

Description of Anxiety Level and Characteristics of Pregnant Mothers During the Covid-19 Pandemic at the Pratama Talia Clinic, Sub-District Pancur Batu Deli Serdang in 2022

R. Oktaviance S¹, Merlina Sinabariba², Aprilita Br Sitepu³, Angelina Agatha Br Sembiring⁴
Obstetrics, Stikes santa elisabeth medan

ARTICLE INFO

Article history:

Received Sep 22, 2022
Revised Sep 29, 2022
Accepted 20 Okt, 2022

Keywords:

Emergency
pregnant mother
COVID-19

ABSTRACT

The COVID-19 pandemic that has lasted for two years has actually caused anxiety disorders for pregnant women. Pregnant women who are positive for COVID-19 are also at higher risk for pregnancy complications. To find out the description of the level of anxiety and characteristics of pregnant women during the COVID-19 pandemic at the Talia Pratama Clinic in 2022. The sampling technique is Total Sampling with 50 respondents. Research results based on anxiety almost all experienced severe anxiety (58%), based on high school education (34%), based on farmer occupation (38%), based on age 20-35 years old (98%), based on income Rp. 1.5 million < 2 million (72%), based on multigravida parity (84%). The level of characteristics of pregnant women has a very important distribution in influencing the level of anxiety of pregnant women during the COVID-19 pandemic.

This is an open access article under the [CC BY-NC](https://creativecommons.org/licenses/by-nc/4.0/) license.



Corresponding Author:

R. Oktaviance S,
Program Studi Kebidanan
STIKes Santa Elisabeth Medan,
Email: ria.ok.88@gmail.com

INTRODUCTION

Anxiety is an emotion, a feeling that arises as an initial response to psychological stress and threats to values that are meaningful to individuals. Anxiety is often described as a feeling of uncertainty, doubt, helplessness, restlessness, worry, restlessness which is often accompanied by physical complaints. (Azizah, Zainuri, & Akbar, 2016)

Anxiety is a force that affects interpersonal relationships, a response to unknown dangers that arise when there are obstacles to meeting needs. Anxiety can be an alarm for the body to protect itself, communicated interpersonally and is a sign of threat that can be related to isolation, loss, identity disorders, punishment and interpersonal relationships. (Azizah, Zainuri, & Akbar, 2016)

Anxiety is different from fear. Fear is an intellectual judgment of obvious stimuli and objects, while anxiety is an emotional response to judgment. According to Sigmund Freud, anxiety is a tension within oneself without a clear object, an unconscious object and related to self-image. Anxiety arises because of threats to self-image/esteem by those closest to them. In adults because of prestige and self-respect against threats from others. According to Cook and Fontaine, anxiety is a feeling of not being \ comfort that occurs in response to fear of bodily injury to the loss of something of value. (Azizah, Zainuri, & Akbar, 2016)

According to (Usman et al., 2016) anxiety is a normal condition in human life can occur in various circumstances such as growth, change and new experiences in his life. The anxiety can be felt by everyone when experiencing pressure and stress Deep feelings that cause psychiatric problems and can develop over time long. One of the sources of anxiety stressors is pregnancy, especially for pregnant women because their souls are still alive unstable Anxiety experienced by every pregnant woman has a different level of anxiety, some easily anxious and some are not really worried about every situation they experience, depending on how the pregnant woman is taking care of and preparing for her pregnancy. (Silawati & Siauta, 2021)

At a certain gestational age, a woman will experience different levels of fear, along with with the development of the fetus in the womb. At the earliest age, which women generally begin to experience feelings of fear or depression, usually occurs at the age of pregnancy which has entered the third trimester. In the health dictionary, the phase of fear that women often experience is often referred to as "antenatal depression" (Mutmainah, 2019)

Pregnancy is a process of forming a fetus starting from the period of conception until the term of gestation is 280 days (40 weeks or 9 balances 7 days, which is calculated from birth of the fetus Sense A2 April 2022 Science Midwifery ISSN 2006- rm1 271-9453 no the first day of the last menstruation. Pregnancy is divided into 3 trimesters, each of which is 13 weeks or 3 calendar calendars. (Munthe, Adethia, L.simbolon, & Damanik, 2019)

During pregnancy, there are physiological changes to pregnant women, including changes in the uterus. vagina and valves. ovaries. Cervical Uterine, Breast/Mamae, Endocrine System Immune System, system. digestive system, cardiovascular system, urinary tract system, endocrine system, weight gain, blood circulation and endocrine system (Enggar, Rini, & Pont, 2014)

