


THE RELATIONSHIP OF PREGNANT MOTHER'S ANXIETY WITH PARITY DURING THE COVID-19 PANDEMIC

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ARTICLE INFO	ABSTRACT
Received: Revised: Approved:	<i>Anxiety is an unpleasant feeling dominated by fear. The phenomenon of the current Covid-19 is one of the anxiety factors for pregnant women. This type of research is quantitative with a cross-sectional approach with Chi-Square bivariate test. The research sample on pregnant women was 38 respondents in the Boyolali area. The measuring instrument used is the PASS questionnaire. The results of this study indicate that there is a significant relationship between anxiety in pregnant women and parity with a p-value of 0.001.</i>
KEYWORDS	anxiety, pregnant women, covid-19 pandemic
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INTRODUCTION

Anxiety is unavoidable in everyday life (Yuliani, 2020). Anxiety is a mixture of several unpleasant emotions which are dominated by feelings of fear for which the cause is not clear (Umi & Mubarak, 2017), if not treated immediately in the long term can cause various disorders including emotional, cognitive, psychological and physiological (Usman, 2016).

Data from The National Comorbidity Study reports that one in four people meet the criteria for having an anxiety disorder. Anxiety disorders themselves are also more common in women (30.5%) than men (19.2%) (Sadock, 2015). Symptoms of anxiety that arise in different people. Symptoms of anxiety in general can be in the form of restlessness, dizziness, shaking, decreased concentration, palpitations and an increase in blood pressure of 30 mmHg (Hariyanto, 2015). One of the causes of anxiety stressors is pregnancy, coupled with the condition of pregnant women who are still mentally unstable (Usman, 2016). In general, a mother who experiences pregnancy for the first time will feel happy and curious about the development of her fetus, but at the same time, anxiety arises in pregnant women (Shodiqoh, 2014)..

The incidence of pregnant women experiencing anxiety in Sweden at the time of Antenatal Care examination was 24% and 22% experienced depression (Claesson, 2010), while in Bangladesh pregnant women experienced symptoms of anxiety by 29%

and 18% experienced depression (Nasreen, 2011). In Indonesia, there were 373,000,000 pregnant women in 2016, who experienced anxiety in facing childbirth as many as 107,000,000 people (28.7%). The entire population on the island of Java there are 679,765 pregnant women, who experience anxiety in facing childbirth 355,873 people (52.3%) (Depkes RI, 2017).

A study conducted by Zainiyah & Susanti (2020) showed that pregnant women experienced very severe anxiety during the Corona Virus Disease-19 (Covid-19) period as many as 31 respondents and 12 respondents out of 70 total research respondents. This anxiety in pregnant women is also caused by concerns about not getting comprehensive prenatal care services during the pandemic (Lebel et al., 2020). These results indicate that the anxiety of pregnant women has increased due to the fear of the Covid-19 pandemic.

Covid-19 was first detected in Indonesia on March 2, 2020, as of March 3, 2021, Indonesia has reported 1,414,741 positive cases, with 38,329 deaths, 1,237,470 have recovered (<https://covid19.go.id/>). Covid-19 can be transmitted through the air (droplets) when sneezing, coughing or talking. Droplets can stick to inanimate objects or surfaces such as tables, doorknobs, clothes, and others. A person can be infected with Covid-19, including pregnant women who are included in the risk group, if their hands touch objects that contain the virus and then touch their eyes, nose and mouth without washing their hands (WHO, 2020).

Covid-19 is a disease that can disturb everyone in the world, including Indonesia (Nurhasanah, 2020). The impact of the disease caused by this invisible creature is felt by everyone, including pregnant women, one of which is anxiety. Mother's anxiety is based on how the virus spreads, it is very fast and difficult to control. As a result of Covid-19, health services both in hospitals, as well as maternal and neonatal clinics are limited, for example, there is a reduction in the frequency of pregnancy examinations and consultations and classes for pregnant women that must be postponed (Muliati, 2020).

A research study conducted by Wu (2020), shows that pregnant women experience symptoms of depression and anxiety higher during the Covid-19 pandemic than before. The increasing number of Covid-19 sufferers causes pregnant women to become restless, worried and anxious for the safety of themselves and their fetuses. In addition, the threat of death caused by the virus is also a trigger factor for anxiety suffered by pregnant women. It is known that pregnant women who experience severe levels of anxiety can affect the health of the mother and fetus, one of which has an impact on miscarriage or premature birth (Lebel, 2020).

Based on the above background, this study aims to determine the level of anxiety of pregnant women with parity during the Covid-19 pandemic in Boyolali

RESEARCH METHOD

The type of research used in this research is quantitative research. This study uses a type of correlative analytic with a cross-sectional approach with Chi-Square test. This study aims to identify the relationship between the anxiety level of pregnant women and parity during the Covid-19 pandemic, without analyzing how and why this phenomenon occurs. The number of samples in this study was 38 respondents to pregnant women during the COVID-19 pandemic. Researchers share with a google link the Perinatal Anxiety Screening Scale (PASS) questionnaire form which has been tested for validity and reliability by Somerville, et al (2014).

