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Effectiveness of Consuming Boiled Chicken Eggs in Accelerating Healing of Second-Degree Perineal Rupture During the Proliferation Phase in Postpartum Mothers

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ABSTRACT

Background: Perineal rupture is an injury to the tissue around the vagina and anus that occurs during vaginal delivery. This wound can occur directly or using tools, and generally occurs in the middle between the perineum and anus. From the results of a preliminary study at the Paradise Hospital in South Kalimantan in 2024, there were 104 (36.3%) mothers giving birth with perineal rupture out of 395 mothers giving birth. While in 2023, there were 160 (40.5%) mothers giving birth with perineal rupture out of 395 postpartum mothers with an average acceleration of perineal wound healing on the 7th to 10th day.

Purpose: The aim was to determine how boiled chicken eggs can accelerate the healing of grade II perineal rupture in the proliferation phase.

Methods: The research design used Quasi Experiment with Posttest Only Non Equivalent Control Group. The sample in this study were 36 postpartum mothers with grade II perineal rupture, with Purposive Sampling technique.

Results: The results of the study using the Man Whitney test showed differences in values in the experimental group, data obtained that the acceleration of perineal wound healing was almost entirely, namely 16 people (88.9%) respondents experienced wound healing ≤ 7 days, while in the control group most of them, namely 10 people (55.6%) respondents experienced wound healing > 7 days, the results of the p value (exact. Sig / 2 tailed) were $0.003 < 0.05$.

Conclusion: The conclusion of this study is that there is an effect of boiled chicken eggs on accelerating the healing of grade II perineal rupture, Proliferation Phase in Postpartum Mothers. It is recommended that the provision of boiled chicken eggs can be applied in providing health services, especially in accelerating the proliferation of perineal wound healing in mothers..

Keywords: *Perineum Rupture; Post Partum; Boiled Chicken Eggs; Proliferation.*



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BACKGROUND

Perineal tears are tears that occur in the perineum, either spontaneously or as a result of the use of instruments or procedures that often occur in primiparous patients during childbirth. Data shows that out of 1,951 spontaneous deliveries, 57% of mothers required perineal sutures, with 8% caused by episiotomy and 29% by spontaneous tears. Perineal tears are more common in primiparous mothers than in multiparous mothers (Sinaga & Fifi, 2025). One of the problems during the postpartum period that often causes infection is perineal tears. Perineal tears occur in almost all first deliveries and not infrequently in subsequent deliveries (Idhayanti et al., 2020).

Preliminary study results from Paradise Hospital in 2024 indicate that out of 395 mothers who gave birth, 104 (36.3%) experienced postpartum bleeding, and out of 395 postpartum mothers, 160 (40.5%) experienced postpartum bleeding, with an average acceleration in perineal wound healing from day 7 to day 10. One consequence of postpartum infection is caused by wounds at the site of the placental scar, tears in the genital tract including episiotomy on the perineum, vaginal wall, and cervix. Wounds on the perineum due to episiotomy, uterine tears, or tears are areas that are difficult to dry. The incidence of infection due to episiotomy remains high, with an estimated 70% of women who give birth vaginally experiencing perineal trauma or episiotomy, more or less experiencing perineal trauma (Mawadah, 2021)

Factors that affect perineal wound healing include perineal care, sleep quality, postpartum exercise, nutrition, type of suture material, suture technique and timing of suture. The role of protein as a substance for building blocks of muscle, body tissue, but cannot be stored by the body, so for the wound healing stage, daily protein intake is needed. Protein content will greatly affect the perineal wound healing process. Damaged tissue requires high protein for the regeneration process of new cells. Foods with high protein can be obtained from eggs, both free-range chicken eggs, broiler chicken eggs and broiler chicken eggs. The best treatment for eggs is by boiling them until cooked (Purnani, 2024).

One solution for postpartum mothers is an idea obtained from the world of animal food, namely boiled eggs. Eggs are a type of animal protein side dish that is cheap, easy to find, economical and one of the most nutrient-dense foods. The nutritional content of eggs is 90% calcium and iron, one egg contains 6 grams of quality protein and 9 essential amino acids. Protein is a substance that is responsible as a building block in the body, so in healing wounds, protein is needed every day (Wulandari et al., 2024). In this case, chicken eggs are more often used in healing wounds than duck eggs / quail eggs / kampung chicken eggs, because in addition to being easy to get, chicken eggs have a



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distinctive taste, are not fishy, do not cause nausea, and have a fairly high protein content (Nurhayati et al., 2020).

