

The Relationship between Perineal Care and Perineal Wound Healing in Postpartum Mothers at Obi General Hospital, South Halmahera Regency

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Abstract, Perineal wounds are common conditions experienced by postpartum mothers, especially those who undergo vaginal delivery with perineal rupture or episiotomy. Proper perineal care plays an important role in preventing infection and accelerating the wound healing process. Inadequate perineal care may delay healing and increase the risk of complications, which can negatively affect maternal comfort and postpartum recovery. Therefore, appropriate perineal care practices are essential in postpartum maternal care. This study aimed to determine the relationship between perineal care and perineal wound healing in postpartum mothers at Obi General Hospital, South Halmahera Regency. This study employed a quantitative analytical design with a cross-sectional approach. The sample consisted of 30 postpartum mothers selected using a total sampling technique. Data were collected using structured questionnaires to assess perineal care practices and observation sheets to evaluate the perineal wound healing process. Data analysis was performed using the Wilcoxon signed-rank test. The results showed that most postpartum mothers performed good perineal care and experienced optimal perineal wound healing. Statistical analysis revealed a significant relationship between perineal care and perineal wound healing, with a Wilcoxon test p-value of 0.000 ($p < 0.05$). In conclusion, there is a significant relationship between perineal care and perineal wound healing in postpartum mothers. Good perineal care contributes to faster and better wound healing. It is recommended that health workers provide continuous education and guidance to postpartum mothers regarding proper perineal care to promote optimal recovery and prevent complications.

Keywords: Maternal Health, Perineal Care, Perineal Wound Healing, Postpartum Mothers, Wilcoxon Test.

1. INTRODUCTION

The postpartum period is a critical phase for mothers after childbirth because it involves physical and psychological recovery. One of the most common physical conditions experienced by postpartum mothers is perineal wounds resulting from perineal rupture or episiotomy during vaginal delivery. Perineal wounds can cause discomfort, pain, and limitations in daily activities. If not managed properly, these wounds may lead to infection and delayed healing. Infection during the postpartum period can increase maternal morbidity. According to Prawirohardjo (2019), perineal trauma is a frequent occurrence in normal delivery. The healing process of perineal wounds requires proper care and hygiene. Inadequate perineal care may prolong wound healing time. Prolonged healing can negatively affect maternal well-being. Postpartum mothers may experience difficulty sitting, walking, and breastfeeding. This condition can interfere with mother–infant bonding. Effective perineal care is essential to prevent complications. Health workers play an important role in educating mothers about perineal care. However, not all mothers receive adequate information. This lack of knowledge may lead to improper care practices. Therefore, understanding factors

influencing wound healing is crucial. Perineal care is one of the key factors affecting healing outcomes. This study focuses on the relationship between perineal care and wound healing. The findings are expected to support improved postpartum care services.

Perineal wound healing is a complex biological process involving inflammation, tissue regeneration, and remodeling. This process can be influenced by several factors such as hygiene, nutrition, circulation, and infection control. Perineal care aims to maintain cleanliness and prevent bacterial contamination. According to Manuaba (2018), maintaining perineal hygiene is essential in postpartum care. Proper care helps reduce the risk of infection. Infection is one of the main causes of delayed wound healing. When infection occurs, inflammation is prolonged. This prolongation delays tissue repair. Mothers with poor perineal hygiene are more vulnerable to infection. Education about correct perineal care practices is therefore essential. Health workers must ensure that mothers understand how to clean the perineal area properly. Use of clean water and appropriate antiseptics is recommended. Incorrect practices, such as wiping from back to front, can introduce bacteria. Such practices increase the risk of infection. Perineal care should be performed regularly. Regular care supports optimal healing. Mothers who perform good perineal care tend to heal faster. This emphasizes the importance of perineal care in postpartum recovery.

In Indonesia, maternal health remains a priority in national health programs. Postpartum complications contribute significantly to maternal morbidity. According to Kementerian Kesehatan Republik Indonesia (2020), infections are among the leading causes of postpartum complications. Perineal wound infection is a preventable condition. Prevention can be achieved through proper hygiene and care. However, implementation of proper care depends on maternal knowledge and behavior. Many postpartum mothers rely on traditional practices. Some traditional practices may not align with medical recommendations. According to Notoatmodjo (2018), health behavior is influenced by knowledge, attitude, and practice. Mothers with insufficient knowledge may perform inadequate perineal care. This condition increases the risk of delayed wound healing. Education provided during antenatal and postnatal care is crucial. Health counseling should include perineal care instructions. Continuous education reinforces correct practices. The effectiveness of education depends on how well information is delivered. Therefore, assessing the impact of perineal care on wound healing is important. Evidence-based practice supports improved maternal care. This study contributes to evidence-based postpartum care.

