

## Original Research

# Effectiveness Of Sanitary Napkins “Love Ms V” On Postpartum Mother’s Comfort And Anxiety Level

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### ABSTRACT

**Background:** Management of postpartum that has been used by the medical team by using sanitary napkins. Not many specific sanitary napkins for postpartum have been created and researched. Sanitary napkins’s Love Ms V are sanitary napkins made from special cloth for postpartum mothers used to absorb bleeding in mothers. This study aimed to analyze the effectiveness of using Love Ms V sanitary napkins on the comfort and anxiety levels of postpartum mothers.

**Methods:** This research was a quasi experimental study posttest only design with control group. The participants were 70 postpartum mothers that selected by purposive sampling technique and divided into two groups: the intervention group (n=35) received sanitary napkins Love Ms V, and the control group (n=35) received disposable pads. The self made questionnaire of the comfort and the anxiety was used as a posttest. Mann-Whitney test were employed for data analysis.

**Results:** The increase in comfort level and the decrease in anxiety level was better in the intervention group then that in the control group. There was also a significant difference in the comfort levels ( $p=0.000$ ) and anxiety levels ( $p=0.003$ ) postpartum mother between the intervention group and the control group.

**Conclusion:** The use of sanitary napkins Love Ms V on postpartum significant affected toward increasing the comfort levels and reducing the anxiety levels.

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## INTRODUCTION

The postnatal period is a significant phase in the lives of mothers and babies. It is a time of adaptation to parenthood, of the development of secure attachment for the neonate and young infant, and a time where bonds can develop within the family and with the community (Tamburlini, 2018). A wide range of complications have been reported during this period such as physical, mental, and emotional problems including fatigue, concerns with regard to sexual intercourse, hemorrhoids, constipation,

breastfeeding problem, anxiety, stress, depression, sleep disorders, bleeding, urinary incontinence, and posttraumatic stress disorder (McAuliffe et al., 2020).

The first six weeks after childbirth is common cross-culturally, and the WHO defines the postnatal phase as beginning immediately after the birth of the baby and extending for up to six weeks (42 days) after birth (Tamburlini, 2018). The direct causes of maternal death in Indonesia, as in other countries, are postpartum hemorrhage, infection, and eclampsia (Ummah & Ulfiana, 2018). The puerperium or postpartum is identical to the presence of lochia, which is bleeding due to the shedding of the uterine wall.

Bleeding during the puerperium has the potential to be experienced by all women after giving birth, either through a spontaneous process or by caesarean section. There is a diversity of bleeding in terms of color, amount and duration of vaginal bleeding during the first 6 weeks postpartum experienced by the mother (Hershey et al., 2018). Postpartum care plays an important role in prevention of postpartum complications. The most effective management of bleeding is used by the medical team for patients during postpartum by using a sanitary napkins.

At this time there are so many choices of brands of sanitary napkins specifically for postpartum with their respective advantages, starting from those that have various fragrances, colors, and shapes. The use of over-the-counter postpartum sanitary napkins makes mothers worry about the quality of postpartum sanitary napkins for their reproductive health, coupled with the different lengths of bleeding period each woman during the postpartum period and the presence of birth canal injury due to childbirth that are easily infected, which can have an impact on changes in psychological conditions such as comfort and anxiety. Puerperal infection is an inflammation that occurs in the reproductive organs caused by the entry of microorganisms or viruses into the reproductive organs during the labor process and the postnatal period (Safriana et al., 2019).

Women's reproductive health greatly affects the quality of maternal health. In the postpartum, managing the occurrence of bleeding is very important. More studies has been done about traditional methods of managing hygiene on the postpartum period. The study by Myint et. al aimed to focus on the prevalence of traditional practices used during postpartum period among women in Ampang, Malaysia.

The study of Myint et al found that the things that the mother paid attention during the postpartum period were traditional massage, herbal baths, food cooked with herbs, increasing breast milk, dietary prevention, behavioral prevention and hygiene precautions. The mothers focused on the extra hygienic precaution during the postpartum period. Extra hygiene precautions used by women were regular changing the sanitary pads and keeping the surroundings clean (Hla Myint et al., 2019).

Others study more discussed about the factors that influence maternal anxiety during the postpartum period. The study by Febriani et. al found that the factors influence postpartum maternal anxiety were age, parity, education, employment status and history of anemia (Febriani et al., 2020). There are not many studies regarding the management of bleeding using pads that are better used by postpartum mothers to reduce anxiety and increase comfort. This study has new things that can be showed about managing postpartum mothers with special pads such as Love Ms V sanitary napkins.

