



## Description Of Knowledge Of Pregnant Women In Trimester III About The Impact Of Fatimah Grass Consumption In The Mariana Clinic Medan City

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### ABSTRACT (10 PT)

Fatimah grass (*labisiapumila*) in anastatica Greek or commonly referred to as the root of Fatimah or siti Fatimah, Fatimah's kancip which comes from the Arabian peninsula. Herbal remedies are considered safe because they come from natural products and have fewer side effects. Fatimah grass (*AnastaticaHierochuntica*) soaking water or commonly known as Rose Jericho is used as a medicine during pregnancy, especially before delivery, which is believed to be able to launch labor, reduce postpartum bleeding and treat the postpartum period. The researchers conducted a study with the aim of knowing the Knowledge Description of Third trimester Pregnant Women about the Impact of Fatimah Grass at the Mariana Clinic in 2021. The population in this study was 30 people. From the results of research based on age (20-29) about 53.3%, age (30-39) 40%, age (40-49) 6.6%, the majority of respondents have high school education / equivalent as many as 17 people (56.6%), while the minority of respondents had junior high school education as many as 4 people (13.3%). The majority of respondents worked as housewives as many as 19 people (63.3%), while the minority of respondents worked as civil servants as many as 3 people (10%). Based on the conclusion, it can be concluded that the Knowledge Description of Third Trimester Pregnant Women About the Impact of Grass Consumption Fatimah is mostly less knowledgeable as many as 14 people (46.6%), while the minority of respondents are knowledgeable enough as many as 7 people (23.3%).

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## INTRODUCTION

Pregnancy is the period from conception to the birth of the fetus. A normal pregnancy usually lasts 280 days (40 weeks). Pregnancy is divided into 3 trimesters; in the first trimester of pregnancy starting from 0-14 weeks, the second trimester starting from weeks 14-28 weeks, and the third trimester of pregnancy starting at weeks 28-42 weeks (Fitriahadi 2017; Hairil Akbar et al. 2021)

In the future hope in a country is the health of mothers and children. Maternal and child health problems, especially for developing countries such as Indonesia, have not received the same attention, this is due to various factors including social, geographical, economic and cultural diversity. Maternal health and Children are important in building the country in order to determine the new generation that will be formed in the future (Mi'raj 2017).

According to the World Health Organization (WHO), the success of a nation is determined by AKI in improving health. Maternal deaths usually occur due to complications during and after pregnancy. Of the cases of maternal death, around 75% of maternal deaths are bleeding, infection, hypertension in pregnancy and childbirth complications (WHO, UNICEF, UNFPA and Division 2018). The MMR in Indonesia is still high in 2018 at around 305 per 100,000 live births and the MMR target in 2030 is estimated to drop to 131 per 100,000 live births (Kementerian Kesehatan 2020).

In developing countries it is believed that water soaked with Fatima grass (*Anastatica Hierochuntica*) or also known as Jericho rose is used as a medicine during pregnancy, especially before giving birth, which is believed to promote labor and reduce bleeding (Abdullah et al. 2013). Fatimah grass, which is used for generations, known to the Indonesian people, which is used to speed up childbirth, is usually done by soaking Fatimah grass in warm water, then drinking the soaking water (Mariati 2017). Fatimah grass contains natural flavonoid phytochemicals with a structure similar to estradiol and shows estrogenic activity (Noviyanti, Herman, and Serudji 2017).

High estrogen levels trigger connection signals in uterine smooth muscle cells (Mitayani 2019). The junction formed is inserted into the myometrial plasma membrane to form a cleft junction which electrically holds the uterine smooth muscle cells together so that they are able to contract in a coordinated manner (Astutik, Santoso, and Agil 2019, 2020). This change in the inner lining of the uterus causes the uterus to increase its response to oxytocin, which can lead to labor (Safitri, Afriwardi, and Yantri 2019). Prostaglandins are involved in cervical ripening. Caused by high levels of estrogen by encouraging cervical enzymes to break down collagen fibers locally (Noviyanti et al. 2017; Yulianti and Darmayanti 2019). Therefore, researchers conducted this study with the aim of knowing the Knowledge Description of trimester III Pregnant Women about the Impact of Fatimah Grass at the Mariana Clinic.

## RESEARCH METHOD

The research method used is descriptive method, with a cross sectional research design. Held at the Mariana clinic in Medan. The population of trimester III pregnant women at the Mariana clinic is 30 people. The sampling technique used is total sampling. The number of samples taken is 100% so that a sample of 30 is obtained. The method used in data collection is a questionnaire or questionnaire given to pregnant women in the third trimester. The type of data collected is primary data obtained directly from pregnant women using a questionnaire made by researchers to third trimester pregnant women at the Mariana Clinic. The data analysis used is descriptive which is presented in the form of a table, to determine the trend of research findings.

