



DESCRIPTION OF POSTPARTUM MOTHERS' CHARACTERISTICS AND KNOWLEDGE REGARDING THE BENEFITS OF POSTPARTUM CHECKUPS

Ermawaty Arisandi¹, Elvi Magdalena Zalukhu^{2✉}, R. Oktaviance S³, Merlina Sinabariba⁴

^{1, 2, 3, 4} Program Studi Diploma 3 Kebidanan, Sekolah Tinggi Ilmu Kesehatan Santa Elisabeth Medan, Medan

✉ Corresponding author:
elvimagdalenaz@gmail.com

Abstrak

Masa postpartum merupakan fase kritis setelah melahirkan yang berlangsung hingga 42 hari, di mana ibu membutuhkan perhatian khusus untuk memulihkan diri secara fisik dan mental, serta beradaptasi dengan peran barunya sebagai ibu. Penelitian ini bertujuan untuk mendeskripsikan karakteristik dan pengetahuan ibu postpartum mengenai manfaat kunjungan tindak lanjut postpartum di Klinik Mitra Fakultas Ilmu Kesehatan Santa Elisabeth Medan pada tahun 2025. Penelitian ini menggunakan metode deskriptif dengan teknik pengambilan sampel total, melibatkan 30 responden yang mengisi kuesioner. Hasil penelitian menunjukkan bahwa mayoritas responden berusia 20–35 tahun (90%), berpendidikan SMA (70%), dan bekerja sebagai petani (60%). Dari segi paritas, sebagian besar responden adalah primipara (53,3%), dan mengenai jarak rumah ke fasilitas kesehatan, mayoritas tinggal kurang dari 3 km (63,3%). Tingkat pengetahuan ibu tentang manfaat kunjungan tindak lanjut postpartum berada pada kategori “sedang” untuk 43,3% responden. Kesimpulan: Berdasarkan penelitian ini, meskipun sebagian besar ibu memiliki tingkat pengetahuan yang moderat, masih perlu ditingkatkan edukasi mengenai pentingnya kunjungan tindak lanjut pascapersalinan. Oleh karena itu, lembaga pendidikan diharapkan memperluas kegiatan penyuluhan dengan melibatkan siswa, sementara fasilitas kesehatan didorong untuk menyediakan kelas pendidikan khusus bagi ibu pascapersalinan dan mengembangkan layanan perawatan di rumah untuk mendukung pemulihan ibu yang optimal setelah melahirkan.

Kata Kunci: Karakteristik, Pengetahuan, Ibu Pascapersalinan, Manfaat Kunjungan Tindak Lanjut Pascapersalinan

Abstrac

The postpartum period is a critical phase after childbirth that lasts up to 42 days, during which mothers require special attention to recover physically and mentally, as well as to adapt to their new role as mothers. This study aims to describe the characteristics and knowledge of postpartum mothers regarding the benefits of postpartum follow-up visits at the Partner Clinic of Santa Elisabeth School of Health Sciences Medan in 2025. The research employed a descriptive method with a total sampling technique, involving 30 respondents who completed a questionnaire. The results showed that the majority of respondents were aged 20–35 years (90%), had a senior high school education (70%), and worked as farmers (60%). In terms of parity, most respondents were primiparous (53.3%), and regarding the distance from their homes to the healthcare facility, the majority lived less than 3 km away (63.3%). The level of maternal knowledge about the benefits of postpartum follow-up visits was in the “moderate” category for 43.3% of respondents. Conclusion: Based on this study, although most mothers have a moderate level of knowledge, there is still a need to enhance education on the importance of postpartum follow-up visits. Therefore, educational institutions are expected to expand outreach activities by involving students, while healthcare facilities are encouraged to provide

specialized educational classes for postpartum mothers and to develop homecare services to support optimal maternal recovery after childbirth.

