

## HEALTH EDUCATION ABOUT COVID-19 ON ANXIETY LEVEL OF PREGNANT WOMEN DURING PANDEMIC

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### ABSTRAK : PENYULUHAN KESEHATAN TENTANG COVID-19 TERHADAP TINGKAT KECEMASAN IBU HAMIL PADA MASA PANDEMI

Latar Belakang : Ibu hamil merupakan salah satu kelompok yang rentan terkena virus covid-19 dimana pada masa kehamilan terjadi penurunan kekebalan parsial dan juga dikarenakan tingkat kecemasan yang meningkat menyebabkan ibu hamil lebih rentan terhadap virus. Kecemasan dapat mengganggu kesehatan mental ibu hamil. Sehingga menjadi masalah psikologis pada ibu hamil menjelang persalinan. Akibatnya berpengaruh pada kesehatan fisik dan psikologis. Beberapa solusi alternatif dalam mengurangi angka kecemasan pada ibu hamil dimasa pandemic salah satunya penyuluhan kecemasan yang mempengaruhi untuk meningkatkan pengetahuan dan pemahaman ibu hamil.

Tujuan : Penelitian ini bertujuan untuk mengetahui pengaruh penyuluhan kesehatan tentang covid-19 terhadap tingkat kecemasan ibu hamil pada masa pandemi di Puskesmas Radamata

Metode : Penelitian ini menggunakan pra-ekperimental dengan One Group Pretest-Posttest, dimana sebelum dilakukan perlakuan dan setelah dilakukan perlakuan berupa penyuluhan pada satu group dengan jumlah sampel sebanyak 30 responden yang mengalami kecemasan sebelum dilakukan penyuluhan telah dilakukan pengukuran kecemasan menggunakan skala HARS . Data dianalisis menggunakan wilcoxon signed rank test.

Hasil : Uji wilcoxon signed rank test menunjukkan adanya signifikansi penurunan tingkat kecemasan yang dibuktikan dengan perolehan kemaknaan  $p=0.000 < \alpha 0,05$

Kesimpulan : Ada pengaruh penyuluhan kesehatan tentang covid-19 terhadap tingkat kecemasan ibu hamil pada masa pandemi di Puskesmas Radamata.

Saran : Ibu hamil disarankan untuk lebih aktif mencari informasi terbaru berkaitan dengan kesehatan ibu dan janin, terlebih lagi untuk mempersiapkan diri dalam persalinan khususnya pada kondisi pandemi covid-19.

Kata kunci : Penyuluhan Kesehatan, Ibu hamil, Covid-19, kecemasan.

### ABSTRACT

Background: Pregnant women are one of the groups that are vulnerable to the Covid-19 virus, where during pregnancy there is a partial decrease in immunity, and also due to increased anxiety levels, pregnant women are more susceptible to the virus. Anxiety can interfere with the mental health of pregnant women. So that it becomes a psychological problem for pregnant women before delivery. As a result, it affects physical and psychological health. Some alternative solutions to reduce anxiety in pregnant women during the pandemic, one of which is health education which affects to increase knowledge and understanding of pregnant women.

Purpose : The purpose of this study was to determine the effect of health education about covid-19 on the anxiety level of pregnant women during the pandemic at Radamata Health Center

Method : The design of this study used Pre-Experimental with One Group Pretest-Posttest, where before treatment and after treatment was carried out in the form of counseling in one group with a sample of 30 respondents who experienced anxiety. Before the health education was conducted, the anxiety of pregnant women was measured using a hars scale

Data were analyzed using Wilcoxon Signed Rank Test.

Result : The Wilcoxon signed rank test difference test showed a significant decrease in the level of anxiety as evidenced by the significance of  $p= 0.000 > \alpha 0.05$ .

Conclusion : There was a significant effect of health education on Covid-19 on the level of anxiety of pregnant women during the pandemic at Radamata health center.

Suggestion : Pregnant women are advised to be more active for searching the latest information related to the health of the mother and fetus, even more so to prepare for childbirth, especially during the covid-19 pandemic.