In general, the candidate will experience phases where he experiences fear, or worries about the period of pregnancy until the birth that will be lived. There is a phase where they experience a kind of depression, neither severe nor mild, which may be innate from the presence of the prospective husband's heart (Mutmainah, 2019)

Cases of the SARS-CoV-2 coronavirus. The cause of COVID-19 in humans was first reported in the city Watan China (China) in early December 2019. Coronavirus is an RNA virus similar to Avian Influenza Virus or Avian Influenza Virus (AIV) and both have antigenic drift (genetic shift) properties. Thus, like AIV, coronaviruses are capable of experiencing high mutation rates and recombination to produce coronavirus strains that are not recognized by the immune system so that coronaviruses can cause pick-and-drop pandemics in humans. (Wasito & Wuryastuti, 2020)

Symptoms of COVID-19 that appear in general are based on an analytical study conducted by Fu et al. (2020) is the onset of clinical manifestations in the form of fever, cough, fatigue, coot pain, increased production of phlegm secretions, shortness of breath, chest pain, chills, headache, swallowing pain, balance disorders, diarrhea, mucus discharge from the nasal mucosa, nausea and vomiting, coughing up blood. , nasal congestion and asymptomatic. (Dhiani & dkk, 2020)

To date, there is no antiviral chat on specific treatment for COVID-19 patients. Human rendeerits COVII-19 due to SARS-CoV-2 infection can be treated with supportive drugs that can suppress the onset of clinical symptoms. (Wasito & Wuryastuti, 2020)

According to WHO (2020). The COVID-19 pandemic has unsettled many people, causing mass paranoia. Stigma that has been ingrained in society's mind can have a huge impact on people with COVID-13. Stigma that results in acts of discrimination against people affected by COVID-19. Five people who have contracted COVID-19 are explored and feared by those around them. Such treatment can have a negative impact on those who suffer from this disease, especially According to WHO, (2020), the COVID-19 pandemic has unsettled many people, causing mass paranoia. Stigma that has been embedded in people's minds can have a big impact on people with COVID 19. Stigma that results in acts of discrimination against people affected by COVID-19. Where people who are infected with COVID-19 are explored and feared by those around them. Such treatment can have a negative impact on those who suffer from this disease, especially for women Famil. People who do

not have the disease but share characteristics with this group may also experience the same stigma. (Silawati & Siauta, 2021)

The existence of this COVID-19 pandemic has created several prosoko! or new guidelines for a situation patients, one of which is pregnant women and about to give birth (CDC 2020). During the gestation period almost most pregnant women often experience anxiety, and the only difference is the level of anxiety (Kubin, 2013). According to Sitepa, (2016), the number of anxiety in pregnant women in dealing with delivery is still quite high. The United Nations International Children's Emergency Fard (UNICEF) said: Scientific evidence released by the journal Pediatrics in 2006 in the world revealed that the mainland experiencing problems in childbirth about 12,230,142 people and 30% of them are anxiety (Pratiwi, 2021)

Menara (Poon et al., 2020) the presence of the COVID-19 pandemic can be a very risky factor that can lead to increased anxiety in pregnant women! Where the high risk of renularity and death triggers the emergence of fear and concern regarding neonatal growth and development due to complications from COVIL-19 infection. Therefore, sangur pregnant women need special attention regarding the prevention of the diagnosis and management of COVID-19. (Silawati & Siauta, 2021)

Lebelet al (2020) said in his research that anxiety in pregnant women can also be diagnosed because of concerns about not getting adequate prenatal care during a pandemic so that later it can trigger various other symptoms and diseases. (Silawati & Siauta, 2021)

Efforts to prevent the transmission of COVII-19 in pregnant women are very important, so that pregnant women are safe and do not contract the transmission of COVII-19. Some of the things that pregnant women can do to prevent transmission of COVIL 19 are for the first time to have a pregnancy checkup, make an appointment with COVID-19 in general, postpone a pregnancy check to a health worker if there are no danger signs in pregnancy. 89). Filling in the Delivery Planning Program and Prevention of Complications (P4K) stickers, guided by midwives/nurses/doctors through communication media, checking the condition of herself and her fetus's movements, checking for any danger signs of pregnancy and problems during pregnancy and if there are no problems/danger signs as described above. listed in the MCH book tal 8-9, the pregnancy test can be postponed. (Widyaiswara, 2020)

RESEARCH METHOD

The sample is part of the population with characteristics that make repeat visits. The sample size is 50 pregnant women who check their pregnancies at the Talis Pratama Clinic. The sampling technique used was Tocal sampling, namely all pregnant women who visited the Talla Pratama. "This research design is descriptive in nature which aims to describe or explain the description of early detection of Anxiety Levels and characteristics of pregnant women during the COVID-19 pandemic at Kiini Frutama Talia in 2022. The instrument used in this study was a questionnaire. Respondents' answers collected were processed by descriptive statistics and presented in the form of a frequency distribution table.

