



Antenatal Compliance Relationship Care with Anxiety of Pregnant Women in Time Pandemic Covid-19

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Abstract

Pregnant women, who are at a higher risk of getting the coronavirus than other populations, have felt the psychological effects of the COVID-19 pandemic. Avoiding antenatal care (ANC) appointments due to anxiety puts the mother and fetus at risk for complications like undiagnosed bleeding at any point in the pregnancy. The purpose of this study is to examine whether or not pregnant women's fear about the Covid 19 epidemic affects their likelihood of keeping up with their scheduled ANC checkups. Analytical approaches based on cross-sectional studies. During April and May of 2021, investigators visited the Sibulue Health Center in Bone Regency. The demographic requirements are met by the responses of 48 pregnant women in their second and third trimesters who are able to explain their sentiments and anxieties. Twenty-eight pregnant women (58.3%) and nine pregnant women (18.0%) who did not suffer anxiety made frequent ANC visits to healthcare facilities throughout the Covid-19 epidemic. Among pregnant women, 18 (37.5%) had anxiety and were not attending ANC on a regular basis. Nine pregnant women (n = 9) did not report experiencing any anxiety, however two of them did not obtain consistent ANC. Using a chi-square test, we found a significance level of 0.001. (p 0.05). Women's worry during pregnancy was associated with their use of prenatal care services during the Covid-19 pandemic.

Introduction

Antenatal Care (ANC) is care given to pregnant women to see and check the condition of the mother and fetus which is carried out online periodically to deliver pregnant women so they can give birth in a healthy and obtain baby which healthy with method detection and anticipation early abnormality pregnancy, as well as early detection and anticipation of fetal abnormalities (Indriyani, 2013).

Visit ANC is visit Mother pregnant with power health as early as possible since realizing she was pregnant to get service ANC or care antenatal corresponding with standard which set. Inspection pregnancy which conducted covers inspection physical and psychic and maintain the health of the mother and fetus during pregnancy, childbirth, and period postpartum, so that circumstances post partum healthy and normal good physical nor psychic (Padila, 2015). Compliance with antenatal care visits (ANC) is obedience or Discipline of pregnant women in visiting health services in accordance with the advice of health workers based on existing standards in set. (Fatkhiyah et al., 2020).

Worry is circumstances which normal happen in various circumstances, such as growth, changes and new experiences, as for This anxiety can be felt by everyone when experiencing pressure and deep feelings that cause psychiatric problems and can develop in period time long.

Wrong one source stressor worry is pregnancy, especially in mentally unstable pregnant women. Every pregnant woman has a level different anxiety depending on how the mother prepares for her pregnancy (Usman, et al., 2016).

Beginning year 2020, whole world shocked with a virus appears new, namely a new type of coronavirus which called with SARS-CoV-2 and disease which cause by virus this called the Coronavirus disease 2019 (COVID-19) in where number the showing year first invention virus this found in City Wuhan, China on month December 2019 . On March 11, 2020, WHO determined plague this Becomes plague pandemic because spread so fast to various country (Yuliani, 2020).

According to Kaplan and Saddock (2015), several influencing factors worry among them factor intrinsic among them personality, and factor extrinsic including medical conditions (COVID status), economic status and stigma social. There is pandemic COVID-19 could Becomes factor risk which affect increased anxiety in pregnant women. High risk of transmission and death trigger appearance Fright and worries related growth and neonatal development due to complications from COVID-19 infection. Therefore that Mother pregnant need attention related specialty prevention, diagnosis and management (Poons et al. , 2020).