Keywords : Health Counseling, pregnant women, Covid-19, anxiety

## INTRODUCTION

At the beginning of 2020, the world was shocked by the emergence of a new virus, namely Coronavirus disease (Covid-19) which was first discovered in Wuhan as the novel coronavirus 2019 (2019-nCoV) caused by the Severe Acute Respiratory Syndrome Coronavirus-2 (SARS-CoV) virus. -2). On March 11, 2020, WHO declared this outbreak to be a pandemic outbreak because it spread so quickly to various countries including Indonesia. In Indonesia, morbidity and mortality rates continue to occur. (Mira Rizkia, 2020)

Based on WHO data on September 9, 2020, it was recorded that from 216 countries there were 27,236,916 confirmed cases, and cases of corona virus in Indonesia according to the Directorate of Family Health in 2020 amounted to 165,887 people with a death toll of 4.3%, while in East Nusa Tenggara Province in 2020 early 2021 through 1,033 cases in one day, while in Sumba Barat Daya Regency on July 26, 2021, 874 positive cases were confirmed. Pregnancy for a woman is both happy and disturbing. Pregnancy is a very important event for pregnant women and their partners, and this is also a condition of a maturity crisis that can cause feelings of stress and anxiety about bad things that can happen to them, especially during the process. Pregnancy and childbirth are happy moments for every mother-to-be in the world. However, it is undeniable that undergoing pregnancy and preparing to give birth during the COVID-19 outbreak can add to the anxiety of the mother. This is because the preparations made have become more mature and there are more procedures that must be carried out where the case attacks all groups including pregnant women causing pregnant women to feel anxious and even depressed and can cause and increase the number of deaths. The results showed that pregnant women who experience anxiety even to the point of stress caused by various kinds of problems including the economy, family, work and worries about pregnancy itself and childbirth. (Mira Rizkia, 2020)

Anxiety can interfere with the mental health of pregnant women. So that it becomes a psychological problem for pregnant women before delivery. As a result, it affects physical and psychological health. The bad influence of pregnant women who feel anxiety, one of which can lead to stimulation of contractions in the uterus. As a result, blood pressure increases so that it can cause preeclampsia and miscarriage can also occur.

According to WHO, every year, 210 million pregnancies occur worldwide. The anxiety rate for pregnant women in Portugal is 18.2%, Bangladesh is 29%, Hong Kong is 54%, and Pakistan is the highest at 70%. And under normal conditions, it is estimated that globally around 10% of pregnant women suffer from mental disorders, especially depression and even higher 16% in developing countries. This is exacerbated during the COVID-19 pandemic when pregnant women may have limited access to mental health services. In China, 5.3% of pregnant women experienced symptoms of depression, 6.8% experienced anxiety, 2.4% experienced physical discomfort, 2.6% experienced insomnia, and 0.9% experienced Post-traumatic Stress Disorder (PTSD). (Arinda & Herdayati, 2021)

Pregnancy is very vulnerable to the risk of disability and death which is influenced by various factors, one of which is stress. Stress levels during pregnancy, especially during the COVID-19 pandemic, are known to have increased significantly by more than 76%, which is very risky for the mother, especially the fetus during pregnancy. (Image of Dewi et al., 2021)

Pregnant women are a group that is vulnerable to infection with the Covid-19 virus, besides the impact of this pandemic affects the level of anxiety of pregnant women about contracting this virus during their pregnancy.

The anxiety level of pregnant women is increasing due to the lack of support and information about COVID-19 which has a negative impact on the health of pregnant women during pregnancy during the pandemic. Due to changes in health services

resulting in a decrease in the number of antenatal care visits. (Mira Rizkia, 2020)

One alternative to reduce the anxiety of pregnant women is to provide obstetric examination and delivery services at home under the supervision of health workers. In addition, health education affects to increase knowledge where health education is very synonymous with health counseling which is to increase knowledge of pregnant women about the importance of implementing the 3M health protocol, and education for childbirth preparation, where education is very important to distribute appropriate, correct and effective information about COVID -19 so that pregnant women are not consumed by false information that can increase the level of anxiety and fear, as well as obtain information about birth planning. And the existence of social support and attention from a partner, family or sick environment. (Sid et al., 2020)

From the above background, researchers are interested in conducting research in Southwest Sumba Regency as a research location. So the researchers will conduct research on "To find out the Effect of Health Counseling About Covid-19 on the Anxiety Levels of Pregnant Women During the Pandemic Period at the Radamata Health Center

## RESEARCH METHODOLOGY

A quasi-experimental study using a one group pretest-posttest design, where in this design there is no comparison group (control) but an initial test (pretest) has been carried out which allows researchers to examine changes that occur after the experiment (posttest). The population in this study were all pregnant women at the Radamata Health Center, Southwest Sumba Regency, NTT Province with a sample of 30 people with a total sampling technique of sample collection.

The tool used for data collection is an observation sheet using the Hamilton Rating Scale For Anxiety (HARS) anxiety scale. Analysis using a computer program, univariate analysis to determine the frequency distribution of each variable, bivariate analysis using the Wilcoxon signed rank test.

