

Culture centingan and pospartum mother's foot edema in MRS R P21002 at PMB BD. Masfufah, S.TR.KEB.Menang, Jambon, Ponorogo

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Abstract

Many things affect the success of mothers in passing the puerperium, one of which is the culture that arises in society which affects the discomfort of mothers. To prevent pathological things from happening during the puerperium, there should be regular check-ups or postpartum visits carried out by health workers at the health worker or postpartum mother's house. This postpartum visit is to check the mother's condition periodically to help and maintain the mother's welfare during postpartum so that the mother can pass the postpartum period comfortably and safely. The purpose of this study was to provide obstetric care to postpartum mothers with complaints of edema with concerned family trust. The method used is descriptive qualitative with a case study approach carried out with data collection, care planning, diagnosis, implementation and evaluation. The general objective of this study is to provide midwifery care in continuity of care for postpartum mothers by approaching midwifery management and documenting midwifery care with the SOAP method. Mrs. R, 32 years old, received obstetric care during pregnancy, childbirth, postpartum, and family planning services. Treatment to overcome leg edema is a recommendation to loosen the stage in the mother's abdomen, not to sit upright and not to sit hanging legs. Odema's leg was found on June 16, 2023 and on a subsequent visit on July 10, 2023, Odima's mother's leg was missing.

Keywords

Culture centingan, Postpartum, Foot edema

Introduction

The process of pregnancy and childbirth is series experience full meaning for women, not just incident clinical but also events transition social and psychological which is very critical for woman. The welfare must notice and supported from starting from pregnancy, childbirth, postpartum, neonates and family planning services. Its success influenced by many one of the factors is socio-cultural environment mother.

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Environmental factors own strength big that can influence habits and responses face a healthy process or sick , then role power health is very necessary for give understanding to public about the process of sickness and health [1].

Postpartum period (puerperium) is a period of recovery return started after birth placenta and ends when tools content return like condition before pregnant. Length of postpartum period this namely 6-8 weeks [2]. Postpartum care includes various aspect start from arrangement in mobilization, recommendation for cleanliness self, diet, management urination and defecation, care breast (mamma) which is intended especially for smoothness provision of breast milk to fulfill nutrition babies, etc. In society ethnic group Java have ways certain in healing and having perception certain about healthy sick related the culture adopted [3]. For example, tickle or use *stagen*.

From the results research conducted by Sugita in Nglawen, Klaten, found that 37.5 % used octopus knot, 8.33% use corset, 50% wear *stagen* 4 meters long, 41.66% use *stagen* 10 meters long. According to [4] research is available a number of mother, who is still use *stagen* or *centing* because culture. While using *stagen* on mother postpartum, if use *stagen* too tight can bother flow blood that can causes swollen feet, because during the postpartum period the blood volume increases mother still high and steady up to 10% in 3 hours to 7th day of postpartum period.

From the data above, it can be we know still lots mother who wears *centing* or *stagen* Because culture. So that required appropriate guidance and care, so that culture still sustainable and not endanger health mother postpartum that alone.

Method

Researchers use methodology studies cases and techniques observation field in study descriptive-qualitative. Data obtained from observation and interview with assessment inspection physical, diagnosis, making plan care, implementing care midwifery, doing evaluation, and documenting by SOAP (Subjective, Objective, Analysis, Planning). The results of the subsequent data analysis made into narrated report.

Results and Discussion

Visit postpartum second done June 16 , 2023 at 10.00 WIB day 4 ASI is known Already go out But Still little , and still accompanied by formula milk and already start be active back, do activity House simple stairs. Circumstances general good, awareness composmentis, BP 120/80 mmHg, pulse 62x/ minute, respiration 21x/ minute, temperature 36.5°C, TFU 3 fingers under center, bladder urine empty , expenditure lochia sanguoleta and no There is infection in the wound stitches , mother's feet edema and mother are seen use *stagen*. Usage *stagen* tied too tight strong will make intra- abdominal pressure in the cavity stomach too high, as a result the organs are located in stomach stressed so that uterus will slow down down. Factors causing this edema in the postpartum period is caused by

obesity, increased maternal age, and height parity, possibility of long-term trauma to the condition veins, maternal anemia. Besides that, swollen can the occurrence after stand or sit down for long time. Mother wears *stagen* Because family who still thick culture, where Mother postpartum use *stagen* with tight to form her body is back to normal before pregnant. This is showing factor environment and culture influence on behavior Mother during the postpartum period. Usage too tight a *stagen* tight at the moment postpartum can impact on involution Mrs. R's uterus and inhibits circulation blood to the feet causing leg edema. The care provided is recommendation for use comfortable and loose clothing usage *stagen* so that uterine involution does not occur disturbed.

On a visit postpartum third done July 10, 2023 at 10.00 WIB to 30 Mrs. R said already no there is complaints, breast milk is already flowing smoothly, already start be active back, take care her baby and herself alone, Mrs. R is also still use *stagen* but loose. Condition general good, awareness composmentis, BP 110/70 mmHg, Temperature 36.5 °C, Pulse 68 x/ minute, RR 21 x/ minute, TFU already No palpable, no There is sign infection of the episiotomy wound, discharge lochia alba, and already No there is edema in the legs. Lochia that appears in the first week the 4th postpartum namely lochia alba with colored white clear. Attitude cooperative mother for loosen *stagen* on the advice of the midwife help in postpartum recovery. The care given to Mrs.S during the postpartum period covering provision of IEC regarding nutrition postpartum, IEC exclusive breastfeeding for 6 months, KIE mobilization and rest and birth control in postpartum mothers.

Conclusion

Behavior mother postpartum influenced by the culture that exists in the environment, in matter this tight *stagen* because trusted can speed up stomach to condition beginning. The results of the study found that the *stagen* was too tight strict can cause the disturbance circulation blood so that edema occurs on the mother's legs. With loose *stagen*, mother comfortable and edema reduced.

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