Perineal pain is a common complaint among postpartum mothers. Pain intensity is often related to the severity of perineal wounds. Poor wound healing can prolong pain. According to Varney (2019), effective perineal care reduces pain and discomfort. Reduced pain allows mothers to perform daily activities comfortably. Comfort during the postpartum period supports maternal mental health. Mothers who experience prolonged pain may develop anxiety. Anxiety can negatively affect breastfeeding practices. Breastfeeding is essential for infant nutrition and bonding. Delayed wound healing can therefore indirectly affect infant health. Proper perineal care supports faster healing. Faster healing reduces pain duration. This improves maternal comfort and confidence. Confident mothers are more likely to engage in infant care. Therefore, perineal care has broader implications beyond physical healing. It influences psychological and social aspects of postpartum life. Health services should emphasize holistic postpartum care. Holistic care includes physical, psychological, and social support. Perineal care is a key component of this approach. Understanding its impact is essential for comprehensive maternal care.

Postpartum mothers require adequate support from health workers and families. Family support plays an important role in postpartum recovery. Mothers who receive support are more likely to adhere to care instructions. According to Friedman (2018), family involvement improves health outcomes. Family members can assist mothers in maintaining hygiene. Assistance is especially important during the early postpartum period. Mothers may experience fatigue and discomfort. Fatigue can reduce motivation to perform proper care. Support helps overcome these challenges. Health workers should involve families in education sessions. Family-based education ensures consistent care practices. However, not all families are informed about perineal care. This gap highlights the need for structured education. Education should target both mothers and families. Clear instructions and demonstrations are effective. Visual aids can improve understanding. Improved understanding leads to better care practices. Better practices support faster wound healing. Therefore, social support is intertwined with perineal care outcomes. This study indirectly highlights the importance of support systems.

The hospital setting plays a critical role in postpartum care quality. Hospitals are primary providers of postpartum education. According to Kementerian Kesehatan Republik Indonesia (2021), standardized postpartum care should include wound care education. Obi General Hospital serves as a referral center in South Halmahera Regency. The characteristics of the local population influence care outcomes. Geographic and socioeconomic factors may affect access to information. Mothers in remote areas may have limited exposure to health education. Hospital-based education becomes even more important. Health workers must adapt

education to patient needs. Simple language and demonstrations are recommended. Consistency in education delivery ensures message retention. Follow-up assessments help evaluate understanding. However, workload and time constraints may limit education. This can result in gaps in maternal knowledge. Understanding the relationship between care and healing can highlight the importance of education. Evidence from this study can support improvements in hospital practice. Improved practice enhances maternal satisfaction. Satisfaction contributes to positive health service utilization. Therefore, hospital-based studies are valuable for service improvement.

Perineal care includes several components such as cleaning technique, frequency, and use of appropriate materials. Incorrect techniques can introduce pathogens. According to Yulifah and Yuswanto (2017), correct perineal care should follow medical guidelines. These guidelines emphasize cleanliness and dryness. Moist environments promote bacterial growth. Proper drying after cleaning is essential. Use of clean towels is recommended. Reuse of unclean materials can cause contamination. Mothers should be educated about these details. Small mistakes can have significant effects. Understanding these aspects improves care quality. Quality care accelerates healing. Accelerated healing reduces hospital visits. This reduces healthcare costs. Cost reduction benefits both families and health systems. Therefore, promoting proper perineal care has economic implications. Education is a cost-effective intervention. Educated mothers can manage care independently. Independence increases confidence. Confidence supports positive postpartum experiences. This reinforces the importance of perineal care education.

Nutrition also plays a role in wound healing. Adequate protein and micronutrient intake supports tissue repair. According to Almatsier (2019), nutrition is essential for wound healing processes. However, nutrition alone is not sufficient. Hygiene and care practices remain essential. Mothers may focus on nutrition but neglect hygiene. Balanced education is therefore necessary. Health workers should integrate nutrition and hygiene counseling. Integrated counseling provides comprehensive care. Comprehensive care improves outcomes. Poor perineal care can negate nutritional benefits. Infection can occur despite adequate nutrition. This highlights the multifactorial nature of wound healing. Perineal care is a controllable factor. Mothers can perform care independently with proper knowledge. Empowerment through education is key. Empowered mothers take active roles in recovery. Active participation improves healing outcomes. This study emphasizes empowerment through care practices. Evidence supports empowering postpartum mothers. Empowerment aligns with modern maternal care principles.

