

AN OVERVIEW OF PREGNANT WOMEN ANXIETY LEVELS DURING THE COVID-19 PANDEMIC

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ABSTRAK GAMBARAN TINGKAT KECEMASAN IBU HAMIL SELAMA PANDEMI COVID-19

Latar belakang: Kehamilan merupakan masa sensitif bagi perempuan dalam siklus kehidupannya. Perubahan fisik dan psikologis selama masa kehamilan dapat menjadi stressor yang mengakibatkan kecemasan pada ibu hamil. Hasil Penelitian tentang tingkat kecemasan ibu hamil masa pandemi menunjukkan hasil bahwa 3-17 % perempuan mengalami kecemasan selama kehamilannya. Gangguan kecemasan pada ibu hamil di negara maju mencapai 10% sedangkan di negara berkembang mencapai 25%, dan untuk di Indonesia angka kecemasan pada kehamilan berkisar 28,7%. Kecemasan pada ibu hamil menimbulkan dampak yang serius apabila tidak ditangani dengan baik.

Tujuan: Penelitian ini bertujuan untuk menggambarkan tingkat kecemasan ibu hamil pada masa pandemi Covid -19 di Unit Pelaksana Teknis Daerah Puskesmas Kuta Selatan.

Metode: Penelitian ini menggunakan jenis metode *cross sectional*. Teknik sampling menggunakan *purposive sampling* dengan sampel 79 ibu hamil di wilayah kerja UPTD. Puskesmas Kuta Selatan. Analisis data menggunakan distribusi frekuensi.

Hasil: Hasil penelitian menunjukkan 50,6% ibu hamil memiliki tingkat kecemasan ringan-sedang, 32,9% menunjukkan kecemasan berat serta 16,5% ibu hamil tidak menunjukkan gejala kecemasan.

Kesimpulan: Hampir seluruh (83.5%) Ibu hamil di UPTD. Puskesmas Kuta Selatan mengalami kecemasan, dengan sebagian besar 50,6% mengalami kecemasan ringan sedang

Saran diharapkan petugas kesehatan dapat melakukan intervensi yang efektif untuk menangani kecemasan yang dialami ibu hamil.

Kata kunci: Ibu hamil, kecemasan, pandemi covid-19

ABSTRACT

Background: Pregnancy is a sensitive period for women in their life cycle. Physical and psychological changes during pregnancy can be a stressor that causes anxiety in pregnant women. The results of the study on the anxiety level of pregnant women during the pandemic showed inconsistent results, it was found that the prevalence of increased anxiety in pregnant women when compared to the incidence of anxiety in pregnant women before the Covid-19 pandemic. Anxiety in pregnant women has a serious impact if not handled properly.

Purpose: This study aims to describe the level of anxiety of pregnant women during the Covid-19 pandemic at the Regional Technical Implementation Unit of the South Kuta Health Center.

Method: This research uses cross sectional method. The sampling technique used purposive sampling with a sample of 79 pregnant women in the work area of the Regional Technical Implementation Unit of the South Kuta Health Center. Data analysis using frequency distribution.

Result: The results showed that 50.6% of pregnant women had mild-moderate anxiety, 32.9% showed severe anxiety and 16.5% of pregnant women did not show symptoms of anxiety.

Conclusion: Almost all (83.5%) pregnant women in UPTD. The South Kuta Health Center experienced anxiety, with most 50.6% experiencing mild to moderate anxiety.

Suggestion it is hoped that health workers can carry out effective interventions to deal with anxiety experienced by pregnant women.

Keywords: Anxiety, pregnant women, the Covid-19 pandemic

INTRODUCTION

Pregnancy is a sensitive period for women in their life cycle. Hormonal changes as a result of adaptation to fetal growth and development in the womb result in physical and psychological changes. Physical and psychological changes during pregnancy can be a stressor that causes anxiety in pregnant women (Alder, 2017).

Age, gestational age, parity of pregnant women, level of education, occupation, social support and environmental factors can be factors that cause anxiety in pregnant women. Maternal age will affect pregnancy, the safe age of an antenatal pregnant woman aged 20 to 35 years (Amalina, 2021). The level of education and work will also affect the mother's response in dealing with something that comes from within and from the outside environment. Social support can have a positive impact on maternal anxiety, so that poor support can affect the anxiety of pregnant women (Angesti, 2020).

