



Associated Factor Related to Anxiety on Primigravida Pregnant Women in The Third Trimester on Facing Labor in The Covid-19 Pandemic

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ABSTRACT

The COVID-19 epidemic has made primigravida mothers even more anxious, and the psychological effects of worry will have a detrimental effect on labor and delivery. The goal of the study was to identify the characteristics that are correlated with anxiety in primigravida pregnant women who are confronting the COVID-19 pandemic in the third trimester of labor. The study was quantitative with a cross-sectional analytical research design, a 63-person sample size, and total sampling as the sampling method. Bivariate data analysis employed the chi-square test, whereas univariate data analysis used percentage frequency distribution. The results showed that results of the chi-square test showed that there was a correlation between age ($p\text{-value} = 0.000 < 0.05$), education ($p\text{-value} = 0.019 < 0.05$) and socioeconomic ($p\text{-value} = 0.001 < 0.05$) with anxiety on pregnant women in the third trimester of a primigravida in dealing with labor during the COVID-19 pandemic. It is expected that healthcare workers will conduct REBT counseling for pregnant women aged < 20 years and > 40 years who experience anxiety, and disseminate information about COVID-19.

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ABSTRAK

Kondisi pandemi COVID-19 semakin menambah kecemasan pada ibu primigravida, dampak psikologis berupa kecemasan akan memberikan dampak buruk pada proses persalinan. Tujuan penelitian mengetahui faktor – faktor yang berhubungan dengan kecemasan pada ibu hamil primigravida trimester III dalam menghadapi persalinan di masa pandemi COVID-19. Jenis penelitian adalah kuantitatif, desain penelitian analitik dengan pendekatan cross sectional, besar sampel 63 orang, teknik pengambilan sampel menggunakan total sampling. Analisa data univariat menggunakan distribusi frekuensi prosentase dan bivariat dengan menggunakan uji chi square. Hasil penelitian uji chi square terdapat ada hubungan usia ($p\text{ value} = 0,000 < 0,05$), dan pendidikan ($p\text{ value} = 0,019 < 0,05$) dengan kecemasan pada ibu hamil primigravida trimester III dalam menghadapi persalinan di masa pandemi COVID-19. Diharapkan petugas kesehatan melakukan konseling REBT bagi ibu hamil usia < 20 tahun dan > 40 tahun yang mengalami kecemasan, melakukan sosialisasi informasi tentang pencegahan COVID – 19

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INTRODUCTION

Childbirth is an event and experience in a woman's life, childbirth will give a positive meaning and is a pleasant transitional phase to a new stage in her life cycle. However, like other transitional stages in human life, childbirth can cause worry, fear and anxiety (Elvira, 2014).

Mothers who are experiencing pregnancy for the first time feel anxious about the delivery process, the older the gestational age, the attention and thoughts of pregnant women begin to worry about the safety of the soul and fetus. Information on postnatal maternal and infant mortality is an object of anxiety experienced by primigravida mothers (Lestaringih 2016).

The condition of the COVID-19 pandemic has added to anxiety for primigravida mothers, the psychological impact of anxiety will have a negative impact on the delivery process. The effects of anxiety in labor can result in excessive catecholamine levels, causing decreased blood flow to the uterus and placenta causing abortion, decreased uterine contractions can increase the duration of labor and decreased oxygen available to the fetus has the potential to cause infant death (Saragih, et al. 2021).

Based on the results of research by Dashraath et al (2020) Complications of COVID-19 in pregnant women are as many as 2% of fetuses die, 43% of premature births and 2% of miscarriages/ stillbirths (Dashraath et al, 2020).

According to research by Giesbrecht, et al. (2020), psychological pressure increased significantly, with 37% of respondents experiencing clinically relevant depression symptoms, 57% clinically relevant anxiety symptoms, and 68% increased anxiety due to pregnancy. (Giesbrecht, et al, 2020).