The sanitary napkins that are often used are disposable sanitary napkins which are considered less economical in terms of cost. In addition to this, the comfort level of the

pads is also a priority for postpartum mothers. A study the management of postpartum hemorrhage with a mini-sponge tamponade device founded mini-sponge tamponade device is comprised of two components: compressed mini-sponges contained within a strong mesh pouch and a tubular applicator.

Compressed mini-sponges rapidly absorb blood, expand within seconds, and exert sustained pressure uniformly to bleeding sites. The sponges are deployed within a mesh pouch to facilitate simple vaginal removal (Rodriguez et al., 2020). However, the mini-sponge tamponade device is used for managing of postpartum hemorrhage where bleeding is more than 500 ml in 24 hours.

One of the postpartum care goals is to maintain the health of mother and baby both physically and psychologically (Setyowati & Rosnani, 2019). During the puerperium, managing of lochia discharge or bleeding can use sanitary napkins such as during menstruation. Sanitary napkins that are economical, comfortable, environmentally friendly, hygienic, and efficient because they can be reused after washing are very effective postpartum sanitary napkins to be used in fulfilling comfort and reducing anxiety levels. Sanitary napkins Love Ms V is a hygienic and efficient cloth sanitary napkin product for mothers during the postpartum period.

This sanitary napkin is a local product made of fabric and yarn which is specially made for the comfort and trendy of post-partum patients. This product is made of a liquid-resistant fabric, has a large capacity, high absorption, and can also be washed then more practical and economical. These sanitary napkins are rectangular in shape, soft, comfortable to move and anti-slip. This product is a work that passed the 2019 funding student creativity program.

Sanitary napkins Love Ms V will be tested by comparing disposable sanitary napkins to mothers who are in the puerperium or postpartum. Therefore, this study were analyze the effectiveness of using sanitary napkins Love Ms V on comfort and anxiety levels in postpartum mothers.

## **MATERIALS AND METHOD**

This research was a quasi experimental study design with control group and posttest only. This study was conducted in one of the Private Hospital in Yogyakarta, Indonesia. There were 71 mother postpartum start from September to October 2021. A purposive sampling technique was used to recruit as subject in this study.

The 70 samples matched with the inclusion criteria, including: willing to be a respondent, mothers during the postpartum period with lochia secretions, and willing to use produk Love Ms V. Respondents who were included in the exclusive criteria were postpartum mothers with advanced complications of birth canal injuries. The samples were divided into two groups: the 35 respondents used product Love Ms V as intervention group, and the 35 respondents used disposable sanitary napkins as control group.

Sanitary napkins Love Ms V is a hygienic and efficient cloth sanitary napkin product for mothers during the postpartum period. This sanitary napkin is a local product made of fabric and yarn which is specially made for the comfort and trendy of postnatal patients. This product is made of a liquid-resistant fabric, has a large capacity, high absorption, and can also be washed, therefore that more practical and economical.

These sanitary napkins are rectangular in shape, soft, comfortable to move and anti-slip. Four (4) pieces of sanitary napkins Love Ms V were given to each intervention respondent, while for control respondents get one (1) pack of disposable sanitary

napkins. After 2 days of using Love Ms V in the intervention group and 2 days of using disposable sanitary napkins in the control group, all the respondents were distributed a questionnaire to measure the level of comfort and level of anxiety.

In this study, self-made questionnaires were delivered to the respondents to measure the levels of comfort and anxiety. Each questionnaire consists of 10 statement items. Scoring system to the comfort questionnaire consists of three categories: uncomfortable (score 1-13), comfortable (14-27), and very comfortable (28-40), while the anxiety questionnaire consists of three categories also: severe (score 1-13), moderate (14-27), and mild (28-40).

Pilot study were conducted on 15 postpartum excluding research subjects to test the validity and reliability of the self-made questionnaire. The validity and reliability test for the comfort questionnaire were the validity results of each statements >0.4409 and the reliability results were 0.747. The validity results for the anxiety questionnaire on each statements were >0.4409 and the reliability results were 0.772. Therefore, 10 statements on the comfort questionnaire and 10 statements on the anxiety questionnaire were used entirely.

The data were collected from September to October 2021, as follows: selected research subjects according to the inclusion criteria, divided the group, conducted the intervention for 2 days, and administered posttest questionnaire. Data analysis was carried out through some stages: (1) editing to check the completeness of the data, (2) coding, (3) entry, and (4) tabulating. Univariate analysis was carried out on characteristics respondent such as age, level of education, occupations and parity which were presented on proportion. The data normality of self-made questionnaire by the Shapiro-Wilk test showed that the data were not normally distributed. The Mann-Whitney U Test was used to analyze the data after the intervention.