Anxiety during pregnancy triggers changes in physical activity, nutrition and sleep, which have an impact on changes in maternal mood and fetal development. Anxiety increases the risk of miscarriage, stunted fetal growth, premature birth, low birth weight, lowers the APGAR score at birth.⁴ Anxiety and depression disorders in pregnant women will affect the role of mothers in child care. The long-term effects of unresolved anxiety conditions can result in psychological disorders that will affect self-care and the fetus during pregnancy and postpartum (Corbett, 2020).

Anxiety in pregnant women has a serious impact if not handled properly. Preventive efforts can be done by screening about anxiety disorders in pregnant women. In accordance with the recommendations of The American College of Obstetricians and Gynecologists (ACOG) in 2015, pregnant women need to get screening for anxiety at least once during their pregnancy using standardized and valid measuring instruments.

Research on anxiety in pregnant women states that 3-17% of women experience anxiety during pregnancy. Anxiety disorders in pregnant women in developed countries reach 10% while in developing countries it reaches 25%, and in Indonesia the anxiety rate in pregnancy is around 28.7%. Anxiety of pregnant women in early pregnancy was found to be lower than the anxiety of pregnant women facing the delivery process (Dewi, et al. 2020).

The results of the study on the level of anxiety of pregnant women during the pandemic showed inconsistent results, it was found that the prevalence

of increased anxiety in pregnant women when compared to the incidence of anxiety in pregnant women before the Covid-19 pandemic. The study conducted by Wang et al. (2020) in China at the beginning of the outbreak, it was found that 29% experienced moderate to severe anxiety.⁹ This is in accordance with a study conducted in Wuhan China which found 29% of pregnant women experiencing symptoms of anxiety (Handayani, 2015). Different results were found in an online survey conducted in Turkey, the prevalence of anxiety and depression in pregnant women during the Covid-19 pandemic was 64.5% and 56.3%, respectively. This is in accordance with a study that reported that pregnant women who experienced anxiety during the Covid-19 pandemic reached 63-68% (Hanifah, 2019).

Another study conducted in the Madura area of East Java regarding the anxiety level of pregnant women during the Covid-19 pandemic, it was found that 31.4% of pregnant women experienced severe anxiety during the Covid-19 pandemic. Pregnant women experience anxiety on a mild to moderate scale, with the majority of pregnant women's anxiety levels being in the mild-moderate category. These results illustrate that the majority of pregnant women in Baturraden District experience anxiety (Ibanez, 2015). This is in line with a study conducted at the Benowo Health Center Surabaya on third trimester pregnant women, which found that during the Covid-19 pandemic, pregnant women who experienced severe anxiety reached 57.5 %, and there is a relationship between maternal anxiety and the readiness of pregnant women in the third trimester to face childbirth during the Covid-19 pandemic (Kahyaoglu, 2020). This shows that the anxiety of pregnant women, including during the Covid-19 pandemic, needs to be handled appropriately so as not to interfere with the health and welfare of the fetus and affect readiness for childbirth. Anxiety during pregnancy places women at greater risk for postpartum depression and can also affect pregnancy outcomes (Kemenkes, 2011).

The pandemic situation has an impact on the decrease in visits by pregnant women to check their pregnancies at the regional technical implementation unit (UPTD) of the South Kuta Health Center. Reports of visits by pregnant women at the Puskesmas showed a decrease of around 40 - 50% at the beginning of the pandemic. This is in line with the results of a preliminary study found at the Puskesmas, which showed that seven out of 10 pregnant women said they were anxious and worried about their pregnancy during this pandemic. Most said they were worried about contracting this virus, afraid to visit health facilities including Puskesmas,

and worried about whether this virus could be transmitted to their babies. And during the Covid-19 pandemic, there has never been an assessment of the anxiety level of pregnant women at the UPTD of the South Kuta Health Center.

Based on the description above, the authors are interested in knowing about the level of anxiety of pregnant women during the Covid-19 pandemic at the UPTD Puskesmas Kuta Selatan.