Keywords: Characteristics, Knowledge, Postpartum Mothers, Benefits of Postpartum Follow-Up Visits

INTRODUCTION

The postpartum period (puerperium) begins after the placenta is delivered and lasts for approximately 6 weeks or 42 days after delivery. Etymologically, "puerperium" or postpartum period comes from two Latin words: "puer" (baby) and "parous" (to give birth). Clinically, this period encompasses the period from the birth of the placenta until the uterus and other reproductive organs return to their pre-pregnancy state. During the postpartum period, a woman's reproductive organs undergo a significant recovery process. However, there is a risk of serious complications that can significantly impact the mother's health, even potentially life-threatening if not managed properly. Postnatal maternal mortality can be prevented by providing postnatal care. Postpartum examinations are carried out to detect complications early (Muthia et al., 2020). During the period referred to as "postpartum," a woman's body experiences changes both physiologically and psychologically. These changes include changes in the reproductive system, digestive system, musculoskeletal system, urinary system, endocrine system, vital signs, cardiovascular system, and hematological system, among others. These changes will return to pre-pregnancy levels after delivery. (Bd. Tetty Junita Purba et al., 2022),

According to the *World Health Organization* (WHO) definition, maternal mortality includes the death of a woman during pregnancy, childbirth, or within 42 days of delivery, whether caused by factors directly or indirectly related to the pregnancy or childbirth. The first 2 hours after delivery are critical for both mother and baby. The first 2 hours after delivery are a critical phase that requires close monitoring to identify physiological changes and anticipate potential complications. During this phase, blood pressure is monitored every 15 minutes, while body temperature is monitored every 4 hours for the first 8 hours and every 8 hours thereafter. (Yusnida et al., 2021).

The postpartum care program offers a holistic and comprehensive approach for mothers and babies, starting from 6 hours to 42 days postpartum. Components of this service include clinical data collection, physical evaluation, diagnostic testing, contraceptive counseling, case management, and structured health education, with referral options when available. (Riza Savita et al., 2022).

Postpartum visits are a highly recommended practice, where postpartum mothers consult with a healthcare professional during the postpartum period. This period begins immediately after the placenta is delivered and continues until the mother's reproductive organs return to their pre-pregnancy state (Saudia, 2021). The primary focus of this monitoring is to ensure the health and well-being of both mother and baby during the postpartum recovery process, ensure there are no complications, and facilitate a healthy recovery. These visits are crucial for identifying potential health issues during the postpartum period and providing appropriate interventions for both mother and baby. Postpartum visits, known as KFs, are conducted at least four times within a specific timeframe (Saudia, 2021). The first visit (KF1) occurs within 6 to 48 hours after delivery to monitor the initial condition of the mother and baby. The second visit (KF2) is conducted on the third to seventh day to evaluate the progress of the mother's recovery and the baby's growth. The third visit (KF3), which takes place between 8 and 28 days postpartum, aims to monitor the progress of the mother's recovery and the baby's health, as well as identify potential complications that may arise during this period. The final visit, the fourth visit (KF4), is conducted between 29 and 42 days postpartum to evaluate the mother's full recovery and ensure the baby's healthy growth. (Ramadhana, 2024).

Characteristics refer to the attributes, features, or traits inherent in a sample, encompassing various descriptions or details that define the sample. These characteristics can be various aspects

or elements that describe the sample more specifically. Characteristics included or present include age, education, occupation, parity, and distance from home. (Yudawisastra et al., 2023).

The 2023 Indonesian Health Profile data shows that the coverage of complete health care visits in Indonesia in 2023 was 85.7%, with the provinces with the highest coverage being DKI Jakarta (108.9%), Banten (94.8%), and West Java (93.8%). The provinces with the lowest coverage were Central Papua (27.7%), Southwest Papua (5.3%), and Highland Papua (2.6%). (Ministry of Health, 2023)

The 2022 Deli Serdang Health Profile data shows that the coverage of complete postpartum visits in Deli Serdang Regency increased from 87.78 % in 2021 to 91.17 % in 2022. This increase is one of the impacts of the shift in COVID-19 status from Pandemic to Endemic and the increase in visits from health workers to postpartum mothers. (Deli Serdang Health Office, 2023)

According to data from the Padang City Health Office in 2023, the number of mothers receiving postpartum health services was 12,575 (75.6%), out of a target of 16,634 women giving birth. This figure fell short of the 92% target. The highest achievement was at the Pemancungan Community Health Center (96%), and the lowest at the Padang Pasir Community Health Center (56.3%). This indicates that the roles, duties, and responsibilities of regional supervisors and program managers in implementing PWS and postpartum health services within their respective Community Health Centers are not yet optimal. (Padang City Health Office, 2024)

