

# The Influence Of The Trend Of Childbirth Using The Blowing Method With Perineal Rupture Incidents At TPMB Ika Fatmawati In 2022

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## Abstract.

*Background:* The trend of giving birth using the blowing method is used in a repetitive pattern for breathing exercises. There are many advantages of this steady, rhythmic breathing pattern during labor one of which is that the abdominal cavity can grow in size as a result of the increased relaxation of the abdominal muscles caused by breathing exercises. *Purpose of Writing:* To Influence the Trend of Childbirth Using the Blowing Method with Perineal Rupture Events at TPMB Ika Fatmawati in 2022. *Research Methods:* In this study, it was an experimental (quasi-experimental) design with The Nonrandomized Control Group Pretest Posttest Design with a quantitative approach. Sampling in this study is the total sampling of 30 people, divided into 2 groups, namely 15 people in the intervention group and 15 people in the control group. The sampling technique used was a strategy to identify the sample by taking respondents who happened to be available or the time available at the location according to the needs of the study. The inclusion criteria were women who gave birth normally, while the exclusion criteria were TBBJ counts of more than 3800 grams. *Results:* Results of statistical test analysis independent sample t test obtained Asymp. Sig (2 – Tailed), namely  $0.004 < \alpha (0.05)$  it can be concluded that there is an influence of the trend of blowing births with perineal rupture events at TPMB Ika Fatmawati in 2022. *Conclusions and suggestions:* The results of this study are expected that midwives can carry out the trend of giving birth by blowing and making the mother's mood calm so that it can reduce the incidence of perineal rupture.

**Keywords:** Trend of Childbirth by Blowing Method, Perineal Rupture Incidence and TPMB.

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## I. INTRODUCTION

Perineal rupture is something that often occurs for mothers in labor according to Absari, Y. (2020) stated that in terms of variables that affect the possibility of perineal rupture, birth weight, parity, age, and birth spacing are variables that affect perineal rupture in mothers who gave birth to themselves. Parity is the main determinant of the frequency of perineal rupture in spontaneous labor (primipara). Based on perineum grade II data for the case of a ruptured midwife at TPMB Ika Fatmawati in 2021. in 1 year there were data on mothers giving birth at TPMB Ika Fatmawati as many as 25 people and there were 15 people who suffered perineal rupture (60%). Perineal rupture is an injury during the birth canal caused by the use or absence of assistive devices at birth. The blowing method is a birthing method popularized by a midwife named Novel.

This method is considered to make it easier for mothers during childbirth because it is considered painless, so it does not leave postnatal trauma, besides that it can also help mothers during childbirth reduce the risk of tears in the birth canal or also known as perineal rupture. According to Bagazi, as an obstetrician, the inflatable technique, which became popular around the beginning of 2021, is a breathing method. These blows are used in a repetitive pattern for breathing exercises. There are many advantages of this steady, rhythmic breathing pattern during labor one of which is that the abdominal cavity can grow in size as a result of the increased relaxation of the abdominal muscles caused by breathing exercises. Deep breathing relaxation techniques can improve lung ventilation and blood oxygen levels in addition to modifying breathing patterns by exhaling gently. They can also reduce the level of discomfort. Based on the description above, with the information obtained, one way to prevent tearing of the birth canal is to use the blow-inflate method during childbirth, therefore, the researcher is interested in using the title of this study as follows: "The Influence of the Trend of Childbirth Using the Blow-Blow Method Perineum Rupture at TPMB Ika Fatmawati in 2022"

## II. METHODS

In this study, it was experimental (quasi-experimental) with The Nonrandomized Control Group Pretest Posttest Design with a quantitative approach. The variables in the study, namely the dependent/bound variable, were the incidence of perineal rupture, the independent/free variable was the trend of giving birth

using the blowing method. Data analysis was used in this study, namely the analysis of the normality test and the different test using the t test Sampling in this study is the total sampling of 30 people. divided into 2 groups, namely 15 people in the intervention group and 15 people in the control group. The sampling technique used was a strategy to identify samples by taking respondents who happened to be there or the time available at the location according to research needs. The inclusion criteria were women who gave birth normally, while the exclusion criteria were TBBJ counts of more than 3800 grams. The research instrument is in accordance with the research objectives which consist of SOP in the steps for implementing the blowing method for mothers giving birth. as well as an observation sheet to assess whether or not there is a perineal rupture in women giving birth and the implementation stage is separated into two groups, namely the intervention group and the control group. Where the intervention group used the blowing method for mothers while the control group did not use the blowing method for mothers giving birth. After that, observations are made during the delivery process whether there is perineal rupture or not in the delivery mother.