RESEARCH METHODOLOGY

This type of research is descriptive with a cross-sectional approach. This research was conducted in the work area of the Regional Technical Implementation Unit (UPTD) of the South Kuta Health Center which was held in May 2021. The population in this study were pregnant women who were in the working area of the South Kuta Health Center UPTD. The sample in this study were pregnant women who met the inclusion criteria that had been determined using the purposive sampling method. The data used is primary data. Primary data obtained from respondents using a questionnaire sheet that has been tested for validity and reliability.

Processing and analyzing data through the process of scoring, coding, entering, cleansing, tabulating. The research was analyzed using Microsoft Excel program. Data analysis in this study used univariate analysis.

RESEARCH RESULTS

Characteristics of Respondents

This study used a sample of pregnant women who had their pregnancy checked at the UPTD Puskesmas Kuta Selatan who met the inclusion criteria. The research subjects obtained in this study were 79 respondents. Most of the respondents (94.8%) were aged between 20-35 years and most of the respondents were in the third trimester of pregnancy, namely 40 people (50.6%). More than some respondents (53.2%) are primigravida mothers (mothers with their first pregnancy). Educational status of most respondents is higher education 54.5% and 57.0% of respondents do not work. In this study, it was found that 43.0% of the respondents' economic status had an income of IDR 2 million - 3 million.

Table 1
Characteristics of Respondents Based on Age, Gestational Age, Parity, Educational Status, Employment and Economic Status

Characteristics	Frequency (f)	Percentage (%)
Age:		
< 20 year and >35 year	4	5,2
20-35 year	75	94,8
Gestational Age:		
Trimester I	10	12,7
Trimester II	29	36,7
Trimester III	40	50,6
Parity:		
Primigravida	42	53,2
Multigravida	37	46,8
Educational status:		
primary school	2	2,5
secondary school	34	43,0
College	43	53,4
Profession:		
Working	34	43,0
Doesn't work	45	57,0
Economic Status:		
Income IDR 1.5 million-≤ 2 million	23	29,2
Income IDR 2 million - 3 million	34	43,0
Income IDR 3 million	22	27,8
Total	79	100

**Results of Observations on Research Subjects
Based on Research Variables**

Table 2
**Anxiety Levels for Pregnant Women During the
Covid-19 Pandemic at UPTD Puskesmas Kuta
Selatan**

Anxiety Scale	f	%
No Symptoms	12	16,5
Mild-moderate anxiety	40	50,6
Severe Anxiety	27	32,9
Total	79	100

Table 2 shows the results of data analysis from the questionnaires distributed, it was found that the anxiety level of pregnant women in the Regional Technical Implementation Unit of the South Kuta Health Center showed 40 people (50.6%) pregnant women had mild-moderate anxiety levels, 27 people (32.9%) pregnant women showed severe anxiety and 12 pregnant women (16.5%) did not show symptoms of anxiety. The results showed that most 83.5% of pregnant women experienced anxiety during the Covid-19 pandemic with the majority experiencing mild to moderate anxiety (50.6%).

Table 3
Proportion of Anxiety Levels Based on Influencing Factors

Anxiety levels based on influencing factors	Anxiety Scale							
	No symptoms		Moderate mild anxiety		Severe anxiety		Total	
	f	%	f	%	f	%	f	%
Age								
High risk	0	0	4	5,1	0	0	4	5,1
< 20 years and >35 years	12	15,2	36	45,5	27	34,2	75	94,9
Gestational Age								
Trimester 1	2	2,5	4	5,1	4	5,1	10	12,7
Trimester 2	5	6,3	15	19,0	9	11,4	29	36,7
Trimester 3	5	6,3	21	26,6	14	17,7	40	50,6
Parity								
Primigravida	6	7,6	24	30,4	12	15,2	42	53,2
Multigravida	6	7,6	16	20,3	15	18,9	29	46,8
Total	12	15,2	40	50,7	27	34,1	79	100
Educational status:								
primary school	0	0	2	2,5	0	0	2	2,5
secondary school	5	6,3	15	19,0	12	15,2	32	40,5
College	7	8,9	20	25,3	18	22,8	45	57,0
Profession								
Working	4	5,1	20	25,3	10	12,7	34	43,1
Doesn't Working	8	10,1	22	27,8	15	19,0	45	56,9
Economic Status								
Income IDR 1.5 million-≤ 2 million	1	1,2	13	16,5	9	11,4	23	29,1
Income IDR 2 million - 3 million	3	3,8	17	21,5	14	17,7	34	43,0
Income IDR 3 million	8	10,1	10	12,7	4	5,1	22	27,9
Knowledge about Covid-19								
Well	12	15,2	33	41,8	23	29,0	68	86,0
Enough	0	0	7	8,9	4	5,1	11	14,0
Social Support								
High	12	15,2	35	44,3	20	25,4	67	84,9
Low	0	0	0	0	5	6,3	5	6,3
Currently Environment	0	0	5	6,3	2	2,5	7	8,8