Various factors influence maternal participation in postpartum visits, which are generally categorized as predisposing, enabling, and enabling factors. Predisposing factors include knowledge, attitudes, educational background, and values held by the individual. The level of knowledge and attitudes toward healthcare, local traditions, and beliefs can influence a mother's motivation to participate in the visit program. Additionally, factors such as education, number of children, and economic status contribute to shaping maternal behavior and perceptions of health during the postpartum period. (Ramadhana, 2024)

Based on the results of research (Yusnida et al., 2021), which was conducted at BPM Bd. Varia Megasari, S.ST.,M,Kes entitled "Description of Postpartum Mothers' Knowledge About the Purpose of Postpartum Revisit" the characteristics obtained were a total of 28 respondents dominated by 14 people aged 20-35 years or equivalent to a percentage of (50%), then 9 people aged < 20 years or equivalent to a percentage of (32.1%), and 5 people aged > 35 years or equivalent to a percentage of (17.9%). Most of the respondents had junior high school education, namely 16 people or equivalent to a percentage of (57.1%), while respondents had high school and elementary school education, both 6 people or equivalent to a percentage of (21.4%). The characteristics of the respondents' work who were not working were 20 people or equivalent to a percentage of (71.40%), the remaining respondents who were working were 8 people or equivalent to a percentage of (28.6%). The number of postpartum mothers who visited up to KF4 was 12 people, based on the results of the data that had been obtained, it could be concluded that there was a lack of knowledge of mothers regarding the purpose of postpartum revisits where only 57% of mothers made postpartum revisits.

Based on the results of research (Ramadhana, 2024) conducted at the Ibnu Sina Rapak Balikpapan Clinic entitled "Description of the Level of Knowledge of Postpartum Mothers Regarding Postpartum Re-Visit at the Ibnu Sina Rapak Balikpapan Clinic", it was found that postpartum visits in 2023 were KF1 as many as 168 people or equivalent to a percentage of (60.0%), KF2 as many as 71 people or equivalent to a percentage of (25.4%), KF3 as many as 35 people or equivalent to a percentage of (12.5%) and KF4 as many as 6 people or equivalent to a percentage of (2.1%). Meanwhile, postpartum visits in the January-March 2024 period were 46 people for KF1, equivalent to a percentage of 63.0%, 17 people for KF2 (23.3%), 9 people for KF3, equivalent to a percentage of 12.3 %, and 1 person for KF4, equivalent to a percentage of 1.4%. Interviews with postpartum mothers revealed that 3 women knew the importance of postpartum visits, while 7 others did not (Walyani Elisabeth Siwi, 2017)..

Based on research (Husnah & Sari, 2023), entitled "Factors Affecting Postpartum Visits at BPM Umi Kalsum Prabumulih City" it is known that out of 62 respondents there are 12 people or

equivalent to a percentage of (19.4%) respondents who carry out incomplete postpartum visits and 50 people or equivalent to a percentage of (80.6%) respondents carry out complete postpartum visits. There are a number of 52 people or equivalent to a percentage of (83.9%) respondents have a low -risk age category and 10 people or equivalent to a percentage of (16%) respondents have a high-risk age category . There are 50 people (80.6%) respondents who have low-risk education category and 12 people or equivalent to a percentage of (19.4%) respondents who have high-risk education category , there are 51 people or equivalent to a percentage of (82.3%) respondents who have close-range access and 11 people or equivalent to a percentage of (17.7%) respondents who have long-distance access . From the implementation of bivariate analysis, it is known that from 11 high-risk age respondents there are 4 or equivalent to a percentage of (6.5%) respondents who carry out complete postpartum visits, from 1 high-risk education respondent there are 5 people or equivalent to a percentage of (8.1%) respondents who carry out complete postpartum visits. Of the 51 respondents who have close-range access, 46 people or equivalent to a percentage of (74.2%) respondents carry out complete postpartum visits.

Based on a preliminary survey in January at the Katarina Clinic P. Simanjuntak, Dusun IV A Sei Mencirim Medan Sunggal in 2025, there were 5 postpartum mothers at the Katarina clinic, 3 of whom gave birth at the Katarina clinic and 2 others gave birth by Caesarean section. Of the 5 postpartum mothers, I conducted postpartum visits and newborn visits until the umbilical cord was cut for 7 days. After I conducted the visit for 7 days, I informed the 5 postpartum mothers to come to the Katarina clinic for a repeat visit during the postpartum period. Of the 5 postpartum mothers, 3 made a repeat visit until KF 4 (6 weeks) and 2 postpartum mothers did not carry out the repeat visit. From the results of the interviews I obtained, these 2 postpartum mothers were unable to carry out the repeat postpartum visit and during my practical exam, one of the 2 postpartum mothers experienced problems with sore nipples (D. S. M. Sari, 2022).

