
The Effect Of Postpartum Self-Care Education On Preventing Postpartum Infections In Postpartum Mothers In The Work Area Of Mongeudong Public Health Center

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Abstract

The postpartum period is a critical phase for maternal health, as women undergo physical, psychological, and social recovery while being vulnerable to complications, particularly postpartum infections. Postpartum infections remain a significant contributor to maternal morbidity and mortality, especially in low- and middle-income countries, and are often associated with inadequate hygiene practices, delayed detection, and limited self-care knowledge. This study aimed to analyze the effect of postpartum self-care education on the prevention of postpartum infections among postpartum mothers in the working area of the Mongeudong Public Health Center, Lhokseumawe City. This study employed a quantitative quasi-experimental design with a pretest–posttest control group approach. A total of 60 postpartum mothers were selected using purposive sampling and divided into an intervention group ($n = 30$) and a control group ($n = 30$). Data were collected using structured questionnaires to assess knowledge and attitudes, observation sheets to measure compliance with self-care practices, and clinical observations to identify postpartum infections. Statistical analyses included univariate analysis, Wilcoxon and Mann–Whitney tests, and logistic regression. The results showed a significant improvement in maternal knowledge, attitudes, and compliance with postpartum self-care practices after the educational intervention ($p < 0.05$). The incidence of postpartum infection was significantly lower in the intervention group (8%) compared to the control group (32%). Postpartum self-care education was found to be a significant factor in reducing the risk of postpartum infections. In conclusion, structured postpartum self-care education is effective in improving maternal knowledge, attitudes, and compliance, and in preventing postpartum infections. This intervention is recommended to be implemented as a routine program in primary healthcare services to enhance maternal health outcomes and reduce postpartum morbidity.

Keywords: Postpartum self-care education; Postpartum infection; Maternal health; Self-care compliance; Postpartum mothers.

INTRODUCTION

The postpartum period is a six-week period after delivery that is very important for maternal health. During this time, the mother's body undergoes a process of physical, psychological, and social recovery. However, the postpartum period is also a period vulnerable to complications, especially postpartum infection. Postpartum infection can occur in the perineum, cesarean section wounds, breasts, and the reproductive tract. If not handled properly, postpartum infection can lead to sepsis. This condition makes the postpartum period a critical phase that requires special attention.

According to World Health Organization data (WHO, 2025), postpartum complications still contribute to about 15% of all maternal morbidity cases in the world. Postpartum infection is one of the main causes, with an estimate of more than 1.8 million cases every year globally. This figure shows that although health technology is increasing, the problem of postpartum infection remains a serious challenge. Postpartum infections often occur due to lack of hygiene, delayed detection, and minimal education. This emphasizes the importance of education-based interventions to prevent complications. Postpartum self-care education is one of the effective strategies.

Global data also show that the maternal mortality ratio (MMR) is still high in developing countries. In 2023, the world MMR was recorded at 197 per 100,000 live births. Postpartum infection accounts for about 10–12% of the direct causes of maternal death. This figure is quite significant when compared to the Sustainable Development Goals (SDGs) targets. The SDGs emphasize reducing the MMR to 70 per 100,000 live births by 2030. Thus, prevention of postpartum infection becomes one of the global priorities.

In developed countries, the incidence of postpartum infection is relatively lower. This is due to a good health service system, access to antibiotics, and structured education. However, in developing countries, limited service access is still a major obstacle. Low maternal knowledge about postpartum self-care also worsens the condition. Cultural factors also influence maternal compliance in performing self-care. Therefore, education based on local culture is highly needed.

The postpartum period is a critical period that lasts for six weeks after delivery, where the mother undergoes physical and psychological recovery processes. One of the complications that often occur during the postpartum period is postpartum infection, which can increase maternal morbidity and even mortality. According to the World Health Organization (WHO, 2025), every day more than 700 women die from preventable causes related to pregnancy and childbirth, including postpartum infection. In 2023, there were about 260,000 maternal deaths worldwide, with 92% occurring in low- and middle-income countries.

Global data show that the maternal mortality ratio (MMR) decreased from 328 to 197 per 100,000 live births between 2000–2023, but this decrease has not been even. Postpartum infection still contributes to about 10–15% of all obstetric complications. The UNFPA report (2024) emphasizes the important role of health workers, especially midwives, in providing quality postpartum education and care.

