

## The Effect of Providing 10t Antenatal Care Services on Pregnant Women's Visits At UPTD Popayato Health Center

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**Abstract:** Antenatal Care (ANC) is one of the important aspects in maintaining the health of pregnant women and fetuses. Provision of good and standard antenatal care services, one of which is the 10T program, plays an important role in reducing maternal and infant mortality rates. However, visits by pregnant women to health centers often do not match the expected number. Therefore, this study aims to determine the effect of providing 10T ANC services on the level of visits by pregnant women at the Popayato Health Center UPTD. This study aims to determine the effect of providing 10T antenatal care services on the level of visits by pregnant women at the Popayato Health Center UPTD. This type of research is quantitative with a pre-experimental design using a one group pretest-posttest approach. The study was conducted at the Popayato Health Center UPTD involving 16 pregnant women respondents who were registered during the study period. Data were obtained through observation and interviews, and tested using the Wilcoxon test. The results of the Wilcoxon test obtained a p value = 0.000, which means p-value <0.05. This shows that there is a significant influence between the provision of 10T ANC services on increasing visits by pregnant women at the Popayato Health Center UPTD. Before the intervention, the majority of pregnant women did not make regular visits, but after being given 10T ANC services, almost all respondents increased the frequency of their visits. The provision of 10T antenatal care services has a significant effect on increasing the level of visits by pregnant women at the Popayato Health Center UPTD. The implementation of the 10T program can increase the awareness of pregnant women to undergo regular visits, which has a positive impact on the health of the mother and fetus. For health workers, it is hoped that they will continue to improve the quality of 10T ANC services in order to attract more pregnant women to make regular visits. It is hoped that health facilities will educate pregnant women more often about the importance of 10T ANC services. Further research with a larger sample size can be conducted to strengthen these findings

**Keywords:** 10T Antenatal Care Services, first stage, labor, labor acceleration, multigravida, Pregnant Women's Visits, Squad movement

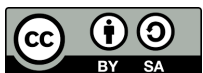
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### 1. Introduction

Pregnancy is an important period for every woman because it is a period that affects the health of the mother and fetus. One factor that can determine the success of pregnancy is the availability of proper and routine health care during pregnancy. In Indonesia, antenatal care (ANC) services play an important role in early detection of maternal and fetal health problems and providing useful education for pregnant women (Agustina, S., 2018). One approach to ANC services is the 10T program, which includes health checks, education, and preventive

measures for pregnant women that involve routine checks and consultations with trained medical personnel.

The 10T ANC service aims to improve access and quality of services to pregnant women, which include checking for danger signs, physical examinations, monitoring nutritional status, immunization, education on signs of labor, and providing iron tablets (Andriani, R., & Kuswanto, A., 2019). Although it has been regulated in health service guidelines, in reality many pregnant women do not undergo the entire series of visits according to the predetermined schedule, one of which is in the Popayato Health Center work area.

Factors causing the low level of visits by pregnant women include the lack of understanding of mothers about the importance of routine check-ups, limited access to health facilities, and lack of information about the benefits of ANC 10T services (Setyawan, 2018). Therefore, it is important to evaluate and understand more deeply the effect of providing ANC 10T services on the level of visits by pregnant women in order to improve the effectiveness of services and the health of mothers and fetuses.

At the Popayato Health Center, although efforts have been made to implement the ANC 10T program, data on regular visits by pregnant women still do not meet the target. This is an important concern because regular visits during pregnancy greatly affect the health of the mother and fetus, including reducing maternal and infant mortality rates (Widiastuti, 2020). Therefore, an effective strategy is needed to increase the level of visits by pregnant women at the Popayato Health Center.

One approach that can be taken is to provide sufficient information about the importance of ANC 10T services and their impact on maternal and fetal health. With a good understanding, it is hoped that pregnant women will be more motivated to undergo regular visits to the health center. Providing good antenatal care involves not only physical examinations, but also continuous education to ensure that pregnant women understand the importance of each visit.

The purpose of this study was to determine the effect of providing ANC 10T services on the level of visits by pregnant women at the UPTD Popayato Health Center. This study is expected to provide a clear picture of the impact of the ANC 10T program in increasing the frequency of visits by pregnant women, which will ultimately contribute to improving maternal and infant health.