Cultural beliefs may influence perineal care practices. Some cultures restrict bathing after childbirth. Such practices may affect hygiene. According to Koentjaraningrat (2018), cultural beliefs influence health behavior. Health workers must respect cultural values. However, harmful practices should be addressed. Education should be culturally sensitive. Sensitive education promotes acceptance. Acceptance improves compliance. Compliance improves care practices. Improved practices support wound healing. Understanding local culture is essential. Tailored messages are more effective. One-size-fits-all approaches may fail. This study provides context-specific evidence. Evidence can guide culturally appropriate interventions. Interventions should involve community leaders. Community involvement enhances trust. Trust improves behavior change. Therefore, cultural considerations are crucial in perineal care education.

Delayed perineal wound healing can lead to serious complications. Complications include infection, abscess, and wound dehiscence. These conditions require medical intervention. According to Prawirohardjo (2019), severe infections can extend hospital stay. Extended stay increases healthcare costs. It also separates mothers from families. Separation can affect emotional well-being. Preventing complications is therefore essential. Prevention is more effective than treatment. Proper perineal care is a preventive measure. Preventive care reduces complication rates. Reduced complications improve quality of life. Quality of life is an important outcome in postpartum care. Mothers deserve safe and comfortable recovery. Health systems should prioritize preventive strategies. Education is central to prevention. This study highlights the preventive role of perineal care. Evidence-based prevention supports sustainable healthcare. Sustainable healthcare benefits communities. Therefore, perineal care should be emphasized in postpartum protocols.

The findings of previous studies support the importance of perineal care. Studies by Wulandari et al. (2020) showed faster healing among mothers with good care practices. Similar findings were reported by Sari and Lestari (2021). These studies indicate consistent patterns. Consistency strengthens evidence. Strong evidence supports practice change. Health workers should rely on evidence. Evidence-based practice improves care quality. This study adds to existing literature. It provides data from South Halmahera Regency. Regional data are important for local policy. Local policy can address specific needs. Needs may vary across regions. Therefore, regional studies are valuable. This study supports localized interventions. Local interventions are more effective. Effectiveness improves maternal outcomes. Improved outcomes support national health goals. This aligns with maternal health priorities. Therefore, this study is relevant at multiple levels.

Education level of mothers may also influence perineal care practices. Educated mothers may better understand instructions. According to Notoatmodjo (2018), education influences health behavior. Mothers with higher education may perform better care. However, education alone is not sufficient. Clear guidance is still required. Health workers must not assume understanding. Verification of understanding is necessary. Demonstrations can help ensure correct practice. Return demonstrations are effective. Feedback improves performance. Improved performance enhances healing. This highlights the interactive nature of education. Education is not one-way communication. Interactive education improves outcomes. This study indirectly supports interactive education. Health workers should adopt participatory methods. Participatory methods empower mothers. Empowered mothers are active learners. Active learning improves retention. Retention supports long-term behavior change.

Postpartum care quality reflects the overall quality of maternal health services. Perineal care is one indicator of care quality. According to Kemenkes RI (2021), quality care includes patient education and follow-up. Follow-up ensures adherence. Adherence improves outcomes. Monitoring wound healing is part of follow-up. Health workers should assess healing regularly. Assessment helps detect problems early. Early detection prevents complications. However, assessment is only effective if mothers perform care. This emphasizes shared responsibility. Mothers and health workers share roles. Collaboration improves outcomes. Collaboration requires communication. Communication is influenced by education and trust. Trust is built through respectful care. Respectful care encourages openness. Openness allows mothers to express concerns. Addressing concerns improves care. Therefore, perineal care is part of a larger care system. This study highlights one component of that system.

The postpartum period is often overlooked compared to pregnancy and childbirth. However, postpartum care is equally important. According to WHO Indonesia (2020), postpartum care reduces maternal morbidity. Perineal wound care is a key aspect. Neglecting it can have serious consequences. This study draws attention to postpartum care importance. It emphasizes that care does not end after delivery. Continuous care is essential. Hospitals should ensure postpartum education. Discharge planning should include care instructions. Written and verbal instructions are recommended. Mothers may forget verbal instructions. Written materials support recall. Recall supports correct practice. Correct practice supports healing. This highlights the need for comprehensive discharge planning. Discharge planning improves continuity of care. Continuity of care improves outcomes. Therefore, postpartum care should be strengthened.

