

ANXIETY OF WOMEN WITH PRIMIGRAVIDA PREGNANCY DURING THE COVID-19 PANDEMIC

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ABSTRAK KECEMASAN IBU HAMIL PRIMIGRAVIDA PADA MASA PANDEMI COVID-19 DI KOTA LHOKSEUMAWA

Latar Belakang : Masa kehamilan sangat rentan dengan resiko kecacatan dan kematian yang dipengaruhi dari nutrisi, genetik hingga tingkat stresor. Tingkat stres pada masa kehamilan terutama di masa pandemi Covid 19 diketahui mengalami peningkatan yang signifikan hingga lebih 76% dan sangat beresiko terhadap janin dalam masa kehamilannya. Kondisi dan situasi yang kurang menguntungkan tersebut akan sangat mempengaruhi kondisi masyarakat tak terkecuali ibu hamil yang akan memicu masalah Kesehatan mental salah satunya trauma/ kecemasan saat kehamilan.

Tujuan : Mengetahui kecemasan Ibu Hamil Primigravida pada Masa Pandemi Covid-19 di Kota Lhokseumawe.

Metode : Jenis penelitian ini menggunakan penelitian kualitatif deskriptif dengan pendekatan fenomenologi dengan sampel 3 orang. Penelitian ini dilakukan dengan dua cara yaitu observasi dan wawancara dengan teknik analisis data yaitu reduksi data, penyajian data dan penarikan kesimpulan.

Hasil : Hasil wawancara dan observasi yang dilakukan oleh peneliti terhadap subjek penelitian yaitu NMH, SZH dan MR memberikan tanggapan bahwa adanya Covid-19 yang hadir khususnya dinegara Indonesia memberikan dampak psikologis terutama kecemasan yang terjadi pada ibu hamil primigravida. Reaksi yang tampak pada gejala-gejala psikologis berupa kegelisahan, gugup cemas, tegang, rasa tidak aman, takut, cepat terkejut. Dalam hal ini Ibu hamil primigravida merasakan gejala-gejala psikologis di masa Covid-19.

Kesimpulan : Dari ke-tiga subjek diketahui terdapat 1 subjek (20%) dengan tingkat kecemasan tinggi, 2 subjek (80%) dengan tingkat kecemasan sedang. Dengan kondisi di masa covid-19 ibu hamil primigravida merasakan cemas, khawatir, takut dan gelisah dengan kehamilan, persalinan, dan ekonomi apalagi subjek merupakan ibu hamil anak pertama tambah dengan adanya Covid-19.

Saran Diharapkan agar tenaga kesehatan lebih memberikan dukungan dan motivasi agar dapat menurunkan tingkat kecemasan ibu hamil primigravida di masa pandemic covid-19.

Kata Kunci :Kecemasan,Pandemi Covid-19,Primigravida

ABSTRACT

Background :Pregnancy is particularly vulnerable to the risk of disability and death affected from nutrition, genetics to stress levels. Stress levels during pregnancy, especially during the Covid 19 pandemic, are known to increase significantly by more than 76% and are very risky to the fetus during pregnancy. These unfavorable conditions and situations will greatly affect the condition of the community, including pregnant women who will trigger mental health problems, one of which is trauma / anxiety during pregnancy.

Purpose :To Knows the anxiety of Pregnant Women Primigravida during the Covid-19 Pandemic in Lhokseumawe City.

Methods : This type of research uses descriptive qualitative research with a phenomenological approach with a sample of 3 people. This research is conducted in two ways, namely observation and interview with data analysis techniques, namely data reduction, data presentation and conclusion withdrawal.

Results : The results of interviews and observations conducted by researchers on research subjects namely NMH, SZH and MR responded that the presence of Covid-19 present, especially in Indonesia, had a psychological impact, especially anxiety that occurred in primigravida pregnant women. Reactions that appear to be psychological symptoms in the form of anxiety, nervous anxiety, tension, insecurity, fear, quickly surprised. In this case pregnant women primigravida feel psychological symptoms in the period of Covid-19.

Conclusion :Of the three subjects, there was one subject (20%) with high levels of anxiety, 2 subjects (80%) with moderate levels of anxiety. With the condition in the covid-19 period pregnant women primigravida feel anxious, worried, scared and anxious with pregnancy, childbirth, and economy moreover the subject is the first child pregnant woman added to the presence of Covid-19.

Suggestion: It is hoped that health workers will provide more support and motivation in order to reduce the anxiety level of primigravida pregnant women during the COVID-19 pandemic.

