

The Relationship between Knowledge and Anxiety Levels of Midwives in Providing Delivery Assistance in the Era of the Covid-19 Pandemic At Upt Health Center Seibamban Kec. Batang Serangan Langkat Regency in 2021

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ARTICLE INFO

Keywords:

Fibroadenoma mammae,
Menarche Age,
family history,
Lifestyle

ABSTRACT

Breast tumor is one type of tumor found in the breast and most often attacks women. Based on a report from the New South Wales Breast Center Institute in the United States, Fibroadenoma mammae usually occurs in adolescent girls, namely at the age of 21-25 years. Less than 5% of Fibroadenoma mammae occurs at the age above 50 years and the prevalence is more than 29% of women affected by Fibroadenoma mammae in the world. The study was conducted in Padang from August - September 2021 with the design used was Case Control with a total sample of 94 respondents divided into two groups, namely 47 respondents in the case group experiencing Fibroadenoma mammae and 47 respondents in the control group not experiencing Fibroadenoma mammae. The data used were primary data and secondary data. Data were presented univariately and bivariately by using the chi-square test. The results showed that there was a significant relation between age at menarche with p value = 0.013 ($p < 0.05$) and OR = 4.336, family history p value = 0.036 ($p < 0.05$) and OR = 2.679 and lifestyle p = 0.007 ($p < 0.05$). 0.05) and OR = 3.531 with the incidence of Fibroadenoma mammae. The conclusion of this study is that there was a relation among age at menarche, family history, and lifestyle with the incidence of Fibroadenoma mammae. It is suggested that adolescents should pay more attention to their lifestyle, especially those related to the triggers of Fibroadenoma mammae.. 05) and OR = 2.679 and lifestyle p = 0.007 ($p < 0.05$). 0.05) and OR = 3.531 with the incidence of Fibroadenoma mammae. The conclusion of this study is that there was a relation among age at menarche, family history, and lifestyle with the incidence of Fibroadenoma mammae. It is suggested that adolescents should pay more attention to their lifestyle, especially those related to the triggers of Fibroadenoma mammae.. 05) and OR = 2.679 and lifestyle p = 0.007 ($p < 0.05$). 0.05) and OR = 3.531 with the incidence of Fibroadenoma mammae. The conclusion of this study is that there was a relation among age at menarche, family history, and lifestyle with the incidence of Fibroadenoma mammae. It is suggested that adolescents should pay more attention to their lifestyle, especially those related to the triggers of Fibroadenoma mammae..

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1. Introduction

The Covid-19 outbreak has hit Indonesia since March 2020. Covid-19 is a group of viruses that can cause disease in animals or humans. In humans, the corona virus causes respiratory tract infections that are generally mild, such as runny nose, high fever, cough with phlegm, shortness of

breath, sore throat, common cold, pneumonia (infection of the lungs) and easily feeling tired (Asmara, 2020; Fajar, 2020).

The Covid-19 outbreak has caused various negative impacts for the community, both in cities and rural areas, one of which is in the field of education. Where the Indonesian Minister of Education and Culture (Mendikbud) makes policies related to studying at home which aims to reduce the occurrence of physical interactions so that it will minimize the possibility of transmission of the Covid-19 virus and even the Minister of Education and Culture cancels the 2020 national exam. The Minister of Education and Culture hopes that with the implementation of online or distance learning students will also get new experiences in the learning process (Asmara, 2020; Fajar, 2020). Covid-19

first detected in Indonesia on March 2, 2020, as of August 23, 2020 Indonesia has reported 153,535 positive cases, with 6,680 deaths, 107,500 have recovered and 39,355 cases are being treated. The Indonesian government has tested 1,157,184 people from a total of 269 million population, which means around 4,292 people per one million population. (Wikipedia, 2020. Midwives' anxiety is based on how this virus spreads, namely through droplets when sneezing, coughing or talking. Droplets can stick to objects and surfaces such as tables, doorknobs, etc. A person can be infected by this virus when touching objects or the surface of the object which then touches the eyes, nose and mouth without washing hands (WHO, 2020).