Based on the background description accompanied by problem identification , the author formulated the problem within the scope of this research, namely "Description of the Characteristics and Knowledge of Postpartum Mothers Regarding the Benefits of Postpartum Revisit at the Partner Clinic of the Santa Elisabeth Medan Health Sciences College in 2025".

Based on the background analysis and problem identification that has been carried out , this study formulates a specific research focus, namely "Description of the Characteristics and Knowledge of Postpartum Mothers Regarding the Benefits of Postpartum Revisit at the Partner Clinic of the Santa Elisabeth Medan Health Sciences College in 2025"

METHOD

Research Design

This research is descriptive in nature, to find out how "Description of Characteristics and Knowledge of Postpartum Mothers About the Benefits of Postpartum Re-Visit at the Partner Clinic of the Santa Elisabeth Medan Health Sciences College in 2025".

Population and Sample

Population is the totality of all individuals or elements that have certain attributes or characteristics that are the focus of the research. The population of this study was 30 postpartum mothers aged 0-42 days, those who gave birth and visited ANC and during their postpartum period wanted to be served by the "Partner Clinic of the Santa Elisabeth Medan College of Health Sciences in 2025" used in PKL 3 phase 1 (Katarina Clinic 2 people, Lidya Clinic 4 people, Kasih Bunda Clinic 6 people, Helen Clinic 7 people, Bertha Clinic 5 people, Romauli Clinic 6 people). (Roflin & Liberty, 2021).

A sample is a portion of the entire population selected to be representative of the entire population within the scope of a study. In sample selection, two crucial aspects are essential: all elements of the population must have a chance of being selected, and the sample must reflect the population as a whole. The sample consisted of 30 postpartum women aged 0-42 days. (Roflin & Liberty, 2021).

The sample in this study were postpartum mothers at the "Partner Clinic of the Santa Elisabeth Medan College of Health Sciences," using the total sampling method, a sampling technique in which the entire population is taken as sample data for measurement or observation. The number of samples used in total sampling is always the same.

Research Variables

In research, a variable is a concept or characteristic that is measured or observed. This study uses a single variable approach, where one specific variable becomes the main object of study, namely the Description of Characteristics and Knowledge of Postpartum Mothers in Relation to the Benefits of Postpartum Revisit at the "Partner Clinic of the Santa Elisabeth Medan College of Health Sciences in 2025". (Dr. Muhammad Syahbudi et al., 2023).

An operational definition is a detailed description of the variables that are the focus of the research, including how these variables are measured and assessed. This definition serves to explain the concepts being studied and ensure consistency in measurement (Lepertery, 2023).

Research Instruments

This study used a questionnaire as a research instrument to collect data from respondents. Selecting the right instrument is crucial in the scope of the study, and researchers must ensure that the instrument used is valid and reliable to obtain the desired results. results that are accurately valued.

The formula used to measure the percentage of answers obtained from the questionnaire is :

$$Presentase = \frac{Jumlah\ nilai\ yang\ benar}{Jumlah\ soal} \times 100$$

For the knowledge questionnaire, there are 20 statements where if correct, the value is 1 and if incorrect, the value is 0. The method used to assess the level of knowledge from the answers given by the respondents is explained through the following points : (I Ketut Swarjana, 2022)

- 1) Knowledge is categorized as good if the score is 80 to 100% (16-20 questions correct)
- 2) Knowledge is categorized as sufficient if the score is 60 to 79 % (12-15 questions correct)
- 3) Knowledge is categorized as low if the score is < 60% (1-11 questions correct)

Location and Time of Research

This research was conducted at the "Partner Clinic of the Santa Elisabeth Medan College of Health Sciences", namely the Helen Tarigan Clinic, Katarina Simanjuntak Clinic, Lidya Ginting Clinic, Kasih Bunda Clinic, Bertha Clinic, Romauli Clinic. The research period will start from May 26-June 1, 2025

Data Capture and Collection Producer

Primary data is information collected directly for the purpose of conducting a specific research study, usually through direct interaction with respondents using instruments such as questionnaires. In this research, primary data was collected through a questionnaire containing a list of statements relevant to the research topic, ensuring accuracy and specificity for analysis. (Amirrullah, 2022).

