

Research Article

Effectiveness of Drinking Coconut Oil in Pregnant Women on Flexibility of Portions during Labor at PMB Sutjiati in 2022

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Abstract. The effectiveness of drinking coconut oil in pregnant women on the flexibility of the portion during labor. Traditionally, people still use coconut oil a lot during pregnancy with the aim of smooth delivery. This is said by an expert is just a myth because there is no research. The author is interested in conducting research with the aim of knowing the condition of the portion of pregnant women, both those who drink and those who do not drink coconut oil during labour. The research method uses a descriptive study approach and qualitative research methods include: In-depth interviews with informants. Conduct random surveys. research by doing vaginal taucher on respondents who gave birth. The results of vaginal taucher examination on 40 respondents who gave birth: 35 respondents (87.5%) drank coconut oil, 5 respondents (12.5%) did not drink. Of the 35 respondents who drank coconut oil, 34 respondents (97.1%) became flexible, 1 respondent (2.9%) was not flexible. Results: Third trimester pregnant women who drink coconut oil regularly, most of the portions become flexible during labor. We know that a flexible portion is easier to dilate, so that the first stage of labor becomes faster, minimizes fatigue, reduces the risk of post-partum bleeding. Reducing the risk to the baby. Conclusion: The author believes this can contribute to reducing the Maternal Mortality Rate (MMR) and Infant Mortality Rate (IMR). Suggestion: the writer hopes that there will be more comprehensive research.

Keywords: Coconut Oil, Drink, Flexible Portion.

A. INTRODUCTION

Indonesia's geographical conditions do not yet allow for the spread of health facilities evenly, resulting in births assisted by traditional birth attendants/midwives which are still quite high-things that smell mystical, the power of spells, so that even if they only use simple tools and makeshift ingredients, people feel more comfortable, calmer even though delivery assistance is assisted by a *dukun*/traditional midwife, the role of the *dukun* includes assisting in childbirth, washing the mother's clothes after giving birth, bathing the baby until the umbilical cord discharges, massaging the mother and baby, and performing almsgiving ceremonies to the supernatural realm (Putra & Serudji, 2021; Silalahi, 2020). To maintain the health of pregnant women, *dukun* advise mothers to eat nutritious food, to facilitate delivery *dukun* give pregnant women to drink coconut oil starting in the last months of pregnancy, this is done in almost all regions in Indonesia, especially rural communities far from health facilities.

Although by an expert, drinking coconut oil in pregnant women which is believed by the community can make labor smoother, is considered just a "myth" because there is no research on it (Tirtawati, 2022; Laelago, 2018; Angeles et al., 2021). In this regard, the authors are interested in conducting research to find common threads between people's beliefs that drinking coconut oil in pregnant women will result in smooth delivery (Maki et al., 2018; Platero et al., 2021). Deliveries assisted by traditional birth attendants in Indonesia in 2018 were still quite high, with 5,043,078 deliveries recorded, of these 4.35 million (86.28%),

mothers gave birth at health facilities, the remaining 691,789 deliveries were assisted by *dukun*. The three provinces are Papua, West Papua and Maluku.

In the same year, 74,856 births were recorded in Papua, 40,655 (54.31%) of which were assisted by traditional birth attendants. Meanwhile, in Maluku Province, deliveries assisted by traditional birth attendants were 25,581 (55%) of the total number of deliveries. The number of traditional birth attendants in Indonesia was recorded at 49,832 people spread across 34 provinces, almost seven times the number of Obstetrics and Gynecology Specialists (SPOG), which reached 7872 people, while the number of registered midwives was 121,478 people (Ministry of Health) solopos.com. With the high number of births assisted by traditional birth attendants, this contributes to the still high Maternal Mortality Rate (MMR) and Infant Mortality Rate (IMR).

Based on 2018 Sampling Registration System (SRS) data, around 76% of the Maternal Mortality Rate (MMR) occurs in the labor and postpartum phases, with the proportion of 24% occurring during pregnancy, 36% during childbirth and 40% of deaths occurring after delivery (Chong et al., 2020; Hall, 2019). Where it is stated that more than 62% of maternal and infant deaths occur in hospitals. This means that community access to reach referral health service facilities is quite good. During the COVID-19 pandemic, 1086 mothers died with positive PCR/antigen swab test results (data from the Family Health Directorate) on September 14, 2021. Meanwhile, data from Pusdatin, the number of babies who died with positive swab/PCR results was recorded as many as 302 babies, (Abdul Kadir) in a virtual meeting with Media World Patient Safety Day, Tuesday 14/9/2021. By mentioning in the data that more than 62% of the Maternal Mortality Rate (MMR and Infant Mortality Rate (IMR) occur in hospitals), it means that there are still approximately less than 38% of maternal and infant deaths assisted by health workers outside the hospital or those assisted by them assisted by a midwife.