Anxiety is a normal condition that occurs in various circumstances, such as growth, changes and new experiences (Mandagi, 2013). Anxiety is a feeling of fear that has no clear cause and is not supported by the existing situation (Usman, 2016). Anxiety cannot be avoided from everyday life (Saseno, 2013). Anxiety can be felt by everyone if they experience pressure and deep feelings that cause psychiatric problems and can develop in the long term (Shodiqoh, 2014)

In Indonesia, there are 107,000 midwives who experience anxiety in dealing with childbirth. In a study conducted by Astria (2019), midwives experienced more anxiety, namely 66.2% (Novitasari, 2013).

Deciding to become a midwife, of course, must be prepared with the demand to have certain skills in dealing with patients. This is very necessary because the work of a midwife is concerned with a person's life and survival. So that midwives must be able to act professionally in order to succeed properly and can minimize the possibility of malpractice. Health workers in providing health services are required to be able to provide quality services according to standards and based on the needs or problems of clients (Sujianti & Susanti, 2009). The demand to always give the best for the patient can trigger stress. Yolanda and Tualeka (2014) say that there is a relationship between the factors of the work carried out on the work stress of the midwife.

Anxiety disorders are one of the most common psychiatric disorders. According to a report by The National Comorbidity Study, one in four people meet the diagnostic criteria for at least one anxiety disorder. Anxiety disorders are also more common in women (30.5%) than men (19.2%), (Sadock, 2015). Symptoms of anxiety that arise are different for each individual. Symptoms of anxiety can include restlessness, dizziness, heart palpitations, tremors and so on. One source of anxiety stressors is pregnancy, especially in pregnant women who are mentally unstable (Ursman, 2016). In general, a mother who experiences pregnancy for the first time will feel happy and have a higher curiosity about her changes and fetal development. But at the same time, there is also a feeling of anxiety in pregnant women (Shodiqoh, 2014).

Wahyuningsih (2009), explained that in practice, midwives are often faced with a number of dilemmas, meaning difficult decisions are related to ethics. The dilemma arises because of a moral conflict, inner conflict or conflict between the values believed by the midwife and the existing reality. Rice and Warland (2013), stated that the empathy felt by midwives in hospitals led the midwives to feel traumatized when they had to help patients with traumatic deliveries. Leinweber and Rowe (2008), found that the high level of empathy in the midwifery-woman relationship in midwifery practice places midwives at risk of experiencing secondary traumatic stress when helping women with birth trauma. This secondary traumatic stress according to Figley (in Leinweber & Rowe, 2008) is the development of trauma due to stress that occurs as a result of direct involvement with people who have experienced trauma. The purpose of this study is to provide an overview of the experience of midwives in dealing with critical delivery situations, which is more emphasized on what midwives experience in critical situations and how midwives deal with critical situations of delivery assistance.

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Knowledge is the result of someone knowing about a certain object. A person's knowledge is influenced by the sense of hearing, the sense of sight, the sense of smell, the sense of taste and touch, but mostly influenced by the eyes and ears (Notoadmojo, 2007). Knowledge itself is influenced by educational factors, where it is expected that someone who is highly educated has high knowledge too, but that does not mean those with low education also have low knowledge.

Based on the initial survey conducted, at the time of the direct interview above as many as 15 pregnant women in preparing for childbirth. So with this research, it is hoped that mothers and midwives can reduce the anxiety of mothers who are preparing for childbirth. In addition, the reason this research was conducted at the UPT Puskesmas Seibamban, district. Batang attacks Langkat district, is a red zone for the spread of COVID-19 and increasing pregnancies at this time.

Based on the background that has been stated above, the authors are interested in conducting research on the relationship between knowledge and the level of anxiety of midwives in providing delivery assistance in the era of the covid-19 pandemic at the UPT Puskesmas Seibamban, Kec. Rod attack Langkat district in 2021

2. Method

2.1. Types of research

This type of research uses observational, namely data collection by direct observation to respondents with a cross-sectional time approach, which is a method of data collection that is carried out at a moment's time or one measurement.