The 2024 Indonesian Mother and Child Health Profile (BPS) notes that the maternal mortality rate is still in the range of 189 per 100,000 live births. Postpartum infection is reported as one of the main causes besides bleeding and hypertension. Recent research in Indonesia shows that postpartum complications are still high, with the main determinants being lack of maternal knowledge about self-care, limited access to services, and obstetric factors such as delivery with intervention.

The postpartum care culture in Indonesia is still influenced by local traditions, which sometimes do not comply with modern medical principles. For example, the practice of abstaining from bathing or the use of certain traditional herbal concoctions can increase the risk of infection. This emphasizes the need for evidence-based postpartum self-care education that still considers local culture.

The 2024 Aceh Province Health Statistics (BPS Aceh) show that maternal health issues are still a major concern. The 2024 National Socio-Economic Survey (Susenas) recorded that health complaints in postpartum mothers in Aceh are still quite high, especially related to perineal wounds and mild infections. The Aceh Health Office data also emphasizes the need to improve the achievement of Minimum Service Standards (SPM) in the field of maternal health.

In Lhokseumawe City, especially in the working area of the Mongeudong Health Center, Banda Sakti District, cases of postpartum infection are still found in routine maternal service reports. Qualitatively, local health workers mention that most postpartum mothers do not yet understand the importance of perineal hygiene, surgical wound care, and postpartum danger signs. This is exacerbated by the limited structured education and minimal post-delivery follow-up.

Thus, postpartum self-care education becomes an important strategy to increase the knowledge, attitude, and compliance of mothers in preventing postpartum infection. This research is expected to provide empirical evidence regarding the effectiveness of such education in the working area of the Mongeudong Health Center.

Based on data from Indonesia, maternal health issues are still a major concern. Based on the 2024 Indonesian Health Profile, the maternal mortality rate is still in the range of 189 per 100,000 live births. Postpartum infection is reported as one of the main causes besides bleeding and hypertension. National research shows that the incidence of postpartum infection ranges between 2–11% of all deliveries. This figure is high enough when compared to the national target. This indicates the need for more effective interventions.

Postpartum care culture in Indonesia is still influenced by local traditions. For example, some people still practice abstaining from bathing. Some also use certain traditional herbal concoctions that are not medically tested. This practice can increase the risk of infection because body hygiene is not

maintained. Postpartum self-care education can help change such behavior. With a culturally appropriate approach, education will be more easily accepted.

Postpartum self-care education covers various important aspects. These aspects include perineal hygiene, wound care, lochia management, and breast care. In addition, education also covers nutrition, hydration, and postpartum danger signs. With good education, mothers are expected to be able to perform self-care independently. This can prevent complications and improve the quality of life. Education also strengthens the family's role in supporting postpartum mothers.

The 2024 Aceh Health Statistics show that the maternal mortality rate is still high. The figure is in the range of 170–180 per 100,000 live births. Postpartum infection is reported as a significant cause. This especially occurs in areas with limited health service access. This data shows the need for improvement in maternal services in Aceh. Postpartum self-care education can be a relevant solution.

Aceh Health Office data also emphasizes that postpartum visit coverage is not yet optimal. Many mothers do not check up according to schedule. As a result, signs of infection are often detected late. This worsens the maternal morbidity rate in the region. Structured education can increase maternal awareness to check up. Thus, the risk of infection can be suppressed.

Based on data from Lhokseumawe City, especially the working area of the Mongeudong Health Center, Banda Sakti District, cases of postpartum infection are still found. Routine maternal service reports show cases every year. Although the number is not too large, these cases remain a concern. Postpartum infection can lead to serious complications if not handled. Therefore, prevention becomes a more effective step. Postpartum self-care education can be a main strategy.

In the working area of the Mongeudong Health Center, routine maternal service reports show postpartum infection cases every year. Although the number of cases is not very large, this remains a serious concern for health workers. Postpartum infection can cause complications such as sepsis, which has the potential to threaten the mother's life. This condition also impacts the quality of life of the mother and baby, as a sick mother cannot optimally care for her baby. Therefore, prevention of postpartum infection becomes a top priority in maternal health services. Postpartum self-care education is one of the strategies that can be implemented effectively.

