

Analysis of Anxiety on the Choice of Birthing Place During Covid-19 Pandemic

by Suci Anggraenia,eli Dwi Lestari Nur Yeny Hidajaturrokhmah

Submission date: 30-Jan-2023 11:02AM (UTC+0800)

Submission ID: 2002052929

File name: c_In_Sepanjang_Village_Gondanglej_District_Malang_Regency.pdf (452.45K)

Word count: 3697

Character count: 19530

Analysis of Anxiety on the Choice of Birthing Place During Covid-19 Pandemic in Sepanjang Village, Gondanglegi District, Malang Regency

SuciAnggraeni^{1,3,*}, Eli Dwi Lestari^{2,3}, Nuryeny Hidajaturokhmah^{3,3}

^{1,2,3} *Institut Ilmu Kesehatan STRADA Indonesia*

¹ *sucianggraeni37@gmail.com*, ² *elidwilestari@gmail.com*, ³ *nuryenyhidajaturokhmah0@gmail.com*

^{*} *Corresponding author*

ABSTRACT

Keywords:
Pregnant
Women
Anxiety
Birthing
Place

Background: Anxiety and fear were at the top most frequently experienced by pregnant women before delivery. This could also be caused by concerns about the smooth delivery process related to the choice of birthing place. The purpose of this study was to determine the relationship between anxiety and the choice of birthing place during Covid-19 pandemic in Sepanjang Village, Gondanglegi District, Malang Regency.

Methods: This research is a quantitative research using correlative analytic research type and the research design used is cross sectional. The population of this study were all third trimester pregnant women in Sepanjang Village who were not confirmed positive for Covid-19, as many as 30 people. The sampling technique used was total sampling, with a sample of 30 people. The data analysis technique used was Chi-Square.

Results: Respondents experienced the most anxiety in the moderate category as many as 12 people (40.0%). Most respondents chose the birthing place at BPM (Independent Practice Midwives) as many as 16 people (53.3%). There was a relationship between anxiety and the choice of birthing place during Covid-19 pandemic in Sepanjang Village, Gondanglegi District, Malang Regency ($p\text{-value} = 0.000$).

Conclusions: Pregnant women without anxiety and with mild anxiety prefer the birthing place at BPM, while those who experience moderate and severe anxiety prefer the birthing place at Public Health Center and Hospital. The public is expected to consult with health workers regarding the anxiety experienced by health workers.

Copyright © 2021 Joint International Conference
All rights reserved.

1. INTRODUCTION

On March 11, 2020, WHO declared Covid-19 a pandemic. In the era of the Covid-19 pandemic, it had resulted in a high level of anxiety for pregnant women especially in the third trimester in choosing a place of delivery for a smooth delivery process later. In Indonesia, maternal mortality and neonatal mortality are still a big challenge and need attention in the Covid-19 disaster situation. In this Covid-19 pandemic situation, there are many restrictions on almost all routine services including maternal and newborn health services. However, pregnant women, maternity, postpartum and newborns must still receive health services that were in accordance with standards. Towards delivery, especially if pregnant women do not get motivation from the environment; especially husbands, anxiety and fear occupy the top most frequently experienced rankings^[1]. Anxiety could get worse if pregnant women experience fear of changes that occur in their bodies, the condition of the fetus they were carrying and mental readiness to face the birth process. Anxiety and fear of labor and birth increased which became: pain, wounds during childbirth, the health of the baby, the ability to be a responsible mother, and how the relationship with her husband changed. The events experienced become a concern and the minds of pregnant women begin to focus on something that is considered the climax, so that the anxiety and fear experienced by pregnant

women will be intensified before delivery^[1]. According to Rukiyah in her book "Midwifery Care for Pregnancy", states that the gestational age of seven months and over, the anxiety level of pregnant women becomes more acute and intensive as the baby's birth approaches. Towards delivery, especially if pregnant women don't get motivation from the environment, especially husbands, anxiety and fear occupy the top rank^[1].

