

# The Relationship Of Knowledge Of Pregnant Women In Trimester Iii About The Labor Process With The Level Of Anxiety Facing Delivery At The Manda Clinic

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## ABSTRACT

The development of physical, mental and social health of mothers and babies needs to be considered. This can cause problems and anxiety for a mother who is in pregnancy, because anxiety is a major component of almost all psychiatric disorders. The research method used is analytical observation with a cross sectional approach. The population is all pregnant women in the third trimester at the Manda Clinic, totaling 30 people. The sample technique is a total sampling of 30 respondents. The results of the analysis showed that of the 30 respondents who had less knowledge the majority had severe anxiety levels as many as 5 people (16.6%) and with good knowledge the majority did not have anxiety levels as many as 4 people (13.3%), experiencing mild anxiety levels as many as 3 people (10%) and 2 people (6.7%) experienced severe anxiety. While having sufficient knowledge, the majority experienced moderate anxiety levels as many as 5 people (16.6%), experienced severe anxiety as many as 3 people (10%) and experienced mild anxiety as many as 2 people (6.7%). The results of the chi-square statistical test obtained  $p = 0.001$ , This means that there is a relationship between the knowledge of pregnant women in the third trimester about the labor process and the level of anxiety facing childbirth. It is recommended to pregnant women in the third trimester to add insight and seek information about the labor process with the level of anxiety facing childbirth so that mothers can know the labor process and the anxiety that occurs when facing childbirth.

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## 1. Introduction

Pregnancy is the dream of every woman, especially for a wife who has been married for a long time. However, sometimes during pregnancy, unwanted problems occur, this should not happen, but due to the lack of information and knowledge about pregnancy problems, these problems often arise, such as the physical, mental and social development of the mother and baby (Astuti, 2014).

The development of physical, mental and social health of mothers and babies needs to be considered. This can cause problems and anxiety for a mother who is in pregnancy, because anxiety is a major component of almost all psychiatric disorders. (Hawari, 2013).

The baby is also ready to be born from the eighth month, where his lungs have fully developed, the immune system is functioning, his brain is working and his weight has reached 2.3 Kg or greater depending on his genes. The baby's tongue has also begun to taste the taste, whether it is sour or sweet (Aini, 2015).

A mother-to-be must know what is happening and what is likely to happen from pregnancy to birth. Prenatal care, especially in the third trimester, is very important because it will reduce the AKI (infant mortality rate) and the mortality rate for mothers who give birth (Sujiyatini, et al, 2015).

During the third trimester, the mother usually feels worried, afraid for her life, her baby, abnormalities in her baby, labor, labor pains, and the mother will never know when she will give birth. Discomfort in this trimester increases, the mother will feel strange and ugly, become more dependent, lazy and irritable, and find it difficult. Besides that, mothers feel sad to be separated from their babies, lose the special attention they will receive during pregnancy, this is where mothers need information, support from their husbands, midwives and their families (Walyani, 2015).

After the researchers conducted an initial survey at the Manda Clinic in 2020, researchers found 7 third trimester pregnant women who were at the Manda Clinic, namely 5 third trimester pregnant women experiencing anxiety in dealing with labor and 2 third trimester mothers not anxious in facing childbirth.

Based on the description above, the researcher is interested in taking the title "The Relationship of Knowledge of Third Trimester Pregnant Women About the Labor Process with Anxiety Levels Facing Labor at the Manda Clinic in 2020".

## 2. Methods

The type of research used is analytic observational with a cross sectional approach. This study was all pregnant women in the third trimester about the delivery process with the level of anxiety facing childbirth, which amounted to 30 people. And the sample in this study was total sampling, namely all third trimester pregnant women at the Manda Clinic in 2020, which amounted to 30 people. This research was conducted from October 2019 – April 2020.