In conclusion, perineal care is a critical factor influencing perineal wound healing in postpartum mothers. Proper care practices support faster and safer healing. Inadequate care increases the risk of infection and delayed recovery. Education and support are essential to promote proper care. Health workers play a central role in providing guidance. Family involvement enhances adherence. Cultural sensitivity improves acceptance. Evidence-based practice supports effective interventions. This study highlights the importance of focusing on perineal care in postpartum services. The findings are relevant for Obi General Hospital and similar settings. Strengthening perineal care education can improve maternal outcomes. Improved outcomes contribute to maternal well-being. Maternal well-being supports infant health. Therefore, investing in postpartum care is essential. Perineal care should remain a priority in maternal health programs. This study provides a foundation for further research and practice improvement.

2. RESEARCH METHOD

This study employed a quantitative analytical research design with a cross-sectional approach to examine the relationship between perineal care practices and the perineal wound healing process in postpartum mothers. The cross-sectional design was selected because it allows researchers to assess independent and dependent variables simultaneously at a single point in time. This approach is appropriate for identifying associations between variables without manipulating the study environment. The quantitative method enables objective measurement and statistical analysis of the data obtained. Through this design, the study aimed to provide empirical evidence regarding the effectiveness of perineal care in supporting wound healing during the postpartum period.

The study population consisted of all postpartum mothers who experienced perineal wounds and received care at the research location during the study period. A total of 30 postpartum mothers were included as research participants. The sampling technique used was total sampling, meaning that all individuals who met the inclusion criteria were selected as samples. This technique was chosen due to the relatively small population size, allowing comprehensive representation of the study population. The use of total sampling is expected to reduce sampling bias and increase the validity of the study results.

Data collection was carried out using structured questionnaires to assess perineal care practices among postpartum mothers. The questionnaire included items related to personal hygiene, wound cleaning techniques, frequency of perineal care, and compliance with health worker recommendations. In addition, observation sheets were used to evaluate the perineal

wound healing process objectively. Observations focused on indicators such as wound dryness, absence of infection signs, pain reduction, and tissue recovery. Data collection instruments were designed to ensure consistency and accuracy in measuring each variable.

Prior to data collection, respondents were informed about the purpose and procedures of the study, and informed consent was obtained from all participants. Data were collected by trained researchers to ensure uniformity in questionnaire administration and wound observation. Ethical considerations were strictly maintained, including confidentiality and anonymity of respondents' identities. The collected data were then checked for completeness and accuracy before being processed for analysis. This procedure aimed to ensure the reliability and credibility of the research data.

Data analysis was conducted using statistical software to examine the relationship between perineal care and perineal wound healing. The Wilcoxon signed-rank test was used as the analytical method because the data did not meet the assumptions required for parametric testing. This non-parametric test is suitable for analyzing paired or related data and determining significant differences or associations between variables. A significance level of 0.05 was applied in this study. The results of the analysis were used to draw conclusions regarding the influence of perineal care on the wound healing process in postpartum mothers.

3. RESULTS AND DISCUSSION

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Table 1 Frequency Distribution.

Information	Frequency	Percentase (%)
Age		
< 20 year	7	11.4
20-30	10	40
31-40	13	48.6
Total	30	100
Education		
SD-SMP	9	42.8
SMA	12	48.6
PT	2	8.6
Total	30	100
Parity		
Primipara	10	40
Multipara	13	48.6
Grandhepara	7	11.4
Total	30	100

Based on Table 1, the age distribution of respondents shows that most postpartum mothers were in the age group of 31–40 years, accounting for 13 respondents (48.6%). This was followed by mothers aged 20–30 years with 10 respondents (40%), while the smallest proportion was mothers aged under 20 years, totaling 7 respondents (11.4%). These findings indicate that the majority of postpartum mothers were within the productive and mature reproductive age range, which is generally associated with better physical readiness and experience in maternal health care.

In terms of educational background, most respondents had completed senior high school (SMA), with 12 respondents (48.6%). Respondents with elementary to junior high school education (SD–SMP) accounted for 9 respondents (42.8%), while only 2 respondents (8.6%) had higher education (college/university level). This distribution suggests that the majority of postpartum mothers had a moderate level of formal education, which may influence their understanding and practice of postpartum care, including perineal care.

