

THE RELATIONSHIP BETWEEN AGE AND INTELLIGENCE OF PREGNANT MOTHERS

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ABSTRAK HUBUNGAN ANTARA USIA DENGAN KECERDASAN IBU HAMIL

Latar Belakang : Kehamilan merupakan suatu kondisi alamiah yang diharapkan oleh seorang wanita. Selama kehamilan, seorang wanita akan mengalami perubahan psikologis yang mempengaruhi kondisi janin. Seorang wanita ketika menjalani kehamilan seorang wanita akan mengalami perubahan psikologis, sehingga ibu hamil dapat mengalami kecemasan. Ibu hamil di Indonesia yang mengalami kecemasan, terdapat 28,7% dari 107.000.000 ibu hamil (Siallagan & Lestari, 2018). Ibu hamil yang mengalami gangguan kecemasan dan depresi dapat berdampak pada peran ibu dalam mengasuh anaknya, bahkan dapat mengakibatkan gangguan psikologis yang mempengaruhi perawatan dirinya dan janin bahkan setelah melahirkan (Cameron dkk., 2020) . Usia, dukungan keluarga terutama dukungan suami dan pendidikan merupakan faktor yang mempengaruhi tingkat kecemasan. Ibu hamil yang usianya lebih dari 35 tahun atau kurang dari 20 tahun digolongkan sebagai ibu hamil risiko tinggi. Hal ini dikarenakan ibu hamil dapat mengalami kelainan atau masalah pada janinnya, sehingga ibu hamil akan merasa cemas.

Tujuan : Penelitian ini bertujuan untuk mengetahui hubungan usia dengan kecemasan ibu hamil.

Metode : Desain penelitian menggunakan cross sectional, jenis penelitian yang digunakan adalah penelitian kuantitatif. Sampel penelitian adalah ibu hamil yang datang ke sanggar senam "Qita Yoga" pada bulan April 2020 sampai dengan Desember 2021 sebanyak 38 ibu hamil. Alat pengumpulan data menggunakan kuesioner. (PRAQ-R2). Data dalam penelitian meliputi data primer yang berasal dari kuesioner kecemasan dan usia ibu hamil pada saat penelitian, kemudian dianalisis menggunakan uji chi square yang diolah dengan SPSS.

Hasil : Hasil yang diperoleh p value = 0,025, karena $p < 0,05$ berarti H_0 ditolak artinya ada hubungan antara umur dengan kecemasan ibu hamil.

Kesimpulan: Ada hubungan antara usia dengan kecemasan ibu hamil, sehingga usia ibu hamil mempengaruhi terjadinya kecemasan yang dialami ibu hamil.

Saran Ibu hamil diharapkan dapat mengelola emosinya, sehingga saat hamil tidak mengalami kecemasan, tetapi merasa aman dan nyaman.

Untuk penelitian selanjutnya akan dilakukan penelitian tentang skrining keadaan psikologis ibu hamil

Kata kunci: ibu hamil, usia, kecemasan

ABSTRACT

Background: Pregnancy is a natural condition that is expected by a woman. During pregnancy, a woman may experience psychological changes, such as anxiety, that can affect the condition of the fetus she is carrying. Pregnant women in Indonesia who experience anxiety are 28.7% of the 107,000,000 pregnant women (Siallagan & Lestari, 2018). A pregnant woman who experiences anxiety and depression can disturb her role as a mother who should take care of herself and her baby after giving birth (Cameron et al., 2020). Age, family support, especially husband's support, and education are factors that affect the level of anxiety. Pregnant women whose age are more than 35 years of age or less than 20 years of age are classified as high risk pregnant women. This is because the pregnant women may experience abnormalities or problems with the fetus, so that the pregnant women will feel anxious.

Purpose: This study aimed to determine the correlation between the age of pregnant women and anxiety in pregnant women.

Methods: The research design used cross sectional categorized as a quantitative research. The research samples were pregnant women who came to the gymnastic studio "Qita Yoga" from April 2020 to December 2021 as many as 38 pregnant women. The instrument of data collection used a questionnaire. (PRAQ-R2). The data in the study included primary data derived from the anxiety questionnaire and the age of pregnant women at the time of the study, then were analyzed by using the chi square test processed with SPSS.