This research protocol had been approved by the Health Research Ethics Committee of STIKES Bethesda Yakkum (reference number of 077/KEPK.02.01/IV/2021) and the declaration of ethics applies during the period April 29, 2021 until April 29, 2022. Before conducting the study, the researchers explained the purpose of the study, the procedures for data collection, and the benefits of participation to the potential subjects. The participants were offered an opportunity to ask any questions, and were assured that they could withdraw from the study at any time. Their personal information was kept confidential.

## RESULTS

The respondents' characteristics in this study, including age, level of education, occupations and parity were not statistically different between the two groups. The result shows that the majority of the respondents in both groups were the age 17-25 years old, graduated senior high school, work as housewife and giving birth for the first time. The respondents' characteristics are presented in Table 1.

**Table 1.** Characteristics of respondents (n=70)

Variable	Intervention Group (n=35)		Control Group (n=35)	
	f	%	f	%
<b>Age (years)</b>				
Late adolescence (17-25 years old)	14	40	15	42,9
Early adulthood (26-35 years old)	12	34,3	13	37,1

Variable	Intervention Group (n=35)		Control Group (n=35)	
	f	%	f	%
Late adulthood (36-45 years old)	9	25,7	7	20
<b>Level of education</b>				
Junior high school	4	11,4	2	5,7
Senior high school	21	60	24	68,6
Diploma	1	2,9	6	17,1
Bachelor and Magister	9	25,7	3	8,6
<b>Occupation</b>				
Housewife	28	80	24	68,5
Private employees	6	17,1	8	22,9
Government employees	1	2,9	3	8,6
<b>Parity</b>				
1	20	57,2	19	54,3
2	7	20	6	17,1
3	6	17,1	5	14,3
4	0	0	1	2,9
5	2	5,7	4	11,4

The comfort level of postpartum mother after the intervention were mainly in the comfortable category in the both groups. The comfortable category (57,2) in intervention group and to the control group, which also were mostly in the comfortable category (94,3). Meanwhile, in the very comfortable category the intervention group has a higher proportion (42,8) rather than in the control group (5,7).

There were significant differences in comfort level after the intervention in both groups ( $p=0.000$ ). It can be concluded that there was an affect on the comfort level of postpartum mother using sanitary napkins Love Ms V. The comparisons of the comfort level after the intervention are outlined in Table 2.

**Table 2.** Comparisons of the comfort level after the intervention

Comfort level	Intervention (n=35)	Control (n=35)	p value
	f(%)	f(%)	
Uncomfortable	0 (0)	0 (0)	0,000
Comfortable	20 (57,2)	33 (94,3)	
Very Comfortable	15 (42,8)	2 (5,7)	

\*Mann-Whitney test

The anxiety level of postpartum mother after the intervention were mainly in the moderate category in the both groups. The moderate category (60) in intervention group and to the control group the comfortable category (74,3). Meanwhile, in the mild category of the intervention group has a higher proportion (40) rather than in the control group (20).

There were significant differences in anxiety level after the intervention in both groups ( $p=0.003$ ). It can be concluded that there was an affect on the anxiety level of postpartum mother using sanitary napkins Love Ms V. The comparisons of the anxiety level after the intervention are presented in Table 3.

**Table 3.** Comparisons of the anxiety level after the intervention

Anxiety level	Intervention	Control	p value
	(n=35)	(n=35)	
	f(%)	f(%)	
Mild	14 (40)	7 (20)	0,003
Moderate	21 (60)	26 (74,3)	
Severe	0 (0)	2 (5,7)	

\*Mann-Whitney test

## DISCUSSION

This study found that the sanitary napkins Love Ms V was significant affect in increasing comfort and decreasing anxiety among postpartum mothers. The findings in this study indicated that using sanitary napkins Love Ms V affected the levels of comfort and anxiety in postpartum mothers. The use of sanitary pads that good in handling blood flow will provide a sense of comfort and security to the user, then they are not afraid of leakage both during activities and sitting (Austrian et al., 2021).

There have not been many studies regarding the management of bleeding using pads that are better used by postpartum mothers to reduce anxiety and increase comfort. Other studies discuss more about the factors that influence anxiety during the puerperium and focus more on the amount of blood during the puerperium which shows postpartum hemorrhage.

Sanitary napkins Love Ms V provides comfort to postpartum mothers due to its long shape and tight binding makes it feel comfortable when used and the capacity is large enough to make postpartum mothers comfortable to use it both for activities and sitting. Using a clean material to absorb or collect blood that can be changed privately as often as needed during the bleeding period, using soap and water to wash the body as needed is management for maintaining female reproductive hygiene (Chauhan et al., 2021).