Social and cultural factors also influence maternal compliance in performing self-care. For example, there is an assumption that postpartum mothers must limit activities and should not move much. As a result, personal hygiene practices are often ignored. In addition, the lack of family support also worsens the condition. Mothers who do not get help from their husbands or families tend to have difficulty performing self-care. This shows the importance of involving families in postpartum education.

The 2024 Mongeudong Health Center internal survey shows that about 35% of postpartum mothers reported complaints related to perineal hygiene and surgical wounds. Of that number, 10% of them experienced mild signs of infection. This data shows that the problem of postpartum infection is still high in the region. This figure also confirms the need for more structured educational interventions. With good education, it is expected that the infection rate can be suppressed. This will have a positive impact on the health of the mother and baby.

Postpartum self-care education has proven effective in various studies in Indonesia. A study in Yogyakarta in 2024 shows that mothers who received structured education had a 70% higher level of perineal hygiene compliance compared to the control group. The study also found that mothers recognized postpartum danger signs faster. This shows that education can increase knowledge as well as maternal attitude. With good knowledge, mothers are better able to take preventive actions. Education also increases the mother's confidence in taking care of herself.

Another study in Surabaya in 2024 found that postpartum self-care education can reduce the incidence of postpartum infection from 8% to 3% in the 6-week postpartum period. These results show that education is a simple intervention but has a big impact. Education does not require high costs, but the results are significant in reducing maternal morbidity. Health workers can provide education through counseling, leaflets, or digital media. With the right approach, education can reach more

postpartum mothers. This is relevant to be implemented in the working area of the Mongeudong Health Center.

Internationally, a study in India in 2024 shows that community-based postpartum education can increase maternal knowledge by up to 85%. The study also found that the incidence of postpartum infection decreased by 40% after the educational intervention. These results prove that education is an effective strategy in various cultural contexts. Community-based education is also more easily accepted by the community. By involving local figures, education becomes more relevant and effective. This can be an inspiration for education programs in Indonesia.

Thus, research on the influence of postpartum self-care education on the prevention of postpartum infection in the working area of the Mongeudong Health Center becomes very important. This research not only provides empirical evidence but can also be the basis for the development of maternal education programs at the local level. The results of the study are expected to show the effectiveness of such education in reducing the incidence of postpartum infection. In addition, this research can also provide practical recommendations for health workers. With scientific evidence, education programs can be more easily implemented. This research also supports the achievement of national health targets.

This research is expected to be able to answer the needs of the Lhokseumawe community. The incidence of postpartum infection is still found, and education has not been well-structured. With educational interventions, postpartum mothers are expected to be more independent in maintaining their own health. Education can also increase family awareness to support the mother. This will have a positive impact on the health of the mother and baby. Thus, this research has high urgency.

Ultimately, the results of this research can provide a real contribution in reducing the morbidity rate of postpartum mothers. This research can also improve the quality of health services at the Mongeudong Health Center. In addition, this research supports the achievement of national and global targets in reducing the maternal mortality rate. Postpartum self-care education has proven relevant as a simple yet effective intervention. With this research, a real change in maternal service practices is expected. This research can also be a reference for further research in the field of midwifery.

Postpartum infection not only impacts the mother's physical health but also affects her psychological condition. Mothers who experience infection often feel anxious, afraid, and lack confidence in caring for the baby. This condition can hinder the bonding process between mother and baby. In addition, the pain from infection makes it difficult for the mother to rest well. Lack of rest will worsen the mother's overall health condition. Therefore, prevention of postpartum infection is very important to maintain the welfare of the mother and baby.

Postpartum self-care education plays a big role in increasing the mother's knowledge about self-care. With good education, the mother can understand how to maintain perineal hygiene and surgical wounds. Education also helps the mother recognize postpartum danger signs faster. This knowledge will make the mother more alert in seeking medical help if needed. In addition, education increases the mother's confidence in performing self-care. This has a positive impact on the health of the mother and baby.

Health workers have an important role in providing postpartum self-care education. Education can be done through direct counseling, leaflets, or digital media. Direct counseling allows the mother to ask and get more detailed explanations. Leaflets provide written information that can be re-read by the mother at home. Digital media such as WhatsApp can be used to remind the mother about self-care practices. With a combination of these methods, education will be more effective and reach more mothers.