Based on data from Gugus Tugas Percepatan Penanganan Covid-19 as of September 14, 2020, the number of confirmed Covid-19 patients was 221,523 people. Of the total patients confirmed positive for Covid-19 for the group of pregnant women, there were 4.9% of pregnant women who were confirmed positive for Covid-19 out of 1,483 confirmed cases that had accompanying condition data. While high levels of anxiety could aggravate complications that occur and increase MMR and IMR this was in accordance with research conducted by Trisiani & Hikmawati with a sample of 45 pregnant women respondents who experienced moderate anxiety levels of 52.7% while those who experienced anxiety levels high by 57.8%^[1].

Pregnant women, childbirth, postpartum and newborns are also vulnerable targets for Covid-19 infection and this condition is feared to increase maternal and newborn morbidity and mortality. Anxiety of pregnant women, especially the third trimester increases, this could also cause by concerns about the smooth delivery process. According to Magrifoh, factors related to anxiety were knowledge, psychology, economy, experience, family support and husband's support^[1]. Pregnant women with the age of less than 20 years or more than 35 years were of high risk pregnancy age because abnormalities or disturbances in the fetus could occur, so that it can caused anxiety in the pregnant woman. From the data above, it could be said that pregnant women could experience anxiety before delivery, especially regarding the selection of birth attendants in this case was the place of delivery during the Covid-19 pandemic, therefore this study aims to analyze anxiety on the choice of birthing place during Covid-19 pandemic in Sepanjang Village, Gondanglegi District, Malang Regency.

II. METHOD

This research is a quantitative research using correlative analytic research type and the research design used is cross sectional. This research uses a research instrument in the form of a questionnaire. The variable of pregnant women's anxiety was measured using the HRS-A Questionnaire, while the variable of the choice of birthing place was measured using the Questionnaire for the Choice of Birthing Place. The population in this study were all third trimester pregnant women in Sepanjang Village, Gondanglegi District, Malang Regency who were not confirmed positive for Covid-19, totaling 30 people. The sampling technique in this study was total sampling and a sample of 30 people was obtained. The statistical test used was Chi-Square test, with a significance limit of 5%, namely if the p -value < 0.05 then H_1 (hypothesis) was accepted, meaning that there was a relationship between anxiety and the choice of birthing place during Covid-19 pandemic in Sepanjang Village, Gondanglegi District, Malang Regency.

III. RESULTS AND DISCUSSION

a. Results

Based on Table 1, almost half of the total respondents in this study were aged 21-25 & 26-30 years, namely 11 people each (36.7%), almost half of the respondents in this study had a senior high school education background, namely 14 people (46.7%), most of the respondents in this study were housewives (IRT) as many as 20 people (66.7%), half of the total respondents in this study were 2nd pregnant as many as 15 people (50.0%), almost all respondents in this study stated that they needed to carry out routine Covid-19 checks, namely 28 people (93.3%), most of the respondents in this study stated that they had no special reason for choosing their place of delivery, namely 19 people (63.3%), most of the respondents in this study chose the place of delivery based on personal preference, as many as 19 people (63.3%).

Table 1. Characteristics of Respondents

No.	Characteristics of Respondents	Frequency	Percentage (%)
1.	Age		
	21 – 25 years old	11	36,7
	26 – 30 years old	11	36,7
	> 30 years old	8	26,6
2.	Education		
	Elementary School	3	10,0
	Junior High School	9	30,0
	Senior High School	14	46,7
	College	4	13,3
3.	Profession		
	Housewife	20	66,7
	Self-Employed	6	20,0
	Employee	4	13,3
4.	How Many Pregnancy		
	1	11	36,7
	2	15	50,0
	3	3	10,0
	4	1	3,3
5.	Need Routine Covid-19 Checks		
	Yes	28	93,3
	No	2	6,7
6.	Reasons for Choosing a Place of Delivery		
	No Reason	19	63,3
	Covid-19 Pandemic	6	20,0
	Minor Complications	4	13,3
	Severe Complications	1	3,3
7.	Who Recommends		
	Personal Choice	19	63,3
	Husband	5	16,7
	Family	6	20,0
	Total	30	100

Table 2. Anxiety of Pregnant Women During Covid-19 Pandemic

No	Anxiety Category	Frequency	Percentage (%)
1.	No Anxiety	2	6,7
2.	Mild Anxiety	10	33,3
3.	Moderate Anxiety	12	40,0
4.	Severe Anxiety	6	20,0
5.	Extreme Anxiety	0	0
	Total	30	100

Based on Table 2, almost half of the respondents experienced moderate category anxiety as many as 12 people (40,0%). While respondents who experienced mild anxiety were 10 people (33,3%), respondents who experienced severe anxiety were 6 people (20,0%), respondents who didn't experienced anxiety were 2 people (6,7%), and there were no respondents who are experienced extreme anxiety.