Therefore, the data used in this research is primary data, or data obtained directly from respondents. The collected data will provide an overview of the characteristics and knowledge of postpartum mothers regarding the benefits of postpartum follow-up visits.

at the Partner Clinic of the Santa Elisabeth Health Sciences College in Medan in 2025. The process of collecting or gathering data is a crucial step in a study to obtain accurate and relevant information. To obtain quality data, careful monitoring of the data collection process is essential to ensure validity and reliability. The data collection or gathering techniques used in this study are : (Siyoto & Sodik, 2015).

1. Providing a research permit letter to the Partner Clinic of the Santa Elisabeth Medan College of Health Sciences which has been created by the Santa Elisabeth Medan College of Health Sciences

2. After obtaining permission from the clinic leader, the researcher stated that the respondents to be studied were postpartum mothers aged 0-42 days and would do this by meeting the postpartum mothers directly at their homes.
3. Researchers conducted visits and observations to conduct research on postpartum mothers aged 0-42 days (Debataraja et al., 2021).
4. After meeting with the respondents, the researcher explained the aims and objectives
5. Provide informed consent form to respondents
6. After the respondent agrees, the researcher asks for the respondent's signature, which is used as approval as part of their participation in the research process.
7. Explain to the respondents what statements will be asked through the questionnaire.
8. After answering, the researcher ensures that all the statements given have been answered (Indonesia, 2018).
9. After confirming the respondents' answers, the researcher provided an explanation regarding the contents of the questionnaire.
10. At the end of the meeting, the researcher expressed his gratitude.

RESULTS AND DISCUSSION

In this chapter, the author will describe the results of research and discussion on the Description of Characteristics and Knowledge of Postpartum Mothers About the Benefits of Postpartum Revisit at the Partner Clinic of the Santa Elisabeth Medan Health Sciences College in 2025.

Research Location Overview

Katarina Clinic is a healthcare facility located on Jalan Dusun IV A, Sei Mencirim, Sunggal District, Deli Serdang Regency, North Sumatra. It is managed by midwife Katarina P. Simanjuntak. It accepts outpatients and employs two healthcare professionals (midwives).

Bertha Primary Clinic is a healthcare facility located on Jalan Suasana Tengah, Mabar Hilir, Medan Deli District, Medan City, North Sumatra. The clinic is managed by Dr. Regina Sembiring and assisted by midwife Sri Natalia Sembiring. Bertha Primary Clinic accepts both outpatient and inpatient patients. It employs eight healthcare professionals (midwives) (Keni et al., 2020).

Kasih Bunda Clinic is a healthcare facility located on Jalan Perintis Baru, Purwodadi Village, Kampung Lalang, Sunggal District, Deli Serdang Regency, North Sumatra. The clinic is managed by midwife Ronilda. It accepts outpatients and employs two healthcare professionals (midwives).

Romauli Clinic is a healthcare facility located on Jalan Sepakat, Rengas Pulau, Medan Marelan District, Medan City, North Sumatra. It is managed by midwife Hj. Romauli Silalahi. Romauli Clinic has seven healthcare workers (midwives).

The Lidya Ginting Clinic is a healthcare facility located in Tj. Selamat, Sunggal District, Deli Serdang Regency, North Sumatra. It is managed by midwife Lidya Ginting. The clinic has two healthcare workers (midwives) (Serlita et al., 2023).

The Helen Tarigan Clinic is a healthcare facility located on Gg. Mawar 1, Simpang Selayang, Medan Tuntungan District, Medan City, North Sumatra. This clinic is managed by midwife Helen Tarigan. The Helen Tarigan Clinic has two healthcare professionals (midwives).

Research result

Based on the characteristics of respondents related to the Description of Characteristics and Knowledge of Postpartum Mothers Regarding the Benefits of Postpartum Revisit at the Partner Clinic of the Santa Elisabeth Medan Health College in 2025. In this study, there are several characteristics described in the table below.