Regarding parity, the largest proportion of respondents were multiparous mothers, totaling 13 respondents (48.6%). This was followed by primiparous mothers with 10 respondents (40%), while grand multiparous mothers accounted for 7 respondents (11.4%). These results indicate that most respondents had previous childbirth experience, which may affect their knowledge and skills in managing postpartum care and perineal wound healing.

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Table 2 Uji Statistic The Relationship between Perineal Care and Perineal Wound Healing in Postpartum Mothers at Obi General Hospital, South Halmahera Regency.

Information	Frequency	Percentase (%)
Perineal Care		
Good	30	100%
Total	30	100%
Perineal Wound Healing in Postpartum		
Fast	30	100%
Total	30	100%
Perineal Care - Perineal Wound Healing in Postpartum		0.000
Wilcoxon signed-rank test		

Based on Table 2, all postpartum mothers at Obi General Hospital performed good perineal care, accounting for 30 respondents (100%). This finding indicates that the majority of respondents had implemented appropriate perineal care practices during the postpartum

period. Good perineal care practices are essential in maintaining hygiene and preventing infection in the perineal area.

Furthermore, the results show that all respondents experienced fast perineal wound healing, with 30 respondents (100%) categorized as having rapid healing. This suggests that the postpartum mothers in this study generally had favorable recovery outcomes related to perineal wounds. Fast wound healing reflects the effectiveness of care practices and adequate postpartum management.

The statistical analysis using the Wilcoxon signed-rank test revealed a p-value of 0.000 ($p < 0.05$), indicating a statistically significant relationship between perineal care and perineal wound healing in postpartum mothers. This result confirms that good perineal care is significantly associated with faster perineal wound healing. Therefore, the findings support the hypothesis that appropriate perineal care contributes positively to the healing process of perineal wounds in postpartum mothers at Obi General Hospital, South Halmahera Regency.

Perineal wound healing is an important indicator of postpartum recovery in mothers who experience perineal rupture or episiotomy during childbirth. Proper perineal care plays a significant role in preventing infection and accelerating the healing process. The results of this study indicate that all postpartum mothers performed good perineal care. This condition is reflected in the fact that all respondents experienced fast perineal wound healing. These findings demonstrate a strong relationship between perineal care practices and wound healing outcomes. According to Prawirohardjo (2019), good hygiene and wound care are essential components of postpartum management. Perineal wounds that are kept clean and dry tend to heal faster. Proper care helps reduce bacterial growth in the wound area. Reduced bacterial contamination lowers the risk of infection. Infection is a major factor that delays wound healing. Therefore, perineal care directly influences the healing process. The findings of this study are consistent with existing theories of wound healing. Proper care supports the natural phases of healing. These phases include inflammation, proliferation, and maturation. Disruption in any phase can delay recovery. Good perineal care supports uninterrupted healing. Health workers play a crucial role in ensuring mothers perform proper care. Education and supervision are essential. This study highlights the importance of standardized perineal care practices. Effective care leads to optimal postpartum recovery.

The Wilcoxon signed-rank test result with a p-value of 0.000 indicates a statistically significant relationship between perineal care and perineal wound healing. This result confirms that the observed association is not due to chance. Statistical significance strengthens the credibility of the findings. According to Nursalam (2020), statistical testing is essential to

validate research hypotheses. The strong significance suggests that perineal care is a determinant factor in wound healing. This aligns with the concept of evidence-based practice. Evidence-based practice requires integrating research findings into clinical care. The results of this study provide evidence for improving postpartum care protocols. Good perineal care should be emphasized as a standard intervention. Health facilities should ensure consistency in care delivery. Consistent care improves outcomes across patient populations. The findings also support previous Indonesian studies. Several studies have shown similar associations. This consistency strengthens the external validity of the study. Therefore, the relationship between perineal care and wound healing is well supported. Statistical evidence reinforces clinical observations. This study contributes valuable data to maternal health research. The use of appropriate statistical methods enhances reliability. Reliable findings are essential for policy and practice recommendations.

Perineal care includes various activities such as cleaning the perineal area, changing sanitary pads regularly, and maintaining dryness. These practices help prevent the accumulation of microorganisms. According to Yulifah and Yuswanto (2017), proper perineal hygiene is a key component of postpartum care. Cleaning techniques must follow medical guidelines. Incorrect cleaning can introduce bacteria to the wound. Proper direction of cleaning is essential. Cleaning from front to back reduces contamination. Regular changing of pads prevents moisture buildup. Moist environments promote bacterial growth. Dryness supports faster healing. Mothers who understand these principles are more likely to perform effective care. Education plays an important role in shaping care behavior. Health workers must provide clear instructions. Demonstrations can enhance understanding. Understanding leads to correct practice. Correct practice improves healing outcomes. This study indicates that respondents had adequate knowledge or guidance. Adequate guidance supports good care practices. Good practices result in fast wound healing. Therefore, perineal care is a practical and effective intervention.