## RESULTS

After the research was conducted at the Mariana Clinic, Medan City in 2021 regarding the description of the knowledge of third trimester pregnant women about the impact of Fatimah grass consumption with a total of 30 respondents, the following results were obtained:

**Table 1 Distribution of the frequency of respondents by age, education, and work at the Mariana Clinic in the city of Medan in 2021**

No	Age	Frequency	Percentage %
1	20-29	16	53,3

2	30-39	12	40
3	40-49	2	6,6
Total		30	100
	Education	Frequency	Percentage %
1	Junior High School	4	13,3
2	Senior High School	17	56,6
3	College	9	30
Total		30	100
	Work	Frequency	Presentage %
1	Housewife	19	63,6
2	Government officials	3	10
3	Private sector employee	8	26,6
total		30	100

Based on table 1 above, the results of the frequency test show that the characteristics of the respondents are based on the age of the respondents, namely, that those aged 20-29 years have a frequency of 16 people with a percentage of 53.3%. Seen from the characteristics of the education level of the respondents, most of the respondents had high school education/equivalent as many as 17 people with a percentage of 56.6%. From the characteristics of respondents based on work, namely that most of the respondents have jobs as housewives as many as 19 people with a percentage of 63.6%.

**Table 2 Frequency Distribution of Knowledge of Third Trimester Pregnant Women About the Impact of Fatimah Grass Consumption at the Mariana Clinic Medan in 2021.**

No.	Variable	Frequency (n)	Presentage (%)
1.	Knowledge		
	a. Well	9	30
	b. Enough	7	23,3
	c. Not enough	14	46,6
Total		30	100

Based on table 2 above, it can be seen that the knowledge of pregnant women in the third trimester about the impact of Fatimah grass consumption is the majority of respondents with less knowledge as many as 14 people (46.6%), while the minority of respondents with sufficient knowledge are 7 people (23.3%).

## DISCUSSIONS

The results of the research obtained at the Mariana Clinic Medan in 2021 regarding the description of the knowledge of third trimester pregnant women about the impact of Fatimah grass consumption according to the age of the majority of respondents aged 20-29 years 16 people (53.3%), while the minority 30-39 years 12 people (40%) and respondents aged 40-49 years 2 people (6.6%). The majority of respondents have high school education / equivalent 17 people (56.6%), while the minority of respondents have junior high school education 4 people (13.3%), and college 9 people (30%). The majority of respondents who work as housewives are 19 people (63.3%), while the minority are working as civil servants 3 people (10%), as many as 8 people are entrepreneurs (26.6%).

The knowledge of pregnant women in the third trimester about the impact of grass consumption on Fatimah was the majority of respondents with less knowledge as many as 14 people (46.6%), while the minority of respondents with sufficient knowledge were 7 people (23.3%).

From the results of the research on knowledge at the Mariana Medan Clinic in 2021, there were 14 people who lacked knowledge about the impact of consuming fatimah grass and 9 people who had good knowledge and where the question discussed pregnant women in the third trimester. So the researcher assumes that there are still many respondents who don't know about fatimah grass and drink it just because it has been passed down from generation to generation.

According to the researcher's assumptions, respondents who have a high school education and have a job as housewives are more busy taking care of the household and less socializing with other people, and lack of experience from people who understand the use of fatimah grass and know about its effects. So where the majority of people aged 20-29 years as many as 14 people who do not know much and lack experience from various communities who use it.

The higher the level of awareness of the mother to know about the impact of using fatimah grass and looking for a lot of information obtained from both the surrounding community and health workers, the more the mother understands how to use it. It is hoped that it can increase the awareness of mothers in seeking information before using or taking action (Yan Deivita 2019)

This is supported by the opinion of (Wawan A. dan Dewi M 2021), which states that the internal factors that influence knowledge are age, the more mature a person will be believed to be more trusted than people who are not yet mature, this can be seen from the experience and maturity of the soul. From the education factor, the higher the education, the more information will be obtained and will determine a person's attitude. From work, work is generally a time-consuming activity and has an impact on personal and family life.

## CONCLUSION

Based on the results of research on the description of the knowledge of pregnant women in the third trimester about the impact of Fatimah grass consumption at the Mariana Clinic Medan City in 2021 with a total of 30 respondents, the following conclusions were obtained: the majority of respondents had less knowledge of 14 people (46.6%) while the minority of respondents had sufficient knowledge 7 people (26.6%) about the impact of Fatimah grass consumption at the Mariana Clinic.

Suggestion For Researchers It is hoped that it can add knowledge and insight as well as real experience in carrying out research, especially the knowledge of third trimester mothers about the impact of Fatimah grass consumption. For respondents With this research, it is hoped that it can add information to the public, especially pregnant women in the third trimester at the Mariana clinic so that it will increase knowledge for the local community. For health workers As input for officers, both nurses and midwives, in order to motivate mothers to understand more about the impact of Fatimah grass.

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