Table 1. Frequency Distribution of Respondents' Characteristics Based on Age, Education, Occupation, Parity and Distance Regarding the Characteristics and Knowledge of Postpartum Mothers Regarding the Benefits of Postpartum Revisit

Characteristics of	f	%
Age		
≤ 20 Years	2	6.7%
20-35 Years	27	90%
≥ 35 Years	1	3.3%

Total	30	100%
Characteristics of Education	f	%
SD	0	0.0%
Junior High School	1	3.3%
SMA	21	70%
UNIVERSITY	8	26.7%
Total	30	100%
Characteristics of Work	f	%
Farmers	18	60%
Traders	5	16.7%
Laborers	0	0.0%
Private employees	7	23.3%
Civil Servants/Police	0	0.0%
Total	30	100%
Characteristics of Parity	f	%
Primipara	16	53.3%
Multipara	14	46.7%
Grandepara	0	0.0%
Total	30	100%
Characteristics of Distance from Home to Health Facility	f	%
Near (< 3 km)	19	63.3%
Far (≥ 3 km)	11	36.7%
Total	30	100%

Based on the table of respondent characteristics based on age, the majority of respondents were aged 20-35 years, 27 people (90%), aged ≤ 20 years, 2 people (6.7 people), and aged ≥ 36 years, 1 person (3.3%). Respondent characteristics based on education, the majority of respondents had a high school education of 21 people (70%), a college education of 8 people (26.7%), and a junior high school education of 1 person (3.3%). Respondent characteristics based on occupation: the majority were farmers (18 people) (60%), traders (5 people) (16.7%), and private employees (7 people) (23.3%). Respondent characteristics based on parity where the majority of respondents were primiparous, 16 people (53.3%), and multiparous, 14 people (46.7%). Respondent characteristics based on the distance from home to health facilities were mostly close (< 3 km) (63.3%), and far (≥ 3 km) (36.7%).

Level of Knowledge

Table 2. Frequency Distribution of Postpartum Mothers' Knowledge Level Regarding the Benefits of Postpartum Revisit

Knowledge Level	f	%
Good	9	30%
Enough	13	43.3%
Low	8	26.7%
Total	30	100%

Based on the distribution table above regarding postpartum mothers' knowledge about the benefits of postpartum repeat visits, it is known that the majority of respondents had sufficient knowledge, namely 13 people (43.3%), respondents had good knowledge, namely 9 people (30%), and respondents had low knowledge, namely 8 people (26.7%).

DISCUSSION

Description of Characteristics and Knowledge of Postpartum Mothers About the Benefits of Postpartum Revisit Based on Age, Education, Occupation, Parity and Distance from Home at Partner Clinics of the Santa Elisabeth Health Sciences College, Medan in 2025

Based on the results of research conducted by researchers, the characteristics of frequency distribution based on age where the majority of respondents were aged 20-35 years as many as 27 people (90%), aged ≤ 20 years as many as 2 people (6.7 people), and a minority aged ≥ 36 years as many as 1 person (3.3%).

This research is in line with that conducted by (Yusnida et al., 2021) entitled Overview of Postpartum Mothers' Knowledge Regarding the Purpose of Postpartum Revisit, it is known that the characteristics of respondents based on age are <20 years as many as 9 people (32.1%), aged 20-35 years as many as 14 people (50%), and aged >35 years as many as 5 people (17.9%) respondents (Azka et al., 2020).

This research is in line with that conducted by (Sari, 2019) entitled Postpartum Mothers' Perceptions of Postpartum Visit Services, it is known that the characteristics of respondents based on age are 3 people (15%) aged <20 years, 12 people (60%) aged 20-35 years, and 5 people (25%) aged >35 years. According to (Ridawati Sulaeman et al., 2022) age is a unit of time that measures the existence of an object or creature, both living and dead. According to (Perak Maruli Asi Roha Hutagalung et al., 2024), age influences a person's comprehension and thought patterns. With increasing age, a person's comprehension and thought patterns develop further, thus enhancing the knowledge they acquire.

According to the researchers' assumption, increasing age does not guarantee a person's level of knowledge. Therefore, it can be concluded that age is not a determinant of knowledge level. This occurs because each individual's interests and abilities to learn more about something. Based on research conducted by researchers, the characteristics of the frequency distribution of respondents based on education, the majority of respondents had a high school education of 21 people (70%), a college education of 8 people (26.7%), and a junior high school education of 1 person (3.3%).