## RESEARCH RESULT

### Univariate Analysis

Based on table 1, the results of the study from 30 respondents found that reproductive age was 22 respondents (73.3%), Elementary Education (SD, SMP, SMA) was 22 respondents (73.3%), Pregnant women who did not work were 22 respondents ( 73.3%)

**Table 1**  
**Frequency Distribution of Respondents**  
**Based on Age, Education, Not Working**

Variable	f	%
Age		
Too young	6	20
Reproductive age	22	73,3
Too Old	2	6,7
Education		
Basic Education	22	73,3
Higher Education	8	26,7
Work		
Worker	8	26,7
Doesn't work	22	73,3

Based on table 2, the results of the study from 30 respondents showed that the level of anxiety before being given treatment in the form of counseling about covid-19 showed that there were more pregnant women with severe anxiety levels with 22 respondents (80.0%) compared to moderate anxiety levels with 6 respondents (20, 0%). However,

after being given health education about COVID-19, there was a decrease in the level of moderate anxiety as many as 15 respondents (50.0%) and mild anxiety levels by 15 respondents (50%). Where there is a decrease from the level of severe anxiety to moderate anxiety and moderate to mild anxiety levels

Table 2.  
Frequency Distribution of Respondents  
Based on Anxiety Levels before and after health education

Anxiety Level	f	%
Before Health Education		
There isn't any	0	0
Light	0	0
Currently	6	20
Heavy	24	80
Very heavy	0	0
After health education		
There isn't any	0	0
Light	15	50
Currently	15	50
Heavy	0	0
Very heavy	0	0

### Bivariate Analysis

Based on table 3, the results of the Wilcoxon signed rank test differ. The Wilcoxon signed rank test difference test was used because the data were not normally distributed, as evidenced by the results of the normality test using the Shapiro Wilk test through the SPSS program where the Asymp value was obtained. Sig. a variable smaller than the level of significant 5% ( $<0.05$ ) the provision of health education treatment about covid-19 on the anxiety

level of pregnant women during the pandemic showed that the anxiety level had an average decrease in the number from before being given treatment 28.60 to 19, 83 after treatment. The Wilcoxon signed rank test difference test showed a significant decrease in the level of anxiety as evidenced by the obtained significance of  $p = 0.000 < 0.05$ . So  $H_1$  is accepted and  $H_0$  is rejected, which means that there is a significant effect after being given health education about covid-19.

Table 3.  
The Effect of Health Counseling About Covid-19 on the Anxiety Level of Pregnant Women During the Pandemic Period at the Radamata Health Center

Variable	Mean	Min	Max	p-value
Pretest	28,60	21	31	0,000
Posttest	19,83	15	26	

### DISCUSSION

Based on table 3. it is known that the average value of anxiety before being treated (pretest) is 31.46 with a minimum value of 21 and a maximum value of 42 as many as 1 respondent and the average value of anxiety after being treated (posttest) is 15.76 to determine the effect health education about covid-19 on the anxiety level of pregnant women by using the SPSS application with the Wilcoxon signed rank test statistical test, the significance of  $p = 0.00 < \alpha 0.05$ . So that  $H_1$  is accepted and  $H_0$  is rejected.

The conditions that apply are non-probability  $p > \alpha (0.05)$ , then  $H_1$  is rejected and  $H_0$  is accepted,

and vice versa if  $p < \alpha (0.05)$ , then  $H_1$  is accepted,  $H_0$  is rejected, in table 5.6 there is an effect of health education on COVID-19 on the level of anxiety of pregnant women. This can be seen from the significance value generated by the Wilcoxon signed rank test, namely  $p = 0.00$  with  $(0.05)$ . Because of the non-probability in this study  $p < (0.05)$ , the alternative hypothesis in this study assumes that there is a significant effect of health education on COVID-19 on the anxiety level of pregnant women.

This is in accordance with the 2020 research by Mira Rizkia (et al.) regarding the Relationship between Knowledge and Behavior of Pregnant Women in Undergoing Pregnancy During the Covid-

19 Pandemic which showed that there was a relationship between knowledge and mother's behavior during pregnancy during the COVID-19 pandemic ( $p = .001$ ). That knowledge is an important factor for pregnant women because it can affect the behavior of mothers during pregnancy. So it is highly expected that optimal education from health workers for mothers can live their pregnancy in a prosperous manner so that mothers and fetuses remain healthy during the COVID-19 pandemic.

