Universiti Teknologi MARA

JOM PANTANG: THE DEVELOPMENT OF POST PREGNANCY CARE MOBILE APPLICATION

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ABSTRACT

The postpartum period can be defined as a period of time succeeding childbirth and is associated with tremendous physiological, psychological and social change. The tolerant of the Malay custom for postpartum is 40 or 44 days. The problem of some of the mothers regarding postpartum is a lack of knowledge in Islamic care postpartum. The other problem facing by the mothers during postpartum is that their emotion is not stable and to focus on the physical state. This, because of the speedy advancement of mobile technology in trendy societies, plenty of individuals square measure busy with their standard of living and that they wish all the information to be simply retrieved in a short time period. Therefore, this project Jom Pantang mobile application development is to aim a mother during postpartum to use it to ease the mothers to search for information all in one place. The objective to develop Jom Pantang mobile application is for the mothers to use as a reference during their postpartum period. The Jom Pantang mobile application development is up until the testing phase and the language used for this application is English. To develop this Jom Pantang mobile application the programming language used is JAVA and XML. The methodology used to develop the mobile application is the mobile application development life cycle (MADLC). The Jom Pantang mobile application provides Islamic care during postpartum that will combine all specific dua, surah, and zikr that is suitable for the mothers. Zikr gives a peaceful body mind spirit that enhances psychological, social, spiritual and physical health status. The applications also will provide tips as a reference for mothers as well as number phone of the midwife service to come home and also a reminder to notify the mothers to recite surah to boost their inner self. In conclusion, the outcome will be the result of the mothers using the Jom Pantang mobile application as a reference for them during that period. The limitation and suggestion for future enhancement of this project had been identified based on the result of the user testing.

Keywords: Postpartum, Mothers during postpartum, Jom Pantang mobile application, Mobile Application Development Life Cycle (MADLC), mental health.

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CHAPTER 1

INTRODUCTION

This chapter begins with discussing about background of study, problem statement, project aim, research questions, research objectives, project scope, and project significance of Islamic Post Pregnancy Care Mobile Application.

1.1 Project Background

The postpartum period, otherwise called the puerperium, refers to the time after delivery of the newborn child when maternal physiological changes identified with pregnancy come back to the nonpregnant state (Berens,2019). Moreover, tolerant of the Malay custom for postpartum is 40 days or 60 days in length (Rossely.A, 2018).

The problem of a mother in the postpartum period is lack of knowledge postpartum care in Islam, the emotion of the mother not stable and the mother is to focus on physical care. Thus, this application development will help and guide them based on a mental therapy by the zikr, dua and zikr provided. This is because the mother after delivery is still in the recovering phase so they still in a frail position (Fadzil, Shamsuddin, Ezat, & Puteh, 2015). So, the zikr will enhance the psychological, social, spiritual, and physical health standing (Soliman, 2013). This Islamic post-pregnancy care application is focused on mothers currently in confinement period and more focus on Islamic ways to practice during the postpartum period. This application will provide a zikr, surah and dua that suitable for mothers during the postpartum phase. The application design will have an audio