In this study, no signs of irritation were found in the intervention respondents. The benefits of caring good hygiene when getting periods include a reduced risk of infection on unitary track, rashes in genitals area, and cancer (Sihra et al., 2018). Poor hygiene practices because of water and sanitation limited accessibility, lack of privacy, and unaffordability of pads can appearing some adverse health outcomes like reproductive tract infections and genetalian raches (Wirata & Ballena, 2021).

The healing process of the organs of the birth canal during the postpartum period is very susceptible to infection, because the genital organs are undergoing an inflammatory process after the baby comes out. In addition to the genital organs, the release of lochia also really needs to be concerned. The lochia is the vaginal discharge that originates from the uterus, and comes out from vagina (Hershey et al., 2018). The lochia in 1 to 4 days is initially red and comprised of blood and fragments of decidua, tissues from endometrial, and mucus.

The lochia then changes color lasting 5 to 9 days from red to yellowish or pale brown. It is comprised mainly of blood, leucocytes and mucus. Finally, more than 10 to 14 days the lochia contains mostly mucus and it is white. The lochia can comes out up to 5 weeks after birthing.

The might be an indicator of uterine subinvolution is persistence of red lochia beyond one week. The might be a sign of infection is presence of an offensive odor or tissue with large pieces or blood clots or the absence of lochia. The cervix and vagina

may be edematous and bruised in the early postpartum period and gradually heal back to normal (Rodriguez et al., 2020).

In addition, in using sanitary napkins Love Ms V is very reusable because it is made of cloth then that it can be washed again with soap and dried in the sun and then used. This makes postpartum mothers feel more comfortable because of the reduced use of chemicals in napkins. From an economic point of view, the use of sanitary napkins. Love Ms V is very cheap when compared to the use of pads in general. Only by buying 4 sanitary napkins Love Ms V can be used during the postpartum period with their reusable nature.

Social-economic becomes one of the factors or problems that disturb the minds of postpartum mothers and can have an impact on the level of anxiety and the health of the mother and newborn (Li et al., 2020). Postpartum mothers are expected to get comfort, then that they can reduce anxiety. Postpartum mother anxiety can be caused by several factors. During the postpartum period, the number of demands and responsibilities increases, which can also increase worry and distress. Several factors have been found to contribute to the onset of postpartum anxiety levels such as breastfeeding difficulties, inadequate social support, financial difficulties, maternal health, and child welfare (Radoš et al., 2018).

Anxiety is a personal feeling where there is a general reaction to the inability to handle a difficulty or loss of sense of security in the form of mental tension that makes anxiety which will eventually lead to or be marked by physiological and psychological changes. Anxiety is one of the psychological discomforts experienced by postpartum mothers that can affect breast milk production (Pratiwi et al., 2021). Anxiety experienced by postpartum mothers has various causes, by providing comfort to the use of sanitary napkins in the postpartum period will have an impact on reducing the emergence of excessive anxiety.

Postpartum mothers need to reduce the anxiety that they feel because it can interfere with the mother's recovery and the relationship with the newborn (Radoš et al., 2018). Support mental health for postpartum mothers can improve the welfare of mothers, newborns, families and communities (Chrzan-Dętkoś et al., 2021). Postpartum mothers really need to reduce anxiety and increase comfort to increase milk production, adequate social support, financial goals, improve maternal health, and child welfare.

The use of soft sanitary napkins with a lot of capacity provides comfort and is not afraid of leaks which can have an effect on increasing self-confidence and reduce anxiety in activities (Wang & Anne Arochi, 2018). Comfortable sanitary napkins are needed for women's reproductive health, because they greatly affect the health of organs that are in direct contact and require more attention (Kuncio, 2018). The use of sanitary napkins Love Ms V on postpartum significant affected toward increasing the comfort levels and reducing the anxiety levels.

Therefore, sanitary napkins Love Ms V could be considered to use it in hospital practice for postpartum mothers to provide comfort and minimize anxiety, as well as to improve care for postpartum mothers.

## **CONCLUSION**

“LOVE MS. V” is a hygienic and efficient cloth sanitary napkin product for mothers during the postpartum period. “LOVE MS. V” is effective in providing comfort for postpartum mothers because this product is made of fabric that has a large capacity, is anti-permeable, has high absorption, and can be washed so that it is more practicaly

and economical. In addition, these pads are rectangular in shape, soft, comfortable to move, and anti-slip.

Nurses in the clinic can use these pads to treat bleeding/lochia during the postpartum period. The use of sanitary napkins Love Ms V on postpartum significantly affected toward increasing the comfort levels and reducing the anxiety levels. Therefore, sanitary napkins Love Ms V could be considered to use it in hospital practice for postpartum mothers to provide comfort and minimize anxiety, as well as to improve care for postpartum mothers.

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## APPENDICES



**Appendix 1.** Sanitary pads Love Ms V for postpartum mothers