Boiled eggs will reduce the fat content and increase the vitamin content contained in it while fried eggs will increase the fat content many times compared to boiled eggs and the vitamin content in eggs decreases if compared to boiled eggs so that giving boiled eggs will accelerate wound healing when compared to fried eggs (Wulandari et al., 2024). Boiled eggs are proven for healing perineal stitches in postpartum mothers or postpartum mothers because the acceleration of perineal wound healing during the postpartum period is very much expected to avoid postpartum mothers from the danger of infection. According to Handayani et al., (2020) perineal wound healing begins with the improvement of the perineal wound with the formation of new tissue that covers the perineal wound within 6–7 days postpartum with the criteria of dry wounds, closed stitches and no signs of infection (swelling, redness, pus and fever).

OBJECTIVE

One solution for postpartum mothers is an idea obtained from the world of animal food, namely boiled eggs.

METHODS

This study uses a Quasi Experimental design, which is a study that tests a treatment on a group of subjects with the aim of revealing cause and effect. The design used is the Posttest only non Equivalent Control Group design. In this design, there is no initial measurement (pre-test) and measurements are only carried out once in the final group (posttest).

The conclusion of the research results is obtained by comparing post-test data between the treatment group and the control group.

: R1-----> X1 -----> O2 R2 -----> X0 -----> O2

Keterangan :

R1 : Treatment subjects

R2 : Subjek kontrol

X1 : Control subjects

X0 : Control group without intervention

O2 : Post test on both groups after treatment

The sample is part of the number and characteristics possessed by the population in the study amounting to 18 people in the experimental group and 18 people in the control group. So the total sample needed is 36 people. This study uses a non-probability technique which is a technique that does not provide equal opportunities or chances for



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each element or member of the population to be selected as a sample. The samples that will be selected are those that meet the inclusion criteria of this study, namely: Postpartum mothers with grade II perineal rupture who do not have a history of diabetes mellitus, do not have an allergy to eating eggs or do not eat eggs, Postpartum mothers in the register book / postpartum mothers registered in the register book who have grade II perineal wounds, aged 20-35 years, Primipara and Multipara, taking medication (antibiotics and painkillers), willing to consume boiled eggs as side dishes or snacks 2 times a day for 7 days after 2 hours postpartum. Meanwhile, the exclusion criteria for this study were: postpartum mothers with grade II perineal rupture who did not have complete data at the Paradise Maternity Hospital (RSIA) in South Kalimantan, unable to communicate well, postpartum mothers whose homes were not reachable.

Bivariate analysis in this study uses a nonparametric test, namely the Mann Whitney U-test as a hypothesis test. This method is applied to data measured with ordinal and nominal scales.

RESULTS

Binivariate Analysis

Table 3 Analysis of the results of the study on the effect of boiled chicken eggs on accelerating the healing of perineal rupture.

Value P	Accelerasi		Grup				Total		Healing
	Luka	N	%	N	%	N	%		
1.	≤ 7 day	16	88,9	8	44,4	24	66,65	0,003	
2.	>7 day	2	11,1	10	55,6	12	33,35		
	Total	18	100	18	100	36	100		

Based on table 3, data on differences in the acceleration of perineal rupture healing between the control group and the experimental group were obtained. In postpartum mothers who did not consume boiled chicken eggs ≤7 days, most (55.6%) experienced perineal rupture healing and postpartum mothers who experienced perineal rupture healing ≤7 days were almost half (44.4%). while in postpartum mothers who consumed boiled chicken eggs ≤7 days almost all (88.9%) experienced perineal rupture healing and postpartum mothers experienced perineal rupture healing >7 days a small portion (11.1%). The test used was the Man Whitney alternative test conducted using SPSS where the p value (exact. Sig / 2 tailed) was obtained at 0.003 <0.05, meaning that there was a difference in the acceleration of perineal rupture healing between the control group and the experimental group.

Therefore, H0 was rejected and H1 was accepted, meaning that there was an effect of consuming boiled chicken eggs on the acceleration of perineal rupture healing in the



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proliferation phase of grade II. The Mann Whitney test is used to test the difference in mean ranks (ordinal data) of 2 independent groups (2 different groups).

DISCUSSION

Effectiveness of Consuming Boiled Chicken Eggs to Accelerate the Healing of Second Degree Perineal Rupture in the Proliferation Phase.

The results of the analysis of the Effectiveness of Consuming Boiled Chicken Eggs on Accelerating the Healing of Grade II Perineal Rupture Proliferation Phase obtained results using the Mann Whitney Test where the P Value was $0.003 < 0.05$ so that H_0 was rejected and H_a was accepted which means there is an Effect of Consuming Boiled Chicken Eggs on Accelerating the Healing of Grade II Perineal Rupture Proliferation Phase. The results of the statistical analysis are supported by the findings of the healing results of perineal ruptures before being given boiled chicken eggs entirely (100%). After being given boiled chicken eggs, postpartum mothers who experienced accelerated healing of perineal ruptures ≤ 7 days were almost all (88.9%), while postpartum mothers who experienced healing of perineal ruptures > 7 days were a small part (11.1%).

