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FACTORS AFFECTING ANXIETY LEVELS IN PREGNANT WOMEN DURING THE ONSET OF LABOR

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ABSTRAK : FAKTOR-FAKTOR YANG MEMPENGARUHI TINGKAT KECEMASAN PADA WANITA HAMIL PADA MASA PERSALINAN

Kecemasan merupakan suatu keadaan emosi yang membuat individu merasa lemah sehingga menyebabkan individu menjadi ragu-ragu dan tidak mampu untuk bertindak dan berperilaku secara rasional sebagaimana mestinya. Tujuan penelitian ini adalah untuk mengetahui faktor-faktor yang mempengaruhi kecemasan ibu hamil dalam menghadapi persalinan di wilayah kerja Puskesmas Paduan Rajawali tahun 2023. Sebanyak 8 ibu hamil (14,3%) mengalami kecemasan dan 48 ibu hamil (85,7%) tidak mengalami kecemasan dalam menghadapi persalinan di wilayah kerja Puskesmas Paduan Rajawali tahun 2023.

Metode penelitian yang digunakan adalah Survey Analytics dengan pendekatan Cross-Sectional. Populasi penelitian ini adalah ibu hamil trimester III yang akan melahirkan di wilayah kerja Puskesmas Paduan Rajawali, dengan jumlah sampel sebanyak 56 responden. Pengumpulan data dilakukan dengan menggunakan kuesioner dan data yang terkumpul dianalisis secara univariat dan bivariat dengan statistik Chi-Square. Penelitian ini merupakan penelitian kuantitatif yang membahas variabel-variabel yang diukur dan dihitung secara numerik (Hastono, 2018).

Terdapat hubungan antara usia ibu hamil dengan kecemasan menghadapi persalinan dengan nilai P sebesar 0,005. Namun, tidak terdapat hubungan yang signifikan antara tingkat pendidikan ibu hamil dengan kecemasan menghadapi persalinan dengan nilai P sebesar 0,063. Selanjutnya, terdapat hubungan antara paritas ibu hamil dengan kecemasan menghadapi persalinan dengan nilai P sebesar 0,035. Untuk mendukung usia reproduksi sehat pada rentang 20-35 tahun dan paritas atau jumlah anak yang ideal, maka perlu dilakukan peningkatan kesadaran masyarakat melalui penyuluhan dan konseling tentang persiapan persalinan. Hal ini akan mengurangi kekhawatiran dan kecemasan ibu.

Kata Kunci: Pengetahuan, Kecemasan, Persalinan

ABSTRACT

Anxiety is a state of emotion in which individuals feel weakened, causing them to be hesitant and unable to act and behave rationally as they should. The purpose of this study is to identify the factors affecting the anxiety of pregnant mothers in facing labor in the working area of Paduan Rajawali Primary Health Care in 2023. There were 8 pregnant mothers (14.3%) who experienced anxiety and 48 pregnant mothers (85.7%) who did not experience anxiety in facing labor in the working area of Paduan Rajawali Primary Health Care in 2023.

The research method employed is Survey Analytics with a Cross-Sectional approach. The population of this study consists of third-trimester pregnant mothers who are going to face labor within the working area of Paduan Rajawali Primary Health Care, with a sample size of 56 respondents. Data collection was carried out using a questionnaire, and the collected data was analyzed using univariate and bivariate analyses with Chi-Square statistics. This research is quantitative which deals with variables that are measured and calculated numerically (Hastono, 2018).

There is a relationship between the age of pregnant mothers and their anxiety in facing labor, with a P-value of 0.005. However, there is no significant relationship between the level of education of pregnant mothers and their anxiety in facing labor, with a P-value of 0.063. Furthermore, there is a relationship between the parity of pregnant mothers and their anxiety in facing labor, with a P-value of 0.035. To promote healthy reproductive age in the range of 20-35 years and ideal parity or the number of children, it is essential to enhance public awareness through education and counseling on childbirth preparedness. This will alleviate maternal worries and anxieties.

Keywords: Knowledge, Anxiety, Labor

INTRODUCTION

Anxiety is a state of feeling, where individuals feel weak so that they are not brave and able to behave and act rationally as they should. Women experiencing anxiety are at risk of prolonged labor during childbirth. Psychological stress responses have strong physical effects on childbirth. When facing childbirth, mothers, whether experienced or not, often experience feelings of anxiety and panic (Yanti, 2022).