## 3. RESULTS

**TABLE 1**  
**DISTRIBUTION OF THE CHARACTERISTICS OF THIRD TRIMESTER PREGNANT WOMEN REGARDING THE PROCESSCHILDBIRTH WITH ANXIETY LEVELS FACING CHILDBIRTH**

Knowledge	Category	f	%
Age	≤20 years	6	20.0
	21-25 years old	9	30.0
	26-35 years old	15	50.0
<b>Total</b>		<b>30</b>	<b>100</b>
Education	Base	12	38.7
	Upper Intermediate	17	58.6
	Tall	1	2.7
<b>Total</b>		<b>30</b>	<b>100</b>
Profession	Work	14	45.9
	Does not work	16	54.1
<b>Total</b>		<b>30</b>	<b>100</b>

Based on the table above shows the characteristics of the majority of respondents aged 26-35 years as many as 15 people (50.0%), high school education as many as 17 people (58.6%) and based on the work of the majority of pregnant women who do not work as many as 16 people (54,1%).

**TABLE 2**  
**DISTRIBUTION OF KNOWLEDGE OF THIRD TRIMESTER PREGNANT WOMEN ABOUT PROCESSCHILDBIRTH WITH ANXIETY LEVELS FACING CHILDBIRTH**

Knowledge	f	(%)
Well	9	30.0
Enough	10	33.3
Not enough	11	36.7
<b>Total</b>	<b>30</b>	<b>100</b>

Based on the table above it can be seen that of the 30 pregnant women the majority have less knowledge as much as 11 people (36.7%).

**TABLE 3**

**DISTRIBUTION OF ANXIETY LEVELS IN THIRD TRIMESTER PREGNANT WOMEN FACING LABOR**

Anxiety Level	f	(%)
There is not any	4	13.3
Light	6	20
Currently	6	20
Heavy	10	33.4
So heavy	4	13.3
Total	30	100

Based on the table above, it can be seen that of the 30 pregnant women the majority experienced a severe level of anxiety, as many as 10 people (33.4%).

**TABLE 4**  
**CROSS RELATIONSHIP OF KNOWLEDGE OF THIRD TRIMESTER PREGNANT WOMEN ABOUT THE LABOR PROCESS WITH ANXIETY LEVELS FACING CHILDBIRTH**

keeper-know	Anxiety Level										Total		Test Chi-Squre
	There is not any		Light		Currently		Heavy		So heavy		N	%	
	N	%	N	%	N	%	N	%	N	%			
Well	4	13.3	3	1	0	0	2	6.7	0	0	9	30.0	=0,001
Enough	0	0	2	0	5	16.6	3	10	0	0	1	33.3	
Not enough	0	0	1	6.7	1	3.3	5	16.6	4	13.4	0	36.7	
				3.3							1		
Amount	4	13.3	6	20	6	20	10	33.3	4	13.4	3	100	

Based on the table above that of the 30 respondents who have less knowledge the majority have a severe level of anxiety as many as 5 people (16.6%) and the minority with good knowledge has a moderate level of anxiety as many as 2 people (6.7%).

Chi-Square statistical results obtained p value = 0.001. This means that the p value is smaller than a (0.05) thus  $H_0$  is rejected and  $H_a$  is accepted, that is, there is a relationship between the knowledge of third trimester pregnant women about the labor process and the level of anxiety facing childbirth.

#### 4. Discussion

##### Knowledge of Pregnant Women about the Labor Process

The results of the analysis showed that of the 30 third trimester pregnant women the majority had less knowledge about the delivery process, namely 11 people (36.7%), mothers who had good knowledge of the labor process as many as 9 people (30.0%) and mothers who had good knowledge of the labor process. sufficient knowledge about the delivery process as many as 10 people (33.3%).

It is said that the knowledge of pregnant women in the third trimester is lacking because they have secondary education and lack of insight and lack of information about the delivery process from outside their environment, both from the print media and from health workers.

This is in accordance with Notoatmodjo's (2012) theory that every third trimester pregnant woman has different knowledge according to the experience she gets in her daily life. This makes the third trimester pregnant women do not understand about the labor process and have a level of anxiety facing childbirth. Therefore, health workers must provide counseling about the delivery process so that pregnant women in facing the delivery process do not experience severe anxiety.

This research is in line with Wawan's theory (2015) which shows that research conducted on 30 respondents has less knowledge about the labor process with a level of anxiety facing childbirth. Respondents do not know about the delivery process, causing anxiety in the face of childbirth.

