pakong District, Pamekasan Regency, which was conducted by researchers on December 23 2020, namely in the form of a questionnaire distributed to 10 mothers. postpartum there were 8 (80%) people whose babies had diarrhea and 2 of their babies did not have diarrhea, there were 8 postpartum mothers who consumed herbal medicine and 2

postpartum mothers who did not consume herbal medicine<sup>4</sup>

The impact if postpartum mothers continue to consume herbal medicine during the postpartum period will affect the baby so that it can cause the baby to diarrhea. If this situation occurs, the mother should stop consuming herbal medicine. While stopping the consumption of herbal medicine, pay attention to the baby's condition, whether it is still loose stools or not. Consumption of herbal medicine may be resumed when the baby is older<sup>5</sup>.

Efforts to prevent and control cases of diarrhea are carried out through the provision of ORS, the use of infusions, counseling to the community with the intention of improving clean and healthy living behavior (PHBS) in everyday life, because the fact that diarrheal disease is closely related to sanitary hygiene and clean and healthy living behavior, so that an increase in diarrhea cases is an indicator of the improvement of these two factors. This activity involves the participation of health workers in the management of diarrhea because with fast and appropriate treatment at the household level, it is expected to prevent severe dehydration that can result in death<sup>6</sup>.

From this description, the researcher wants to conduct research related to the causes of diarrhea in babies aged 7-40 days with the title The Relationship between Herbal Medicine Consumption in Postpartum Mothers and the incidence of diarrhea in babies aged 7-40 days at Bulangan Haji Health Center, Pakong District, Pamekasan Regency.

## Methods

This study has a research design the research design used is Correlational Analytic. While seen from the time of research, the research design that will be used is cross-sectional where the variables are observed and collected at the same time at a certain time.

In this study, the population is all postpartum mothers who have babies aged 7-40 days at the Bulangan Haji Health Center, Pakong District, Pamekasan Regency, which is a total of 41 in 2020. research sample with a representative sample of 38 people with simple random

sampling technique.

The independent variable in the study is the consumption of herbal medicine in postpartum mothers while the dependent variable is the incidence of diarrhea in infants aged 7-40 days. The research location is at the Bulangan Haji Health Center, Pakong District, Pamekasan Regency in 2020 with a sample size of 38 postpartum mothers who have babies aged 7-40 days. This research was conducted in April 2020. The type of research is quantitative descriptive, with a pre-experimental research design. This instrument of this research used After all the data was collected and checked for completeness, the researchers analyzed the data with a step-by-step analysis procedure, After all the data was collected and checked for completeness, the results of the java tire were statistically tested using the chisquare test.

**Results and Discussion**

The research results are presented in the table below.

1.Frequency distribution of age, education and occupation of respondents

Table1 Frequency distribution of age, education and occupation of respondents

No	Distribution of Respondents Age	Amount	Prosentase (%)
1	12 – 16 years	0	0
2	17 – 25 years	14	36.8
3	26 – 35 years	20	52.6
4	36 – 45 years	4	10.5
Total		38	100.0
<b>Education</b>			
1	ELEMENTARY	12	31.6
2	JUNIOR HIGH	13	34.2
3	HIGH SCHOOL	8	21.1
4	PT	5	13.2
Total		38	100.0
<b>Work</b>			
1	Not working	19	50.0
2	Farmer	15	39.5
3	Private	1	2.6
4	Employee	3	7.9
Total		38	100.0

Based on table 1, it can be seen that

most of the respondents were aged 26-35 years, namely 20 respondents (52.6%), almost half of the respondents had a junior high school education, namely 13 respondents (34.2%), half of the respondents were not working, namely 19 respondents (50.0%).

2.Relationship between Herbal Medicine Consumption in Postpartum Women

No.	Herbal medicine consumption	Jumlah	Presentase (%)
1	Consumption of herbal medicine	26	68,4
2	Do not consume herbal medicine	12	31,6
Total		38	100.0

Based on table 2 above, it can be seen that most respondents consumed herbal medicine during the postpartum period, namely 26 respondents (68.4%). Postpartum herbal medicine is a traditional herbal medicine formulated from the original recipes of the ancestors of Madura, and from herbal plant materials.