Table 3. Choice of Birthing Place

No.	Place of Delivery	Frequency	Percentage (%)
1.	BPM (Independent Practice Midwives)	16	53,3
2.	Public Health Center	9	30,0
3.	Hospital	5	16,7
	Total	30	100

Based on Table 3, most of the respondents chose the place of delivery at BPM (Independent Practice Midwives) as many as 16 people (53,3%). While the respondents who chose the place of delivery at Public Health Center were 9 people (30,0%) and those who chose the place of delivery at hospital were 5 people (16,7%).

Table 4. Analysis of Anxiety on the Choice of Birthing Place During Covid-19 Pandemic

Anxiety	Choice of Birthing Place						Total	
	HPM		Public Health Center		Hospital			
	Freq.	%	Freq.	%	Freq.	%	Freq.	%
No Anxiety	2	6,7	0	0	0	0	2	6,7
Mild Anxiety	10	33,3	0	0	0	0	10	33,3
Moderate Anxiety	4	13,3	8	26,7	0	0	12	40,0
Severe Anxiety	0	0	1	3,3	5	16,7	6	20,0
Extreme Anxiety	0	0	0	0	0	0	0	0
Total	16	53,3	9	30,0	5	16,7	30	100
<i>p-value</i> = 0,000								
Decision = H_1 accepted ($0,000 < 0,05$)								

Based on Table 4, Based on Table 4, the most anxiety of pregnant women before delivery in the mild category and choosing a place of delivery at BPM (Independent Practice Midwives) as many as 10 people (33,3%). The results of *Chi-Square test* between anxiety variable and the choice of birthing place during Covid-19 pandemic in Sepanjang Village, Gondanglegi District, Malang Regency, obtained a value of $p = 0,000$. This result was smaller than the significant level used, namely $\alpha = 0,05$, which means H_1 was accepted, thus there was a relationship between anxiety and the choice of birthing place during Covid-19 pandemic in Sepanjang Village, Gondanglegi District, Malang Regency.

b. Discussion

1. Anxiety of Pregnant Women During Covid-19 Pandemic

Based on the results of the study, it was found that almost half of the respondents (pregnant women in the third trimester) experienced moderate anxiety, as many as 12 people (40,0%) of the total respondents. The results of this study indicate that by uses the *HRS-A* questionnaire, third trimester pregnant women experience anxiety with various categories. Anxiety was a natural feeling that can experienced by pregnant women, especially before childbirth due to increased hormones. According to Stoppard, anxiety was caused by an increase in hormones, almost all pregnant women are more emotional and change moods, act extreme towards trivial events, scream, feel unsure and panic^[1]. The emergence of feelings of fear and anxiety can found in various levels of immaturity in emotional and psychosocial development in the context of a person's ability to adjust to something that was being faced^[8].

The factors that caused anxiety in pregnant women include the mother's fear of the Covid-19 pandemic. Stated that many mothers experience anxiety before delivery, secondly the fear of pregnant women to infected and infect others, thirdly the information obtained regarding the management of Covid-19 (health protocol: wearing masks, washing hands, keeping a distance, avoiding crowds and reducing mobilization), prevention and treatment obtained from the mass media, fourth was the saturation

of pregnant women which makes them ignore and even distrust the symptoms of Covid-19. The results showed that most of the respondents in this study had a senior high school education background, as many as 14 people (46,7%). The mother's education level affects the mother's mindset and perspective in dealing with every problem. The higher the level of education, the higher the level of knowledge obtained and ultimately affect the absorption of information, including information about anxiety before childbirth. According to Prawirohardjo, low educational status would cause a person to easily experience stress and anxiety due to the lack of information that the person gets^[6]. Then, most of the respondents during the study stated that 15 people were pregnant with their 2nd child (50%) and 11 people (36,7%) were pregnant with their 1st child. This was related to maternal parity. A primigravida where the birth of their first child was something exciting, so they couldn't wait to see and propose their baby. Feelings of fear of the birth process, fear of death and fear of babies born with defects were still felt before the birth of the baby. Which states that facing childbirth was a concrete condition that threatens pregnant women, which causes feelings of tension, worry, and fear.