Family involvement is also very important in supporting postpartum mothers. Husbands and other family members can help mothers in performing hygiene practices. Family support makes mothers more motivated to maintain their own health. In addition, the family can help remind the mother about postpartum danger signs. With good support, mothers do not feel alone in facing the postpartum period. This will increase maternal compliance with self-care practices.

Research in various regions shows that postpartum self-care education is effective in reducing the incidence of postpartum infection. A study in Central Java in 2024 found that mothers who received education had a higher level of compliance. This level of compliance correlated with a decrease in the incidence of infection. This research confirms that education is a simple intervention but has a big impact. Education does not require high costs, but the results are significant. This is relevant to be implemented in the working area of the Mongeudong Health Center.

Besides reducing the incidence of infection, postpartum self-care education also improves the quality of life of the mother. Mothers who are physically and psychologically healthy can care for their babies better. This impacts the optimal growth and development of the baby. Education also helps mothers feel more confident in undergoing the postpartum period. With good knowledge, mothers are better able to face postpartum challenges. Therefore, postpartum self-care education has long-term benefits.

In the working area of the Mongeudong Health Center, postpartum self-care education has not been conducted structurally. Education is usually only given briefly when the mother leaves the health facility. There is no follow-up that ensures the mother understands and practices self-care correctly. This condition makes many mothers not have sufficient knowledge. As a result, the risk of postpartum infection remains high. This research aims to fill that gap by providing structured education.

This research is also important to provide empirical evidence about the effectiveness of postpartum self-care education. With valid data, health workers can be more confident in implementing education programs. The research results can be used as a basis for drafting policies at the local level. Such policies can strengthen the postpartum infection prevention program at the Mongeudong Health Center. In addition, this research can also be a reference for other regions. Thus, this research has a broad impact.

Postpartum infection is a health problem that can be prevented with simple interventions. Postpartum self-care education is one of the proven effective interventions. With education, mothers can understand how to maintain hygiene and recognize danger signs. This knowledge will make mothers more alert in seeking medical help if needed. In addition, education increases mothers' confidence in performing self-care. This has a positive impact on the health of the mother and baby.

This research is expected to provide a real contribution in reducing the morbidity rate of postpartum mothers. Research results can also improve the quality of health services at the Mongeudong Health Center. In addition, this research supports the achievement of national and global targets in reducing the maternal mortality rate. Postpartum self-care education has proven relevant as a simple yet effective intervention. With this research, a real change in maternal service practices is expected. This research can also be a reference for further research in the field of midwifery.

Postpartum infection often arises due to a lack of perineal hygiene. Mothers who do not change sanitary pads regularly are at risk of experiencing bacterial colonization. This condition can cause unpleasant odors and pain. If not handled immediately, the infection can spread to the reproductive tract. This emphasizes the importance of education about perineal hygiene. Good education can prevent the occurrence of such complications.

Cesarean section wound care is also an important aspect of postpartum self-care. Wounds that are not kept clean can become entry points for infection. Mothers need to understand how to keep wounds dry and clean. Education about signs of wound infection is highly needed. With good knowledge, mothers can immediately seek help if there are symptoms. This will reduce the risk of serious complications.

Breast care is an important part of postpartum self-care. Mothers who do not empty the breasts regularly are at risk of experiencing mastitis. Mastitis is characterized by pain, redness, and fever. This condition can interfere with the breastfeeding process. Education about correct breastfeeding techniques can prevent mastitis. Thus, the health of the mother and baby can be maintained.

Lochia management also needs attention during the postpartum period. Lochia that smells sharp or comes out excessively can be a sign of infection. Mothers need to understand the normal

changes of lochia from red, brown, to white. Education about lochia management helps mothers recognize danger signs. With this knowledge, mothers can immediately seek medical help. This will prevent further complications.

Nutrition and hydration are important aspects of maternal recovery postpartum. Mothers need balanced nutritious food to speed up healing. Lack of nutrients can worsen the mother's health condition. Education about healthy eating patterns is highly needed. With good nutrition, the mother's immune system will increase. This helps prevent postpartum infection.

Mental health is also part of postpartum self-care. Mothers who experience stress or depression are more prone to complications. Poor psychological conditions can reduce compliance with hygiene practices. Education about mental health helps mothers recognize symptoms of postpartum depression. Family support is very important in maintaining the mother's mental health. With good mental health, mothers are better able to care for themselves and their babies.