According to research by Corbett et al. (2019), pregnant women's anxiety rose as a result of the COVID-19 -19 pandemic. More than 35% of pregnant women isolate themselves, and 32.4% decide not to work because they are concerned about the corona virus. Pregnant women worry about their health by 50.7% of the time, and their unborn child by 63.4% of the time. (Corbett et al, 2019).

Based on the research results of Aditya and Fitria (2020) from the Department of Psychiatry and the Department of Obstetrics and Gynecology FK ULM since entering Indonesia, the coVID-19 outbreak has caused changes in all aspects of life, including pregnant women. the coVID-19 outbreak raises concerns for pregnant women both during prenatal care and delivery. Primigravida pregnant women experience anxiety. the results showed that 62.5% of respondents experienced severe anxiety

To reduce anxiety, counseling can be done by asking mothers to stay at home, wash hands, use masks, eat healthy and nutritious food, control pregnancy at the midwife, and seek help when facing emergencies. (Aditya & Fitria, 2020)

Anxiety in pregnant women also occurs in Lampung Province related to COVID-19 cases experienced by pregnant women. Lampung Provincial Health Office data (2020) through the Spokesperson for the Lampung COVID-19 Handling Task Force, there were four pregnant patients who were confirmed positive for COVID-19, namely patient number 413, from West Tulang Bawang Regency, patients 422 and 423 from Central Lampung Regency and patient 668 from Pesawaran District (Lampung Provincial Health Office, 2020).

Factors that influence anxiety include age, education and socioeconomic status (Stuart and Sundeen, 2016). The results of Dewi's research, et al (2021) regarding anxiety in pregnant women during the Covid 19 pandemic at the Ibnu Sutowo

Baturaja Hospital found that there was a relationship between age (p value 0.010 <0.05) and education (p value 0.001 <0.05) with anxiety. The results of Fatimah's research (2019) regarding the level of anxiety of primigravida mothers in facing childbirth in terms of maternal age and socioeconomic factors at the Lerep Health Center, West Ungaran District, Semarang Regency. The research results obtained that there was a socio-economic relationship with anxiety (p value 0.007 <0.05) (Fatimah, 2019).

Bunut Health Center is one of the Community Health Centers in Pesawaran District, so far the Maternal and Child Health Program (KIA) unit, in addition to providing antenatal care services to monitor the health of mothers and fetuses, also pays attention to the psychosocial mental health of pregnant women through counseling as an anticipation of anxiety in pregnant women. pregnant women, especially before delivery, especially Bunut Health Center is a red zone category area. However, based on the results of a pre-survey that the researchers conducted on August 4, 2021 of 10 third trimester pregnant women, it was found that 6 people (80%) of primigravida mothers expressed anxiety before delivery. The mother's worries include the imaginary risk of death for herself and the fetus during childbirth, the risk of contracting COVID-19 because she feels that her immune system is getting weaker, afraid of pain during the delivery process, feeling unsure about their ability to be a mother and take care of the baby in the future. Of the 6 primigravida mothers, 4 (66.7%) were aged <20 years, 4 (66.7%) had low education and 3 (50%) had low economic status.

Based on the description on the background of the problem above, the researcher is interested in conducting a study, to look at the problem more closely and to analyze it more in-depth. The aim of this research is to find out the factors associated with anxiety in third trimester primigravida pregnant women in facing labor during the COVID pandemic. -19. So that the results of this study can be useful for health workers at the puskesmas as information material in handling childbirth cases during the COVID-19 pandemic so that they can be used as a strategy to reduce anxiety through the age and education variable approach.

METHODS

The research design is analytic survey with a cross-sectional approach, the subjects of this study are third trimester pregnant women, the object of research is factors related to anxiety in third trimester primigravida pregnant women in facing labor during the COVID-19 pandemic, location the research was conducted in the working area of the Bunut Community Health Center, Pesawaran Regency on 1 – 28 February 2022.

The Bunut Health Center, Pesawaran Regency, has 63 residents who were all primigravida pregnant women in their third trimester during that time. A total of 63 primigravida pregnant women in their third trimester who were working at the Bunut Health Center in the Pesawaran Regency during the month of January 2022 made up the study's sample. Sampling approach Total sampling refers to the selection of 63 individuals as research subjects from among all primigravida third-trimester pregnant women working in the Bunut Health Center, Pesawaran Regency, during the month of January 2022.