The results also showed that there were 2 respondents (6,7%) who didn't experience any anxiety at all which normally during the Covid-19 pandemic situation pregnant women would experience anxiety. The results of the study also showed that the 2 respondents felt that they didn't need to routinely check for Covid-19 at health service facilities. This could be due to the lack of information that respondents receive, so that knowledge about the Covid-19 pandemic was also lacking and considers this situation not a serious situation that makes respondents anxious. So it can be explained that the lack of preparation and experience of the labor process which is colored by pain, makes pregnant women experience anxiety which will disrupt the delivery process. In addition, factors from pregnant women such as education can also influence pregnant women in overcoming the anxiety they experience. The absence of maternal anxiety can also have a negative impact because with the mother not feeling anxious, she will also not feel the need for regular checkups, especially in this Covid-19 pandemic situation.

2. Choice of Birthing Place During Covid-19 Pandemic

Based on the results of the study, it was found that most of the respondents (third trimester pregnant women) chose the place of delivery at BPM (Independent Practice Midwives) as many as 16 people (53,3%) of the total respondents. The results showed that most respondents chose BPM as their place of delivery. The research location data shows that Sepanjang Village was a rural area that generally prefers a place to give birth in a midwife. Childbirth in BPM was a natural thing. This was because BPM has spread to all levels of society including rural areas, besides that it was an affordable place because almost every village has BPM and costs are cheaper than hospitals or public health centers. This proves that pregnant women's trust in health services, especially midwives, was quite good, so it needs to be improved.

The Covid-19 pandemic situation also affects pregnant women in choosing a place of delivery. Pregnant women feel that they were more worried about giving birth in hospital and public health center because of their perception of being afraid of getting infected due to the large number of Covid-19 patients in hospital. The high burden of hospitals in handling Covid-19 patients must receive attention, especially for handling childbirth and preventing the risk of Covid-19 transmission^[7]. In addition, according to Midwifery, inadequate and limited facilities and accessibility of services during the Covid-19 pandemic, especially related to delivery services, lack of staff, or limited access to ambulance facilities that were lacking could affect delivery services during the pandemic, because of the long distances, thereby reduced maternal visits to health facilities.

Then, the results of the study also showed that 20 respondents (66,7%) had status as IRT (housewives). The choice of place of delivery was also influenced by the economic status of the parents. Economic status was related to parent's occupation. One of the obstacles for mothers to choose an appropriate place of delivery was influenced by the status of the economic situation where mothers have difficulty obtaining costs that were so inaccessible, so that mothers and their families use any place of delivery. So it can be explained that the Covid-19 pandemic situation causes mothers to be more careful in choosing a place of delivery. In addition, the demographics of Sepanjang Village, which is a rural area, are the reason mothers prefer to give birth at BPM. The factor of economic status is also a factor that can influence the mother in choosing the place of delivery.

3. Analysis of Anxiety on the Choice of Birthing Place During Covid-19 Pandemic

Based on the results of the study, it was found that the third trimester pregnant women in Sepanjang Village, Gondanglegi District, Malang Regency experienced the most mild anxiety and chose the place of delivery at *BPM* (Independent Practice Midwives) as many as 10 people (33,3%). While the results of data analysis between the anxiety variable and the choice of birthing place during the Covid-19 pandemic in Sepanjang Village, Gondanglegi District, Malang Regency. According to *Chi-Square* statistical test with error rate of $\alpha = 0,05$, the $p\text{-value} = 0,000$ was obtained. The results of $p\text{-value} = 0,000 < 0,05$ means $p < \alpha$, which means H_0 was accepted, there was a relationship between anxiety and the choice of birthing place during Covid-19 pandemic in Sepanjang Village, Gondanglegi District, Malang Regency.