Results: The results obtained p value = 0.025, because $p < 0.05$, it meant that H_0 was rejected, therefore there was a correlation between age and anxiety of pregnant woman.

Conclusion: There is a correlation between age and anxiety in pregnant women, so that the age of pregnant women can affect the occurrence of anxiety experienced by pregnant women.

Suggestion Pregnant women are expected to be able to manage their emotions, so that when pregnant they do not experience anxiety, but feel safe and comfortable.

For further research, research will be conducted on screening the psychological state of pregnant women.

Keywords: pregnant women, age, anxiety

INTRODUCTION

Every woman will always crave for pregnancy. Pregnancy is a natural condition that is usually experienced by a woman. This pregnancy is the converging of the egg and spermatozoa in the fallopian tube which is known as conception (Yanti, 2017). However, in undergoing this pregnancy a woman will experience psychological changes, so that pregnant women can experience anxiety when undergoing pregnancy. The anxiety data shows that pregnant women who experience anxiety in Indonesia are 28.7% of the 107,000,000 pregnant women. In Java, the third trimester pregnant women who feel anxiety during childbirth are 355,873 (52.3%) of 679,765 pregnant women (Siallagan & Lestari, 2018). Research conducted by Maki, Cicilia, and Hendri found that 31.1% of pregnant women in the third trimester experienced severe anxiety, 43.8% experienced moderate anxiety, 18.8% experienced mild anxiety, and those who did not experience anxiety amounted to 6.3%. (Maki et al., 2018). This anxiety can affect the health of the baby and can even affect childbirth. This anxiety can also be overcome, but it can also continue until delivery. Pregnant women who experience anxiety can be caused by experiences with their past pregnancies, child status, family conditions and family preparation for pregnancy, fear of miscarriage, maternal health, fear of having a deformed baby, thoughts of premature birth and twins (Maimunah, 2009). A person who experiences feelings of anxiety and worries about unpleasant conditions even if the condition is not clear, it can be said that he is experiencing anxiety, this condition can threaten his life (Kartono, 2000). There are also pregnant women who experience affective ambivalence, fear, mood changes that can cause anxiety in pregnant women, so that they can affect the psychological condition of pregnant women (Cunha et al., 2017).

Hormonal changes that occur in pregnant women can cause anxiety during pregnancy. Changes in hormone levels during pregnancy can affect the levels of chemicals in the brain that play a role in regulating feelings. This is why pregnant

women tend to be easily anxious, restless, and worried. A woman during pregnancy will experience physical changes and psychosocial changes, where physical conditions that change during pregnancy can affect the psychosocial condition of pregnant women. According to Corbett et al. (2020) states that anxiety that occurs during pregnancy can cause changes in physical activity, nutritional intake and sleep patterns, so that it can cause moods of pregnant women to change and be able to affect the development of their baby. Pregnant women who experience anxiety can lead to abortion, delayed fetal growth, premature birth, low birth weight, low APGAR. The role of pregnant women in caring for their children can be influenced by the mother's psychological condition, namely anxiety and depression. Psychological disorders can be caused by anxiety conditions that have not been resolved, so that it can affect the care for themselves and the baby they are carrying, as well as the postpartum period. (Cameron et al., 2020)

Age, husband or family support and education are factors associated with anxiety. Pregnant women whose age is more than 35 years or less than 20 years are classified as high risk pregnant women. This is because, pregnant women are likely to have abnormalities or disorders so that the mother will feel anxious. It is in accordance with research conducted by Asri Wanda K, Hendro Bidjuni, Vandri Kallo, (2014) that at the Tuminting Health Center there is a relationship between age and anxiety. Therefore, researchers are interested in conducting research on the relationship between the age of pregnant women and anxiety in pregnant women.

RESEARCH METHODOLOGY

This research is a cross sectional study, which is a quantitative research study. The research variable is the dependent variable, namely anxiety and the independent variable is age. This research was carried out by the "Qita Yoga" gymnastics studio. The population is pregnant women who were recorded at Qita Yoga from April 2020 to December 2021, while the respondents were pregnant women

who came to Qita Yoga at the time of the study who were taken by accidental sampling, they are 38 pregnant women. The instruments used in the study were a questionnaire containing data on the age of pregnant women and an anxiety questionnaire using PRAQ-R2. Data analysis on invariate uses the frequency distribution, while the bivariate analysis uses the chi square test which is processed by SPSS.