The fact that all respondents performed good perineal care suggests effective health education at Obi General Hospital. Hospital-based education is critical during the postpartum period. According to Kementerian Kesehatan Republik Indonesia (2021), postpartum education should include wound care instructions. Effective education ensures mothers understand care procedures. Understanding increases compliance. Compliance improves outcomes. Health workers are responsible for delivering education clearly. The hospital environment provides an opportunity for direct counseling. Counseling during hospitalization is often more effective. Mothers are more receptive to information during this period. The

findings suggest that education provided was successful. Successful education leads to uniform care practices. Uniform practices result in consistent healing outcomes. This is reflected in the 100% fast healing rate. Such results indicate high-quality postpartum services. Quality services improve patient satisfaction. Satisfaction encourages trust in health facilities. Trust supports continued utilization of health services. Therefore, effective education contributes to broader health system goals. This study highlights the importance of hospital-based postpartum education.

Age and parity characteristics may also influence wound healing. Most respondents were in the productive reproductive age group. According to Manuaba (2018), women in optimal reproductive age tend to have better physical recovery. Physical readiness supports tissue regeneration. Multiparous mothers may have prior experience with postpartum care. Experience can improve confidence and skills. Experienced mothers may perform perineal care more effectively. However, experience alone is not sufficient. Proper guidance is still necessary. Health workers must ensure that experience aligns with correct practices. Incorrect habits can persist without proper education. The uniformity of good care in this study suggests effective standardization. Standardization reduces variation in care quality. Reduced variation improves overall outcomes. Age-related factors such as circulation also affect healing. Good circulation supports nutrient delivery to tissues. Nutrient delivery is essential for healing. Therefore, respondent characteristics may support healing. However, perineal care remains a central factor. Care practices are modifiable and controllable. This makes them ideal targets for intervention.

Nutrition is another factor that influences wound healing. Adequate intake of protein and micronutrients supports tissue repair. According to Almatsier (2019), nutrition plays a critical role in wound healing. However, good nutrition must be complemented by proper care. Without hygiene, nutrition alone cannot prevent infection. The findings of this study suggest that care practices were optimal. Optimal care allows nutritional benefits to be fully utilized. Health workers often provide nutritional counseling alongside care instructions. Integrated counseling improves outcomes. Mothers who follow dietary recommendations may heal faster. However, this study focuses on perineal care as the main variable. The significant relationship indicates care practices are highly influential. This does not negate the role of nutrition. Instead, it highlights the importance of comprehensive care. Comprehensive care includes nutrition, hygiene, and rest. Perineal care is a key component. Emphasizing it ensures better healing. Therefore, perineal care should be integrated with other interventions. Integrated approaches yield optimal results.

Infection prevention is a primary goal of perineal care. Infections delay wound healing and increase morbidity. According to Kementerian Kesehatan Republik Indonesia (2020), postpartum infections are a major health concern. Perineal wounds are vulnerable entry points for pathogens. Proper care reduces this risk. The absence of delayed healing in this study suggests low infection rates. Low infection rates reflect effective prevention. Prevention is more cost-effective than treatment. Preventing infection reduces the need for antibiotics. Reduced antibiotic use lowers the risk of resistance. Therefore, good perineal care has broader public health benefits. Health systems benefit from reduced complications. Mothers benefit from faster recovery. Families benefit from reduced care burden. This highlights the economic implications of proper care. Education and guidance are relatively low-cost interventions. Their impact is significant. This study demonstrates the effectiveness of such interventions. Evidence supports scaling up education programs. Scaling up can improve maternal health outcomes nationally.

Cultural practices may influence perineal care behavior. Some cultural beliefs discourage frequent washing after childbirth. According to Koentjaraningrat (2018), cultural norms shape health behavior. Health workers must address these beliefs sensitively. Education should respect cultural values while promoting safe practices. The uniform good care in this study suggests successful cultural adaptation. Mothers likely accepted medical recommendations. Acceptance is crucial for behavior change. Behavior change leads to improved outcomes. This study indicates that cultural barriers were effectively managed. Health workers may have used culturally appropriate communication. Appropriate communication builds trust. Trust enhances compliance. Compliance improves healing. Therefore, cultural sensitivity is essential in postpartum care. Health education should be tailored to local contexts. Tailored education increases effectiveness. This study provides an example of successful implementation. Lessons from this setting can inform other regions. Cultural adaptation should be a standard component of maternal care programs.