Light physical activity is also needed during the postpartum period. Early mobilization helps speed up body recovery. Mothers who rest too much actually risk experiencing complications. Education about postpartum exercise can help mothers perform safe physical activity. With proper activity, the mother's blood circulation will be better. This helps prevent infection and speeds up healing.

Postpartum danger signs must be recognized by postpartum mothers. Fever, excessive bleeding, and festering wounds are the main danger signs. Education about danger signs helps mothers be more alert in seeking help. With good knowledge, mothers will not delay coming to the health facility. This will reduce the risk of serious complications. Structured education is very important to achieve this goal.

Health workers have a big responsibility in providing postpartum self-care education. Education must be conducted in a structured and continuous manner. Direct counseling, leaflets, and digital media can be used as education methods. With a combination of these methods, education will be more effective. Health workers also need to involve the family in the education process. This will increase maternal compliance with self-care practices.

This research is expected to provide empirical evidence about the effectiveness of postpartum self-care education. With valid data, education programs can be more easily implemented. Research results can also be used as a basis for policy at the local level. These policies will strengthen the postpartum infection prevention program at the Mongeudong Health Center. In addition, this research can be a reference for other regions. Thus, this research has a broad impact.

Postpartum infection can be prevented with simple steps performed consistently. Personal hygiene, wound care, and monitoring of danger signs are the main aspects. Postpartum self-care education helps mothers understand those steps. With good knowledge, mothers are better able to maintain their own health. This will reduce the risk of dangerous complications. Therefore, education becomes a very important intervention.

Health workers at the Mongeudong Health Center have a big role in providing education. Education must be conducted since the mother is still in the health facility. Clear and practical explanations will be easier for mothers to understand. In addition, health workers need to follow up after the mother goes home. In this way, mothers still get support in performing self-care. This will increase the effectiveness of the education.

Family involvement is also no less important in preventing postpartum infection. Husbands and other family members can help mothers maintain personal hygiene. Family support makes mothers more motivated to perform self-care. In addition, the family can help remind the mother about postpartum danger signs. With good support, mothers do not feel alone in facing the postpartum period. This will increase maternal compliance with self-care practices.

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This research is expected to provide a real contribution in reducing the morbidity rate of postpartum mothers. Research results can also improve the quality of health services at the Mongeudong Health Center. In addition, this research supports the achievement of national and global targets in reducing the maternal mortality rate. Postpartum self-care education has proven relevant as a simple yet effective intervention. With this research, a real change in maternal service practices is expected. This research can also be a reference for further research in the field of midwifery.

The postpartum period is a very decisive period for the health of the mother and baby. Postpartum infection can interfere with the mother's recovery process. This condition also impacts the mother's ability to care for her baby. Therefore, prevention of postpartum infection becomes a top priority. Postpartum self-care education is one of the strategies that can be implemented. With good education, the mother is better able to maintain her own health.

Health workers need to provide structured and continuous education. Education must cover all aspects of postpartum self-care. With good knowledge, the mother can perform self-care independently. Education also helps the mother recognize postpartum danger signs faster. This will reduce the risk of dangerous complications. Therefore, postpartum self-care education is very important to be implemented.

Family involvement is also very important in supporting postpartum mothers. Family support makes mothers more motivated to maintain their own health. In addition, the family can help remind the mother about postpartum danger signs. With good support, mothers do not feel alone in facing the postpartum period. This will increase maternal compliance with self-care practices. Therefore, the family must be involved in the education program.

RESEARCH METHODS

This study is a quantitative research employing a Quasi-Experimental design with a Pretest-Posttest Control Group approach. The research was conducted in the working area of the Mongeudong Health Center, Lhokseumawe City, in 2025. The population consisted of all postpartum mothers in the area, with a sample of 60 respondents divided into an experimental group (30 people) and a control group (30 people) selected through purposive sampling. Data were collected using knowledge and attitude questionnaires, as well as observation sheets for compliance and infection. Data analysis included univariate analysis for frequency distribution, bivariate analysis using Wilcoxon and Mann-Whitney tests to assess the impact of education, and multivariate analysis using logistic regression to determine the most influential variables on postpartum infection prevention.

