



Health Education for Postpartum (Nifas) Mothers Regarding Fulfilling Sleep Needs at Pmb Nislawaty, June 2025

Siti Hotna Siagian^{1*}, Erma Kasumayanti²

Program Studi Si Keperawatan Fakultas Ilmu Kesehatan Universitas Pahlawan Tuanku

Corresponding Author: Siti Hotna Siagian sitihotna@gmail.com

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ABSTRACT

The participation of Generation Z in voluntary blood donation in Surabaya remains relatively low despite their significant potential as active donors. This study aims to analyze the service quality of the Surabaya City Indonesian Red Cross Blood Transfusion Unit (UTD PMI) in encouraging Generation Z's participation. Using a descriptive qualitative method with observations, interviews, and questionnaires, the study applied the SERVQUAL model covering five dimensions: tangibility, reliability, responsiveness, assurance, and empathy. The findings reveal that most Generation Z respondents are satisfied with the services provided by UTD PMI Surabaya. The tangible dimension achieved the highest satisfaction level (61%), indicating clean facilities, professional staff, and complete medical equipment. Assurance and responsiveness also scored well, while empathy remained relatively low, particularly regarding personal attention and emotional engagement. This suggests a need for improving interpersonal communication and empathetic service. The overall analysis shows that high service quality fosters comfort and trust, which positively influence donor participation. Enhancing empathy, developing digital-based information systems, and optimizing social media campaigns are recommended strategies to attract and retain Generation Z blood donors in the futur

INTRODUCTION

Situation Analysis

Tuanku Tambusai Heroes University carries out the Tri Dharma of Higher Education, which includes education and teaching activities, research, and community service. In 2019, the Undergraduate Program in Public Health has a community service program organized by lecturers in accordance with the University's Vision and Mission. In this program, we carry out community service activities under the title "Health Education: Health Counseling for Postpartum Mothers on Fulfilling Sleep and Rest Needs at PMB Nislawaty."

Postpartum is the period after childbirth when mothers often experience stress. Psychologically, postpartum mothers have feelings of irritability and sadness. Most postpartum mothers often feel neglected by their loved ones, which leads to anxiety that can turn into stress. One cause of this stress is the emergence of a new focus on the child. Several factors cause emotional disturbances in postpartum mothers, including stress and fear during pregnancy and childbirth, discomfort in the early postpartum period, fatigue and lack of rest and sleep, anxiety when caring for the child, insecurity about body shape, and hormonal changes in the body (Achmad and Wabula, 2023).

Postpartum mothers need sufficient rest. The sleep needed by postpartum mothers is about 8 hours at night and 1 hour during the day. Lack of rest can affect mothers in several ways: reducing the amount of breast milk produced, slowing the uterine involution process and increasing bleeding, and causing depression and the inability to care for the baby and themselves (Yogyakarta Health Polytechnic, 2022).

Factors affecting sleep, such as physiological, psychological, and environmental factors, often change the quality and quantity of sleep. Physiological, psychological, and environmental factors that can affect sleep quality include those in postpartum mothers (Fatmawati and Hidayah, 2019).

Postpartum mothers need adequate rest. The sleep required for postpartum mothers is around 8 hours at night and 1 hour during the day.

The negative effects for postpartum mothers if they lack rest include difficulty focusing and concentrating on activities. In addition, insufficient rest and sleep in postpartum mothers can cause mood swings and frequent anger. This can manifest as postpartum mothers becoming easily irritated. Furthermore, insufficient rest and sleep can weaken the immune system, making mothers more susceptible to infections and causing slower recovery when infected or sick.

This is because during sleep, the body releases cytokine proteins that help make sleep deeper. In addition, cytokines also play a role in fighting infection and inflammation. Therefore, if a mother gets insufficient sleep, cytokine production decreases, making her more susceptible to illness.

Activity Purpose: Conducting Community Service (PKM) to provide health education to postpartum mothers regarding the need for rest and sleep at PMB Nislawaty. Activity Objectives:

1. Observe the condition of postpartum mothers
2. Provide education on self-care, breastfeeding, and postnatal family planning.