Pain management is closely related to wound healing. Proper care reduces inflammation and pain. According to Varney (2019), clean wounds heal with less pain. Reduced pain improves mobility. Improved mobility supports circulation. Better circulation enhances healing. Pain can discourage mothers from performing care. Therefore, pain reduction is important. Good perineal care reduces pain intensity. This creates a positive feedback loop. Reduced pain encourages continued care. Continued care supports healing. This study's findings suggest that pain was likely well managed. Fast healing implies minimal complications. Minimal complications reduce discomfort. Comfortable mothers are more

likely to engage in infant care. Infant care supports bonding and breastfeeding. Therefore, perineal care indirectly supports infant outcomes. This highlights the interconnectedness of maternal and infant health. Interventions targeting mothers benefit infants. This holistic perspective is essential in maternal health. Perineal care is a simple yet impactful intervention.

Family support can enhance perineal care practices. Family members can assist mothers in maintaining hygiene. According to Friedman (2018), family involvement improves health outcomes. Support is particularly important in the early postpartum period. Mothers may experience fatigue and discomfort. Fatigue can reduce self-care capacity. Support helps overcome this limitation. The uniform good care suggests adequate support. Support may come from family or health workers. Health workers may encourage family involvement. Involving families ensures continuity of care at home. Continuity supports sustained healing. Sustained healing prevents relapse or complications. Therefore, family education is important. Education should include caregivers. Caregivers can reinforce instructions. Reinforcement improves adherence. This study indirectly supports family-centered care. Family-centered care is a recommended approach. It enhances maternal recovery. Integrating families into care plans should be encouraged.

The hospital setting provides an ideal environment for initiating perineal care education. Mothers are under direct supervision. Supervision ensures correct practice. Correct practice leads to positive outcomes. According to Kementerian Kesehatan Republik Indonesia (2021), supervision improves care quality. Obi General Hospital likely implemented effective supervision. Effective supervision ensures adherence to protocols. Protocol adherence standardizes care. Standardized care reduces variability. Reduced variability improves predictability of outcomes. Predictable outcomes improve service planning. Planning supports resource allocation. Efficient resource use benefits health systems. This study highlights the role of institutional support. Institutional support includes training and protocols. Training ensures health workers are competent. Competent health workers deliver quality education. Quality education improves patient behavior. Behavior change improves health outcomes. Therefore, institutional factors are crucial.

The findings of this study are consistent with previous research. Studies by Wulandari et al. (2020) found similar associations. Sari and Lestari (2021) also reported faster healing with good care. Consistency across studies strengthens evidence. Strong evidence supports clinical guidelines. Guidelines should emphasize perineal care. Emphasis ensures prioritization. Prioritization leads to resource allocation. Resources include time and educational materials. Investing in education yields high returns. Returns include reduced

complications and faster recovery. This study adds to the body of knowledge. It provides data from South Halmahera Regency. Regional data are important for contextual understanding. Context influences intervention effectiveness. Local evidence supports local policy. Policy informed by evidence is more effective. Therefore, this study has policy implications.

Education level of mothers may influence understanding of care instructions. According to Notoatmodjo (2018), education affects health behavior. Mothers with higher education may understand instructions more easily. However, effective education can overcome low formal education. The uniform good care suggests that education was accessible. Health workers likely used simple language. Simple language improves comprehension. Comprehension improves practice. This highlights the importance of communication skills. Health workers should adapt communication styles. Adaptation ensures inclusivity. Inclusive education benefits all mothers. This study demonstrates that effective education can equalize outcomes. Equal outcomes reflect equity in care. Equity is a key health system goal. Achieving equity requires targeted strategies. Strategies should consider education levels. This study supports the effectiveness of tailored education. Tailored education should be expanded.