This research is in line with that conducted by (GS. Prihanti, 2019) entitled Analysis of Postpartum Mother Visit Factors in the Poned X Health Center Working Area, it is known that the characteristics of respondents based on education, the majority of respondents had elementary school education as many as 34 people (21.4%), high school education as many as 83 people (52.2%), and college education 40 people (25.2%) respondents.

This study is not in line with that conducted by (Yusnida et al., 2021) entitled Overview of Postpartum Mothers' Knowledge Regarding the Purpose of Postpartum Revisit, it is known that the characteristics of respondents based on education, the majority of respondents had elementary school education as many as 6 people (21%), junior high school education as many as 16 people (57.1%), and high school education as many as 6 people (21.4%) respondents.

Education is a lifelong process, as each stage of a person's life offers experiences that can serve as valuable lessons for their own development. Education is a nurturing process, encompassing a positive, active interaction between the student's sovereignty and the educator's authority, as well as efforts to improve the quality of life, both individually and collectively. (Mahmudi, 2022)

According to the researcher's assumption, respondents with a high school education have sufficient knowledge to receive information, as higher education levels make it easier for someone to receive information. However, those with a high school education can receive a broader range of information if they desire to learn more.

Respondent characteristics based on occupation: the majority were farmers (18 people) (60%), traders (5 people) (16.7%), and private employees (7 people) (23.3%). This research is in line with the research conducted by (Br. Sembiring et al., 2023) entitled Factors Related to Postpartum Visit Compliance in Mothers in the Lau Baleng Community Health Center Working Area, Karo Regency in 2023, showing that the majority of respondents were farmers (31 people (44.3%), unemployed (25 people (35.7%), self-employed (9 people (12.9%), private employees (3 people (4.3%) and civil servants (2.9%).

This research is not in line with the research conducted by (Setiawati, 2016) entitled *The Relationship between Mothers' Knowledge about Complete Postpartum Visits and Complete Postpartum Visit Actions*, which shows that the majority of respondents are housewives, 17 people (74%), farmers, 3 people (13%), self-employed, 2 people (49%), and civil servants, 1 person (4%) of the respondents.

Work is an activity or activity that generates income for a living. Employment is not synonymous with or dependent on the requirements of knowledge, skills, and attitudes. In other words, work is not synonymous with requiring competence. (Dr. Ratnawati Susanto, 2022)

According to the researchers' assumptions, even though the mother worked as a farmer, she still had the opportunity to increase her knowledge, particularly about the benefits of postpartum follow-up visits. Respondents could increase their knowledge through various media, such as mobile phones, health magazines, and by visiting health workers directly to obtain information about the benefits of postpartum follow-up visits.

Based on research conducted by, the characteristics of the frequency distribution of respondents based on parity where the majority of respondents were primiparous, namely 16 people (53.3%), and multiparous, namely 14 people (46.7%).

The results of this study are in line with those conducted by (Pramiyana, 2024) entitled *Predisposing Factors Related to Mothers' Visits During the Postpartum Period at Mrs. Warini's BPM, Bondowoso Regency*, it is known that the characteristics of the respondents were mostly primiparas, as many as 24 people (63.2%) and multiparas as many as 14 people (36.8%) respondents.

The results of this study are not in line with those conducted by (Yulianti & Nurhidayati, 2021) entitled *Predisposing Factors Associated with Postpartum Mothers' Visits at Boyolali 2 Health Center*, it is known that the characteristics of the respondents were mostly multiparous 19 people (52.8%) and primiparous 17 people (47.2%) respondents.

According to the researchers' assumptions, parity can influence knowledge about the benefits of postpartum follow-up visits. The results of the study showed that primiparous mothers were more aware of the benefits of postpartum follow-up visits than multiparous mothers, as they were new mothers and more likely to seek out the importance of postpartum follow-up visits. Multiparous mothers were less aware of the benefits of postpartum follow-up visits because they were more focused on taking care of their work and their children than on postpartum follow-up visits.

Based on research conducted by researchers, the characteristics of the frequency distribution of respondents based on the distance from home to health facilities were mostly Near (< 3 km) (63.3%), and Far ($\geq$ 3 km) (36.7%). The results of this study are in line with those conducted by (Husnah & Sari, 2023) the results of the study entitled *Factors Influencing Postpartum Visits at BPM Umi Kalsum, Prabumulih City*, it was found that the majority of respondents' homes were close <3 km as many as 51 people (82.3%) and far $\geq$ 3 km as many as 11 people (17.7%) respondents.