RESULT AND DISCUSSION

RESULT

CHARACTERISTICS OF RESEARCH SUBJECTS

Table 1. Data on the Distribution of Characteristics of Pregnant Women with Parity During the Covid-19 Pandemic

Variable	Frequency (f)	%
6.		
Age		
20-35 years	28	73,68
> 35 years	10	26,32
Education		
Junior High School	14	36,85
Senior High School	21	55,25
College	3	7,90
Paritas		
Primipara	20	52,63
Multipara	18	47,37
Anxiety		
Mild	11	28,9
Severe	27	71,1
Total	38	100,0

Based on table 1, the age group found that most of the research subjects were aged 20-35 years, namely 28 people (73.68%). The education level of 38 research subjects can be seen that most of the research subjects have high school education as many as 21 people (55.25%). Based on parity, most of the research subjects included in the primiparous category, namely 20 people (52.63%), while the research subjects who experienced anxiety at a moderate level were 27 people (71.10%)

Table 2 The results of the chi square test of the anxiety level of pregnant women with parity during the covid-19 pandemic

		Anxiety Level		Total	p-value
		Mild	Severe		
Paritas	Primipara	0	20	20	0,001
	Multipara	11	7	18	
Total		23	15	38	

Based on table 2, it can be seen that the p-value is 0.001 <0.05, which means that there is a significant relationship between anxiety and parity of pregnant women during the covid-19 pandemic.

DISCUSSION

In this study it was found that most of the research subjects were at the age of 20-35 years as many as 28 people (73.68%). At this age it is very good for pregnancy because physically the internal reproductive organs can function properly where the maturity characteristics of a woman are marked by special changes in the uterine apparatus as preparation for pregnancy (Nugraheny, 2021). The existence of physiological readiness in the face of pregnancy, psychologically also more prepared in the face of the labor process so that they can think positively that there is no need to be afraid and anxious in facing the labor process because the risk of death is smaller (Durankus, 2020).

The education level of the research subjects, the majority graduated from high school as many as 21 people (55.25%). Education can also affect one's behavior towards others. Education has a big effect on health with the higher a person's level of education, the more knowledge and motivation, so that they are able to prepare for their needs in dealing with childbirth (Dewi, 2021). The higher a person's education level, the easier it is to obtain and receive information, so that the mother's ability to think more rationally (Walyani, 2015). The results of the study (Rinata, 2018) state that the higher a person's education, the higher the quality of his knowledge and the more mature intellectually, and tend to pay more attention to the health of himself and his family.

This study shows that the results of the chi square test have a statistically significant relationship with p value = 0.000 in other words H_0 is rejected and H_a is accepted, which means that there is a parity relationship with the anxiety of pregnant women during the Covid-19 pandemic. The results of this study are supported by Dinopawe (2021) that primiparas have higher anxiety than multiparas in facing childbirth. Research conducted by Rafida (2021) shows that women with multiparas tend to feel mild anxiety compared to primiparas because they have previous experience so they are more prepared to face pregnancy and childbirth.

Anxiety is a response to a real threat. Someone feels anxious when there is uncertainty in the future (Lubis, 2019). Anxiety in primiparas is a natural thing because the first pregnancy for a prospective mother is one of the crisis periods in her life (Pohan, 2021). New experiences in her life containing a fetus in her stomach give mixed feelings (Hidayah, 2021). Primiparous mothers are really looking forward to the birth of their first child, it is something that is exciting so they can't wait to see and pet their baby, but the feeling of fear of the baby being born with defects, fear of the birth process will increase the feeling of pain, muscle tension is also in the cervical muscles so that it interferes opening so that feelings of anxiety arise until the birth of the baby (Dinopawe, 2021; Mochtar, 2012). Research conducted by Arinda (2021) shows that the level of anxiety in every pregnant woman varies depending on the individual's personality, the type of stress she has experienced, emotional support, experience and other factors (covid-19 virus).

Anxiety in pregnant women during the Covid-19 pandemic needs to be a major concern because they are one of the vulnerable groups (Qiao, 2020). Angesti's research (2020) shows that pregnant women during the Covid-19 period experienced severe anxiety by 57.5%. An increase in the anxiety of pregnant women during the Covid-19 pandemic can be caused by a lot of false information circulating and believed in the community regarding Covid-19 information (Saputra, 2020). Most of the studies that have been conducted on Covid-19 and its relation to pregnancy during the pandemic cause anxiety in pregnant women. Although there is not much evidence to suggest that Covid-19 can have an impact on pregnant women or the fetus in the womb, it is important not to ignore the emotional involvement of pregnant women during the Covid-19 pandemic because the mental health of mothers can be associated with short-term and long-term risks to them or their families. For their children, both physical health and psychological health.

Pregnant women who experience anxiety can have an impact on the health of the mother and fetus, so these problems require further treatment to reduce the negative impacts that arise. As a health worker, they can provide education both face-to-face and online, conduct a comprehensive bio-psycho-socio-cultural assessment if psychological problems are found, such as anxiety, they can be addressed immediately.

CONCLUSION

The results of the research that have been carried out can be concluded that there is a significant relationship between parity of pregnant women and anxiety during the covid-19 pandemic, with a p-value of $0.001 < 0.05$. Suggestions for health workers are expected to provide information about the preparation and delivery process, support for every pregnant woman to feel happy, calm and comfortable so that they are ready to face childbirth.

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