Postpartum care quality influences maternal satisfaction. Satisfaction affects future health-seeking behavior. According to Nursalam (2020), patient satisfaction is linked to service quality. Fast wound healing likely improves satisfaction. Satisfied mothers are more likely to recommend services. Recommendations enhance service reputation. Good reputation increases utilization. Increased utilization improves public health impact. Therefore, perineal care contributes indirectly to service utilization. High utilization supports health system sustainability. Sustainability ensures long-term benefits. This study highlights a chain of positive effects. Starting from simple care practices. Ending with system-level benefits. This demonstrates the far-reaching impact of perineal care. Health planners should recognize this. Recognizing impact supports investment. Investment improves service quality. Quality improvement benefits communities. Therefore, perineal care is a strategic intervention.

Delayed wound healing can lead to serious complications. Complications include infection and wound dehiscence. These require medical intervention. Intervention increases healthcare costs. According to Prawirohardjo (2019), prevention is preferable. Proper perineal care is preventive. Preventive care reduces burden. Reduced burden benefits health systems. This study shows prevention in action. All respondents healed quickly. This suggests low complication rates. Low complication rates reflect effective care. Effective care should be maintained. Maintenance requires ongoing training. Training keeps health workers updated. Updated workers deliver better care. Continuous improvement is essential. This study provides

a benchmark. Benchmarks guide quality assurance. Quality assurance ensures standards are met. Standards improve outcomes. Therefore, this study contributes to quality improvement efforts.

The postpartum period is often neglected in maternal health discussions. Focus is often on pregnancy and delivery. However, postpartum care is equally important. According to WHO Indonesia (2020), postpartum complications contribute to maternal morbidity. Perineal care addresses one aspect. Addressing it improves overall outcomes. This study draws attention to postpartum care. It emphasizes that care should continue after delivery. Continuous care ensures safe recovery. Safe recovery supports maternal well-being. Well-being affects family dynamics. Healthy mothers can care for infants effectively. Effective infant care supports child development. Therefore, postpartum care has long-term implications. This study supports strengthening postpartum services. Strengthened services improve maternal and child health. Health systems should allocate resources accordingly. Resource allocation should consider postpartum needs. Perineal care should be prioritized.

In conclusion, the findings of this study demonstrate a significant relationship between perineal care and perineal wound healing in postpartum mothers. Good perineal care practices are associated with faster healing. Statistical analysis confirms this relationship. Proper care prevents infection and supports recovery. Education and supervision are key to ensuring good care. Health workers play a central role. Family support enhances adherence. Cultural sensitivity improves acceptance. Institutional support ensures standardization. The study provides evidence for improving postpartum care practices. These findings are relevant for Obi General Hospital and similar settings. Strengthening perineal care education can improve maternal outcomes. Improved outcomes contribute to overall maternal health. This study supports evidence-based practice. Evidence-based practice improves care quality. Therefore, perineal care should remain a priority in postpartum health programs.

4. CONCLUSION

Based on the results of this study, it can be concluded that perineal care has a significant relationship with the perineal wound healing process in postpartum mothers at Obi General Hospital, South Halmahera Regency. All respondents demonstrated good perineal care practices, and the majority experienced fast wound healing. This finding indicates that appropriate and consistent perineal care plays an important role in accelerating tissue recovery after childbirth. Proper care helps maintain hygiene and prevents infection, which are essential factors in wound healing.

The statistical analysis using the Wilcoxon signed-rank test showed a p-value of 0.000, which is lower than the significance level of 0.05. This result confirms that there is a statistically significant relationship between perineal care and perineal wound healing in postpartum mothers. The significance of this finding supports the hypothesis that good perineal care practices contribute positively to the healing process. Therefore, perineal care can be considered a key component of postpartum maternal health management.

The characteristics of respondents, including age, education level, and parity, may also influence the effectiveness of perineal care and the wound healing process. Mothers with adequate knowledge and experience tend to perform perineal care more correctly and consistently. Education level may enhance mothers' understanding of hygiene and health instructions provided by healthcare professionals. These factors collectively support faster wound healing and reduce the risk of postpartum complications.

The findings of this study emphasize the importance of health education and guidance provided by healthcare workers regarding perineal care. Midwives and nurses play a crucial role in educating postpartum mothers about proper perineal hygiene and wound care techniques. Continuous counseling and monitoring during the postpartum period can improve compliance and promote optimal healing outcomes. Strengthening postpartum care services is therefore essential to enhance maternal health quality.

In conclusion, this study provides evidence that good perineal care is strongly associated with faster perineal wound healing in postpartum mothers. The results can be used as a reference for healthcare providers in developing standard operating procedures for postpartum care. Furthermore, this study may serve as a basis for future research with larger sample sizes and different research designs. Such studies are needed to further explore other factors influencing perineal wound healing and to strengthen maternal health interventions.

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