Factors that can trigger stress in pregnant women include discomfort during pregnancy, work-related concerns, worries about the birthing process, hormonal changes, and the baby's condition. Study findings report that based on information obtained from pregnant women experiencing stress, a range of issues they face includes economic problems, family issues, work-related stress, as well as anxiety about pregnancy and labor (Taslim, Kundre, and Masi, 2016, as cited in Yuliani, 2020).

For a pregnant woman, anxiety tends to arise as labor approaches. Excessive and unmanaged anxiety can result in problems such as inhibiting normal cervical dilation, leading to prolonged labor (Janiwarty & Pieter, 2013, as cited in Putri, 2021).

Various factors can influence anxiety during pregnancy when facing childbirth. Astuti's (2022) research indicates a relationship between parity and anxiety among third-trimester pregnant mothers facing labor at Mekarsari Primary Health Care in Banyuasin Regency. This aligns with Heriani's (2016) study, which demonstrates a correlation between maternal education level and age with anxiety when facing childbirth at the Tanjung Agung Community Health Center.

For primigravida, their pregnancy is a first-time experience, making the third trimester particularly anxiety-inducing due to its proximity to the birthing process. Mothers tend to feel anxious about their pregnancy, experiencing restlessness and fear of childbirth, given that lack of knowledge contributes to anxiety. Mothers who have been pregnant before (multigravida) might experience anxiety related to past experiences (Astria & Nurbaeti, 2009, as cited in Astuti, 2022). Age can affect a person's pregnancy experience. Pregnancy during the reproductive years reduces the likelihood of complications compared to pregnancies below or above the reproductive age. Pregnancy anxiety can be linked to maternal age, impacting feelings of fear and anxiety. Those under the age of 20 might experience physical unreadiness, while those above 35 have a higher risk of obstetric complications, perinatal morbidity, and mortality. Higher education increases the likelihood of seeking healthcare, while

lower education levels can lead to stress due to a lack of information (Heriani, 2016).

Based on preliminary surveys conducted by the researcher in several Private Midwifery Practices within the working area of Paduan Rajawali Primary Health Care in February 2023, through initial interviews with pregnant mothers visiting these clinics, out of 18 third-trimester pregnant mothers with varying ages, parity, and education levels, 14 mothers (77%) admitted to experiencing anxiety during pregnancy, especially in preparing for the childbirth process. The researcher's survey also identified 9% of referred cases with prolonged labor.

RESEARCH METHODS

The type of research in this study is quantitative. Quantitative research involves variables that are calculated and measured in the form of numbers (Hastono, 2018). The research will be conducted from February to July in the year 2023. The research design used is analytical with a cross-sectional approach, which is a study to explore the correlation dynamics between risk factors and effects, using observations or data collection at a single point in time. Each research subject is observed only once, and measurements are taken of the subject's characteristics or variables during the examination (Notoadmodjo, 2012).

RESULTS AND DISCUSSION

Univariate Analysis

Table 1
Frequency Distribution of the Level of Anxiety Among Pregnant Mothers in Facing Labor in the Working Area of Paduan Rajawali Primary Health Care in 2023

Anxiety	Frequency	Percentage
Anxious	8	14,3
Not anxious	48	85,7

Based on the above table, it can be determined that the number of pregnant mothers experiencing anxiety when facing childbirth in the work area of Paduan Rajawali Primary Health Care in 2023 is 8 pregnant mothers (14.3%), and the number of pregnant mothers not experiencing anxiety is 48 pregnant mothers (85.7%).

DISCUSSION

Bivariate Analysis

Relationship Between Maternal Age and Anxiety

The analysis of the relationship between maternal age and the level of anxiety among

pregnant mothers facing labor in Paduan Rajawali Primary Health Care in 2023 yielded data that among the 16 groups of at-risk pregnant mothers, there were 6 pregnant mothers (37.5%) experiencing anxiety and 10 pregnant mothers (62.5%) not experiencing anxiety. Meanwhile, among the 40 groups of non-at-risk pregnant mothers, there were 2 pregnant mothers (5%) experiencing anxiety and 46 pregnant mothers (95.0%) not experiencing anxiety.

The statistical test result obtained a P-value of 0.005 ($P < 0.05$), indicating a statistically significant relationship between maternal age and the anxiety level of pregnant mothers facing labor at Paduan Rajawali Primary Health Care in 2023. The analysis result produced an odds ratio (OR) of 11.4 (95% CI: 1.9-65.2), implying that pregnant mothers aged <20 or >35 years are 11 times more likely to experience anxiety compared to pregnant mothers aged 20-35 years.