RESULTS AND DISCUSSION

Sub Title

After conducting research on 50 respondents related to the description of anxiety levels and characteristics of pregnant women during the COVID-19 pandemic at the Talia Pratama Clinic, Pancar Batu District, Deli Serdang Regency in 2022, the results were as follows:

Table 1. Frequency Distribution of the Characteristics of Pregnant Women During the COVID-19 Pandemic at Talia Pratama Clinic Pancur Batu Subdistrict Deli Serdang Regency in 2022

No	Characteristics	Frequency (f)	(Percentage%)
----	-----------------	---------------	---------------

1	Education		
	a. Sarjana	14	28
	b. Sma	17	34
	c. Smp	12	24
	d. Sd	4	8
	e. Tidak Sekolah	3	6
	Total	50	10
2	Retired		
	a. Pensiunan	0	28
	b. Pns	8	34
	c. Swasta	8	24
	d. Petani	19	8
	e. Irt	15	6
	Total	50	10
3	Age of Pregnant Mothers		
	1. ≤19	1	2
	2. 20-35	49	98
	3. > 35	0	0
	Total	50	100
4	Income		
	Rp 1,5 million -2 million	36	72
	Rp > 2 million- 3 million	3	6
	Rp > 3 million	11	12
	Total	50	100
5	Parity		
	Primigravida,Feriamapregnancy	8	16
	pregnancy>1- <5	42	84
	pregnancy >5	0	0
	total	50	100

Primary Data Sources 2023

Based on Table 5.1. shows that the description of the characteristics of the respondents based on the education of the respondents most of them have high school education as many as 17 people (34%), followed by the undergraduate education category 14 people (28%), junior high school education 12 people (24%), elementary school 4 people (8%) and no school 3 people (6%). Characteristics of Respondents based on occupation, mostly farmers as many as 13 people (38%), then followed by work as household workers 15 people (30%). private employees work 8 people (16%) and civil servants 8 people (15%) Characteristics based on the age of the respondents mostly aged 20-35 years as many as 49 people (38%) and a small portion of the Asian category <19 years as many as 1 person (2%). Characteristics based on the income of the respondents, most of them have an income of Rp. 1.5 million < 2 million as many as 36 people (72%). followed by income in the income category of Rp. 23 million as many as 11 people (22%) and a small portion of the income category of Rp. 2 million, 3 million people (6%). Characteristics based on parity of respondents, most of parity are multigravida paris category, 155 pregnancies as many as 42 people (84%), followed by primigravida category as many as 16 people (16%).

Table 2. Frequency Distribution of Pregnant Women During the COVID-19 Pandemic at the Talia District Pratama Clinic Pancur Batu Deli Serdang Regency 2022

No	Characteristics	Frequency (f)	(Percentage%)
1	Emergency light score 30 - 52	5	10
2	Moderate anxiety, Score 53 - 74	16	32
3	Moderate anxiety, Score 75-97	29	58
4	Panic Emergency Score 98 - 120	0	0

Based on the results of the study, data on the frequency distribution of pregnant women's anxiety levels during the COVID-19 pandemic were obtained at the Talia Pratama Clinic, Pancur Hasit District, Deli Serdang Regency as follows. in table 2. above, it can be seen that the frequency distribution of anxiety levels. Pregnant Women During the COVID-19 Pandemic i Pratama Talia Clinic, Pancur Buta Subdistrict, Deli Serdang Regency In 2022 of 50 pregnant women mostly had severe anxiety category as many as 29 people (58%) followed by moderate anxiety category as many as 15 people (32) and a small proportion have the category of not being anxious as many as people (10%).

CONCLUSIONS

Based on the results of a study with 50 respondents regarding the description of anxiety levels and characteristics of pregnant women during the Covid-19 pandemic at the Talia Pratama Clinic, Pancur Batu District, Deli Serdang Regency in 2022. 19 at the Talia Pratama Clinic, Fanour Bats Subdistrict, Deli Serdang Regency, most of them had severe anxiety with a score of 75-37 as many as 29 people, namely five eight percent (58%). Shows that the characteristics and description of the frequency distribution of educated pregnant women at the Talia Pratama Clinic, Fancer Bats District, Deli Serdang Regency during the COVID-19 pandemic, most of them had high school education, namely 17 people, namely 34% (three broken four percent), jobs as petards were as many as 17 people. 19 people, 38 (thirty eight percent), 20-35 years old, 49 people, which is 98% (ninety eight percent), income of Rp. 1.5 million, 2 million, namely 36 people, 72% (seven) twenty two percent) and most of the parity of Thu Pregnant are multigravida yar as many as 42 people, which is 847% (eight four percent)

