

Phenomenological Exploration Of Mother's Experiences Of Birth With Lotus Birth

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Abstract.

Lotus birth is a normal delivery process, there is no need to clamp the umbilical cord as usual, let alone cut the umbilical cord, allowing the umbilical cord to separate naturally in newborns. Lotus birth can prevent anemia in newborns, so that the baby still gets a blood supply through the placenta which contains red blood cells, iron, hormone oxygen and other enzymes. This study aims to understand more deeply the experience of mothers who gave birth with Lotus Birth. The researcher involved 29 participants who were selected through a purposive sampling technique based on (1) mothers who had previous experience of giving birth with the lotus birth method. (2) mothers who gave birth by lotus birth. (3) mothers who agreed were taken as the research sample. (4) mothers who gave birth normally and spontaneously without complications. The interviews were conducted in a formally structured manner and analyzed by descriptive analysis method.

Keywords: *Mother's experience giving birth with lotus birth.*

I. INTRODUCTION

Newborns born with preterm weighing 1200-2500 grams have a much lower red blood cell concentration compared to term babies. One of the organ functions that have not been perfect in preterm birth is the system in blood disorders (1). Storage of iron reserves at birth is the main factor that affects the growth and development of infants from the incidence of iron deficiency anemia. One way to prevent iron deficiency anemia in BBL is by delaying and clamping by cutting the umbilical cord in BBL(2). One of the effective ways to prevent iron deficiency anemia is to delay and clamp the umbilical cord by cutting the umbilical cord in infants called lotus birth. Lotus births have developed in the UK with a percentage of 40% and about 5% of lotus births are carried out in America(3). Lotus birth is a normal delivery but does not cut the umbilical cord and the placenta is still connected to the newborn, the placenta is still connected to the baby until it dries and separates by itself. Delayed clamping of the umbilical cord can increase iron supply so as to prevent the incidence of anemia by 60% in BBL, so it can reduce interventricular bleeding by 62% in premature BBL, reduce sepsis, reduce the need for blood transfusions in premature BBL(4). Things that can affect maternal mortality are delivery assistance with trained health workers or midwives as well as referral sites and affordable health care facilities. The number of MMR in West Java in 2014 was 73/100,000 live births. During maternal mortality, the highest cause of maternal death in West Java was bleeding 58.79%, eclampsia 13.60%, infection 9.62%, and others 17.99%. (5).

Based on WHO, the incidence of anemia is 20.0 -39.9%, the LEE et al study found 21%, while the Eneroth et al study found 46% anemia in BBL. The discrepancy between the results of the research between one researcher and another was due to differences in sampling techniques and methods of examining HB levels. The incidence of anemia in babies born with normal birth (2500-4000 grams) was 45 babies (7.9) out of 570 babies born normally(6). The number of mothers who give birth with a delay in cutting the umbilical cord because there are still few choices of places to give birth with a delay in cutting the umbilical cord; mothers who give birth with delayed cutting of the umbilical cord will be born 0.6 times compared to mothers who give birth who immediately cut the umbilical cord; mothers who give birth with a delay in cutting the umbilical cord will experience vaginal discharge in the umbilical cord 1.5 times faster than mothers who give birth immediately to have their umbilical cord cut; Mothers who gave birth with delayed cutting of the umbilical cord were 0.5 times more successful in initiating early breastfeeding (IMD) for 60 minutes compared to mothers who gave birth who had their umbilical cord cut immediately. Based on the

above background, the researcher is interested in conducting research with the title phenomenological exploration of the experience of mothers who give birth with lotus birth(7).

II. METHODS

The research method used in this study is to explore the experience of mothers in giving birth with the lotus birth method, aiming to analyze and explore the experiences of mothers giving birth with the lotus birth method. Sampling in this study is using purposive sampling (determining sampling by setting special characteristics that are in accordance with the research objectives so that it is expected to answer research problems(8). The population in this study were all maternity mothers who came to the puspa's house. This research is mothers who have given birth using lotus birth, sampling is based on inclusion and exclusion criteria using a questionnaire. There are several inclusion criteria, namely mothers who have experience giving birth with the lotus birth method before, mothers who give birth using the lotus birth method, mothers who agree samples were taken and mothers who gave birth normally without complications. The method of data collection is by making a questionnaire as outlined in google form. The next step is to distribute online questionnaires to mothers who have given birth by lotus birth. After filling out the questionnaire, the results of the questionnaire were recapitulated after that, the preparation on the thesis sheet that had been prepared for discussion was carried out. The origin of lotus birth is a woman named clair lotus day who took a holistic approach to anthropoid monkeys in 1974, chimpanzees did not separate the placenta from the newborn (3)