Age and education are the independent variables, and anxiety in pregnant women is the dependent variable. Age, education, socioeconomic status, and anxiety levels of

pregnant women were studied using a direct questionnaire response method, with data collection taking place the same day. Univariate Analysis was performed to analyze the data. To explain or characterize the features of each of the variables analyzed was the goal of this analysis. The purpose of analysis is to reduce or summarize the measurement data set so that it may be turned into information that is useful. To assess differences in proportions/percentages between several groups of data about information on the relationship between categorical variables and categorical variables, bivariate analysis of the chi square test was performed. A significance limit of 0.05 was utilized to determine the statistical calculations' significance given the 5% degree of error that was applied. Ho is rejected and Ha is accepted if the p value is < 0.05, which indicates that the finding is significant. The odds ratio (OR) value was determined by the Chi square statistical test. The exposed group is contrasted

with the unexposed group using the OR value. The odds ratio (OR) value was determined by the Chi square statistical test. The exposed group is contrasted with the unexposed group using the OR value. The odds ratio (OR) value was determined by the Chi square statistical test. The exposed group is contrasted with the unexposed group using the OR value.

RESULTS AND DISCUSSION

In this study, a bivariate analysis will be used to identify the variables that may contribute to third trimester primigravida pregnant women's fear about going into labor during the COVID-19 pandemic. Following are the findings of the study that used Chi Square as a test:

Table 1
Relationship between age and anxiety in primigravida pregnant women third trimester in dealing with childbirth during the COVID-19 pandemic

Age	Worry				Total		P value	OR
	Worried		No worries		n	%		
	n	%	n	%				
risky	30	85.7	5	14.3	35	100	0.000	15,000
No risk	8	28.6	20	71.4	28	100		
Total	38	60.3	25	39.7	63	100		

According to table 1 above, there were 20 respondents with ages not at risk, or 35 respondents, who reported feeling concerned about giving birth during the COVID-19 pandemic, making up 85.7% of the 35 respondents with at-risk ages. 71.4% of women were unconcerned about having a baby during the COVID-19 pandemic. The chi square statistical test's findings were given a p value of α (0.000<0.05). This indicates that Ho is rejected, and it may be inferred that there is a connection between a woman's age and her anxiety while she is approaching labor during the COVID-19 epidemic in the third trimester of her pregnancy. The OR value is 15,000, which indicates that respondents who are at risk for the COVID-19 pandemic are 15 times more likely than respondents who are not at risk to report experiencing anxiety before giving birth.

The results are in line with Dewi, et al research 's from 2021, which employed a cross-sectional analytic research approach to examine anxiety in pregnant women during the Covid 19 epidemic at Ibnu Sutowo Baturaja Hospital. The results of the study showed that age (p = 0.010 <0.05), education (p = 0.001 < 0.05), and gender were substantially connected with anxiety.

These results are supported by the theory Hawari (2012) stated that age is correlated with experience, understanding, and views on an event that will shape maturity in the

thinking process. In mature individuals (21 years - 40 years), it is more likely to use better coping mechanisms to deal with anxiety. The more age, the better the psychological maturity of the individual, meaning that the more mature a person's psychology, the better the adaptation to anxiety.

Researchers have found a correlation between age and anxiety in third-trimester primigravida pregnant women facing childbirth during the COVID-19 pandemic in the working area of the Bunut Health Center, Pesawaran Regency in 2022. This is because mothers under the age of 20 have recently switched roles from being teenagers to mothers, and their psychological development has not yet reached self-maturity or the process of growth and development has not advanced to a higher level. Pregnant women are more likely to experience anxiety because moms under the age of 20 are unable to use coping mechanisms effectively when dealing with childbirth, especially during the COVID-19 epidemic. Pregnant women will start to worry about their own and their unborn child's safety prior to labor, which is too late during the COVID-19 pandemic, as mothers over the age of 40 experience a physical condition that starts to deteriorate both anatomically and physiologically. Because she can no longer use coping methods, the mother who is older than 40 is more likely to experience anxiety before giving birth.