Exposed	2	2,5	3	3,9	2	2,5	34	8,9
Not Exposed	10	12,7	37	46,8	25	31,6	45	91,1
Total	12	15,2	40	50,7	27	34,1	79	100

Factors that affect anxiety in pregnant women during the Covid-19 pandemic include: age, gestational age, parity, educational status, employment status, economic status, knowledge about covid-19, social and environmental support.

Table 3 shows the results of the study of the proportion of anxiety levels of pregnant women based on maternal age, maternal age was categorized into high risk (age < 20 years and > 35 years) and low risk (age 20-35 years). The data in the table shows four (5.1%) pregnant women at high risk of experiencing mild-moderate anxiety. In mothers with low-risk age, 36 people (45.5%) experienced mild to moderate anxiety, 27 people (34.2%) experienced severe anxiety and 12 (15.2%) low-risk pregnant women did not show symptoms of anxiety. The highest incidence of anxiety is experienced by pregnant women in the age range of 20-35 years (low risk) with a percentage of 79.9%.

Gestational age was categorized into three, namely trimester 1, trimester 2, trimester 3. The anxiety scale of pregnant women in trimester 1, four people (5.1%) showed mild-moderate anxiety, four (5.1%) people showed severe anxiety and two people (2.5%) did not show symptoms of anxiety. In the second trimester pregnant women found that 15 people (19.0%) experienced mild-moderate anxiety and nine people (11.4%) showed severe anxiety and five people (6.1%) did not show signs of anxiety symptoms. According to the data in table 21 people (26.6%) pregnant women in the third trimester, experienced mild-moderate anxiety, 14 people (17.7%) experienced severe anxiety and 5 people (6.3%) did not show symptoms of anxiety. The level of anxiety is more experienced by pregnant women in the third trimester, which is 44.3%.

In primigravida pregnant women, it was found that six people (7.6%) did not experience symptoms of anxiety, 24 people (30.4%) experienced mild-moderate anxiety and 12 people (15.2%) experienced severe anxiety. Meanwhile, multigravida mothers found that 16 people (20.3%) experienced mild-moderate anxiety, 15 people (18.9%) experienced severe anxiety, six people (7.6%) did not show symptoms of anxiety. The level of anxiety is most often found in primigravida mothers with a percentage of 45.6%

Two pregnant women with basic education status (2.5%) experienced mild-moderate anxiety. Five pregnant women (6.3%) showed no symptoms of anxiety, 15 (19.0%) showed mild-moderate

anxiety, and 12 (15.2%) experienced severe anxiety. For pregnant women with higher education, it was found that 37 people (46.8%) experienced mild-moderate anxiety, 30 people (38.0%) experienced severe anxiety and 12 (15.2%) pregnant women with higher education status did not show any signs of anxiety symptoms. The highest level of anxiety in pregnant women was found in mothers with higher education status, which was 48.2%.

The level of anxiety of pregnant women based on work, data found that four pregnant women (5.1%) had no symptoms of anxiety, 20 (25.3%) experienced mild-moderate anxiety, and 10 (12.7%) show severe anxiety. In pregnant women who do not work, eight (10.1%) have no symptoms of anxiety, 22 people (27.8%) have mild-moderate anxiety symptoms, and 15 (19.0%) pregnant women who do not work experience severe anxiety. Based on the mother's occupation, anxiety in pregnant women is more common in mothers who do not work with a percentage of 46.8%.