2.2. Research design

The research design used in this research is. with a cross-sectional research approach, which is a study in which variables including effects are observed at the same time (Notoadmojo, 2010). In other words, this study is to see the relationship between variables, namely the independent variable by identifying whether there is a relationship between knowledge and the level of anxiety of midwives in providing delivery assistance during the COVID-19 pandemic era at the UPT Puskesmas Seibamban, Kec. Batang Langkat district attack in 2021.

2.3. Location Time

The location of the research was carried out at the Upt Health Center of Seibamban, Kec. Batang Serangan Langkat Regency. The reason the researchers chose this location was that there was a problem, namely during the Covid-19 pandemic, pregnant women would feel more and more anxious as many as 10 pregnant women in preparing for childbirth. So with this research, it is hoped that mothers and midwives can reduce the anxiety of mothers who are preparing for childbirth. In addition, the reason this research was conducted at the UPT Puskesmas Seibamban, district. Batang attacks Langkat district, is a red zone for the spread of COVID-19 and the increasing number of pregnancies at this time, no researcher has ever examined the relationship between knowledge and the level of anxiety of midwives in providing delivery assistance in the era of the covid-19 pandemic at the UPT Puskesmas seibamban kec.

2.4. Research time

TABLE 1
Research time

No	Information	Ma y	June	July	Aug	Sept	October
1.	Access Title	■					
2.	CHAPTER 1-3	■					
3.	Proposal Exam			■			
4.	Revision			■			
5.	Sending Research Letters				■		
6.	Study					■	
7.	Final session						■

2.5. Population In Research

The population is the entire research subject which includes all elements in the research area (Arikunto, 2015). The population in this study were all midwives, who were at the UPT Puskesmas Seibamban, district. The stems of the attack in Langkat district were as many as 10 midwives.

2.6. Research Sample

The sample is part or representative of the population under study. It is called sample research if we intend to generalize the results of sample research (Arikunto, 2015). The research sample is part of the entire object under study and is considered to represent the entire population (Setiadi, 2018), the sampling technique in this study is total sampling where all midwives in the study are all midwives at UPT Puskesmas seibemban kec. The attack rods of Langkat district were as many as 10 people.

2.7. Operational Definition of Research

The operational definition is a description of the limit of the variable in question, or about what is measured by the variable in question (Notoadmodjo, 2018). A variable is something that is used as a characteristic, trait or measure that is owned or obtained by a research unit about a certain concept of understanding (Notoadmodjo, 2018). In this study, the independent variable (X) is the knowledge factor; the dependent variable (Y) is anxiety.

TABLE 2

Research time				
Variable	Operational definition	Measuring instrument	Measurement Results	Measuring Scale
Independent				
Knowledge	Resultstaumidwife	Questionnaire	1.Good	ordinal
The level of anxiety of midwives in providing delivery assistance in the era of the covid-19 pandemic	about covid19 in pregnant women	Questionnaire	6-10 2 is not good 1-5	ordinal
			Light = 1-13 Medium = 14-26 Weight= 27-40	

3. Results and Discussion

3.1 Overview of the research site

Sei Bamban is one of the villages in Batang Serangan sub-district, Langkat regency, North Sumatra province, Indonesia. In Sei Bamban Village, there are 4 Play Group/PAUD, 4 RA, 3 SMP/MTs level schools, 5 SD/MIS level schools. Most of the residents of Sei Bamban Village make a living as farmers, employees, civil servants, and entrepreneurs. The hamlets in this village are Puji Dadi I, Puji Dadi II, Puji Dadi III, Puji Dadi IV, North Rejo Source, South Rejo Source, Jati Mulyo, Jati Mulyo Makmur, Sido Mulyo, Year X North, Year X South, Fort Exemplary, Klone I, Titi Belanga, and Year XI.