References

- Azizah, L. M., Zainuri, I.,a & Akbar, A. (2016). *BUKU AJAR KEPERAWATAN KESEHATAN JIWA - Teori dan Aplikasi Praktik Klinik*. Yogyakarta: Infomedia Pustaka.
- Dhiani, B. A., & dkk. (2020). *Hidup Bersama COVID-19*. Purwokerto: UM Purwokerto Press (Anggota APPTI).
- Enggar, Rini, A. S., & Pont, A. (2014). *Buku Ajar Asuhan Kehamilan*. Bogor: In Media.
- Mutmainah, A. (2019). *Ternyata Hamil Dan Melahirkan Tanpa Rasa Takut Itu Mudah*. Yogyakarta: Healthly.
- Munthe, J., Adethia, K., L.simbolon, M., & Damanik, L. P. (2019). *Buku Ajar Asuhan Kebidanan Berkesinambungan (Continuity of care)*. Jakarta: CV. Trans Info Media.
- Wasito, H., & Wuryastuti, H. (2020). *Coronavirus-Kupas Tuntas Sejarah, Sumber, Penyebaran, Patogenesis, Pendekatan Diagnosis dan Gejala Klinis Coronavirus Pada Hewan dan Manusia*. Yogyakarta: Lily Publisher.
- Fatimah, & Nuryaningsih. (2017). *Buku Ajaran Asuhan Kebidanan Kehamilan*. Jakarta: Fakultas Kedokteran dan Kesehatan Universitas Muhammadiyah Jakarta (Vol. 53, Issue 9).
- Gray, J. R., Grove, S. K., & Sutherland, S. (2017). *Burns and Grove's the practice of nursing research: appraisal, synthesis, and generation of evidence*. Elsevier, 8, 1-1192.
- Gustinerz, (2021). *4 Instrumen/Alat Ukur Pengkajian Kecemasan* . Gustinerz: <https://gustinerz.com/4-instrumen-alat-ukur-pengkajian-kecemasan/>
- Lilik Ma'rifatul Azizah, I. Z. (2016). *BUKU AJAR KEPERAWAN KESEHATAN JIWA - Teori dan Aplikasi Praktik Klinik*. Yogyakarta: Indomedia Pustaka.
- Nursalam. (2013). *Metodologi Penelitian Ilmu Keperawatan :Pendekatan Praktis*, Salemba Medika. https://doi.org/10.1007/0-387-36274-6_24
- Polit, D. F., & Beck, C. T. (2012). *Nursing Research Principles And Methods* (Sevent Ed). Lippincott Williams & Wilkins.
- Wenhong, Z. (2020). *Panduan Pencegahan Dan Pengawasan COVID-19*. Jakarta: Papas Sinar Sinanti.
- Xanda, A. N. (2020). *Buku Ajar Askeb I (Kehamilan)*. Bandar Lampung.
- Jurnal**
- Kisworo, D. A. (2021). *Kecemasan Ibu Hamil Pada Masa Pandemi Covid-19: Study Literature Review*. 3(March), 6. Universitas Muhammadiyah Magelang, Magelang :