Based on the economic status of the anxiety level of pregnant women during the pandemic, it was found that for pregnant women with an income of IDR 1.5 million ≤ 2 million, one person (1.2%) of pregnant women had no symptoms of anxiety, 13 people (16.5%) experienced anxiety. mild-moderate, nine people (11.4%) experienced severe anxiety. Pregnant women with income of IDR 2 million - 3 million, three people (3.8%) had no symptoms of anxiety, 17 people (21.5%) experienced mild-moderate anxiety, 14 people (17.7%) showed anxiety heavy. As for pregnant women with an income of IDR 3 million, as many as eight people (10.1%) did not show symptoms of anxiety, 10 people (12.7%) experienced mild to moderate anxiety, and four people (5.1%) experienced anxiety. heavy. The incidence of anxiety in pregnant women is mostly experienced by pregnant women with an income of Rp. 2 million - 3 million, which is 39.2%.

The results of the study in the table show that there were no respondents with knowledge about Covid-19 in the low category in this study. For pregnant women with a good level of knowledge about covid, 12 people (15.2%) did not show symptoms of anxiety, 33 people (41.8%) experienced mild-moderate anxiety, 23 people (29.0%) experienced severe anxiety. . For pregnant women with sufficient knowledge, seven (8.9%) experienced mild-moderate anxiety and four (5.1%) experienced severe anxiety. The highest level of anxiety in

pregnant women is experienced by pregnant women with good knowledge of Covid-19 with a percentage of 70.8%.

Based on social support for mothers, it was found that 12 people (15.2%) with good social support did not show symptoms of anxiety, 35 people (44.5%) experienced mild-moderate anxiety, 20 people (25.4%) experienced severe anxiety. Five people (6.3% of pregnant women with moderate social support experienced severe anxiety and in pregnant women with low social support it was found that five people (6.3%) experienced mild to moderate anxiety, two people (2.5%) experienced severe anxiety. The highest anxiety rate is experienced by pregnant women with high social support from the family with a percentage of 69.7%.

The table of research results describes the level of anxiety of pregnant women based on the environment, categorized into two, namely, the environment exposed to Covid-19 or not exposed to Covid-19. For pregnant women who are in an exposed environment, it was found that two people (2.5%) did not experience symptoms of anxiety, three people (3.9%) experienced mild-moderate anxiety, two people (2.5%) experienced severe anxiety. For pregnant women whose environment was not exposed, data showed that 10 people (12.7%) did not show symptoms of anxiety, 37 people (46.8%) experienced mild-moderate anxiety and 25 people (31.6%) experienced severe anxiety. Based on the table exposure, it was found that the highest anxiety in pregnant women was experienced by pregnant women who were not exposed to Covid-19 in their environment, which was 78.4%.

DISCUSSION

Anxiety Levels of Pregnant Women During the Covid-19 Pandemic

The results of this study indicate that pregnant women in UPTD. South Kuta Health Center 83.5% of pregnant women experienced mild-moderate to severe anxiety, with the majority of pregnant women having mild-moderate anxiety level of 50.6% and 32.9% of pregnant women experiencing severe anxiety. This result is in accordance with the results of research conducted by Corbett, et al (2020) which found that 50.7% of pregnant women were worried about the health of their pregnancy during the Covid-19 pandemic. In line with research conducted in Turkey by Kahyaoglu and Kucukkaya (2020) on 403 pregnant women with an online survey, the results obtained that the level of anxiety in pregnant women reached 64.5%. In Indonesia, a similar study was conducted at the beginning of the Covid-19 pandemic in the Baturaden sub-district, Semarang,

Central Java, it was found that 75% of pregnant women experienced anxiety on a mild to moderate to severe scale (Ibanez, 2015). This is in line with a study conducted at the Benowo Health Center Surabaya on mothers During the third trimester of pregnancy, it was found that during the Covid-19 pandemic, pregnant women who experienced severe anxiety reached 57.5%.14 Meanwhile, according to Zainiyah (2020), 31.4% of pregnant women in Madura experienced very severe anxiety, 12.9% experienced severe anxiety.

Based on the research conducted, it shows pregnant women in UPTD. The South Kuta Health Center is experiencing anxiety. This finding is in line with the results of previously found studies which showed an increase in the level of anxiety of pregnant women during the Covid-19 pandemic. In general, anxiety in pregnant women has an impact on the health of the mother and fetus or baby. With the COVID-19 pandemic, it can increase the incidence or level of anxiety in pregnant women and postpartum mothers, so that these problems require further treatment, to reduce the negative impact on the welfare of the mother and fetus or baby. Anxiety during pregnancy places women at greater risk for postpartum depression and can also affect pregnancy outcomes (Kemenkes, 2011).