Based on data retrieval conducted on 27 May – 30 May, 29 respondents met the inclusion and exclusion criteria. Respondents exceed the minimum sample size of 10 respondents. Based on the results of the study, it was found that the role of husband and family is very necessary for the success of lotus birth because in lotus birth care the mother really needs support, especially the support given by her husband and family. In addition, husband and closest family also need to know what signs of infection that can occur during lotus birth so that they can remind and notify the mother if signs of infection begin to appear. Of course this lotus birth must be planned from the time of pregnancy because the mother and family must prepare the lotus birth as well as possible such as nutrition that must be met during pregnancy so that the placenta can be born in a healthy condition. In knowledge of lotus birth, it is the midwife who must know about the latest science updates, one of which is lotus birth so that it can be conveyed to patients properly. In the results of the research, mothers also argue that lotus birth can prevent anemia in babies. Based on research (9) which examined the lotus birth method, it is hoped that the results of the baby with the lotus birth will get blood intake containing oxygen, food, and antibodies in order to give time for the placenta to increase the intake of the baby naturally before the umbilical cord dies.

A healthy umbilical cord will pulse for 15-20 minutes or more. If the umbilical cord is not cut until the umbilical cord is not pulsating, the placenta will be born before the umbilical cord is cut, this method is called a lotus birth. Place the baby on the mother's stomach and let the baby look for the nipple or what is often referred to as early breastfeeding initiation (IMD)(7). When the placenta is born, pull it gently and after that do it in the space provided. Place it near the mother until the baby finishes IMD. The supply of iron and HB BBL can be increased by delaying clamping and cutting of the umbilical cord (10).

III. RESULT AND DISCUSSION

1. Distribution of Respondents Characteristics.

No	Variabel	F	%
1.	Age		
	15-25 year	5	18,5
	25-35 year	10	37
	35-49 year	12	44,4
2.	Work		
	Work	7	25,92
	Doesn't work	20	74,07
3.	Education		
	Senior High School	10	37,03

	College	17	62,96
Total		27	100

Based on the results of data analysis in Table 1, it can be seen that the characteristics of the respondents in this study showed that in the vulnerable group aged 15-49 years, 44.4% of the 15-49 years old group used lotus birth. Mothers who do not work have an interest in lotus birth of 74.07 %. Working mothers have an interest in lotus birth by 25.9%. Mothers with high school education have an interest in giving birth to lotu births as much as 37.03% compared to mothers who have college education by choosing an interest in giving birth to lotus births by 62.96%.

Instructions: Put a tick (✓) in the column provided.

4 = Strongly Agree.

3 = Agree.

2 = Doubtful.

1 = Disagree.

No.	Question	Target Value			
		4	3	2	1
1	In your opinion, is the husband's role very supportive for lotus birth care?	82,8%	13,8%	3,4 %	0
2	Do mothers and families need to know about the danger signs of infection that occur in lotus births?	79,3%	13,8%	6,9%	0
3	In your opinion, should a lotus birth be planned since pregnancy?	72,4%	24,1%	3,4%	0
4	In your opinion, are all midwives obliged to know about lotus births?	65,5%	31%	3,4%	0
5	Do you agree that lotus birth prevents anemia in babies?	48,3%	31%	17,2%	3,4%
6	According to the mother, does the baby with lotus birth become less fussy?	55,2%	24,1%	20,7%	0
7	Does the lotus birth mother find it difficult to breastfeed?	3,4%	13,8%	20,7%	62,1%
8	Before doing a lotus birth, do you and your husband have to take a preparatory class for a lotus birth?	69%	24,1	3,4%	3,4%
9	To give birth with a lotus birth whether the mother's nutrition during pregnancy must be met?	69%	27,6%	3,4%	0
10	Can lotus birth increase the bounding attachment between mother and baby?	65,5%	17,2%	17,2%	0