### III. RESEARCH RESULT

#### A. UNIVARIATE ANALYSIS

##### 1. Frequency Distribution of Perineal Rupture in Mothers giving birth at TPMB Ika Fatmawati in the Intervention and Control Group in 2022

Perineum Rupture	F	%
<b>Childbirth Using the Trend of Blowing Birth - Inflatable</b>		
No Perineal Rupture	11	73,33 %
Experiencing Perineal Rupture	4	26,66%
<b>Childbirth Does Not Use Inflatable Childbirth Trends - Blow</b>		
Not Suffering from Perineal Rupture	3	20%
Suffering from Perineal Rupture	12	80,0%

Based on Table 1 which summarizes the results, it shows that of the 15 respondents in the delivery group, using the trend of giving birth by blowing, 11 people (73.33%) did not experience perineal rupture, while 15 people in the delivery group did not use the trend of blowing birth. the majority experienced perineal rupture as many as 12 people (80%).

#### B. BIVARIATE ANALYSIS

##### 1. The Impact of Inflatable Childbirth Trends with Perineum Rupture Events at TPMB Ika Fatmawati in 2022

Perineum Rupture	N	Mean Ranks	Sum Of Ranks	Asymp. Sig (2 – Talled)
Give birth by blowing	15	11.50	172.50	0,04
Give birth not by blowing	15	19.50	292.50	
Total	30			

Based on Table 2. Non-parametric average statistical values using the Mann-Whitney test, the results of the Mann-Whitney test above show that in the group of deliveries using inflatable births, the mean ranks are 11.50 and the sum of ranks is 172.50. whereas the trend of giving birth without blowing was using the trend, namely the mean rank value was 19.50 and the sum of ranks was 292.50. The difference in perineal rupture in the group giving birth with blowing experienced a slight perineal rupture compared to the group giving birth without blowing. The results of independent statistical test analysis sample t test obtained Asymp. Sig (2 – Talled), namely  $0.004 < \alpha (0.05)$  it can be concluded that there is an influence of the trend of inflatable births with perineal rupture events at TPMB Ika Fatmawati in 2022.

### DISCUSSION

In this study, the results showed that the p value = 0.000, indicating that there was an influence of the trend of blowing births on the incidence of perineal rupture with non-parametric average statistical values using the Mann-Whitney test. the mean ranks were 11.50 and the sum of ranks was 172.50 while the trend of giving birth without blowing was using the mean ranks, namely 19.50 and the sum of ranks 292.50. The

difference in perineal rupture in the group giving birth with blowing experienced little perineal rupture compared to the group giving birth without blows. The inflatable method is a birthing method which was popularized by a midwife named Novelita Damanik. This method is a birthing technique carried out by blowing without straining. The process of carrying out the blowing method according to Novelia, 2021 the birth process is a process that is very worried about or feared by birth mothers, in order to overcome this fear, there is a technique that is used, namely the blowing method, by blowing like a crate blow into the bottle during contractions. Do how the mother relaxes and issues positive affirmations towards the mother and controls the mother's emotions in order to get calm during the birth process. The positive affirmation that is said when the mother is in labor is to blow a bottle as if she were blowing a bottle by pressing down, after that, say to the mother "Mom is a healthy woman and your baby knows when he will come out. Do it without straining and use it in an inflatable manner. This action was carried out by Novelia's midwife to her patient. In this study, mothers were divided into 2 groups, in the intervention group where the researcher provided the birth trend technique, namely blowing without straining, while the control group where the researcher carried out the birthing technique as usual with the pushing technique.