Keyword :Anxiety , Covid-19 Pandemic, Primigravida

INTRODUCTION

Pregnancy is one thing that all women desire, so a woman who finds out that she is pregnant for the first time will feel happy. However, at the same time pregnancy can also be a source of stressors so that the woman feels anxious due to the changes that occur to her and the development of the fetus she is carrying (Maki, FP, Pali, C., & Opod, 2018).

The results of a study conducted by (Corbett, Milne, Hehir, Lindow, & O'connell, 2020) in Ireland entitled *Health Anxiety And Behavioral Changes Of Pregnant Women During The Covid-19 Pandemic* , it was found that the level of anxiety of pregnant women showed an increase of more than 50.67%, it is related to ignorance about things that arise in pregnancy and care of the baby after birth. Anxiety experienced by pregnant women before delivery causes susceptibility to abortion, premature birth, low birth weight (LBW), and low Apgar scores (Phoswa, WN, & Khaliq, nd).

The COVID-19 pandemic that has hit the world and Indonesia is no exception, has caused an economic downturn and has also caused many casualties, as well as having an impact on all sides of social life. According to data in Indonesia, COVID-19 was first detected on March 2, 2020, as of February 4, 2021, Indonesia has reported 1,123,105 positive cases, with 31,001 deaths, 917,306 have recovered and 39,355 cases are being treated.

The Government of Indonesia through Presidential Decree of the Republic of Indonesia Number 12 of 2020 stipulates non-natural disasters spreading COVID-19 as a national disaster because this disaster has an impact on increasing the number of casualties, the economy and the size of the area affected by this disaster (President of the Republic of Indonesia, 2020). Therefore, in a number of countries, including the Indonesian government, to prevent and control COVID-19 infection, the main concern is vulnerable groups with greater potential risk, one of which is the group of pregnant women (Qiao, 2020).

Maternal and child health services are also limited both for inspection visits, consultations or the quality of their services, for example, training classes

for pregnant women such as pregnancy exercise, yoga and others are limited in order to reduce exposure to this epidemic. These unfavorable conditions and situations will affect the condition of the community, including pregnant women who will trigger mental health problems, one of which is trauma during pregnancy (Saputri & Yudianti, 2020).

Increased anxiety in pregnant women during the COVID-19 pandemic is also caused by pregnant women easily experiencing feelings of worry about something that will happen to themselves and their children. Another factor that influences this level of anxiety is the presence or absence of support from families and nurses in helping to reduce the perception of risk which causes anxiety (Tantona, 2020).

An increase in anxiety for pregnant women in the era of the COVID-19 pandemic can also be caused by a lack of knowledge of pregnant women about COVID-19. Various efforts have been made by the government and other institutions to disseminate information about COVID-19, but there are still people who do not fully understand . This is due to a lot of false information (hoax) circulating in the community about COVID-19, ranging from the origin of the virus to policies taken by the government in controlling COVID-19, such as vaccination (Saputra, 2020).

A study reported that anxiety and depression in pregnant women were higher after the COVID-19 pandemic than before COVID-19, one of which was the desire to hurt themselves (Wu, Y., et al, 2020). Dangerous conditions during pregnancy can be caused by this, in which the condition of the mother and fetus can be affected (Durankuş, F., & Aksu, 2020).

The pandemic situation has had an impact on the decrease in visits by Primigravida pregnant women to check their pregnancies at the Health Service Unit in Lhokseumawe City, so that some pregnant women say they are worried about contracting the virus.

These people are afraid to visit health facilities, have difficulty sleeping at night, and are worried that this virus will be transmitted to the fetus

they are carrying. During the Covid-19 pandemic, no study was carried out regarding the anxiety of pregnant women in Primigravida in Lhokseumawe City. Based on the description above, the author is interested in knowing about the anxiety of pregnant women in Primigravida during the Covid-19 pandemic in Lhokseumawe City.

RESEARCH METHODOLOGY

This type of research uses descriptive qualitative research with a phenomenological approach. The researcher did not give any action to the object of research. The researcher only sees, observes, collects and interprets the data in the field as it is and then draws conclusions. This study was conducted to see how the description of the anxiety of primigravida pregnant women during the *Covid-19 period*.

The location of this research was carried out in Lhokseumawe City in 2021, because there were problems with the number of primigravida pregnant women who felt anxious about checking their pregnancy due to the current rampant Covid-19 outbreak. This research began in August 2021.

The population in this study is the entire object of the researcher or the object under study (Notoatmodjo, 2012) are primigravida pregnant women in Lhoksumawe City. The sample is part of the total population used to represent the population (Notoatmodjo, 2012). The procedure for taking respondents was carried out using a *snowball sampling technique*, where the researcher was able to interact with a number of potential participants. In study, the number of respondents who were willing to amount to 3 people.