Based on research that has been conducted on 27 respondents who have experienced childbirth using the lotus birth method. The researchers got the results of the research that was obtained at the puspa's house, there were maternity mothers who already had experience giving birth with lotus birth. According to the midwife, Yuli, as the owner of the Puspa house, she said that the mother's interest in giving birth to a lotus birth was around 70%, while the period of care for giving birth with a lotus birth was about 50%. Most postpartum mothers who do lotu births in BBL are to avoid infection, prevent babies from anemia, prevent babies from jaundice. In the United States 99% of postpartum mothers who do a lotus birth are spared from this impact. Meanwhile, in Indonesia, only a few cities carry out lotus births as much as 55%. The reason for giving birth to mothers who do not have experience giving birth with lotus birth is because some mothers think that lotus birth causes difficulties in the process of caring for babies with lotus birth. For this reason, the role of the family must support what has become the decision of the mother and father. But if the mother and father are far from the family, the husband will still help and take care of him wholeheartedly. after the mother and father are given lotus birth care, there are benefits from lotus brith, namely increasing hb levels

in babies by getting additional waste through blood transfusions in the placenta of about 50-100 ml. after being given an explanation regarding lotus birth so that it can increase the mother's interest in the lotus birth process. Most of the patients at the puspa's house after being informed that there was a lotus birth method of delivery, the mother was more active in asking the midwife by sharing with mothers who already had experience giving birth with lotus birth via whatsapp.

At the puspa's house, patients who want to give birth using the lotus birth method will be given education by their midwife. In the wa group, there are mothers who have never given birth by lotus birth and who have given birth to lotus birth. The purpose of the Yuli midwife is to provide an opportunity with the existence of this group to broaden the knowledge of mothers who want to give birth with a lotus birth, to increase the experience of experienced mothers to share stories of childbirth with lotus birth, and to establish friendship between the patient and the midwife so that there is no breakup. communication. There was one mother who gave birth using the lotus birth method. The mother said that she had thought that this lotus birth had no benefits, even it only made it difficult for the mother in terms of mother's activities while bathing or breastfeeding the baby. However, there are also mothers who do not have experience giving birth with lotus birth sharing stories that in the past they did not know what a lotus birth was, even in the mother's mind, how to take care of the umbilical cord, whether a baby with this lotus birth could have an infection if the umbilical cord was not good care. What if the mother gives birth with a lotus birth, the family will support what has been the decision of the mother and husband. However, after the midwife gave an explanation and the baby's benefits were very good. Mother began to try to think again and discuss it with her husband. However, this is different from mothers who previously had previous experience of giving birth with lotus birth, namely the mother had prepared the mother and baby. Mothers will look more mastered and understand related to lotus birth knowledge and previous experiences.

The reason the mother chooses lotus birth is that there are several benefits that the baby gets and it is directly connected between the baby and the placenta, making the baby more calm and peaceful, because the baby is still with the placenta until the puput is 3-10 days, besides that, lotus delivery birth does not only have an impact on the baby, but can be obtained by the mother, the mother feels comfortable and safe, can increase the bounding attachment between the mother's closeness to the baby. Previously, when the patient came to the puspa's house after being given an explanation by the midwife regarding the lotus birth, the midwife would return the decision to the mother and father. Here the mother is also active to seek knowledge related to the lotus birth process. the mother realizes that the baby needs to get additional iron through blood transfusions that are in the placenta. This makes the baby feel calm and peaceful. However, after passing through the mother's strong desire, the mother's trust with the midwife began to grow here. Because the midwife at the puspa house gives a positive aura that makes the mother much more confident that she is able to take care of the baby completely. During the lotus birth, the midwife who helped at that time said that so far there had been no obstacles in the delivery process, and it was confirmed that the midwife had been trained and had.

IV. CONCLUSION

Manfaat yang didapatkan oleh bayi dan langsung terhubung antara bayi dengan plasenta, membuat bayi akan menjadi lebih tenang dan damai, karena bayi masih bersama dengan plasenta sampai puput yaitu 3-10 hari, selain itu persalinan lotus birth bukan hanya berdampak kepada bayi, namun bisa didapatkan oleh ibu, ibu merasa nyaman dan aman, dapat meningkatkan bounding attachment antara kedekatan ibu dengan bayi.

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