This study is also expected to provide recommendations to health workers and local governments to focus more on strengthening the ANC 10T program, to ensure that all pregnant women receive optimal care during pregnancy. This is very important considering that good antenatal care is one of the key factors in reducing maternal and infant mortality rates in Indonesia.

## **2. Research Method**

This type of research is quantitative with a pre-experimental design using a one group pretest-posttest approach. The study was conducted at the Popayato Health Center UPTD involving 16 pregnant women respondents who were registered during the study period. Data were obtained through observation and interviews, and tested using the Wilcoxon tes

**Table 1 Mother's Age**

Information	Frequency	Percent
<21 year	3	18.8
>21 year	13	81.2
Total	16	100.0

### 3. Results and Discussion

#### Results

In table 1, the age of the mother, most of the 13 respondents (81.2%) were >21 years old and a small number of 3 respondents (18.8%) were <21 years old.

**Table 2 Mother's Occupation**

Information	Frequency	Information
		SMP
		SMA
		Total
		Percent
housewives	12	75.0
self-employed	4	25.0
Total	16	100.0

In table 2, it was found that the majority of 12 respondents (75%) were housewives and a small proportion of 4 respondents (25%) were self-employed.

**Table 3 Mother's Education**

Information	Frequency	Percent
SMP	7	43.8
SMA	9	56.2
Total	16	100.0

Based on table 3 above, it was found that the majority of 9 respondents (56.2%) had a high school education and a small proportion of 7 respondents (43.8%) had a junior high school education.

**Table 4 Before and After Treatment**

Before		
Information	Frequency	Percent
pregnant women rarely make visits	16	100.0

Information	After	
	Frequency	Percent
pregnant women routinely make visits	15	93.8
pregnant women rarely make visits	1	6.2
Total	16	100.0
Uji Wilcoxon		0.000

From the Wilcoxon test above, it was obtained  $0.000 < 0.05$ , meaning that there is an Effect Of Providing 10T Antenatal Care Services On Pregnant Women's Visits At Uptd Popayato Health Center. Initial data obtained 16 respondents (100%) who rarely checked their pregnancy, after the intervention was carried out, 15 respondents (93.8%) experienced frequent pregnancy checks and 1 respondent (6.2%) rarely checked their pregnancy.

### Discussion

This study aims to evaluate the effect of providing 10T antenatal care (ANC) services on visits by pregnant women at the Popayato Health Center UPTD. Based on initial data, all respondents (100%) rarely had routine pregnancy check-ups. After being given an intervention in the form of 10T ANC services, the results showed that 15 respondents (93.8%) started to have more routine pregnancy check-ups, while 1 respondent (6.2%) still rarely had check-ups. These results indicate a significant positive effect of 10T ANC services on increasing the frequency of visits by pregnant women.

The results of the Wilcoxon test with a p value = 0.000, which is less than 0.05, indicate that there is a significant effect between the provision of 10T ANC services on increasing the frequency of visits by pregnant women at the Popayato Health Center UPTD. This finding is in line with previous studies showing that educational interventions and improving ANC services can increase the rate of visits by pregnant women to health facilities (Ministry of Health of the Republic of Indonesia, 2020). With proper education about the importance of routine check-ups, pregnant women are more likely to make regular visits.

ANC 10T services have a fairly broad scope, including maternal and fetal health check-ups, blood pressure measurements, nutritional status monitoring, laboratory tests, immunizations, and education about danger signs in pregnancy and childbirth. Mothers' knowledge about the benefits of more complete ANC check-ups can be one of the factors that motivate mothers to visit health facilities more often (Widiastuti, 2020). In this case, providing 10T services allows mothers to better understand the importance of each visit in maintaining their health and that of their fetus.

Routine check-ups during pregnancy are very important for early detection of pregnancy complications, such as preeclampsia, anemia, or infection. Research conducted by Setyawan (2018) also stated that improving the quality and frequency of ANC check-ups is associated with a decrease in maternal and infant mortality rates. Therefore, effective and routine ANC services can contribute to improving maternal and infant health outcomes.

Most of the respondents in this study who previously rarely checked their pregnancies showed significant improvement after being given 10T education and services. This shows that good counseling on the importance of ANC examinations can encourage pregnant women to pay more attention to their health and utilize available health facilities. The knowledge gained during the visit gives mothers a better understanding of danger signs in pregnancy that require further medical attention (Simkin & Ancheta, 2012).

