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## The improvement of physical and psychological adaptation among post-partum women with pre-eclampsia after the delivery of 'Sehati' health education

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Postnatal mother with preeclampsia is one of the complications in the postpartum period that can cause both physical and psychological effects. This study aims to determine the effect of health education "Sehati" on physical and psychological adaptation of post-delivery preeclampsia. The study was a quasi-experimental pre and posttest with control group design in 60 post-delivery mothers in Banyumas and Purbalingga districts. Samples were chosen with consecutive sampling technique. The instruments used are Postpartum Specific Anxiety Scale (PSAS) questionnaire and the Multidimensional Scale of Perceived Social Support (MSPSS) questionnaire. The results showed that there were significant differences in physiological and psychological adaptation between before and after intervention ( $p=0,039$ ;  $p=0-007$ ) in the intervention group. Physiological and psychological adaptation also found significant differences between the intervention group and the control group after intervention ( $p=0.018$ ;  $p=0.004$ ). The result of logistic regression reported that health education "Sehati" has a dominant effect on postpartum physiological adaptation with OR 5.114 (95% CI: 1,498-17,465) and on postpartum psychological adaptation with OR 6,000 (95% CI: 1,890-19,043). It is expected that postpartum preeclampsia received the health education with the "Sehati" to achieve good physiological and psychological adaptation.

### Biography

Endah ekawati is now a student at the University Indonesia maternity specialization nursing program, born in Banyumas November 16, 1981. She graduated from a diploma nursing academy program and then continued her studies at Purwokerto Muhamadiyah University for nursing and professional undergraduate programs. He was also a nurse who worked in the prof Dr. margono Soekarjo hospital at Central Java since 2002. Experience working in the obstetric ward from 2003 to 2015 and in the neonatal ward from 2015 to 2016.

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