3.2 Demographic Data

TABLE 3
DEMOGRAPHIC KNOWLEDGE DATA WITH ANXIETY LEVEL OF INTERNAL MIDWIFE PROVIDING DELIVERY HELP IN THE ERA OF THE COVID-19 PANDEMIC

No	Demographic Data	Frequency	Percentage (%)
1	Midwife's Age		
	20-25 Years	0	0
	26-30 Years	0	0
	31-35 Years	4	40
	36-40 years old	6	60
	Amount	10	100%
2	Education		
	SENIOR HIGH SCHOOL	0	0
	D3	7	70
	S1	2	20
	D4	1	10
	Amount	10	100%
3	Work experience		
	1-5 years	8	80
	6-10 years	1	10
	11-15 years old	1	10
	Amount	10	100%

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Based on the demographic data above, from 10 respondents showed that the majority of the age of the midwives who were the sample of the study were aged with a range of 36-40 years, totaling 6 people with a percentage of 60%. The majority of the sample with D3 education is 7 people with a percentage of 70%, D4 is 1 person with a percentage of 10% and S1 is 2 people with a percentage of 20%. The majority of work experience for 1-5 years amounted to 8 people with a percentage of 80%, 6-10 years amounted to 1 person with a percentage of 10% and 11-15 years amounted to 1 person with a percentage of 10%.

3.3 Research result

TABLE 4
MIDWIFE KNOWLEDGE FREQUENCY DISTRIBUTION

No	Knowledge	Frequency	Percentage (%)
1	Well	5	50.0
2	Not good	5	50.0
Amount		10	100

From the data above, it can be concluded that the knowledge of midwives in providing delivery assistance during a pandemic is in the good category of 5 people with a percentage of 50% and not good with a percentage of 5 people with a percentage of 50%.

TABLE 5
FREQUENCY DISTRIBUTION OF MIDWIFE'S ANXIETY LEVEL

No	Worry	Frequency	Percentage (%)
1	Light	2	20.0
2	Currently	8	80.0
Amount		10	100

From the data above, it can be concluded that the level of anxiety of midwives in providing delivery assistance during a pandemic is in the mild category, amounting to 2 people with a percentage of 20% and moderate, amounting to 8 people with a percentage of 80%.

TABLE 6
FREQUENCY DISTRIBUTION OF MIDWIFE'S ANXIETY LEVEL

			Knowledge	Worry
Spearman's rho	Knowledge	Correlation Coefficient	1,000	.000
		Sig. (2-tailed)	.	1,000
	N		10	10
	Worry	Correlation Coefficient	.000	1,000
		Sig. (2-tailed)	1,000	.
	N		10	10

Based on the output above, it is known the significance value or sig. (2-tailed) of 0.000 < 0.05 which means that there is a relationship between knowledge and the level of anxiety of midwives in providing delivery assistance in the era of the covid-19 pandemic. And the positive correlation coefficient value is 1,000, which means that there is a strong relationship between the two variables.

3.4 Discussion

a. knowledge of midwives in providing delivery assistance during a pandemic at UPT Puskesmas Seibamban in 2021

From the results of data collection conducted by researchers, the knowledge of midwives in providing delivery assistance during a pandemic is in the good category, totaling 5 people with a percentage of 50% and not good, amounting to 5 people with a percentage of 50%. Knowledge is one of the factors that shape or influence a person's behavior. Good or poor knowledge does not always lead to the discipline to obey using PPE when working. This is because knowledge is only limited to the first level of knowledge, namely know. Knowledge is the result of knowing, and occurs after people sense a certain object. Knowledge or cognitive is a very important domain in shaping

one's actions (overt behavior). Knowledge is the result of individual observation and experience of something new that can be useful for the individual (Putri & Yustinus, 2014).

This is in line with the research of Arifin & Arif (2013) the level of knowledge in the use of PPE from the Chi Square test obtained p value of 0.227 so that there is no relationship between worker knowledge and operator worker compliance in the use of PPE. The researcher assumes that the number of respondents who are not right on duty are mostly midwives who work in the Inpatient Room and in the Outpatient Room at RSUD Banten.