RESEARCH RESULTS

Univariat Analysis

Table 1.
Frequency Distribution by Age

Age	N	%
20 to 35 years old	35	92,1
> 35 years old	3	7,9
Total	38	100

Table 1 show that there are more pregnant women aged 20 to 35 years than pregnant women aged more than 35 years, total 35 pregnant women (92.1%)

Table 3.
Correlation of age with anxiety

Age	Anxiety		p value	OR
	Low	Medium		
20 to 35 years old	12	23	0,025	0,343
> 35 years old	3	0		
Total	15	23		

DISCUSSION

Table 1 shows that there are fewer respondents aged more than 35 years than pregnant women aged 20 to 35 years. It shows that pregnant women are aware of the importance of the age of pregnant women when undergoing pregnancy. This is because the age of the mother who is more than 35 years is a risk factor in undergoing her pregnancy.

Table 2 shows that the anxiety of many pregnant women is classified as medium. Pregnant women who experience anxiety can later affect the pregnancy process; it can even have an impact on fetal development, where later the baby can also feel anxious about the conditions felt by pregnant women, so the baby will feel the same feelings as his mother. Table 3 shows that there is a relationship between age and the level of anxiety of pregnant women, where the correlation value is 0.343 which means that the younger the age of pregnant women, the anxiety will increase. This is because the ability to cope with stress and a person's emotional

Table 2.
Distribution of Anxiety Frequency

Anxiety	N	%
Low	15	39,5
Medium	23	60,5
Total	38	100

Table 2 shows that the anxiety of pregnant women is more that the anxiety stick is classified as moderate than that which is classified as mild, which is 23 pregnant women (60.5%).

Bivariat Analysis

Based on table 3 shows that the p-value is 0.025, It means that there is a relationship between age and the incidence of anxiety in pregnant women. This is because the p value is smaller than 0.05 which indicates that Ho rejects. The correlation value obtained is 0.343, this shows that pregnant women aged 20 to 35 years have a 0.343 chance when compared to pregnant women aged more than 35 years.

development will get better when he gets older (Stuart & Larasia, 2005). The probability of anxiety in pregnant women aged 20 to 35 years is 0.343 when compared to pregnant women aged more than 35 years. This study is in accordance with Suherni and Syamsinar's research which states that anxiety before delivery in primigravida mothers is related to the age of pregnant women. The research results of Wulan, Yoanita and Zakiyah also show that age, parity status and occupation are related to anxiety when the mother is about to undergo spontaneous labor. The results of Rafidah and Auliatina's research also show that age is related to respondents' anxiety, where respondents who are classified as at risk have a risk of 9,026 when compared to respondents whose age is classified as not at risk.

Pregnant women who are 30 or 40 years old will feel worried about the health of themselves and their babies. Pregnant women who experience excessive fear can lead to higher mental stress and anxiety. A series of information regarding risk factors

for age during pregnancy can cause anxiety in pregnant women (Carolan, 2014).

The mother's anxiety is a psychological disorder caused by an increase in the concentration of noradrenaline in the blood plasma, resulting in impaired blood flow to the uterus. The condition of the uterus that is sensitive to noradrenaline, resulting in vasoconstriction, this can cause LBW (Low Birth Weight), because the fetus lacks oxygen and nutrition needs, so the fetus experiences delays in growth and development. In addition, pregnant women who experience anxiety and stress can trigger an increase in the corticotropin hormone which will interact with the prostaglandin hormone and oxytocin hormone. This oxytocin hormone will cause the uterus to contract, so the baby will be born prematurely (Quresi F, Alam J, Masood AK & Sheraz. Effect of examination stress on blood cell parameters of students in a Pakistani Medical College. Department of Physiology. Women Medical College. Abbottabad, 2002).

CONCLUSION

There is a correlation between the age of pregnant women and the level of anxiety in pregnant women.

SUGGESTION

Pregnant women are expected to be able to manage their emotions, so that when pregnant they do not experience anxiety, but feel safe and comfortable.

For further research, research will be conducted on screening the psychological state of pregnant women.

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