3. Early detection of any problems or complications that may arise in postpartum mothers
 4. Enhance mothers' knowledge and skills in caring for themselves and their babies.
 5. Increase mothers' awareness of the importance of health monitoring during the postpartum period.
- Implementation

METHODOLOGY

Providing information regarding postpartum self-care, including: Meeting the sleep and rest needs of postpartum mothers Health education activities for postpartum mothers to meet sleep and rest needs were conducted on Thursday, June 26, 2025, at Nislawaty Midwife Clinic. Prior confirmation was made with the clinic to carry out health education activities for postpartum mothers addressing sleep and rest needs. At that time, there were 3 postpartum patients, all accommodated in one room.

Chapter I solutions and Outcome Targets

Proposed Solutions

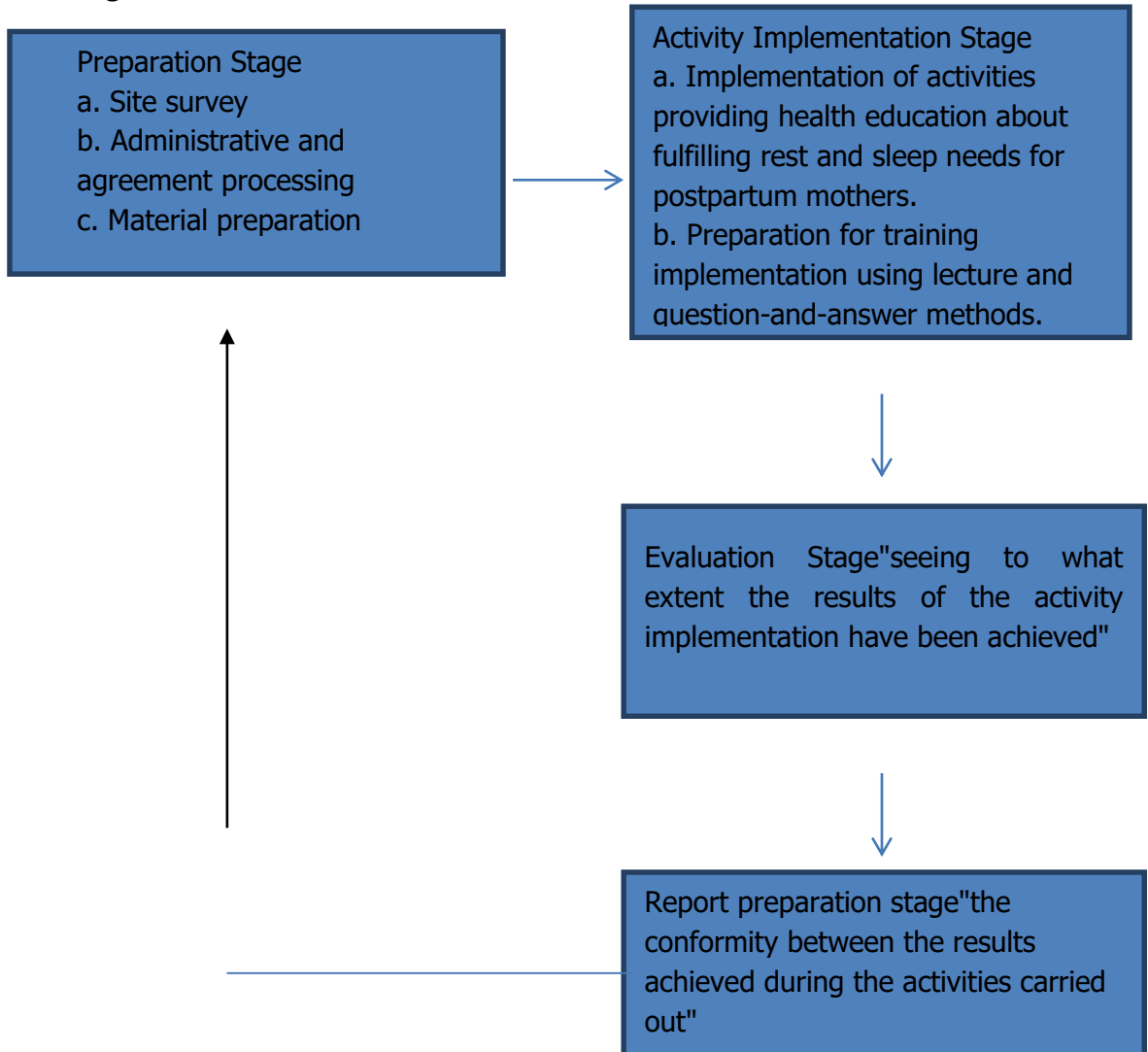
Regarding the problems faced by partners, lecturers as implementers of community service (PKM) will provide solutions together: by providing health education to postpartum mothers regarding meeting rest and sleep needs at Nyslawaty Midwife Clinic.