Regular and intensive training for all health care providers is needed to improve preparedness and effectiveness in crisis management. This can be done by maintaining good communication, rotating work from high to low stress risk, support from coworkers, implementing flexible work schedules that are directly affected or have family members affected, access to mental health services and psychological support, connected with energy sources that give positivity and meaning to life, such as family, friends, prayers, etc. (Fitria Edni, 2020).

b. The level of anxiety of midwives in providing delivery assistance during a pandemic at UPT Puskesmas Seibamban in 2021

From the results of data collection conducted by researchers, the anxiety level of midwives in providing delivery assistance during a pandemic is in the mild category, amounting to 2 people with a percentage of 20% and moderate, amounting to 8 people with a percentage of 80%.

Anxiety disorders are the most frequent or frequent mental disorders. Anxiety can be understood as a pathological part of normal fear, manifested by disturbances in mood, as well as thought, behavior, and physiological activity. These anxiety disorders include panic disorder (with and without a history of agoraphobia), agoraphobia (with and without a history of panic disorder), generalized anxiety disorder, specific phobia, social phobia, obsessive-compulsive disorder, acute stress disorder, and post traumatic stress disorder. In addition, there are adjustment disorders with anxiety characteristics, and disorders due to general medical conditions and anxiety disorders due to one of the substances (Adwas et al., 2019).

Based on the results of the study, the midwife's anxiety level was measured using the anxiety measuring instrument GAD 7 (Generalized Anxiety Disorder-7) it was found that most of the respondents did not experience anxiety, namely 32 respondents (55.2%), less than half of the respondents experienced mild anxiety, namely 21 respondents (36.2%). The results of this study are not the same as the results of research conducted by Fadli, et al (2020) where it was found that most of the health workers experienced mild anxiety (65.2%) and those who did not experience anxiety (20.0%).

c. The relationship between knowledge and the level of anxiety of midwives in providing delivery assistance in the era of the COVID-19 pandemic.

From the results of data collection conducted by researchers that the significance value or sig. (2-tailed) of 0.000 < 0.05 which means that there is a relationship between knowledge and the level of anxiety of midwives in providing delivery assistance in the era of the covid-19 pandemic. And the positive correlation coefficient value is 1,000, which means that there is a strong relationship between the two variables. Covid-19 is a health problem that has a major impact on individuals and society. Different individuals and groups will experience different degrees of psychological crisis, but health professionals are the group that is most affected. Midwives who are part of primary health care in the protection and promotion of health as an important group in the public health system. It is very important for midwives to manage their own anxiety and anxiety in order to provide healthy psychosocial care to pregnant women who they will care for during pregnancy, childbirth and after delivery or the puerperium (Sögüt et al., 2020).

The most important factor that reduces stress for health workers such as midwives is when the family is in good health, not infected with COVID-19, and is believed to be not at risk of infection. A positive work environment with a guarantee of personal safety when working during the COVID-19 pandemic are the two main factors that may be the key to encouraging medical staff to continue working during the pandemic. The support they get from others and good coping strategies are related to their psychological status during epidemics of infectious diseases. Lack of support and poor coping strategies have been shown to be common predictors of acute and chronic post-traumatic stress and other mental health problems (Si et al., 2020).

d. Research Limitations

In this study, researchers experienced limitations in the data collection process due to pandemic conditions which made researchers unable to explore deeper samples and limited time in

the data collection process.

4. Conclusion

Based on the results of the research conducted and the data obtained at the UPT Puskesmas Seibamban, Batang Serangan District, Langkat Regency in 2021, it can be concluded as follows. The knowledge of the midwives of the UPT Puskesmas Seibamban, Batang Serangan District, Langkat Regency is in the good category. The anxiety level of the UPT midwife of the Seibamban Health Center, Batang Serangan District, Langkat Regency was in the medium category. There is a relationship between knowledge and the level of anxiety of midwives in providing delivery assistance in the era of the COVID-19 pandemic at the UPT Puskesmas Seibamban, Batang Serangan District, Langkat Regency in 2021.

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