In accordance with the opinion of Dumatubun in Usemahu, et al. 2013 that the socio-cultural interpretation of Indonesians about pregnant women, childbirth, postpartum, is based on their cultural understanding and knowledge for generations. This is clearly based on the behavior of ancestors and parents of mothers from time immemorial until now. Local people give local names to the types of herbs used and in general the plants used are plants that grow in the yard, on tree trunks, and are sold in the market depending on the type of ingredients needed. The parts that are often used by respondents for traditional herbal medicine for puerperium are the leaves, roots, and stems of 5 types of plants. <sup>7</sup>

1. Incidence of diarrhea in infants aged 7-40 days.

No.	Incidence of Diarrhea	Jumlah	Prosentase (%)
1	Diarrhea	25	56.8
2	No Diarrhea	13	34.2
Jumlah		38	100.0

Based on table 2, it can be seen that most babies aged 7-40 days suffer from diarrhea, namely 25 babies (56.8%).

Diarrhea is where the baby defecates with a softer or more liquid consistency than usual and occurs at least three times in 24 hours a day.<sup>8</sup> Diarrhea that occurs in toddlers is quite dangerous, because it can cause the death of infants and toddlers and the incidence rate is quite high every year. Five million children under the age of five die each year from diarrhea.<sup>9</sup> The incidence of diarrhea in children under five years old is caused by hygiene, including the knowledge and attitudes of mothers in providing food, where infants have been fed other than breast milk (breast milk) before the age of 6 months<sup>7</sup>

4. Cross tabulation of herbal medicine consumption among postpartum mothers with the incidence of diarrhea in infants aged 7-40 days.

Herbal medicine consumption Consumption of herbal medicine	Kejadian Diare				Total	
	Diare		Tidak Diare		F	%
	F	%	F	%		
Herbal medicine consumption	24	92,3	2	7,7	26	100,0
Do not Consumption of herbal medicine	1	8,3	11	91,7	12	100,0
<b>TOTAL</b>	<b>25</b>	<b>65.8</b>	<b>13</b>	<b>34.2</b>	<b>38</b>	<b>100,0</b>

The results of the cross tabulation in table 5.6 show that 26 postpartum mothers who consumed herbal medicine almost entirely (92.3%) had diarrhea. While 12 postpartum mothers who did not consume herbal medicine almost entirely (91.7%) of their babies did not experience diarrhea.

From the results of the statistical test fisher's exact test obtained a sig value of 0.000 with a degree of significance of 0.05, which means Ho is rejected and H1 is accepted, this indicates that there is a relationship between consumption of herbal medicine in postpartum mothers with the incidence of diarrhea in infants aged 7-40 days a

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**The results of the cross tabulation in table**

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The breastfeeding period is a time when a mother must be more careful in consuming traditional medicines and other medicines, because during the breastfeeding period the mother's condition is very vulnerable to various side effects. Medicines that are being consumed by breastfeeding mothers can cause disturbances to

their babies. Because there are several types of traditional medicines that when consumed by breastfeeding mothers can enter breast milk (ASI) which is easy and fast moving so that it can be absorbed by the body into the blood vessels in the composition of breast milk (ASI) will also affect which ultimately reaches the baby. The content of herbal medicine can cause yellow babies, cause diarrhea and increase the fungus in the baby's intestines.<sup>11</sup>

### Conclusion

Based on the results of research that has been conducted on the relationship between herbal medicine consumption in postpartum mothers with the incidence of diarrhea in infants aged 7-40 days at the Bulangan Haji Community Health Center, Pakong District, Pamekasan Regency, it is obtained that most postpartum mothers consume herbal medicine during the postpartum period, then most infants aged 7-40 days suffer from diarrhea so that postpartum mothers who consume herbal medicine during the postpartum period can cause diarrhea in infants aged 7-40 days at the Bulangan Haji Community Health Center, Pakong District, Pamekasan Regency

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