

SATISFACTION WITH THE MOST RECENT PUEPERIUM AND FACTORS INFLUENCING IT AMONG LOW RISK MOTHERS IN HULU LANGAT, 1996

KAJIAN MENGENAI TAHAP KEPUASAN PENGALAMAN PUEPERIUM TERBARU DAN FAKTOR-FAKTOR YANG MEMPENGARUHINYA DIKALANGAN IBU-IBU BERISIKO RENDAH DI HULU LANGAT, 1996

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ABSTRACT

A cross sectional study was conducted in March 1996 to assess mothers' level of satisfaction experienced during their most recent puerperium and the factors influencing it. A total of 211 mothers who attended the Government Health Clinics in Hulu Langat was chosen for this study. The results showed that 30.3% of respondents experienced high satisfaction of their most recent puerperal experience. However, 32.3% of the respondents reported having some problems during this period. The most common problem faced by respondents with problems during puerperium were breast engorgements (35% of all reported problems among mothers) and 67.7% of their babies had jaundice. In addition, about 11% of respondents reported being stressed during this period. The results also showed that compared to only 38.2% working respondents among those with low level of satisfaction, 50.8% of respondents with high level of satisfaction were working. High level of satisfaction was reported by respondents who were Malays and Indians, primiparous, married ≤ 5 years, having higher education and having total family income of $> RM 2000$. However, the association between these factors and level of satisfaction were not statistically significant except for respondents' ethnicity. The results of this study also showed that there was a statistically significant association between level of satisfaction and social support. This study also showed that among working respondents, 66.7% felt that their maternity leaves should be longer and this was reported more by respondents who were working in public sectors compared to those in private sectors. In conclusion, only 30.3% of respondents reported high level of satisfaction with their most recent puerperium. Support from closed relatives and spouse should be given to mothers to improve their level of satisfaction with their puerperal experience.

ABSTRAK

Satu kajian irisan lintang telah dijalankan dalam bulan Mac 1996 untuk mengenalpasti tahap kepuasan pengalaman pueperium yang terakhir dialami oleh ibu-ibu dan faktor-faktor yang mempengaruhinya. Seramai 211 responden yang telah menghadiri Pusat-pusat Kesihatan dan Klinik-klinik Kesihatan Ibu dan Anak di Hulu Langat telah dipilih dalam kajian ini. Keputusan kajian menunjukkan 30.3% responden mempunyai tahap kepuasan tinggi terhadap pengalaman pueperium yang terakhir yang mereka alami. Walau bagaimanapun 32.3% daripada responden melaporkan mempunyai masalah ketika menjalani pueperium tersebut. Di kalangan mereka yang bermasalah, masalah utama yang dihadapi oleh responden ketika pueperium adalah bengkak buah dada (35%) dan 67.7% daripada bayi mereka mengalami jaundis. Hampir 11% daripada responden yang dikaji mengalami tekanan (stress) ketika pueperium itu. Terdapat lebih ramai responden yang bekerja (50.8%) di kalangan responden yang bertahap kepuasan tinggi berbanding dengan hanya 38.2% responden bekerja di kalangan mereka yang bertahap kepuasan rendah. Tahap kepuasan tinggi juga didapati di kalangan responden yang mempunyai seorang anak, berbangsa Melayu dan India, telah berkahwin ≤ 5 tahun, berpendidikan tinggi dan berpendapatan keluarga $> RM 2000$. Walau bagaimanapun faktor-faktor tersebut tidak mempunyai hubungan statistik yang bererti dengan tahap kepuasan pueperium kecuali bangsa responden. Namun begitu kajian ini mendapati perhubungan yang bererti antara tahap kepuasan pengalaman pueperium dengan bantuan sosial yang diperolehi responden ketika pueperium ($p < 0.05$). Kajian ini juga menunjukkan di kalangan responden yang bekerja, 66.7% merasakan cuti bersalin mereka patut dipanjangkan dan pendapat ini lebih ketara di kalangan responden yang bekerja di sektor awam berbanding mereka yang bekerja di sektor swasta. Kesimpulannya cuma 30.3% daripada ibu-ibu mencapai tahap kepuasan tinggi terhadap pengalaman pueperium mereka yang terakhir. Maka adalah wajar sokongan dari ahli keluarga terdekat diberi semasa pueperium sebagai usaha meningkatkan tahap kepuasan pueperium ibu-ibu.