RESULT AND DISCUSSION

Table 1. Characteristics of Respondents

| Characteristic | Category | Number (n) | Percentage (%) |
|----------------|-------------|------------|----------------|
| Age | < 20 years | 6 | 12 |
| | 20–35 years | 34 | 68 |
| | > 35 years | 10 | 20 |

| | | | |
|------------------|-----------------------|----|----|
| Parity | Primiparous | 18 | 36 |
| | Multiparous | 32 | 64 |
| Mode of Delivery | Normal (Vaginal) | 28 | 56 |
| | Cesarean Section (CS) | 22 | 44 |
| Education | Junior High School | 7 | 14 |
| | Senior High School | 25 | 50 |
| | Higher Education | 18 | 36 |

Table 2. Distribution of Postpartum Mothers' Knowledge Before and After Education

| Knowledge Category | Pretest (n/%) | Posttest (n/%) |
|----------------------|---------------|----------------|
| Good ($\geq 75\%$) | 12 (24%) | 36 (72%) |
| Fair (56–74%) | 25 (50%) | 11 (22%) |
| Poor ($\leq 55\%$) | 13 (26%) | 3 (6%) |

Table 3. Distribution of Postpartum Mothers' Attitudes Before and After Education

| Attitude Category | Pretest (n/%) | Posttest (n/%) |
|-------------------|---------------|----------------|
| Positive | 29 (58%) | 40 (80%) |
| Negative | 21 (42%) | 10 (20%) |

Table 4. Postpartum Mothers' Compliance with Self-Care Practices

| Compliance Category | Pretest (n/%) | Posttest (n/%) |
|----------------------|---------------|----------------|
| Compliant | 14 (28%) | 40 (80%) |
| Moderately Compliant | 20 (40%) | 8 (16%) |
| Non-Compliant | 16 (32%) | 2 (4%) |

Table 5. Incidence of Postpartum Infection

| Infection Status | Pretest (n/%) | Posttest (n/%) |
|-------------------|---------------|----------------|
| Infection Present | 10 (20%) | 5 (10%) |
| No Infection | 40 (80%) | 45 (90%) |

- **Paired t-test:** There was a significant difference in knowledge before and after education ($p = 0.001$).
- **Chi-square test:** Self-care compliance was significantly associated with a reduction in the incidence of postpartum infection ($p = 0.004$).
- **Mann–Whitney test:** Maternal attitudes significantly improved after education ($p = 0.002$).

Table 6. Analyzed Variable

| Analyzed Variable | Statistical Test | p-value | Interpretation |
|--------------------------------------|------------------|---------|---------------------------------------|
| Knowledge before and after education | Paired t-test | 0.001 | Significant difference ($p < 0.05$) |

| | | | |
|--|------------------------------|-------|--|
| Attitude before and after education | Wilcoxon / Mann–Whitney test | 0.002 | Significant difference ($p < 0.05$) |
| Self-care compliance before and after education | Paired t-test | 0.000 | Significant difference ($p < 0.05$) |
| Self-care compliance and incidence of postpartum infection | Chi-square test | 0.004 | Significant association ($p < 0.05$) |

Knowledge of Postpartum Mothers The paired t-test results show a significant difference in mothers' knowledge before and after postpartum self-care education ($p=0.001$). Before the education, the majority of mothers were in the “sufficient” category (50%), while after the education, it increased to “good” (72%). The researcher assumes that the increase in knowledge occurred because the education method used was interactive, utilizing leaflets, demonstrations, and follow-up through communication media. With this approach, mothers found it easier to understand the information provided and were able to remember and apply it in their daily lives. Education has proven effective in increasing the knowledge of postpartum mothers. This is in line with Orem's theory (2024), which states that self-care can be improved through the provision of information and educational support. Research by Herawati et al. (2024) also supports this, stating that structured education increases mothers' knowledge by up to 70%.

1. Attitudes of Postpartum Mothers

The Wilcoxon/Mann–Whitney test results show a significant difference in mothers' attitudes before and after education ($p=0.002$). Before the education, positive attitudes were only at 58%, increasing to 80% after the education. The researcher assumes that the change in attitude occurred because mothers began to realize the direct benefits of self-care practices, such as perineal hygiene, wound care, and complication prevention. In addition, support from family and health workers strengthened the mothers' confidence in implementing healthy behaviors. Postpartum self-care education is capable of changing mothers' attitudes to become more positive toward self-care practices. This is in accordance with the Health Belief Model (HBM) theory, which emphasizes that increased knowledge will influence an individual's attitude and perception of health risks. Research by Lestari & Hanum (2025) also found that continuous education increases the positive attitudes of postpartum mothers toward perineal hygiene and wound care.

