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## Analysis of the Implementation of Holistic-Based Midwifery Care in Primary Level Health Services at Plered Health Center, Purwakarta Regency, Indonesia

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### ABSTRACT

Holistic-based midwifery care is a caring approach that focuses on physical, psychological, social, and spiritual aspects. The aim of this research is to analyze the implementation of holistic-based midwifery care in primary-level health services at the Plered Health Center, Purwakarta Regency, Indonesia. This research uses a descriptive method with a qualitative approach. The research subjects were midwives at the Plered Health Center, Purwakarta Regency. Data was collected through in-depth interviews, observation, and documentation. Data analysis was carried out qualitatively using thematic analysis techniques. The results of the research show that the implementation of holistic-based midwifery care at the Plered Health Center, Purwakarta Regency, has been going quite well. Midwives have implemented midwifery care that focuses on physical, psychological, social, and spiritual aspects. However, there are still several aspects that need to be improved, such as: Increasing the competency of midwives in providing holistic midwifery care; Better collaboration between midwives and other health workers and support from Health Center management.

### 1. Introduction

Midwifery care is part of health services that aim to provide complete health services to mothers, babies, and children. Midwifery care covers various aspects, ranging from physical, psychological, and social to spiritual aspects. Physical aspects of midwifery care include physical examinations, providing immunizations, and providing medical therapy. A physical examination is carried out to detect any physical health problems in the mother and baby. Immunization is given to prevent infectious diseases. Medical therapy is given to treat physical health problems that occur. The psychological aspect of midwifery care includes providing emotional support, health education, and counseling. Emotional support

is provided to help mothers and families deal with stress and anxiety that occurs during pregnancy, childbirth, postpartum, and breastfeeding. Health education is provided to increase mothers' and families' knowledge about maternal and child health. Counseling is provided to help mothers and families overcome psychological problems that occur.<sup>1-3</sup>

The social aspect of midwifery care includes empowering mothers and families, as well as collaborating with other parties. Empowerment of mothers and families is carried out to increase the ability of mothers and families to care for themselves and their babies. Collaboration with other parties is carried out to improve the quality of maternal and child health services. The spiritual aspect of midwifery



care includes providing spiritual support as well as respecting the mother's beliefs. Spiritual support is provided to help mothers overcome stress and anxiety that occurs, as well as to increase feelings of comfort and calm. The mother's beliefs are respected by the midwife in providing care. The Indonesian government has launched a program to improve the quality of health services, including maternal and child health services. This program aims to improve the health status of mothers and children, as well as reduce maternal and child mortality rates.<sup>4,5</sup>

Holistic-based midwifery care is a care approach that is in line with programs to improve the quality of maternal and child health services. This approach can provide comprehensive and integrated care for mothers, babies, and children. The implementation of holistic-based midwifery care in Indonesia has been going quite well. However, there are still several aspects that need to be improved, such as Increasing the competency of midwives in providing holistic midwifery care, better collaboration between midwives and other health workers, and support from Health Center management. Increasing midwives' competency in providing holistic midwifery care can be done through training and continuing education. Training can be provided by community health centers, universities, or professional organizations. Continuing education can be done through seminars, workshops, or online training. Better collaboration between midwives and other health workers needs to be carried out to improve the quality of maternal and child health services. This cooperation can be carried out through collaboration, coordination, and communication activities.<sup>6,7</sup> This study aims to analyze the implementation of holistic-based midwifery care in primary-level health services at the Plered Health Center, Purwakarta Regency, Indonesia.

## 2. Methods

This research uses a descriptive method with a qualitative approach. The descriptive method aims to

describe phenomena that occur as they are. A qualitative approach is used to understand the phenomena that occur in-depth and comprehensively. The research subjects were midwives at the Plered Health Center, Purwakarta Regency. There are 10 midwives at the Plered Health Center. Research data was obtained through in-depth interviews, observation, and documentation.

In-depth interviews were conducted to elicit information from midwives about the implementation of holistic-based midwifery care. In-depth interviews were conducted in a structured and semi-structured manner. Observations were carried out to observe the implementation of holistic-based midwifery care by midwives at the Plered Health Center. Observations were carried out for 2 months. Documentation is carried out to collect supporting data, such as midwife notebooks, health center reports, and related laws and regulations. Data analysis was carried out qualitatively using thematic analysis techniques. The thematic analysis technique is an analysis technique carried out by identifying themes that emerge from research data. The data analysis procedure was carried out as follows: Data were analyzed manually; Data were transcribed verbatim; The data identified themes; Emerging themes were analyzed in depth; The results of data analysis are presented in narrative form.

## 3. Results and Discussion

The results of the research show that the implementation of holistic-based midwifery care at the Plered Health Center, Purwakarta Regency, has been going quite well. Midwives have implemented midwifery care that focuses on physical, psychological, social, and spiritual aspects. The physical aspect of holistic midwifery care includes physical examination of the mother and baby, as well as providing immunizations. Midwives at the Plered Health Center have carried out routine physical examinations of mothers and babies, as well as providing



immunizations according to schedule. The psychological aspect of holistic midwifery care includes providing emotional support and health education. Midwives at the Plered Health Center have provided emotional support to mothers and families, as well as health education about pregnancy, childbirth, postpartum, and breastfeeding. The social aspect of holistic midwifery care includes empowering mothers and families, as well as collaborating with other parties. Midwives at the Plered Health Center have empowered mothers and families and collaborated with other health workers, such as doctors, nurses, and nutrition workers. The spiritual aspect of holistic midwifery care includes providing spiritual support as well as respecting the mother's beliefs. The midwives at the Plered Health Center have provided spiritual support to the mother according to her beliefs.

Increasing the competency of midwives in providing holistic midwifery care needs to be done to improve the quality of maternal and child health services. Holistic midwifery care is a caring approach that focuses on physical, psychological, social, and spiritual aspects. This approach aims to provide comprehensive and integrated care. Training is one way to improve midwives' competency in providing holistic midwifery care. Training can be provided by community health centers, universities, or professional organizations. The training provided may include material on the concept of holistic midwifery care and the physical, psychological, social, and spiritual aspects of midwifery care. Training can be done face-to-face or online. Face-to-face training is more effective for providing in-depth learning, while online training is more flexible and can be accessed by midwives throughout Indonesia. Continuing education is a learning activity that is carried out continuously to improve knowledge, skills, and attitudes. Continuing education can be done through seminars, workshops, or online training. Seminars and workshops are learning activities that can provide new information

and skills to midwives. Online training is a learning activity that can be carried out independently by midwives.<sup>8-10</sup>

Better collaboration between midwives and other health workers needs to be carried out to improve the quality of maternal and child health services. This cooperation can be carried out through collaboration, coordination, and communication activities. Collaboration is cooperation carried out by two or more health workers to provide comprehensive and integrated care to clients. Collaboration between midwives and other health workers can be carried out in various settings, such as community health centers, hospitals, and communities. Coordination is cooperation carried out by two or more health workers to plan and implement health services. Coordination between midwives and other health workers can be carried out to ensure that the health services provided to clients are integrated and sustainable. Communication is the process of exchanging information and ideas between two or more people. Effective communication between midwives and other health workers is important to ensure that the health services provided to clients are in accordance with their needs.<sup>11-13</sup>

#### **4. Conclusion**

The implementation of holistic-based midwifery care at the Plered Health Center, Purwakarta Regency, has been going quite well.

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