Relationship Between Education Level and Anxiety

The analysis of the relationship between maternal education level and the anxiety level of pregnant mothers facing labor in Paduan Rajawali Primary Health Care in 2023 revealed that among the 24 groups of pregnant mothers with basic education, 6 pregnant mothers (25%) experienced anxiety, and 18 pregnant mothers (75%) did not experience anxiety. Meanwhile, among the 32 groups of pregnant mothers with secondary education, 2 pregnant mothers (6.3%) experienced anxiety, and 30 pregnant mothers (93.8%) did not experience anxiety.

The statistical test result obtained a P-value of 0.063 ($P > 0.05$), indicating no statistically significant relationship between maternal education level and the anxiety level of pregnant mothers facing labor at Paduan Rajawali Primary Health Care in 2023.

This finding aligns with the research by Oktopianti (2021) on factors related to maternal anxiety during labor, which showed no significant relationship between education level (0.411) and the level of maternal anxiety when facing childbirth at the Praktik Mandiri Bidan Wiwet Wulandari Palembang in 2021.

The researcher assumes that the lack of a significant relationship between education level and anxiety during labor might be due to the majority of respondents having only completed secondary education.

Relationship Between Parity and Anxiety

The analysis of the relationship between maternal parity and the anxiety level of pregnant

mothers facing labor in Paduan Rajawali Primary Health Care in 2023 yielded data that among the 16 groups of primiparous pregnant mothers, 5 pregnant mothers (31.3%) experienced anxiety, and 11 pregnant mothers (68.8%) did not experience anxiety. Meanwhile, among the 40 groups of multiparous pregnant mothers, 3 pregnant mothers (7.5%) experienced anxiety, and 37 pregnant mothers (92.5%) did not experience anxiety.

The statistical test result obtained a P-value of 0.035 ($P < 0.05$), indicating a statistically significant relationship between maternal parity and the anxiety level of pregnant mothers facing labor at Paduan Rajawali Primary Health Care in 2023. The analysis result produced an odds ratio (OR) of 5.6 (95% CI: 1.1-27.2), suggesting that primiparous pregnant mothers are 5 times more likely to experience anxiety compared to multiparous pregnant mothers.

This finding is consistent with the research by Khoiriah (2020), which showed a significant relationship between maternal age and the anxiety level of pregnant mothers facing childbirth at BPM Ellna Palembang.

The researcher assumes that there is a significant relationship between parity and the anxiety level of pregnant mothers facing childbirth due to the experience of giving birth.

CONCLUSION

The frequency distribution of pregnant mothers experiencing anxiety when facing labor in the working area of Paduan Rajawali Primary Health Care in 2023 is 8 pregnant mothers (14.3%), and the number of pregnant mothers not experiencing anxiety is 48 pregnant mothers (85.7%). The frequency distribution of at-risk pregnant mothers in the working area of Paduan Rajawali Primary Health Care in 2023 is 16 pregnant mothers (28.6%), and the number of non-at-risk pregnant mothers is 40 pregnant mothers (71.4%). The frequency distribution of primiparous pregnant mothers is 16 pregnant mothers (28.6%), the number of multiparous pregnant mothers is 40 pregnant mothers (71.4%), and there are no grand multiparous pregnant mothers at Paduan Rajawali Primary Health Care in 2023. The frequency distribution of pregnant mothers with basic education is 24 (42.9%), with secondary education is 32 (57.1%), and with higher education is 0 in facing labor at Paduan Rajawali Primary Health Care in 2023. There is a significant relationship between maternal age and the anxiety level of pregnant mothers facing labor at Paduan Rajawali Primary Health Care in 2023, with a P-value of 0.005. There is no significant relationship

between the education level of pregnant mother and anxiety of pregnant mother. with a P-value = 0.063. There is no significant relationship between the education level of pregnant women and anxiety of pregnant women. There is a significant relationship between maternal parity and the anxiety level of pregnant mothers facing labor at Paduan Rajawali Primary Health Care in 2023, with a P-value of 0.035.

RECOMMENDATIONS

For the Community (Pregnant Mothers)

To maintain a healthy reproductive age between 20-35 years and to undergo regular prenatal check-ups at healthcare facilities to alleviate anxiety when facing labor.

For Paduan Rajawali Primary Health Care

To provide increased counseling to the community regarding healthy reproductive age and ideal family size, as well as to offer accurate information and counseling on labor preparation to reduce anxiety and fear.

For Other Researchers

Future researchers are encouraged to conduct further research and explore variables not covered in this study that are related to maternal anxiety during childbirth, such as comorbidities and social support. Additionally, conducting research with improved research designs, such as cohort studies and multivariate data analysis, is recommended.

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