Table 2
Relationship between education and anxiety in primigravida pregnant women third trimester in dealing with childbirth during the COVID-19 pandemic

Education	Worry				Total		P value	OR
	Worried		No worries		n	%		
	n	%	n	%				
Low	29	72.5	11	27.5	40	100	0.019	4.10 1
Tall	9	39.1	14	60.9	23	100		
Total	38	60.3	25	39.7	63	100		

* p < .05

Based on table 2 above, it can be seen that 29 respondents out of 40 with low education were concerned about having children during the COVID-19 pandemic (72.5%), compared to 14 out of 23 respondents with higher education who were not concerned (60.9%). The chi square statistical test's findings yielded a p value of α (0.019 < 0.05). This means that H_0 is rejected, it can be concluded that there is The relationship between education and anxiety in primigravida pregnant women in the third trimester in facing childbirth during the COVID-19 pandemic in the working area of the Bunut Health Center, Pesawaran Regency in 2022. The OR value is 4.101, which means that respondents with low education have a greater risk of experiencing anxiety in facing childbirth during the COVID-19 pandemic by 4 times compared to respondents with higher education.

Research is in line with Permatasari, et al (2021) where there is a relationship between gravidity (p test value 0.005) and level of education (p test value 0.000) with anxiety levels.

The theory is backed by these findings. According to Hawari (2012), education is related to the process by which a person receives information, which begins when the sensory organs catch a stimulus and ends when the input is turned into a signal that the brain can understand for subsequent processing. Understanding the message that has been processed by the sensory system takes place here, and is referred to as the perceptual process. Education will have a varied effect on each person's viewpoint, which will change how anxious the recipient feels psychologically. Higher educated people frequently perceive the world favorably, which has the effect of lowering anxiety, and vice versa.

Researchers have found a connection between education and anxiety in third-trimester primigravida pregnant women facing childbirth during the COVID-19 pandemic in the working area of the Bunut Health Center, Pesawaran Regency in 2022. This is because pregnant women with low education tend to receive and process information about COVID-19 incorrectly, which results in pregnant women having an exaggerated perception that COVID-19 is a threat to the safety of pregnancies, according to the researchers. The perception of this threat will affect the psychological condition of pregnant women which has an impact on the anxiety of pregnant women before giving birth during the COVID-19 pandemic.

Conversely, pregnant women with higher levels of education tend to better understand and process information about COVID-19, leading to pregnant women's thoughts being concentrated on prevention measures to avoid exposure to the COVID-19 virus rather than the danger of the COVID-19 virus's malignancy. The psychological state of pregnant women will be affected, causing them to be calmer and avoid anxiety before giving birth even during the COVID-19 pandemic. This will cause mothers of pregnant women to have a favorable perspective of COVID-19.

CONCLUSIONS AND SUGGESTIONS

Based on the results and discussion of factors related to the anxiety of third trimester primigravida pregnant women facing labor during a pandemic. The conclusion is that there is a relationship between age, education and the anxiety of third trimester primigravida pregnant women facing childbirth during a pandemic. Suggestions for health workers Conduct Rational Emotive Behavior Therapy (REBT)

counseling for pregnant women aged <20 years and > 40 years who experience anxiety which aims to minimize and even eliminate feelings of anxiety caused by thoughts related to emotions, cognition and behavior with identification techniques together then health workers change attitudes, perceptions, ways of thinking, The beliefs and views of pregnant women which were originally irrational became rational and illogical became logical. As well as conducting information dissemination especially for pregnant women with low education with a focus on efforts to prevent COVID-19 in pregnant women, so that pregnant women have a clear object that COVID-19 is a disease that can be prevented. Socialization can be done through counseling when pregnant women are doing ANC, using leaflets or brochures in easy-to-understand language accompanied by attractive pictures.

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