Tantona (2020) in his research based on results analysis from a number of research show that exists enhancement worry on pregnant women during the COVID-19 pandemic. Pregnant women are easy to experience feeling worries will something which will happened to him and his son. Lebel , et al (2020) said in their research anxiety in pregnant women this also caused because worries no got it prenatal care which adequate During happening pandemic which could trigger various symptom and disease other. The results of a preliminary study conducted by researchers at the Ratu Jaya Health Center in December 2020 to 10 third trimester pregnant women got 7 among them feel worry to her pregnancy, especially exists pandemic COVID-19 make they afraid infected which later worry will bother health on Mother nor baby it contains. Based on this background, the writer feels interested in do study about "Analysis antenatal adherence relationship care with pregnant women 's anxiety at the time pandemic covid19.

Methods

The research design in this study is a method quantitative with design cross sectional where the researcher conducted the sample chosen with technique purposive sampling with criteria Among other Mother pregnant with the gestational age of the second trimester and third trimester, able let me know feeling and her anxiety . The research location took place at the Sibulue Health Center, Bone Regency, in April – May 2021. Data collection use questionnaire containing Biodata respondent consists from name, address, age, education, profession and total pregnancy. Worry be measured with HARS (Hamilton Anxiety Rating Scale) with criteria : no there is worry (score not enough from 14), worry mild (score 14-20), moderate anxiety (score 21 – 27) worry heavy (score 28– 41), worry very heavy (42-56). Antenatal care visits seen through notes in MCH book . Processing data through stages editing, coding , and entries data. Analysis data performed with help program SPSS with test analysis Chi Square.

Results and Discussion

Table 1. Distribution Frequency According to Characteristics Respondents

Characteristics	Amount (N=48)	Percentage (%)
Age		
< 20 Year	3	6,3
20 – 35 years old	40	83.3
> 35 Year	5	10,4

Education		
Base	4	8,4
Intermediate	34	70,8
Long	10	20,8
Profession		
House Wife	35	72,9
Civil servant	5	10,5
Private	8	16,6
Pregnancy		
Primigravida	18	37,5
Multigravida	30	62,5

Based on Table. 1 Frequency Distribution According to Respondents' Characteristics, it was concluded that almost all the ages of pregnant women were in the range of 20-35 years, with 40 pregnant women (83.3 %), the education of most pregnant women at the high school level, 34 pregnant women (70.8%), the occupation of pregnant women is mostly housewives (IRT), namely as many as 35 pregnant women (72.9%) and more than half of them are multigravida, namely as many as 30 pregnant women (62.5%).

Table 2. Distribution Frequency According to Respondents Anxiety Level

Level Worry	Amount(N=48)	Percentage(%)
Not Worried	9	18,7
Light	21	43,7
Currently	10	20,8
Heavy	5	10,5
Very Heavy	3	6,3
Total	48	100.0

in Table. 2 with the Frequency Distribution according to the level of anxiety showing that the anxiety level of pregnant women during the Covid-19 pandemic was mostly at a mild anxiety level of 21 pregnant women (43.7%) out of 48 pregnant women and for very severe anxiety consisting of 3 pregnant women (6,3%).

Table 3. Distribution Frequency According to Visit n ANC

VisitANC	Amount(N=48)	Percentage(%)
Regular	28	58,4
Not Regular	20	41,6
Total	48	100.0

Table of frequency distribution according to Antenatal Care (ANC) visits in Table. 3 shows that most of the Antenatal Care (ANC) visits made by pregnant women to health care facilities during the Covid-19 pandemic made regular Antenatal Care (ANC) visits, namely 28 pregnant women (58.4%) and 20 pregnant women (41.6%) who had irregular antenatal care (ANC) visits.

