

THE EFFECT OF GIVING DATE PALM EXTRACT TO AGAINTS CONSTIPATION THAT HAPPEN TO POSTPARTUM MOTHER

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ABSTRACT

Puerperal period begins discharge of placenta and its fetal membranes, continued up to 6 weeks. Rational time of puerperal period that describes 6-week period or 42 days is still unclear, but it's related to a range of culture and traditions that occur besides physiological processes during this period (Fraser & Cooper, 2009). The relationship between defecation and previous experience of mothers tend become indicator whether they have problems or not. Hemorrhoids and constipation, happen at the postpartum periods due to the influence of progesterone on smooth muscle. Date palm extract made from palm fruit in good quality and blended with pure honey native Egyptian types of habbassauda flower planter certainly. Besides was blended with virgin oil (olive oil) are well known to have contain omega 3 , 6 and 9 are very high. This study aimed to analyze the effect of date palm extracts against constipation in the mother's postpartum. The research method that used in this research is Experiments. Experimental methods that used is Quasi Experimental Design (quasi-experimental design) with Control Time Series Design. Amount of the sample is all puerperal mother with constipation, within 30 puerperal women as control group and 30 puerperal women as treatment group. The results showed no effect of date palm extract of constipation in puerperal women and would be beneficial for health personnel in providing care to puerperal women with constipation by utilizing date palm extract so that mothers postpartum could healing its process normally without any complications.

Keywords: date palm extract, constipation, postpartum

INTRODUCTION

Puerperal period begins after discharge of placenta and its fetal membranes, continued up to 6 weeks. Rational time of puerperal period that describes 6-week period or 42 days is still unclear enough, but it's related to a range of culture and traditions that occur besides physiological processes during this period (Fraser & Cooper, 2009). The relationship between defecation and previous experience of mothers tend become the indicate whether they problems or not. Hemorrhoids and constipation, commonly happen at the postpartum periods due to the influence of progesterone on smooth muscle. Another factor is the change in diet,

dehydration during labor and concerns due to perineum trauma. Result of Preliminary Studies conducted by interviewing the five puerperal women on April 8 2014, there were 3 people (60%) experienced constipation and 2 people (40%), others are not constipation. Constipation occurred in the early postpartum period due to the lack of consuming fibrous food during labor and due to puerperal women hold their self to defecation. It's caused by physiological changes the muscles of the body and intestine peristalsis movement. Postpartum mothers who have perineum laceration usually will hold defecation because of fear of pain on its laceration area

(Helen Varney, 2008). Dietary fiber consists of two types. Those are soluble dietary fiber and insoluble dietary fiber. Insoluble dietary fiber works to increase the volume of feces to reduce transit time and more easily removed. The decreasing of feces time to transit will decrease the time of mucosal cells colon contact with carcinogens substance from its feces. Dates Palm are a source of good dietary fiber .The

American Cancer Society recommend to consume 20- 30 grams per day. As laxatives food, date palm could help smooth bowel movement and preventing constipation. Dates Palm could be eaten without need to discard the skin because it's contained many fiber . Dates palm are fruits rich in fiber, both soluble fiber and insoluble fiber.

RESEARCH METHODS

The research method that used is Experiments. Experimental methods that used is Quasi Experimental Design (quasi-experimental design) with Control Time Series Design. Amount of the sample is all puerperal mother with constipation, within 30 puerperal women as control group and 30 puerperal women as treatment group. Each group treated by given date palm extract. Giving date palm extract in postpartum mothers who occur constipation with

dose 3x2 tablespoons per day. Type of the observation sheet to identify the occurrence of constipation in postpartum mother in this study is using the following criteria: Fast: 1-2days, If the puerperal women could defecate 1-2 days after given date palm extract, Slow : ≥ 3 days, If the puerperal women could defecate ≥ 3 days after a given date palm extract. This study uses statistical test bivariate (with two variables). This study's scale is the nominal ordinal, so the researchers chose the Mann-Whitney test U-Test as hypothesis testing.