Based on recent research on the effect of high phyto-protein consumption on the quality of perineal wound healing, one important aspect that plays a significant role in the healing process is nutrient intake particularly protein, which supports tissue regeneration and collagen synthesis. This aligns with the study conducted by Sulistyoningtyas & Komala, (2020), titled "Effect of High Consumption of Phyto-Protein on Quality of Perineal Wound Healing in Postpartum Mothers at the Mlati II Health Center, Sleman Regency." The study used an experimental design and assessed wound healing using the REEDA scale and food record. The results showed a statistically significant effect, with a p-value of $0.000 < 0.05$, indicating that high phyto-protein intake positively influences perineal wound healing quality.

Based on previous research, knowledge about postpartum nutrition for healing perineal wounds has shown a significant influence on recovery outcomes. A recent study by Farlikhatun & Sari, (2025) entitled "The Impact of Postpartum Food Abstinence on Perineal Wound Healing Duration" examined how cultural practices particularly food abstinence affect nutritional status and wound healing in postpartum mothers. This study used a cross-sectional analytical design involving 36 postpartum women with perineal wounds. The results revealed a statistically significant relationship between food abstinence and prolonged wound healing duration ($p = 0.003$), indicating that avoiding protein-rich foods such as chicken, meat, fish, and eggs can delay the healing process. The similarity with the current research lies in the independent variable, namely perineal wound healing. However, the difference lies in the dependent variable, which in this study is food abstinence behavior, and the statistical test used, which was Chi-Square, while the



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current research uses Correlational Analytic.

Based on recent research, the consumption of boiled eggs has been shown to accelerate the healing of perineal wounds in postpartum mothers. A study conducted by Wulandari et al., (2024) entitled “Effectiveness of Consuming Boiled Eggs on Healing Time of Perineal Wounds in Postpartum Mothers” explored the impact of protein-rich nutrition on wound recovery. This study used an observational case study method with a continuity of care approach, conducted at Adeyane Midwife Independent Practice in Tanggamus Regency. Postpartum mothers were given boiled egg whites twice daily for one week. The results showed a significant improvement in wound healing, with faster recovery observed in mothers who consumed boiled eggs compared to those who did not. The study concluded that boiled eggs, being nutrient-dense and rich in protein, play a vital role in tissue regeneration and reducing inflammation. The similarity with the current research lies in the dependent variable, namely boiled egg consumption, while the difference lies in the independent variable and the method used, which in this study was observational rather than Wilcoxon statistical testing. Nonetheless, both studies support the conclusion that boiled egg consumption positively influences perineal wound healing.

According to researchers consuming boiled chicken eggs to accelerate the healing of perineal rupture in the experimental group, most experienced faster wound healing compared to the control group whose wound healing was only a small part. Because it has a high nutritional content containing more than 90% calcium and iron, one egg contains 6 grams of quality protein and good nutrition will facilitate wound healing and inhibit or avoid malnutrition. The treatment of consuming 1 boiled chicken egg measuring 60 grams in the control group was consumed 2 times a day for 7 days eaten directly or used as side dishes. From the results of the study, it was found that in the experimental group almost all of them, namely 16 people (88.9%) and in the control group, wound healing was faster, almost half, namely 8 people (44.4%), although in the experimental group did not fully experience fast wound healing, but from the Mann Whitney Test statistical test value, a P Value of 0.003 was obtained which is <0.05 . Therefore, H_0 is rejected and H_1 is accepted, which means that there is an effect of consuming boiled chicken eggs on the healing of grade II perineal rupture in the proliferation phase.

CONCLUSION

The Effectiveness of Consuming Boiled Chicken Eggs on Healing Grade II Perineal Rupture Proliferation Phase

Based on the results of the research that has been done, the researcher would like to provide suggestions to several related parties:

1. The results of this study are expected to increase insight into the benefits of consuming boiled chicken eggs to accelerate the healing of perineal wounds



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2. It is hoped that health programs will be better in the future, especially in the field of "Obstetrics" through the IBI organization and can be used as input in providing Educational Information Communication to postpartum mothers who experience grade II perineal wounds in the proliferation phase.
3. For further researchers, it can be used as a reference and can develop what has been done in this study. In addition, to strengthen further research, it must be able to assess the honesty of respondents, control the compliance of respondents in believing in tradition and lack of knowledge, and observe mobilization movements in order to obtain compliance from each respondent and be able to monitor respondents so that they will get maximum results.

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