2. Compliance with Postpartum Self-Care Practices

The paired t-test results show a significant difference in mothers' compliance before and after education ($p=0.000$). Before the education, only 28% of mothers were compliant, increasing to 80% after the education. The researcher assumes that compliance increased because education provided practical knowledge that was easy to apply, along with monitoring through follow-up. Furthermore, mothers who felt the direct benefits of self-care practices were more motivated to remain compliant. Postpartum self-care education improves mothers' compliance in practicing personal hygiene, wound care, and breast care. This supports the behavioral change theory, which states that education can influence health behavior. Research by Endah et al. (2024) in Surabaya also reported that postpartum education reduced the incidence of postpartum infection from 8% to 3% through increased compliance.

3. The Relationship Between Postpartum Self-care Education and the Incidence of Infection during the Postpartum Period

Postpartum mothers who received self-care education had a lower incidence of postpartum infection (8%) compared to mothers who did not receive education (32%). The researcher assumes that education provides practical knowledge about perineal hygiene, wound care, lochia management, and postpartum danger signs. This increases mothers' compliance in performing self-care, thereby reducing the risk of infection. This is in line with the theory according to WHO (2025), where postpartum education is a primary strategy in maternal infection prevention. This is strongly supported by Orem's Self-Care Theory (2024), which emphasizes that individuals can improve their self-care abilities through education and support. It is also supported by previous research by Endah et al. (2024) in Surabaya, which found that postpartum education reduced the incidence of postpartum infection from 8% to 3%.

The research results show a difference in the incidence of postpartum infection between postpartum mothers who received self-care education and those who did not. Out of 25 respondents who received education, only 2 people (8%) experienced postpartum infection, while in the control group that did not receive education, there were 8 people (32%) who experienced infection. Overall, the incidence of postpartum infection decreased from 20% in the pretest to 10% in the posttest after the educational intervention was provided. The Chi-Square test was used to see the relationship between postpartum self-care education and the incidence of postpartum infection. The test results showed a p-value of 0.004 ($p < 0.05$).

The researcher assumes that the decrease in the incidence of postpartum infection occurred because education provided practical knowledge that was easy to understand and apply by postpartum mothers. Education conducted with demonstration methods, leaflets, and digital follow-up made mothers more aware of the importance of perineal hygiene, wound care, lochia management, and postpartum danger signs. With increased compliance with self-care practices, the risk of infection can be significantly suppressed. The results of this study are in line with Orem's Self-Care theory (2024), which states that individuals can increase their self-care ability through the provision of information and educational support. Health education acts as a stimulus that transforms knowledge into attitudes, and attitudes into real behavior. Thus, postpartum self-care education is proven to be an important factor in preventing postpartum infection. This study is also consistent with the findings of Endah et al. (2024) in Surabaya, which reported that postpartum education reduced the incidence of postpartum infection from 8% to 3%. In addition, research by Herawati et al. (2024) showed that education increased mothers' compliance in maintaining perineal hygiene by up to 70%. This strengthens the researcher's assumption that structured and continuous education is capable of significantly reducing the risk of postpartum infection.

The implication of the results of this study is the need to implement postpartum self-care education as a routine program in health facilities, especially in Health Centers (Puskesmas). Education not only increases mothers' knowledge and attitudes but also has a direct impact on reducing the incidence of postpartum infection. With the support of family and health workers, self-care practices can be carried out consistently so that the incidence of postpartum infection can be suppressed and the health quality of postpartum mothers can increase.

CONCLUSION

Based on the results of a study of 50 postpartum mothers using a purposive sampling technique, the following conclusions can be drawn:

1. Postpartum self-care education has been shown to significantly improve postpartum mothers' knowledge, from adequate to good.
2. Education can change mothers' attitudes toward self-care practices to be more positive.
3. Education improves mothers' compliance with personal hygiene, wound care, and breast care practices.

4. There is a significant relationship between self-care compliance and a reduced incidence of postpartum infections. The incidence of infections decreased from 20% before education to 10% after education.
5. Family support has been shown to strengthen maternal compliance, thereby contributing to a reduced risk of postpartum infections.

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