The data collection method, namely Observation, is a deliberate study of phenomena and their symptoms by observing and recording. The purpose of observation is to understand the phenomenon to be studied (Indranata, 2008). Interview is a process of obtaining information for research purposes by means of face-to-face questions and answers between interviewers and respondents, using or not using interview guidelines (Indranata, 2008). The process of data collection and interviews were carried out through personal contact (Question and Answer) on a *face to face basis* using a communication tool, namely an interview guide. The data analysis technique in this study has 3 steps, namely data reduction, data presentation and conclusion drawing.

RESULTS

The results of the study were obtained from data collection from interviews, observations with

subjects related to the anxiety of primigravida pregnant women during the covid-19 pandemic in the city of Lhokseumawe.

Description of Research Subject

The subjects in this study were taken by taking into account certain criteria, namely primigravida pregnant women where the researchers found a lot of anxiety felt by primigravida pregnant women, a total of 3 subjects in this study.

Table 1
Research Subject Data

Code	Name	Age	Status
HP1	NMH	29	Primigravida Pregnant Women
HP2	SZH	25	Primigravida Pregnant Women
HP3	MR	26	Primigravida Pregnant Women

Psychological Aspects of Anxiety

The results below show that 3 respondents felt anxiety in their pregnancy due to Covid-19 affecting their pregnancy and felt how Covid-19 created anxiety in society and have an impact on the economy which makes the economy decline.

Table 2
Respondents' Statements

Respondents	Statements
NMH	Yes, I feel anxious, ma'am, until I feel stressed because I'm pregnant, so I think about it let alone the first child
SZH	My response is Covid-19 It's very disturbing for the community and makes the economy go down, ma'am, what's wrong so hard.
MR	In my opinion, my response to Covid-19 is scary, ma'am, a deadly virus from China.

Physiological Aspects of Anxiety

Of the 3 respondents feel physiological symptoms. Respondents who feel physiological symptoms in the form of shaking and heart palpitations when meeting people. Changes that occur due to pressure from within someone who feels threatened and insecure because of Covid-19. Respondents feel worried about themselves so that shaking and heart palpitations arise when meeting people, feeling afraid if they are exposed to the virus.

Table 3
Respondents' Statements

Respondents	Statements
NMH	Yes, I'm scared, especially when I see the midwife, my heart is pounding, I'm afraid because the midwife has already checked a lot of patients, when I checked me later, I even checked got covid because of another patient.
SZH	It's normal, ma'am, there's definitely anxiety when you meet people, especially when I'm pregnant, my first child again. But yeah, just try to get used to it so you don't think too much, ma'am.
MR	It's quite shaking, ma'am, when you meet people, especially when you come into contact with people.

Social Aspect Anxiety

The results below show that 3 respondents admitted that during the Covid-19 period they felt a social change, namely the direction and time as before the occurrence of Covid-19. With the Covid-19, changes have occurred in social communication as seen and felt when the Covid-19 virus occurred at this time. with transmission through humans, making communication patterns become irrelevant.

Table 4
Respondents' Statements

Respondents	Statements
NMH	I'd rather stay at home ma'am, I don't want to meet people first because I'm not ready to take the risk, I'm afraid of my baby, what's wrong if I wander here and there.
SZH	Yes, if you need to go out sometimes ma'am, sometimes you're bored at home all the time but come out also occasionally don't want to get together, afraid that someone will bring the covid disease. Hahahahaha...
MR	

I'm scared, yeah, I'm just trying to think positively, ma'am, because it's impossible I also don't leave the house, so far I haven't got corona, thank God

DISCUSSION

Psychological aspects

Psychological aspects are reactions that appear on psychological symptoms in the form of nervousness, anxiety, tension, insecurity, anxiety, quickly surprised, and afraid (Dacey & Travers, 2009). The results of the above study indicate that 3 respondents felt anxiety in their pregnancy with Covid-19 affecting their pregnancy and felt how Covid-19 created unrest in society and had an impact on the economy which made the economy decline. In everyday life during Covid-19, pregnant women experience anxiety. Anxiety is a natural thing that has been experienced by every individual and has been considered a part of everyday life. As a pregnant woman, Covid-19 is considered a frightening specter and a heavy burden as well as an obstacle to all activities, especially for primigravida pregnant women whose children are highly desired, both from the mother and family. In this phase, usually become anxious to the stress of its own among pregnant women.