After conducting this research, it was found that the trend technique of blowing birth was obtained by 11 out of 15 respondents who did not experience perineal rupture. According to the researchers' assumptions, this can happen because when the blowing technique is carried out, the focus is on how the birthing mother relaxes during the delivery process. If the mother does not feel tense and relaxed during delivery, it will affect the muscles to become tense, including the stiff and hard perineum muscles which interfere with the delivery process. This is supported by Amalia's theory, 2009 in Sagita (2018) which states that a psychological atmosphere during childbirth is needed for mothers in labor because disturbed psychology will make it difficult during the delivery process. Difficulties in the delivery process make the muscles of the body tense, especially the muscles of the birth canal which will be stiff and painful so that it is difficult to expand, and finally the delivery process will be hampered due to the difficulty of the fetus finding the birth canal where the muscles become hard and stiff. In the trend technique, giving birth by blowing is done without straining so that it can reduce the incidence of perineal rupture due to pushing, of course one of the ruptures is caused by the wrong pushing position and the existence of errors in the health workers as birth attendants which causes tears in the birth canal or Another term is called perineal rupture. This is reinforced by previous research which has proven the results of research related to pushing during labor by Aisya, et al (2018) who conducted research on the relationship between the method of pushing and the frequency of perineal rupture in mothers who gave birth to get the result that there is a relationship between straining technique for perineal rupture.

According to Setyaningrum, 2017 in Aisya, et al (2018) which states that tears in the birth canal can be avoided by keeping the pelvic floor passed by the fetal head quickly or vice versa, the fetal head is born slowly. Therefore, it is necessary to have the correct straining technique in accordance with the APN standards. Apart from that, it is also necessary to pay attention from the perspective of health workers or birth attendants in assisting deliveries by holding the head out in the birth canal so that there are no tears in the birth canal. Based on the use of the trend method of practicing blowing - blowing which can make you relax, with relaxation it can reduce feelings of anxiety during labor, this is supported by research that has conducted research on the effectiveness of breathing relaxation techniques to reduce anxiety, which according to Ervine Felicia Tiara & Michael Seno Rahardanto (2020) regarding the efficacy of breathing relaxation techniques to reduce anxiety, deep breathing exercises make a person feel more stable, centered and calm. Based on previous theory and research on perineal rupture and in this study, it is a trend of birthing techniques without straining. So that after conducting the research it was found that there was an influence of the blowing technique on the incidence of perineal rupture which in the trend of giving birth the blowing technique made the mother relax more, not stress and relieve fear during the delivery process. Therefore, by carrying out this technique it was proven by researchers that it needed patience from midwives or birth attendants by using the inflatable delivery method. When doing this technique, midwives also do positive affirmations for mothers in labor by stating that labor is normal and the baby will soon come out easily and smoothly. Researchers hope that the results of the study can be used as a guideline for overcoming perineal

rupture events, and can also be a reference in reducing the risk of perineal rupture. As for the limitations of the current research, when carrying out the inflatable birth trend is a new thing so it takes time to study the steps using the inflatable birth trend method. Therefore, the current research respondents could only do 15 people, and not all mothers who gave birth at TPMB Ika Fatmawati.

#### IV. CONCLUSION

From the results of research on the influence of inflatable birth trends with perineal rupture events at TPMB Ika Fatmawati in 2022, it was found:

1. Out of 15 respondents in the delivery group using the inflatable birth trend, 11 people (73.33%) did not experience perineal rupture, while 15 people in the delivery group did not use the inflatable birth trend, the majority experienced perineal rupture as many as 12 people (80%).

2. The average value of non-parametric statistics uses the Mann-Whitney test, the results of the Mann-Whitney test above can be seen that in the group of deliveries using inflatable births, the mean ranks are 11.50 and the sum of ranks is 172.50 while childbirth using the trend of giving birth without blowing, namely the mean rank value is 19.50 and the sum of ranks is 292.50. The difference in perineal rupture in the group giving birth with blowing experienced a slight perineal rupture compared to the group giving birth without blowing.

3. The results of independent statistical test analysis sample t test obtained Asymp. Sig (2 – Tailed), namely  $0.004 < \alpha (0.05)$  it can be concluded that there is an influence of the trend of inflatable births with perineal rupture events at TPMB Ika Fatmawati in 2022.

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