ANC 10T services, which include routine physical examinations, also provide mothers with the opportunity to consult directly with health workers regarding the development of their pregnancy. With open communication and complete information, pregnant women are more confident and feel supported in undergoing the pregnancy process (Cunningham et al., 2021). The knowledge provided during ANC services can help mothers make better decisions regarding their health and that of their fetus.

In addition, social and economic factors can also influence a mother's decision to visit a health facility. Research by Widiastuti (2020) revealed that access to good health facilities, as well as a high understanding of the importance of ANC, can increase the frequency of visits by pregnant women. Therefore, ANC 10T services carried out with a comprehensive approach can help mothers to better understand the importance of routine check-ups and motivate them to come more often.

At the beginning of the study, most pregnant women did not fully understand the importance of routine check-ups, which could be due to lack of information or lack of motivation to go to the health center. However, after being given ANC 10T services, there was a significant change in their behavior, which was reflected in the increased frequency of visits to the health center. This shows that good ANC services can influence the behavior patterns of pregnant women regarding their health (Ministry of Health of the Republic of Indonesia, 2020).

The decrease in visits by pregnant women who rarely checked their pregnancies before the intervention shows that mothers' awareness of the importance of routine check-ups is still low. However, with the intervention that provides a clear understanding and benefits of ANC, many pregnant women began to increase the frequency of their visits. This indicates that education provided by health workers has a strong influence in changing the behavior of pregnant women regarding pregnancy health (Cunningham et al., 2021).

This study also showed that a small number of respondents (6.2%) remained rarely check their pregnancy after being given ANC 10T services. This may be influenced by external factors such as economic constraints, distance to health facilities, or personal concerns about medical visits. According to Simkin and Ancheta (2012), obstacles such as distance and cost are often the main barriers to increasing routine visits by pregnant women, even though education and counseling have been provided.

However, overall, the results of this study indicate that the provision of ANC 10T services has a positive effect on increasing visits by pregnant women to health facilities. Therefore, it is important for health centers to continue to provide quality services and educate pregnant women about the benefits of routine check-ups during pregnancy. This will help improve the quality of health services for pregnant women in the future (Setyawan, 2018).

Furthermore, this study provides evidence that an integrated education and service-based approach can be an effective model for increasing visits by pregnant women to health centers. A properly implemented ANC 10T program can be one of the efforts to reduce maternal and infant mortality rates by ensuring that every pregnant woman receives the necessary examinations and care routinely. By strengthening this program, it is expected that the level of visits by pregnant women can continue to increase in the future.

In the future, to improve better results, it is important for health centers to pay attention to other factors that can affect the level of visits by pregnant women, such as accessibility of services and social support from the family. Further research can examine these factors to provide a more comprehensive picture of the influence of ANC service provision on the visiting behavior of pregnant women.

#### 4. Conclusion

Based on the results of this study, it can be concluded that the provision of 10T antenatal care (ANC) services has a significant effect on increasing the frequency of visits by pregnant women at the Popayato Health Center UPTD. The results of the Wilcoxon test showed a  $p$  value = 0.000, which is smaller than 0.05, indicating a significant effect between the provision of 10T ANC services and increasing visits by pregnant women. Before the intervention, all respondents (100%) rarely checked their pregnancies, but after being given 10T ANC services, most respondents (93.8%) began to have more routine pregnancy checks.

10T ANC services, which include maternal and fetal health checks, nutritional status monitoring, immunization, and education about danger signs in pregnancy and childbirth, have been shown to improve pregnant women's understanding of the importance of routine checks during pregnancy. This shows that integrated education and services can motivate pregnant women to pay more attention to their health and that of their fetuses.

Although most respondents showed an increase in the frequency of visits, there was one respondent who still rarely checked her pregnancy after the intervention. Other factors, such as accessibility of health services and economic constraints, can be barriers for some pregnant women to undergo routine check-ups. Therefore, further attention is needed regarding strengthening supporting factors such as access to health facilities and providing social support for pregnant women.

Overall, the results of this study indicate that ANC 10T services can contribute to increasing visits by pregnant women to health facilities, which in turn can improve maternal and fetal health and reduce the risk of complications during pregnancy. Therefore, providing quality and affordable ANC services is very important to ensure the health of mothers and babies at every stage of pregnancy.

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