Physiological Aspect

The physiological aspect is the body, especially in the organs in the form of palpitations, cold sweats on the palms, elevated blood pressure (easy to get emotional) (Dacey & Travers, 2009). Of the 3 respondents feel physiological symptoms. Respondents who feel physiological symptoms in the form of shaking and heart palpitations when meeting people. Changes that occur because of pressure from within a person who feels threatened and insecure because of Covid-19. Respondents feel worried about themselves so that shaking and heart palpitations arise when meeting people, feeling afraid if they are exposed to the virus. Pregnant women feel very alert and careful in carrying out their daily activities in the midst of the Covid-19 pandemic.

Social Aspect

Social aspect is a behavior shown by individuals in their environment. The behavior can be in the form of behavior (attitude) and sleep disturbances (Dacey & Travers, 2009). The results above show that 3 respondents admitted that during the Covid-19 period they felt a social change, namely

the direction and time as before the Covid-19 outbreak. With the Covid-19, changes have occurred in social communication as seen and felt when the Covid-19 virus occurred at this time. The transmission of Covid-19 through humans, makes communication patterns out of function. The change here is the communication of social interaction between humans with the impact of Covid-19 on the community. This triggers the life of pregnant women in the community to experience changes in communication such as just staying at home or only going out when necessary.

The potential impact of the COVID-19 pandemic on the mental health of families can be better understood by examining more recent epidemics/pandemics. Among these are the acute respiratory syndrome (SARS) epidemic, the *Middle East respiratory syndrome coronavirus (MERS-CoV) epidemic*, and the A (H1N1) virus pandemic (commonly known as the H1N1 influenza virus). The Covid-19 virus is more prone to occur in high-risk groups including pregnant women, the elderly and children. Some of the impacts of the Covid-19 pandemic on pregnant women are physical and psychological changes that result in changes in a person's behavior (Lim, 2020).

One form of behavioral change shown is social isolation. Self-isolation behavior during an epidemic/pandemic is associated with psychological problems in the form of fear/anxiety (Berghella, 2020). Since it was first recognized in December 2019, the novel 2019 Coronavirus (COVID-19) has spread rapidly throughout the world. The disease increases the consequences of death, the limitations of the health care system, the uncertainty of the economic and social system (isolated from family, friends and community) this is one of the triggers for the emergence of mental (psychological) disease (Capobianco, 2020).

The results of the study (Zhao, 2020) in Canada stated that of 129 pregnant women who were quarantined, 31% of respondents experienced post-quarantine stress and symptoms of depression appeared. This is in accordance with a study conducted in Wuhan, China, which found 53.8% of pregnant women experienced psychological disorders with 17% and 29% experiencing major depression and anxiety symptoms.

Prenatal anxiety and the appearance of depressive symptoms can also lead to changes in physical activity, nutrition and sleep, which in turn affect the mother's mood and fetal development. Prenatal anxiety and depression also increase the risk of miscarriage, preterm delivery, low birth weight, and lower APGAR scores at birth (Corbett et al.,

2020). The factors that cause anxiety in pregnant women include the mother's fear of the corona virus pandemic, where many mothers experience anxiety before giving birth, the second fear of pregnant women being infected and infecting others, the third information obtained regarding the management of Covid-19 (the 5M protocol; using masks, washing hands, maintaining distance, avoiding crowds and reducing mobilization), prevention and handling obtained from the mass media, fourth is the saturation of pregnant women which makes them ignore and even don't believe in the symptoms of Covid-19, as well as economic factors due to the condition of the husband's work, the majority of whom work as farmers, breeders and factory employees who have been laid off, plus the large delivery costs due to economic conditions and family factors that do not have BPJS. Aspects of anxiety are divided into four forms, including cognitive aspects (in one's mind). When the individual experiences this condition he cannot concentrate, cannot make decisions, and has difficulty sleeping. Including cognitive dimensions, among others, being difficult to sleep at night, easily confused and forgetful. The motor aspect (in one's actions) is an unpleasant feeling that appears in the form of behavior such as squeezing fingers, shaking hands, unable to sit or stay in place, biting lips and nervous. Usually anxious people show random movements. The somatic aspect (in physical/biological reactions) is an unpleasant feeling that appears in biological physical reactions such as dry mouth, difficulty breathing, palpitations, cold hands and feet, diarrhea, dizziness as if going to faint, sweating a lot, rising blood pressure, tense muscles, especially the head, neck, shoulders and chest and difficulty digesting food. The affective aspect (in one's emotions) is a feeling of tension due to excessive emotional outbursts such as being faced with a terror.