B. LITERATURE REVIEW

1. Benefits of Coconut Tree Plants

Coconut tree plants can be called a multi-purpose plant, processed products can be used as traditional medicine, a mixture of food and beverage products, coconut water can be used to neutralize toxins caused by food poisoning, very good for diarrhea sufferers, high electrolyte content in coconut water, so that it can speed up the return of electrolytes lost due to diarrhea, drinking coconut water can overcome dehydration (Therese Bonnani RD) Manually/traditionally processed coconut products into occult oil are believed to be able to expedite the delivery process, this has been believed by some Indonesian people as a whole descending (Nambiar et al., 2021; Zhu et al., 2018).

Coconut meat protein has the quality of amino acids and medium chain fatty acids (MCFAs), as well as high Galactomannan and phospholipid content, does not contain anti-nutritional compounds, making coconut meat have the ability to improve the character of the food ingredients used. Galactomannan has health functional properties that can lower cholesterol, suppress harmful growth and encourage beneficial bacteria. Coconut flesh can be used as a raw material for various food products starting at the age of 8-12 months (Jesmani et al., 2020).

The ease of obtaining seeds, the ease of cultivating coconut plants until the results can be picked and processed into industrial products of coconut oil and traditional processing into occult oil, all of the products can be used for various purposes.

2. Clentic Oil

Clentic oil is coconut oil which is traditionally processed by extracting the coconut meat, then boiling it to produce coconut oil/clentic oil, clentic oil generally has a water content

of 0.10-0.11%, free fat content of 0.08-0.09%, if the clentic oil is stored in a translucent container for one month, the water content and free fatty acids increase to 0.15-0.16% and 0.12-0.13%, respectively. After 2 months of storage, the oil will smell rancid, you can see that the water content is 0.18-0.20 and the free fatty acids are 0.16-0.18. Clentic oil has multiple functions and it's very easy to make. Pregnant women who drink coconut oil (clentic oil) regularly in the final months of pregnancy are believed by the community for generations to make the delivery process faster/smooth (Suryani & Usman, 2020; Lestari et al., 2020).

Centic oil can be used to meet the nutritional intake of pregnant women as well as the fetus, coconut oil contains healthy fats which are very important for the mother and the growing fetus, to increase immunity, support the development of the baby's brain, also affect the quality of breast milk (Ripari et al., 2020; Ibrahim et al., 2022). Consuming about 2 spoons of coconut oil every day is believed to provide immunity during pregnancy, pregnant women are also protected from colds (flu) and other common diseases. Coconut oil can prevent stretch marks and soothe itchy skin around the stomach due to stretching, if scratched it will leave scars, so you can apply coconut oil / occult oil to prevent scars. Coconut oil is also an excellent source of laurate after breast milk. Lauric acid aids in the production of breast milk during and after pregnancy (Kaliemoorthy et al., 2018).

If consumed by pregnant women, it is not dangerous because it is a healthy vegetable oil, rich in antioxidants and nutrients, such as lauric acid, healthy fats, vitamins and minerals, therefore, it can be consumed to increase nutritional intake for mothers, and the fetus, occult oil is also safe because it is made traditionally without adding any chemicals (Khatun et al., 2022; Lauer, 2019).

3. Hypothesis

From the standard values obtained in the study, it can be predicted that it will be very meaningful in the delivery process, as we know that soft portions dilate more easily than rigid portions. A rigid portion takes longer to open, it is not even rare that after induction of labor a rigid portion still cannot open completely, so that labor must end with Sectio Cesarea (SC). Judging from the description above, there is the possibility of parallel research results with the public's belief that pregnant women who regularly drink 1-2 tablespoons of occult oil at the end of their gestation period will have a smooth delivery.

C. METHOD

The research method used a descriptive study approach combined with qualitative research methods including: Conducting in-depth interviews with informants, visiting traditional birth attendants to find out about the care of pregnant women, mothers giving birth, babies and children, during the time when *dukun* were still allowed to help with deliveries, conducting random surveys of mothers who have given birth, conducting research by conducting internal/veginal taucher examinations of respondents who have given birth.