During the COVID-19 pandemic, it is very disturbing the psychology of pregnant women which makes pregnant women feel stressed and anxious which can disrupt the health of the mother and fetus (Ifa Nurhasanah, 2021). So that the problem must be addressed immediately as a result of unresolved anxiety can cause psychological disorders. To overcome the anxiety in pregnant women, one of them is to provide health education to pregnant women about covid 19, so that pregnant women are not too anxious and do not panic even when someone is attacked by this virus. (Marizki Putri, et al. 2021) Several actions that can be taken to reduce anxiety are discussion, providing knowledge, health services, antenatal education when conducting prenatal care or antenatal care (ANC) by complying with health protocols. (Yocky Yuanti, et al. 2021) Lack of understanding can make pregnant women experience anxiety due to the lack of information obtained by pregnant women from health workers.

The results of another study conducted by Shinta Kristianti (2020) showed that there was an effect of health education on third trimester primigravida mothers regarding childbirth with video media on anxiety facing childbirth in the work area of the Blabak Kediri Health Center. Educational media about childbirth can be varied so that it will increase the level of understanding and affect the anxiety of third trimester pregnant women who will go through the delivery process. The results of another study were also carried out by Juneris Aritonang, et al (2020) regarding increasing understanding of health in pregnant women in an effort to prevent covid-19 the results obtained after counseling were carried out were an increase in understanding of pregnant women about covid-19 and a decrease in anxiety for pregnant women during pregnancy in this era. the covid-19 pandemic.

According to Nwafor et al (2020) Knowledge is important for mothers during their pregnancy, especially related to the COVID-19 pandemic. As the results of research conducted by Aniewke et al

(2020) lack of understanding about covid-19 makes groups of pregnant women experience anxiety, efforts are made to reduce anxiety levels in pregnant women by conducting health education, which is expected to reduce the negative influence that is often caused by stories. scary stories about pregnancy and childbirth, past birth experiences or lack of knowledge about the process of pregnancy and childbirth. This situation needs to be balanced with knowledge of the anatomy and physiology of pregnancy and childbirth to pregnant women. plus the low understanding of pregnant women about efforts to prevent covid-19 infection during pregnancy due to false information in the wider community regarding transmission, treatment and prevention of contracting covid-19 this is also one of the factors causing anxiety in pregnant women which will have an impact on pregnant women. on the pregnancy itself.

The provision of services that are more focused for pregnant women during the COVID-19 pandemic has been proven to improve the health of pregnant women to childbirth with various new concepts that have been launched. So that in providing information there are several things that are expected to become more specific routine behaviors that must be provided for pregnant women in order to stay protected from the Corona Virus, namely; wash your hands regularly with hand sanitizer or soap, avoid touching your eyes, nose and mouth, keep a distance of about one meter from other people, cover your mouth or nose when sneezing and coughing, use a mask when interacting with other people, and keep your home clean. Pay attention to the flow of ANC services during the pandemic. (Ancient, 2021)

Efforts to reduce anxiety in pregnant women are not only obtained from attending health education, but also by applying the information that has been obtained. The more often pregnant women do or apply information to reduce anxiety in the face of childbirth, the anxiety of pregnant women will decrease.

Based on the results of data processing, it is known that there was a change in anxiety before being given treatment in the form of health education about covid-19. Before being given health education about COVID-19 the categories of moderate anxiety and severe anxiety were given. Judging from the number of respondents as many as 30 respondents with moderate anxiety levels (21-27 symptoms) as many as 6 respondents (20.0%) and severe anxiety

(28-42 symptoms) with 24 respondents (80.0%) and after being given treatment decreased seen from the number of respondents who experienced moderate anxiety as many as 15 respondents (50.0%), mild anxiety became 15 respondents (50.0%).

Based on the results of this study, it is highly recommended to provide information through health education by health workers for pregnant women both in the clinical setting and in the community so that mothers can live their pregnancy in prosperity even during the covid-19 pandemic. Class for pregnant women to be held more often in the form of socialization and counseling, giving leaflets about covid 19 disease and pregnancy check-ups.

## CONCLUSION

The conclusion in this study is that there is an effect of health education on covid-19 on the anxiety level of pregnant women during the pandemic at the Radamata Health Center where the p value <0.05.

## SUGGESTION

Suggestions that can be given from this research are:

1. For Pregnant Women  
Pregnant women are advised to be more active in seeking the latest information related to the health of the mother and fetus, especially to prepare for childbirth, especially during the COVID-19 pandemic.
2. For Health Workers  
In the management of counseling in providing information, it is expected to provide comfort, flexibility for clients to consult about the mother's condition.

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