The results also showed that there were 5 respondents (16,7%) with severe anxiety and chose the hospital as the place of delivery. 2 of the 5 respondents had mild complications, 2 respondents chose the hospital because of the Covid-19 pandemic situation, and 1 respondent had severe complications. Most of the studies that have been conducted on Covid-19 and its relationship to pregnancy have focused on the physical effects of the pandemic on infected mothers and their possible transmission. Although there was not much evidence to suggest that Covid-19 could had an impact on pregnant women or the fetus in the womb, it was important not to ignore the emotional involvement of pregnant women during the Covid-19 pandemic because the mental health of mothers could associated with short-term and long-term risks to them or their children, both physical health and psychological health. The type of anxiety felt by the mother was the influence of the virus on pregnancy and choosing the place of delivery during a pandemic.

The results of this study were in line with research conducted by Ermawati, namely there was a relationship between the level of anxiety facing childbirth with the choice of place of delivery. Anxiety was a factor that affects the choice of place of delivery, besides that there were also other factors that influence the choice of place of delivery such as the quality of health services, economic status, education level and parity so that pregnant women who experience severe anxiety levels do not necessarily choose a place of delivery at the hospital. This study was in accordance with research Warganingsih, pregnant women chose health workers as birth attendants due to a sense of security for the safety and health of pregnant women and their babies. The anxiety of pregnant women in the third trimester before delivery can be a factor that can influence mothers in choosing a place of delivery. The Covid-19 pandemic situation can trigger anxiety so that respondents are more selective in choosing place of delivery. But anxiety is not the only factor that can influence, there are still other factors, both internal and external factors.

IV. CONCLUSION

The conclusion of this study was that pregnant women in Sepanjang Village, Gondanglegi District, Malang Regency experienced the most anxiety in the moderate category, namely 12 people (40,0%), pregnant women in Sepanjang Village, Gondanglegi District, Malang Regency, mostly chose the place of delivery at *BPM* (Independent Practice Midwives) as many as 16 people (53,3%), there was a relationship between anxiety and the choice of birthing place during Covid-19 pandemic in Sepanjang Village, Gondanglegi District, Malang Regency ($p\text{-value} = 0,000$).

Community expected to consult with health workers regarding the anxiety experienced, so that anxiety which was also a psychological problem doesn't affect the condition of the fetus. Health workers were expected to improve their performance and keep reminding pregnant women to give birth at health workers. Further researchers could be use the results of this study as a reference to carry out research with the same theme, but should add variables other than anxiety and also increase the number of research samples.

V. REFERENCES

- [1] Rukiyah, Y, Neonatus Bayi dan Anak Balita. CV, Trans Info Media.2012.
- [2] Aprianawati, & Sulistyorini, Hubungan Antara Dukungan Keluarga Dengan Kecemasan Ibu Hamil Menghadapi Kelahiran Anak Pertama Pada Masa Triwulan Ketiga. *Jurnal Psikologi*, 6(4).2012.
- [3] Trisiani, D., & Hikmawati, R, Hubungan Kecemasan Ibu Hamil Terhadap Kejadian Preeklampsia di RSUD Majalaya Kabupaten Bandung. *Jurnal Ilmiah Bidan*, 1(3), 14-18, 2016.
- [4] Magrifoh, Faktor-Faktor Yang Berhubungan Dengan Kecemasan. *Jurnal Ilmu Kesehatan*, 2(3), 2015.
- [5] Stuart, G. W., & Sundeen, S. J. Buku Saku Keperawatan Jiwa. EGC, 2015
- [6] Prawirohardjo, S. Buku Acuan Nasional Pelayanan Kesehatan Maternal dan Neonatal. PT. Bina Pustaka Sarwono Prawirohardjo, 2011.
- [7] Ermawati, Eis, Hubungan Tingkat KecemasanMenghadapiPersalinanDenganPemilihanTempatPersalinan Di DesaBanyurejoTempelSleman Yogyakarta. SKRIPSI. http://repository.unjaya.ac.id/1171/1/Eis%20Ermawati_1309008_nonfull.pdf.2012.