This increased level of anxiety has also become the focus of attention for health workers to prepare follow-up plans to deal with anxiety experienced by pregnant women and to develop prevention plans for the impact of anxiety on pregnant women. As the results of research revealed by Alder, et al (2019) that anxiety in pregnancy if not addressed as soon as possible it will have a negative impact on the mother and fetus. Anxiety triggers uterine contractions resulting in premature birth, miscarriage and depression. As a result of this condition, it can increase blood pressure so that it can trigger preeclampsia and miscarriage (Mappa, et al., 2020).

Proportion of Anxiety Levels of Pregnant Women by Age, Gestational Age, Parity, Educational Status, Occupation, Economic Status, Mother's Knowledge About Covid-19, Social and Environmental Support

The data obtained from the results of the study showed that the level of anxiety of pregnant women based on age mostly occurred in the age range of pregnant women with low risk reaching 79.9% with mild-moderate to severe anxiety levels. The results of this study are in line with the results of research by Yuliani and Aini (2020) which showed that 86% of anxiety experienced by pregnant women

during the Covid-19 pandemic was mostly found at the risk of a safe age so that it was not in line with the results of Dewi et al.'s research (2020), which stated age affects individual personality maturity. Mature individuals are those who have personality maturity so that it will be more difficult to experience disturbances due to stress, because mature individuals have great adaptability to stressors that arise. The COVID-19 pandemic can be a stressor for pregnant women so that the age maturity factor has no effect at this time. Every pregnant woman must adapt to the pandemic situation to avoid anxiety during her pregnancy (Moyer, et al., 2020).

The level of anxiety of pregnant women based on gestational age in this study showed that anxiety was more experienced by pregnant women in the third trimester. From all samples, 44.3% of pregnant women in the third trimester were found in UPTD. The South Kuta Health Center experienced mild-moderate to severe anxiety. The results of the research found are in accordance with what was expressed by Handayani (2015), maternal anxiety in dealing with childbirth is related to mother's emotions. Anxiety feelings of pregnant women will be more acute and intensive as the baby's birth approaches. This is exacerbated by the Covid-19 pandemic situation (Nurhasanah, 2020). According to Angesti (2020) there is a relationship between the anxiety of pregnant women in the 3rd trimester during the Covid-19 pandemic and the mother's preparation before the delivery process so that immediate and appropriate treatment is needed so that the mother can overcome anxiety and prepare herself for childbirth. birth process

Based on parity, the proportion of anxiety levels of pregnant women was found to be most common in primigravida women. The results showed that 45.6% of primigravida pregnant women experienced mild to moderate to severe anxiety. This is in accordance with the results of Ni'mah's research (2018) which shows that the proportion of pregnant women who experience anxiety among primigravida (66.2%) is higher than that of multigravida (42.2%) (Muliasti, 2020). This is supported by the statement put forward by Siallagan and Lestari (2018), that Gravidity can affect anxiety in dealing with childbirth, in general, primigravida mothers experience higher anxiety than multigravida mothers in facing childbirth, because there is no experience in pregnancy.

Anxiety of pregnant women based on educational status was most commonly found in pregnant women with higher education status, 48.2% of pregnant women experienced mild to moderate to severe levels of anxiety. This is in accordance with the results of research by Ni'mah (2018) that third

trimester pregnant women with low or high education have the same opportunity to experience anxiety in dealing with childbirth, because the anxiety that occurs does not only depend on the education they have but also depends on their knowledge, interpersonal relationships, and family.

Most of the respondents who were pregnant women found in this study did not work (housewives). Anxiety of pregnant women during the Covid-19 pandemic was mostly found in pregnant women who did not work, 46.8% of pregnant women were found to experience mild-moderate to severe anxiety, but the majority of pregnant women experienced mild-moderate anxiety. Meanwhile, for pregnant women who work, 38.0% of them experience mild-moderate to severe anxiety. This is in line with the results of a study presented by Kahyaoglu and Kucukkaya (2020) that pregnant women who did not work during the pandemic experienced 58.3% higher anxiety compared to pregnant women who worked 41.7% (Hanifah, 2019).