D. RESULT AND DISCUSSION

1. Interview Result

The results of unstructured in-depth interviews with informants from several regions who live in the research area regarding the culture of each region towards pregnant and giving birth mothers are obtained:

Mothers who come from Javanese, Sundanese, Lampung, Minang, Aceh, Chinese, Makasar, Batak, Malay, Sumba tribes say that starting at 8 months of gestation, pregnant women drink one tablespoon of clentic oil every day, with the aim of smooth delivery.

Mothers who come from Betawi dai, some Betawi people give pregnant women to drink one tablespoon of occult oil every day starting at 7 months of pregnancy, some drink the juice of kapok leaves one week 1-2 times as much as ½ cup, some drink honey mixed with yellow raw eggs once a week, all of these efforts have the same goal, namely for smooth delivery.

The mother who comes from Madura said; during pregnancy, people from Madura drink 3 tablespoons of occult oil every day, starting from 6 months of pregnancy, there are even certain areas in Madura, pregnant women drink as much as ½ cup of occult oil every day, with the aim that the delivery goes smoothly and the baby is clean at birth.

2. Visit to a Traditional Birth Attendant's House, Random Survey

The results of interviews with informants who came from several ethnic groups in Indonesia: including Javanese, Sundanese, Minang, Acehese, Malay, Sumba, Madura, Batak and Betawi said that most of their tribes during pregnancy drank coconut oil at the end of the pregnancy with the aim that smooth delivery. Results of visits to the *dukun's* house: Dukuns take care of pregnant women, childbirth, postpartum mothers, babies and children by massaging and performing traditional rituals in accordance with local customs, *dukun* are currently no longer assisting with deliveries because no permits are given anymore.

In caring for pregnant women, traditional healers recommend that pregnant women drink 1-2 tablespoons of coconut oil / occult oil every day before going to bed, starting at 8 months of gestation, so that labor goes smoothly. The results of a random survey of 300 respondents who had given birth, as many as 171 respondents (57%) said that during pregnancy they drank coconut oil/clinic for the reason that the delivery was smooth, the remaining 129 respondents (43%) said they did not drink occult oil because they did not know the benefits.

Table 1. Research Results of 40 Respondents Who Gave Birth

Drink Oil	Number of Respondents	Percentage
Yes	35	87.5%
No	5	12.5%

Table 2. The condition of the portion of 35 respondents who drank coconut oil at the time of delivery

No	Portion Condition	Amount	Percentage
1	Flexible Portion	34	97.1%
2	Inflexible Portion	1	2.9%
Total		35	100%

Table 3. The condition of the portion of 5 respondents who did not drink coconut oil at the time of delivery

No	Portio's condition	Amount	Percentage
1	Flexible Portion	2	40%
2	Inflexible Portion	3	60%
Total		5	100%

From a series of interviews, surveys and research, the authors obtained a lot of material that had never been thought of before, coconut oil has many benefits for pregnant women and nursing mothers. The content of lauric acid in coconut oil/clinic oil can actually be used to increase breast milk production, even from the results of interviews and surveys from informants and respondents, coconut/clinic oil is believed to be able to make labor smooth for generations.

3. Discussion

From the results of research conducted by the authors it is proven: of the 40 respondents who gave birth, 35 respondents (87.5%) drank occult oil. Of the 35 respondents, 34 (97.1%) respondents had a flexible/soft condition during childbirth, 1 respondent (2.9%) had a rigid

condition. Meanwhile, 5 respondents who did not drink clectic oil, 2 respondents (40%) had a flexible portion at the time of delivery. 3 respondents (60%) the condition of the portion is not flexible/rigid. As we know, a flexible/soft portion will dilate easily, while a rigid portion will dilate longer, even with an induction procedure carried out in a hospital, some portions remain stiff and cannot open completely, and even need to do a sectio caesarea (SC).). This shows that there is a correlation between the local wisdom (tradition) of some Indonesian people who use occult oil for pregnant women, namely by drinking regularly one to two tablespoons every day at the end of the gestation period, the delivery process will be faster. / smoother, assuming the portion is soft or flexible, supported by adequate his, the opening of the portion will be faster, besides that, of course, it must also be supported by the mother's pushing strength which is strong enough, the size of the pelvis is adequate, the baby is not too big, nor is there any presentation or other abnormalities (Tesha et al., 2022; Teng et al., 2020).

Coconut oil is the main vegetable oil extracted from mature coconut kernels harvested from oil palm, but people from various regions in Indonesia use coconuts which are usually grown by themselves or by buying them in traditional markets, then processing them in traditional ways.