##### Anxiety Levels of Pregnant Women in Facing the Labor Process

The results of the analysis showed that of the 30 third trimester pregnant women the majority had severe anxiety levels as many as 10 people (33.4%) in the face of the labor process and third trimester pregnant women who had very severe anxiety levels and did not have anxiety, each of 4 people. (13.3%) while 6 people (20%).

Third trimester pregnant women who have a level of severe anxiety as many as 10 people (33.4%) where third trimester pregnant women do not understand about the delivery process due to lack of information sources so that it can cause anxiety in facing childbirth.

By looking at the results, most of the respondents experienced severe anxiety, so the respondents assumed that during the delivery process they would experience many unpleasant things or events, such as a lot of bleeding. Although most of the respondents experienced severe anxiety, there were 4 people (13.3%) experiencing very severe anxiety, as many as 6 people (20%) experiencing moderate anxiety, 6 people (10%) experiencing mild anxiety and as many as 4 people (13, 3%) respondents do not experience anxiety.

This study is not in line with the research of Asri, Hendro, Vandri (2014) entitled "The relationship between the characteristics of third trimester pregnant women and the level of anxiety in facing childbirth at the MCH Poly Health Center Tuminting".

The results showed that of the 60 respondents from the univariate analysis, the characteristics of respondents based on the age of the third trimester pregnant women were 21-35 years, as many as 17 respondents with severe anxiety levels, namely 9 respondents and age > 35 years with moderate anxiety levels, namely 6 respondents. .

### **Analysis of the Relationship of Knowledge of Third Trimester Pregnant Women about the Labor Process with Anxiety Levels Facing Childbirth**

The respondent's lack of knowledge about the delivery process is also due to the third trimester pregnant women feel that they do not need to know about the delivery process so that it affects the anxiety level of third trimester pregnant women in facing labor at the Manda Clinic in 2020.

This is in accordance with the statement Hawari (2013) that one of the factors that influence anxiety is age. In terms of age, the demand for help from the environment decreases with age, help is requested when there is a need for comfort, and advice.

Knowledge of third trimester pregnant women about the delivery process affects the level of anxiety in facing childbirth, where third trimester pregnant women who have less knowledge about the labor process have severe anxiety levels in facing childbirth. The results of the Chi-Square test obtained the value of  $p = 0.001$  is smaller than  $\alpha (0,05)$  and thus  $H_0$  is rejected and  $H_a$  is accepted.

This study is in line with the research of Dwi, Dewi, Ike, (2013), that based on the results of statistical tests with chi-square = 35.987 with a significant (-value) of 0.00. The calculated chi-square ( $\chi^2$ ) value is 35.987 while the chi-square table with df 6 is 1.64. The calculated chi-square value > chi-square table ( $35.987 > 1.64$ ), then  $H_0$  is rejected and  $H_a$  is accepted. Which means that there is a relationship between the level of knowledge of pregnant women in the third trimester about the delivery process and the level of anxiety facing childbirth at the Holy Mother's Maternity Home.

According to the researcher, based on the results in the field, the level of knowledge of third trimester pregnant women about the delivery process is not only influenced by the level of education, but also based on experience and information from the surrounding environment.

Thus, it can be concluded that in this study there is a relationship between the knowledge of pregnant women in the third trimester about the delivery process and the level of anxiety facing childbirth in the third trimester Manda Clinic 2020. So from the results of this study, no gaps were found between the results of the study and the theory stated above.

## **5. Conclusion**

Based on the results of research on the relationship between knowledge of pregnant women in the third trimester about the delivery process with the level of anxiety facing childbirth in the third trimester Manda Clinic 2020, the following conclusions can be drawn:

1. The majority of pregnant women in the third trimester of childbirth have less knowledge (36.7%), 10 people (33.3%), and 9 people (30%).

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2. The level of anxiety of pregnant women in the third trimester in facing childbirth the majority experienced severe anxiety as many as 10 people (33.4%) and the minority did not experience anxiety as many as 4 people (13.3%).
3. There is a significant relationship between the knowledge of pregnant women in the third trimester about the delivery process and the level of anxiety facing childbirth where the better the knowledge of pregnant women in the third trimester, the lighter the level of anxiety in dealing with childbirth in the third trimester. Manda Clinic 2020 with value = 0.001

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