Analysis of Anxiety on the Choice of Birthing Place During Covid-19 Pandemic

ORIGINALITY REPORT

15%

SIMILARITY INDEX

12%

INTERNET SOURCES

8%

PUBLICATIONS

4%

STUDENT PAPERS

PRIMARY SOURCES

- | | | |
|---|--|----|
| 1 | www.clinicalschizophrenia.net
Internet Source | 1% |
| 2 | journalppw.com
Internet Source | 1% |
| 3 | e-jurnal.stikesalirsyadclp.ac.id
Internet Source | 1% |
| 4 | Miranti Sari Wahyu Ningsih, Achmad Fauzi. "Pengaruh Pendidikan Kesehatan tentang Persalinan terhadap Kecemasan Ibu Hamil Primigravida Trimester III di Kecamatan Walantaka Kelurahan Pipitan Kota Serang", Malahayati Nursing Journal, 2022
Publication | 1% |
| 5 | Maliha Amin, Intan Kumalasari. "Knowledge and Attitude of Mothers About Care of New Birth In The New Normal Era", Jurnal Ilmiah Ilmu Keperawatan Indonesia, 2021
Publication | 1% |
| 6 | gssrr.org
Internet Source | 1% |

7	jurnal.unw.ac.id Internet Source	1 %
8	Submitted to Universitas Nahdlatul Ulama Surabaya Student Paper	1 %
9	www.easpublisher.com Internet Source	1 %
10	ilkeskh.org Internet Source	1 %
11	Submitted to Laureate Higher Education Group Student Paper	<1 %
12	eduvest.greenvest.co.id Internet Source	<1 %
13	Citra Windani Mambang Sari Sari, Tineu Hijriani, Iwan Suhendar. "Anxiety and Risk Factors in Diabetes Mellitus Sufferers at Wanaraja Health Center in Garut", Asian Community Health Nursing Research, 2020 Publication	<1 %
14	Kurniawan Edi Priyanto, Sitti Ramlah Mardjan. "Analysis of Mother's Anxiety Level with Compliance to Visit to Integrated Service Post in the Covid-19 Pandemic at the Tangkang Public Health Center", Journal for Quality in Public Health, 2021	<1 %

15	www.psychology.uiowa.edu Internet Source	<1 %
----	---	------

16	Meliani Meliani, Amlah Amlah, Eka Rahmawati. "HUBUNGAN ANTARA HYPNOBIRTHING, YOGA DAN SENAM HAMIL TERHADAP TINGKAT KECEMASAN IBU HAMIL TRIMESTER III DI PMB OKTARIS KEC SUMBER MARGA TELANG", PREPOTIF : Jurnal Kesehatan Masyarakat, 2022 Publication	<1 %
----	---	------

17	jurnal.upmk.ac.id Internet Source	<1 %
----	---	------

18	Dwi Heppy Rochmawati, Ahmadi Nuh Huda, Joko Kuncoro, Wahyu Endang Setyowati. "Family psychoeducation (FPE) therapy for family anxiety in caring for family members with mental disorders", Enfermería Clínica, 2021 Publication	<1 %
----	--	------

19	archives.palarch.nl Internet Source	<1 %
----	---	------

20	Submitted to MAHSA University Student Paper	<1 %
----	--	------

21	digilib.unisayogya.ac.id Internet Source	<1 %
----	---	------

22	mafiadoc.com Internet Source	<1 %
23	ojs.pnb.ac.id Internet Source	<1 %
24	Rahmi Pebrianti, Asruria Sani Fajriah. "ANALYSIS OF PROVISION OF PREMARRIAGE HEALTH COUNSELING ON THE INTEREST OF DELAYING RISK PREGNANCY IN PROSPECTIVE COUPLES FERTILIZER AGE UNDER 20 YEARS OLD", Journal for Quality in Women's Health, 2022 Publication	<1 %
25	mediccreview.org Internet Source	<1 %
26	Yona Desni Sagita. "HUBUNGAN TINGKAT KECEMASAN DENGAN LAMA PERSALINAN KALA II PADA IBU BERSALIN DI RSIA ANUGERAH MEDICAL CENTER KOTA METRO", Midwifery Journal: Jurnal Kebidanan UM. Mataram, 2018 Publication	<1 %
27	www.ekonomisyariah.org Internet Source	<1 %
28	ejournal.metromedia.education Internet Source	<1 %
29	conferences.unusa.ac.id	

Internet Source

<1 %

30

emissc.org

Internet Source

<1 %

31

Siti Roudhotul Jannah, Aini Ahmad.

"Examination of Pregnant Woman (Antenatal Care) during the Covid-19 Pandemic. A Literature Review", International Journal of Advanced Health Science and Technology, 2022

Publication

<1 %

Exclude quotes On

Exclude matches Off

Exclude bibliography On