Coconut oil is beneficial for mothers aged 3 months and over, because it has benefits as: Health supplement, has anti-infective properties, prevents stretch marks and soothes itchy skin, is a great source of lauric acid, prevents circles under the eyes, can replace milk and its processed products, combating pregnancy acne, increasing body immunity, treating GERD, processed as a hair mask, used as massage oil, reducing the risk of miscarriage, improving blood circulation, treating canker sores, disguising facial wrinkles, reducing hair loss (Nikooei et al., 2021; Harahap et al., 2021).

The best way to serve coconut oil for pregnant women is by: adding about a tablespoon of coconut oil to a smoothie, sautéing vegetables, frying healthy snacks in coconut oil, using it as a spread for bread, using coconut cream as a substitute for milk, coconut cream tropical smoothies. Coconut oil / occult oil is traditionally believed to be a vegetable oil that can facilitate childbirth, by drinking one to two tablespoons every day regularly starting at 8 months of gestation. The tradition of using coconut oil has been started since our ancestors passed down until now in most Indonesian people.

The protein requirement for nursing mothers is 76-77 grams per day, which can be obtained by consuming animal and plant foods such as beef, chicken, eggs, seafood, tempeh, tofu, edamame (young soybean seeds that are still in the pods/shells), etc.

From the results of the study it turned out that obtaining evidence of a relationship between drinking occult oil in pregnant women can make the condition of the portion become flexible when the mother gives birth so that the portion is easier to open, according to the authors, the results of this study parallel the belief of the people for generations, that drinking occult oil when the mother is pregnant, the delivery process will be smoother/faster, assuming the condition of the portion that is soft/flexible will easily dilate, if it is accompanied by adequate his, it will make the first stage of labor shorter, or according to the community it is called delivery to be smooth (Shafinaz et al., 2021; Sezgin et al., 2019).

Drinking occult oil for pregnant women is a tradition for people from various regions throughout Indonesia, each region does it, even though the method of use and when to start drinking occult oil is different, but has the same purpose and goal, namely for smooth delivery.

As a final semester midwifery student, as well as an educated health worker, the author has the opportunity to conduct research and not just accept the beliefs of the people who already believe in this matter, there is something that opens one's mind, that don't let these people's beliefs pass without research about the benefits of coconut oil as a vegetable oil product that is really useful for smooth delivery as our society believes so far.

In conducting research on the relationship between pregnant women who drink occult oil regularly at certain doses with the condition of the proportion during labor. The author wants to know the extent of the effect of drinking occult oil by comparing pregnant women who drink coconut oil (clentic oil) during pregnancy and pregnant women who do not drink occult oil on the condition of the portion when the mother gives birth (Konar et al., 2020; Putri et al., 2021). This research is very interesting for the authors, considering how widely people use occult oil for pregnant women. This culture/tradition of drinking occult oil for pregnant women will continue to exist and continue to be used even though currently *dukun* are no longer allowed to assist with childbirth, and are only allowed to accompany midwives. But this does not apply in rural areas or remote areas far from health facilities, where delivery assistance still relies on the services of a traditional birth attendant.

The culture of drinking occult oil for pregnant women will still exist and will never just disappear, because of the belief that has been firmly rooted since our ancestors passed down, because the community also understands that drinking occult oil is not dangerous for pregnant women.

E. CONCLUSION

The results of the study of 40 respondents, 35 respondents (87.7%) drank clentic oil regularly every day starting at 7-8 months of gestation, showed the results of 34 respondents (97.1%) flexible portion, 1 respondent (2.9%) portion is not flexible / rigid. The remaining 5 respondents (12.5%) did not drink coconut oil during pregnancy, 2 respondents (40%) had a flexible portion, 3 respondents (60%) had an inflexible/stiff portion. From the results of the research above, it shows that pregnant women who drink coconut oil regularly have implications for a flexible/soft portion, a flexible/soft portion makes the delivery process shorter. As we know, a rigid portion takes longer to dilate, and it is not uncommon for a rigid portion to remain completely open even though labor induction has been carried out. This is inversely proportional to a flexible/soft portion, a flexible portion when accompanied by adequate his will have a significant effect on the delivery process, can reduce the lengthening of the first stage of labor, reduce maternal fatigue, reduce the lengthening of the second stage of labor and minimize incidence of postpartum hemorrhage which can lead to maternal death. For babies born, reducing the incidence of cephalohematoma and the incidence of asphyxia babies which can result in infant death. From the description above, the authors have confidence that pregnant women who drink clentic oil regularly in the final months of pregnancy can help reduce the maternal mortality rate (MMR) and infant mortality rate (IMR).

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