The level of anxiety of pregnant women was found to be experienced by many pregnant women with an income of IDR 2 million - 3 million, 39.2% of pregnant women experienced mild to moderate anxiety. The results found are in line with the opinion of Moyer, et al (2020), which states that unstable sources of family income will trigger anxiety. Family income affects the fulfillment of basic needs along with the absence of a source of family income. Likewise, M. Chasson's opinion in 2020 (in Nurhasanah, 2020), said that economic status was one of the factors that influenced anxiety in pregnant women. Inadequate economic status in the family results in the nutrition consumed by pregnant women and the growth of the fetus

Mother's knowledge about Covid-19 is generally found to be good. There were no respondents who had less knowledge. Anxiety based on knowledge about Covid-19 was mostly found in mothers with good knowledge, 69.6% were found to have mild to moderate to severe anxiety. This is in accordance with the results of research found by Angesti (2020) that as many as 57.5% of pregnant women have anxiety during the COVID-19 pandemic with fairly good knowledge. Likewise with the results of research by Amalina, et al (2021), 57% respondents have a good level of knowledge, 31.6% of moderate knowledge, and 11.4% of poor knowledge with 24.1% of respondents having severe anxiety levels, 70.9% moderate anxiety, and 5.1% mild anxiety. There is no significant relationship between the level of knowledge about COVID-19 and the level of anxiety in pregnant women during the COVID-19 pandemic in the working area of the South

Purwokerto Health Center ($p = 0.855$). anxious even to experience severe anxiety. This may be due to the large number of hoax news or information circulating in the community, so that people are confused about the truth of the information circulating. This confusion of information can trigger anxiety in pregnant women during the Covid-19 pandemic.

Most of the social support for pregnant women during the Covid-19 pandemic studied showed very good results, 84.8% of pregnant women received high support from their husbands and families. The highest anxiety was found in pregnant women with high social support, 69.7% of pregnant women experienced mild to moderate anxiety. This is not in accordance with the research results expressed by Zhang et al. (in Tanton, 2020) which states that social support is one of the correlated factors in the occurrence of anxiety.²² Likewise, research conducted by Dunkel Schetter (2012) says social support is an important determinant of physical and psychological well-being, especially during pregnancy, someone takes on new responsibilities and roles. From the results of the study, it was found that even though they had received high social support, pregnant women still felt anxious. In this case, a treatment is needed to overcome anxiety in pregnant women so that pregnant women are able to overcome their anxiety.

Patient anxiety based on environmental factors was most commonly found in pregnant women with an environment not exposed to Covid-19, 78.4% of pregnant women experienced mild to moderate to severe anxiety. The environmental situation that is not exposed to Covid-19 makes pregnant women still feel anxious. This is not in accordance with the opinion expressed by Liu et al. (in Nurhasanah, 2020) that pregnant women who have a place to live with a very high number of cases of Covid-19 sufferers, have an effect on anxiety in pregnant women. Living in a safe zone, pregnant women still show high levels of anxiety, so it is necessary to do more in-depth research on what factors cause mothers to experience anxiety during the Covid-19 Pandemic Period.

The high number of anxiety based on influencing factors requires more in-depth research, so that more information can be obtained about other anxiety factors in pregnant women to develop further treatment regarding anxiety in pregnant women during the Covid-19 pandemic.

CONCLUSION

Based on the description of the research results and discussion above, the conclusions that can be drawn are almost all (83.5%) pregnant

women in UPTD. The South Kuta Health Center experienced anxiety with most 50.6% experiencing mild to moderate anxiety, the majority of anxiety experienced in low-risk pregnant women at 79.9%, the proportion based on gestational age was mostly found in third trimester pregnant women 44.3%, The most anxiety based on parity (45.6%) occurred in primigravida mothers, the proportion of anxiety based on educational status was found to be 48.2% in pregnant women with higher education status, 46.8% pregnant women who did not work experienced anxiety, anxiety based on status The most economic conditions (39.2%) were experienced by pregnant women with income of IDR 2 million - 3 million, the majority of mothers with good knowledge (70.8%) were found to experience anxiety, more than half of respondents who were pregnant women with high social support (69.7%) were found to experience anxiety, most (78.4%) anxiety was found in pregnant women with an environment that was not exposed to Covid-19.

SUGGESTION

It is hoped that health workers can make effective interventions to deal with anxiety experienced by pregnant women.

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