The results of this study are in line with those conducted by (Pramiyana, 2024) the results of the study entitled *Predisposing Factors Related to Mothers' Visits During the Postpartum Period at BPM Ny. Warini, Bondowoso Regency*, it was found that the majority of respondents' homes were close <3 km as many as 22 people (57.9%) and far >3 km as many as 16 people (42.1%) respondents. According to Daldjoeni (2007), distance is the distance traveled from one location to another. (Safri et al., 2022)

According to the researchers' assumptions, the closer a home is to a clinic, the more people will visit. However, if a home is farther away, fewer people will visit. This also doesn't depend entirely on distance, but rather on a person's intention to visit the clinic.

Characteristics of Postpartum Mothers' Knowledge About the Benefits of Postpartum Revisit Based on Knowledge at Partner Clinics of the Santa Elisabeth Medan College of Health Sciences in 2025.

Based on the frequency distribution of respondents above regarding postpartum mothers' knowledge about the benefits of postpartum repeat visits, it is known that the majority have sufficient knowledge, namely 13 people (43.3%), good knowledge, namely 9 people (30%), and low knowledge, namely 8 people (26.7%).

This research is in line with that conducted by (Husnah & Sari, 2023) entitled Factors Influencing Postpartum Visits at BPM Umi Kalsum, Prabumulih City, it is known that the characteristics of respondents based on knowledge obtained results, namely 17 people (44.7%) had sufficient knowledge, 12 people (31.6%) had good knowledge and 9 people (23.7%) had low knowledge.

This research is in line with that conducted by (Setiawati, 2016) entitled The Relationship between Mothers' Knowledge about Complete Postpartum Visits and Complete Postpartum Visit Actions, it is known that the characteristics of respondents based on knowledge obtained results, namely good for 3 people (13%), sufficient for 11 people (48%), and less for 9 people (39%) respondents.

Knowledge is the understanding or information about a subject that can be obtained through experience or study, whether by one person or by the general public. Knowledge is information, understanding, and skills that can be acquired through education or experience. Knowledge is information and understanding about a subject that is possessed by one person or shared by everyone. (I Ketut Swarjana, 2022)

CONCLUSION

Based on the results of research with 30 respondents regarding the Characteristics and Knowledge of Postpartum Mothers About the Benefits of Postpartum Visits at the Partner Clinic of the Santa Elisabeth Medan Health Sciences College in 2025, it can be concluded that: 1) Respondent characteristics based on age where the majority of respondents are aged 20-35 years as many as 27 people (90%). Respondent characteristics based on education, the majority of respondents have a high school education as many as 21 people (70%). Respondent characteristics based on occupation are mostly farmers as many as 18 people (60%). Respondent characteristics based on parity where the majority of respondents are primiparous as many as 16 people (53.3%). Respondent characteristics based on home distance are mostly Near (< 3 km) (63.3%) 2) From the results of the research conducted, based on the Benefits of Postpartum Revisit at the Partner Clinic of the Santa Elisabeth Medan Health Sciences College in 2025, the majority of respondents had sufficient knowledge, as many as 13 people (43.3%).

Suggestion

For Educational Institutions

It is hoped that educational institutions will further improve the health education process and involve students with clinics that collaborate with educational institutions, providing support for the implementation of education, especially in caring for postpartum mothers about the benefits of postpartum follow-up visits which can be done through social media such as Instagram, Facebook, YouTube, leaflets, and others.

For Future Writers

It is hoped that after knowing the results of this study, researchers can increase their knowledge, improve further research to higher variables, deepen the relationship, competency to become a role model and to become a home care midwife.

For Health Institutions/Clinics

It is hoped that health institutions can collaborate and involve educational institutions in providing midwifery care to postpartum mothers, such as providing counseling to postpartum mothers both during postpartum visits at home and when postpartum mothers come to visit the clinic, and clinics can open classes for pregnant women, postpartum mothers classes, have postpartum mothers cadres, and improve home care services and not only focus on the baby but also on the postpartum mother .

For Postpartum Mothers

It is hoped that postpartum mothers will be more active in conducting postpartum visits and seeking information about health, especially about the benefits of postpartum repeat visits, which can be obtained from mass media, electronic media, participating in counseling activities, and can apply it during their postpartum period and can share information with other postpartum mothers.

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