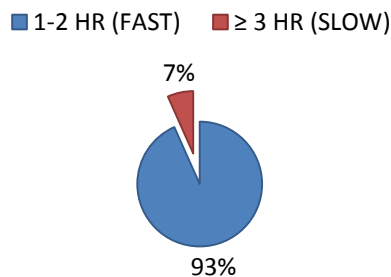
RESULTS AND DISCUSSION

1. Result

Research (data collection) has been conducted from April to August 2014 with total 30

postpartum mothers in the control group and 30 mothers as the treatment group. Both of control group and treatment group who occur constipation observed until they could defecate.

EXPERIMENTAL GROUP



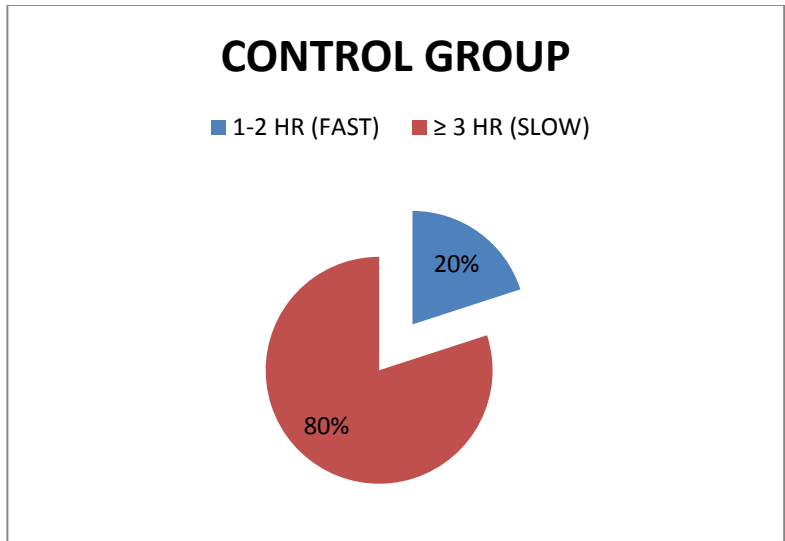
Source: Primary Data

Diagram 5.1 Distribution Effec of Giving Date Palm Extract to the

Postpartum Mother on Experimental group.

From the diagram above suggests that postpartum mothers who constipated and given date palm extracts will be resolved with

the criteria 1-2 days (fast) as many as 28 people (93%) and with the criteria ≥ 3 days (slow) as many as 2 (7%).



Source: Primary Data

Diagram 5.2 Distribution Mother Constipation in groups control

From the diagram above suggests that postpartum mothers who constipated and

not given date palm extracts will be resolved criteria 1-2 days (fast) as 6 people (20%) and with the criteria ≥ 3 days (slow) as many as 24 people (80%).

Tabel 5.1 The Effect Of Giving Date Palm Extract To Againts Constipation That Happen To Postpartum Mother

		Ranks		
	Giving date palm extract to the treatment group.	N	Mean Rank	Sum of Ranks
Feces	Control	30	36.10	1083.00
Consistency	Treatment	30	24.90	747.00
	Total	60		

Test Statistics^a

	Konsistensi BAB
Mann-Whitney U	282.000
Wilcoxon W	747.000
Z	-3.095
Asymp. Sig. (2-tailed)	.002

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- a. Grouping Variable: giving the date palm extract to the treatment group.

Interpretation of the results: by the test Mann Whitney obtained significant figures 0.002. Because the value of $p > 0.05$, it can be conclude that "there is the effect of giving date palm extract to constipation in postpartum mothers ". Based on the results in the diagram 5.1 showed that constipation on postpartum mothers who given date palm extract can resolved easily. Most of the 93% of puerperal women who have

CONCLUSIONS AND SUGGESTIONS

The conclusion of this research is mother who have constipation on their postpartum periods and given the date palm extract could be resolved most in fast category at about 93%. Puerperal women constipated and do not given the date palm extract could be resolved most in

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constipation resolved quickly after given date palm extract for 1-2 days. Based on results in diagram 5.2 shows that constipation on postpartum mothers who were not given the date palm extract resolved more than 2 days. Most of the 80% of mothers postpartum constipation were not given the extract palm juice resolved more than 2 days.

slow category is 80%. Our suggestion in this research is when we provide carefully to postpartum mothers with constipation, we can use date palm extract to girder the process of throwing the feces by keeping pay attention to nutrition (intake and output).

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