Table 4. Connection Level Worry with Visit antenatal Care

Level Worry	Visit ANC				Total		P Value
	Percentage (%)						
	Regular		Not Regular				
n	%	n	%	n	%		
Not Worried	7	25,0	2	10	9	18,8	
Light	17	60,7	4	20	21	43,8	
Currently	4	14,3	6	30	10	20,8	0.001

Heavy	0	0	5	25	5	10,4	
Very Heavy	0	0	3	3	15	6,3	
Total	28	100	20	100	48	100	

The results of the analysis of the relationship between the anxiety level of pregnant women during the Covid-19 pandemic and the behavior of ANC visits are shown in the table. 4 found that 9 mothers did not experience anxiety and 7 of them made regular ANC visits. Whereas for pregnant women who experience anxiety levels, it shows that there are irregular ANC visits at each level of anxiety, namely at the level of mild anxiety, 21 pregnant women experience it and 17 of them make regular ANC visits. And at the moderate anxiety level, 10 pregnant women including 4 pregnant women who made regular ANC visits and 6 pregnant women who did not regularly make ANC visits, while at the severe anxiety level, 5 pregnant women and very severe anxiety levels, 3 pregnant women who did not regularly make visits. ANC.

In the discussion of the analysis of the relationship between the two variables between the anxiety of pregnant women towards ANC visits, it was found that the majority of pregnant women experienced anxiety, specifically 81.3%, with the category of mild anxiety as many as 21 people (43.8%), moderate anxiety as many as 10 people (20.8%), severe anxiety as many as 5 people (10.4%), and very severe anxiety as many as 3 people (6.3%), while there were no anxiety as many as 9 people (18.8%). This was found after the analysis According to these findings, the vast majority of pregnant women who went to the ANC screening at the Sibulue Health Center during the Covid-19 epidemic reported feeling anxious.

As a result of the findings of the chi square statistical test, which yielded a p value of 0.001 (p less than 0.05), one can draw the conclusion that there is a connection between the level of anxiety experienced by pregnant women and the number of visits made to health care facilities for antenatal care during the Covid-19 pandemic. According to the findings of Wang's study, it was discovered that there was a substantial association between the COVID 19 pandemic and anxiety in pregnant women. This was proven to be the case. According to these findings, a rise in anxiety has occurred as a direct result of the negative effects of worrying about the COVID-19 pandemic. Fear of not receiving sufficient prenatal care during a pandemic, which may cause a variety of different symptoms and illnesses, is another factor that contributes to the development of anxiety in pregnant women.

In a similar vein, the findings of Bender's research revealed a connection between covid status and anxiety. The researcher offered an explanation for this finding, which was that pregnant women are a vulnerable group that is more likely to experience psychological disorders, including anxiety disorders. There is a possibility that the presence of a pandemic such as this one is a risk factor that contributes to the development of greater anxiety in pregnant women. The concern that members of this group have in common is the worry that they may get infected with COVID-19 while they are at the hospital as a result of coming into touch with possibly ill patients or persons. One further thing that might cause a parent concern is if they don't have any friends or relatives nearby that can assist them care for their newborn. The mental health of pregnant women is affected by both the support of their husbands and the attitude that their husbands take in dealing with the COVID-19 epidemic.

Corbett is of the opinion that the instructions or policies of the government regarding physical distancing and contact, as well as the mass media, which became more frequent in informing about COVID-19, also contributed to major changes in the behavior of pregnant women, such that they felt under pressure, which could have indirect adverse

effects. He expressed this opinion in his presentation. both one's bodily and mental wellness are important.

Anxiety experienced by pregnant women may, in general, have a negative effect on both the health of the mother and the baby. Because the presence of the Covid-19 pandemic might raise the incidence or degree of anxiety in pregnant women, this issue needs further treatment in order to limit the harmful effect that it has on the welfare of both the mother and the fetus. (Kajdy, et al, 2020).

According to the findings of a study that was conducted by Wulandari, S. R., et al. (2020), it was found that the impact of the Covid-19 pandemic in the form of the psychological response of pregnant women during the Covid-19 pandemic was in the form of stress, anxiety, and even depression in some cases. This was stated to be the case based on the findings of the study. The effects of anxiety, which, if they are not well managed, can result in stress, which may even lead to sadness (Wulandari, SR et al, 2020).