With the Covid-19 pandemic, it can increase the incidence and level of anxiety in pregnant women, so these cases require further action, to reduce the negative impact on the welfare of mothers and babies. Therefore, the researchers suggest that in every antenatal visit during the pandemic, either face-to-face or online, psychological assessments of pregnant women can be carried out more optimally, so that if they are found to be suffering from psychological cases such as anxiety, measures to reduce anxiety can be carried out as soon as possible. Good quality prenatal care is a priority for pregnant women and changes in care may increase symptoms of anxiety.

Anxiety is one of the problems experienced by everyone due to the Covid-19 pandemic, as well as

pregnant women. In line with research conducted by Diki RY and Faria NA, 75% of the anxiety that occurs in pregnant women in Baturraden District ranges from moderate to severe scale (Yuliani, DR, & Aini, 2020). The mother's readiness factor in facing childbirth during the Covid-19 pandemic is one of the effects of mothers experiencing excessive anxiety (Angesti, 2020). This possibility is because the mother is too worried about the condition of the fetus after birth that it will be infected by the Corona virus disease so that it has an impact on the health of the baby. The spread of the Corona virus is indeed very fast and has a negative impact on the health of the sufferer. However, the spread of the virus can be done with some precautions. There needs to be an understanding for pregnant women in the spread of Covid-19 so that they understand correctly that the virus can be anticipated by doing several prevention things, one of which is frequent hand washing and wearing masks. 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 (D, 2020).

This is also one of the factors that pregnant women experience anxiety. Government regulations to quarantine those who are infected with the corona virus are one of the factors that can affect the anxiety of pregnant women. Research conducted in Canada reported that of 129 pregnant women who were quarantined, 31% experienced stress and had symptoms of depression after quarantine.

Ardilla A's study in 2020 from the results showed that from the results of the Chi-square statistical test at a 95% confidence level with $p = 0.05$, knowledge was obtained $(0.000 < 0.05)$. There is a significant relationship between knowledge of pregnant women about psychological changes in the first trimester and attitudes of pregnant women in dealing with pregnancy in the Langsa Lama Health Center Work Area in 2020 (A., 2020). Dewi R's research in 2020 from the results of the study showed that the variable technological advances in society the majority supported 48 respondents (71.6%) with a Sig value of 0.016, the majority of formula milk promotions supported 56 respondents (83.6%) a Sig value of 0.000 and OR 126,237, the majority of lifestyles supported 48 respondents. (71.6%) the Sig value is 0.002, and the majority of health personnel support supports 55 respondents (82.1%) the Sig value is 0.013. The conclusion of this study is that the most dominant variable that affects mothers in giving formula milk to infants aged 0-6 months is the promotion of formula milk (Siregar, 2020).

Research by M. Chasson, et al in 2020 said that health services, economic status and concerns about the pandemic are some of the factors that influence anxiety in pregnant women. Covid-19 is a disease that has a global impact in all countries, especially in Indonesia. The impact that occurs as a result of this is the three factors related to the anxiety of pregnant women. Government regulations to limit health services and focus on health services for people with Covid-19, jobs that cause individuals to experience unemployment have an impact on less economic status and the number of Covid-19 cases that is increasing every day makes pregnant women feel excessive anxiety and even stress. . Inadequate economic status in the family results in the nutrition consumed by pregnant women and the growth of the fetus. This also affects pregnant women to experience anxiety about the health of themselves and their babies. The impact or effect on pregnant women who experience stress will result in death of the fetus and mother (Chasson M, 2020).

CONCLUSION

Of the three subjects, it is known that there is 1 subject (20%) with a high level of anxiety, 2 subjects (80%) with a moderate level of anxiety. With the conditions during the Covid-19 period, primigravida pregnant women felt anxious, worried, afraid and anxious about pregnancy, childbirth, and the economy, especially when the subject was a pregnant woman with her first child, plus the presence of Covid-19. In terms of psychological aspects, it is known that the description of the anxiety of pregnant women experienced by the three respondents, namely the subject feels anxious in dealing with Covid- 19 to feel anxious, worried, and afraid to stress. In terms of physiological aspects, it is known that the description of anxiety experienced by the three respondents is that they feel their heart pounding and tremble when they meet other people and make them afraid if they are exposed to Covid-19. From a social perspective, it is known that the descriptions of anxiety experienced by the three respondents felt the same way, namely the occurrence of social changes in interacting and changes in social communication between individuals during the Covid-19 period.

SUGGESTION

It is hoped that health workers will provide more support and motivation in order to reduce the anxiety level of primigravida pregnant women during the Covid-19 pandemic.

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