- http://eprintslib.ummgl.ac.id/2806/2/16.0603.0002_BAB%20I_BAB%20II_BAB%20III_BAB%20V_DAFTAR%20PUSTAKA%20-%20Agus%20Kisworo.pdf
- Pratiwi, I. (2021). *Tingkat kecemasan ibu hamil pada masa pandemi covid-19 di praktik dr. indra gunasti munthe, m.ked (og), sp.og(k). medan*. Medan : <https://repositori.usu.ac.id/handle/123456789/46114>
- R.Oktaviance, Aprilita, & Gunny N, G. S. (2021). *Gambaran Deteksi Dini Anemia pada Ibu Hamil di Klinik Helen Tarigan Tahun 2021*. *Healthcaring: Jurnal Ilmiah Kesehatan*, 1(1), 36-48. <https://doi.org/10.47709/healthcaring.v1i1.1319>
- Silawati, V., & Siauta, J. A. (2021). *Analisis Kecemasan Pada Ibu Hamil Masa Pandemi Covid-19 Di Wilayah Kerja Puskesmas Ratu Jaya Depok, Jakarta*:<http://repository.unas.ac.id/4585/1/LAPORANPENELITIANANGENAP2021.pdf>
- Artikel/Modul/Diklat**
- Azmi, Faiq, (2022). *Ini Prediksi epidemiolog Soal Pandemi Covid-19 Di Indonesia Jadi Endemi*. Jakarta: Detik Jatim, <https://www.detik.com/jatim/berita/d-5980406/ini-prediksi-epidemiolog-soal-pandemi-covid-19-di-indonesia-jadi-endemi>
- Cuy/JPNP, (2022). *BIN : Indonesia Memasuki Masa Prakondisi Transisi Pandemi Ke Endemi*. Jakarta: JPNN, <https://www.jpnn.com/news/bin-indonesia-memasuki-masa-prakondisi-transisi-pandemi-ke-endemi?page=2>
- Hayati, S. S. (2020). *Gambaran Tingkat Kecemasan Pada Ibu Hamil di Masa Pandemi COVID-19 di Wilayah Kerja Puskesmas Abai, Solok Selatan*. 95. Universitas Sumatera Utara : <https://repositori.usu.ac.id/browse?type=author&value=Hayati%2C+Sania+Sofi>
- Herliafifah, R. (2022, Januari 27). *Hello Sehat Dan Kemenkes*. Dipetik Juni 12, 2022, dari [hellosehat.com](https://hellosehat.com/kehamilan/kandungan/perkembangan-trimester-kehamilan): <https://hellosehat.com/kehamilan/kandungan/perkembangan-trimester-kehamilan>
- Hermia Sukabumi, (2021). *Gejala Covid-19 Pada Ibu Hamil Dan Pengaruhnya Pada janin*. Jakarta: Rumah Sakit Hermia, <https://herminahospitals.com/id/articles/gejala-covid-19-pada-ibu-hamil-dan-pengaruhnya-pada-janin.html>
- Kabupaten Kendal, (2022). *Kenalan Dengan COVID-19*. Kendal: <https://corona.kendalkab.go.id/berita/profil/kenalan-dengan-covid-19>
- Kemkes RI, (2022). *Pasien Positif COVID-19 Tanpa Gejala, Cukup Isoman*. Jakarta: Kementerian Kesehatan Republik Indonesia, <https://www.kemkes.go.id/article/view/22020400001/pasien-positif-covid-19-tanpa-gejala-cukup-isoman.html>
- Nugrahani, Andari Wulan, (2022). *Update COVID-19 Global 4 April 2022 : Infeksi COVID-19 Capai 491.561.800 Kasus*. *TribunNews.com*, <https://www.tribunnews.com/corona/2022/04/04/update-covid-19-global-4-april-2022-infeksi-covid-19-capai-491561800-kasus>
- Rokom, Kementerian Kesehatan Republik Indonesia, (2022). *Pemerintah Tidak Terburu-buru Melakukan Transisi Dari Pandemi Ke Endemi*. Jakarta: <https://sehatnegeriku.kemkes.go.id/baca/rilis-media/20220315/1539530/pemerintah-tidak-terburu-buru-melakukan-transisi-dari-pandemi-ke-endemi/>
- Siregar, Wahyudi Aulia, (2021). *Angka Kematian Ibu Hamil Capai 119 Kasus, 27 Meninggal Karena Covid-19*. Medan : [iNewsSumut.id](https://sumut.inews.id/berita/angka-kematian-ibu-hamil-di-sumut-capai-119-kasus-27-meninggal-karena-covid-19), <https://sumut.inews.id/berita/angka-kematian-ibu-hamil-di-sumut-capai-119-kasus-27-meninggal-karena-covid-19>
- Susanto, Agus. *Bahan Ajar 3 Statistika Matematika Kelas XII*, <https://files1.simpkb.id/guruberbagi/rpp/152515-1600779090.pdf>
- Veratamala, Arinda (2021). *Begini Perubahan Fisik Saat Hamil Trimester Pertama, Kedua, Ketiga*. *Hello Sehat* : <https://hellosehat.com/kehamilan/kandungan/perubahan-tubuh-di-trimester-pertama/>
- Veronika, D. P. (2022, Maret 16). *Alodokter*. Dipetik Juni 13, 2022, dari [Alodokter.com](https://www.alodokter.com/virus-corona): <https://www.alodokter.com/virus-corona>
- Widyaiswara, Agustina Catur S, (2020). *Bagaimana Ibu Hamil Menjaga kesehatannya dalam Era Pandemi Covid 19 Ini?*, Semarang : Badan Pelatihan Kesehatan Semarang, <https://web.bapelkessemarang.id/artikel/bagaimana-ibu-hamil-menjaga-kesehatannya-dalam-era-pandemi-covid-19-ini/>