During each antenatal visit during the pandemic, both face-to-face and online, psychological assessment of pregnant women can be carried out more optimally so that if it is discovered that they are suffering from problems psychological disorders such as anxiety, further management can be given immediately. This is something that can be done based on the findings of research that has been carried out on pregnant women who experience anxiety. This is also in agreement with what was communicated by Yuliani, DR, and Aini, F. N (2020), which said that it is vital to know the psychological evaluation of pregnant women in order to know the health of pregnant women as a whole.

The application of SIT (Self Instruction Training), a combination of deep breathing is used to make pregnant women relax in order to improve the quality of sleep for pregnant women so that the mind and body conditions are relaxed for the mother so that it can create comfort and reduce the burden of thought or anxiety. The management that can be done to reduce anxiety is the application of SIT (Self Instruction Training). Tejo Putri, ER, & Margaretta, SS 2020).

According to the findings of this research, the anxiety that pregnant women feel does not affect their compliance with carrying out health protocols in their everyday lives. These protocols include things like wearing masks, washing hands, and using hand sanitizers. This is in contrast to the findings of the research conducted by Aritonang et al. (2020), who discovered that maternal anxiety was not accompanied by adherence to the implementation of health protocols. As a result, a method was required, and that method consisted of providing health education through counseling, followed by evaluation, with the goal of increasing understanding of efforts to prevent Covid-19 in pregnant women, and thereby reducing the anxiety experienced by pregnant women during the Covid-19 pandemic. This finding is consistent with the findings of study conducted by Ariestanti, Y., and colleagues (2020), who discovered that there was no significant correlation between the actions of pregnant women participating in ANC and the mother's employment or the support of the husband. This demonstrates that some pregnant women have not been deterred from going to their regular pregnancies checks as a result of the Covid 19 epidemic.

It is possible for midwives to provide pregnancy consultations over the phone or online these days, which means that prenatal exams may still be performed to monitor the growth of the baby. Alterations to pregnancy checks may also be tailored to the specific requirements of each individual patient. For instance, pregnant women who are experiencing both low and high levels of risk throughout their pregnancy may have less worry and may be able to schedule prenatal care appointments as required (Gustina, I. 2020).

Researchers hypothesize that there is a connection between the level of anxiety experienced by pregnant women and the frequency with which they sought antenatal care at health care facilities during the Covid-19 pandemic. This is because of the women's fear of passing on the disease to their unborn children. Anxiety is a common problem for mothers who have a high stigma, and the root of this problem is the worry that the mother will be shunned. The mother suffers from anxiety because she is concerned that the other person will not want to be in close proximity to her. In contrast, moms who have a low stigma have minimal anxiety because the mother does not suffer anxiety and does not feel worried that she will be isolated. This fear stems from the fact that the mother does not believe that she would be stigmatized. It is necessary to offer support to mothers who are experiencing COVID-19 so that they do not experience high stigma from society. This is necessary because it can affect the psychological condition of the mother, which in turn has an impact on anxiety for both the mother and her baby. Support can be provided to these pregnant women by paying attention to them and implementing health protocols.

Conclusion

On study this obtained conclusions include: There is a relationship Among level worry Mother pregnant with visit antenatal care to facility service health in period the covid-19 pandemic with a p value of 0.001 ($p < 0.05$). ANC visits to pregnant women health care facilities at that time pandemic covid-19 part big do visit ANC regular as much 28 Mother pregnant (58, 3 %), only a number of Mother pregnant which experience anxiety and irregular doing visit ANC that is as much 20 pregnant women (41, 6 %), level worry Mother pregnant on period pandemic covid-19 with behavior visit ANC to facility service health is obtained that as much 9 Mother which no experience worried entirely do visit ANC in a manner regular.

Expected exists study more carry on inspection pregnancy During pandemic covid 19. To Mother pregnant for notice her pregnancy with always routine check her pregnancy to nearest midwife. PMB Midwives Expected so that more increase gift KIE (Communication Information and education) to Mother pregnant so that routine check pregnancy and guard protocol health.

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