Method

Providing health education about the importance of fulfilling rest and sleep needs for postpartum mothers a. Gather patients in one room, previously confirmed with the clinic staff b. Prepare/acquire supporting equipment needed for providing education and health education c. Conduct educational activities for patients using lecture and question-and-answer methods Work Procedure a. Three postpartum patients are in one treatment room

Regarding questions and answers about rest and sleep issues for postpartum mothers, this is important to discuss because mothers need to understand that meeting rest and sleep needs is essential so that they can take care of themselves and their babies to stay healthy. The activity went smoothly, with patients being very enthusiastic when the material was presented, indicated by patients asking questions and being able to repeat the material that had been delivered.

Providing Leaflets and Posters



RESULTS AND DISCUSSION

Results of PKM Activity Implementation

The results of PKM activity implementation can be generally seen based on the following components:

1. Achievement of the target number of participants receiving health educationThe participants in this health education activity consisted of 3 postpartum mothers who were at Nislaway midwife clinic.
2. Achievement of training objectivesThe achievement of the health education objectives can be considered very good (95%) as the patients who received health education understood the material provided.

Achievement Of The Planned Material Targets

The achievement of the planned material targets can be considered good (95%). All training materials were delivered by the service team within a limited time. The materials presented included health education on meeting rest and sleep needs for postpartum mothers, meaning that mothers understand the negative impacts on postpartum mothers if they lack rest and sleep, such as

reduced focus and difficulty concentrating on activities. Additionally, insufficient easily irritated. Furthermore, lack of rest and sleep in postpartum mothers weakens their immune system, making them more susceptible to infections and slower to recover.

Participants' ability to master the material

The participants' ability to master the material can be considered good (95%). The delivery of the material through lectures and question-and-answer sessions supports the participants' ability to grasp the material presented by the service team. Overall, the community service activity titled "Providing health education to postpartum mothers regarding fulfilling rest and sleep needs" can be considered good and successful. The results of the health education provided to postpartum mothers about the importance of fulfilling rest and sleep needs show that mothers can understand and are able to repeat the negative effects that occur if postpartum mothers' rest and sleep needs are not met. All patients are able to repeat the negative effects that occur if postpartum mothers' rest and sleep needs are not met.

CONCLUSION AND RECOMMENDATION

1. PKM Activity: "Providing health education to postpartum mothers regarding meeting rest and sleep needs can increase patient knowledge related to improving proper rest and sleep patterns after returning home.
2. There is an increase in knowledge and understanding for patients in meeting rest and sleep needs so that both mother and baby remain healthy after returning home.
3. Overall, the training activity "Providing health education to postpartum patients at the PMB Nislaway clinic" can be considered smooth and successful. On average, patients are able to explain the negative effects that occur if postpartum mothers do not meet their rest and sleep needs, both for themselves and for their babies.

Recommendation

1. This community service program is expected to be implemented elsewhere, in clinics as well as in large-scale hospitals the following year, to help improve the health status of postpartum mothers and ensure both they and their babies remain healthy.
2. . There is a need for regular monitoring, evaluation, and guidance after the implementation of the PKM Program for providing health education to patients, in efforts to conduct activities that are beneficial for improving the health status of mothers and children.

FUTHER STUDY

This research still has delays, so it is necessary to conduct further research related to the topic Health Education for Postpartum (Nifas) Mothers Regarding Fulfilling Sleep Needs at Pmb Nislaway, June 2025 in order to improve this research and add insight for readers.

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