

The Relationship of Covid-19 Pandemic Anxiety with Ante-Natal Care Examination at Sei Semayang Puskesmas, Sunggal District, Deli Serdang Regency

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ABSTRACT

The Corona Virus (Covid-19) is a non-natural disaster that increases deaths that have an impact on Indonesia's social economy. This makes pregnant women feel anxious. Ethiopia, Nigeria, Senegal, South Africa, Uganda, and Zimbabwe have a high prevalence of mental anxiety problems including pregnant women (25.6%) and postpartum mothers (19.8%). Anxiety disorders can interfere with the growth and contraction of uterine muscles, affecting both mother and baby. This study aims: to determine the relationship between COVID-19 pandemic anxiety and pregnancy check-ups at the Sei Semayang Health Center, Sunggal District, Deli Serdang Regency. Research Population: The population is all elements / research subjects of pregnant women at the Sei Semayang Health Center, Sunggal District, Deli Serdang Regency as many as 33 samples. Research Type: This research is in the form of an analytic survey, using a cross sectional with Ante Natal Care (ANC) with sampling through interviews with respondents using a questionnaire called primary data and documenting data collection from the annual report of the Sei Semayang Health Center, Sunggal District, Deli Serdang Regency. The results of the study: The relationship between Covid-19 pandemic anxiety and Ante Natal Care (ANC) examination with a p value 0.006.

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INTRODUCTION

The Corona Virus, also known as COVID-19, is a non-natural disaster that increases deaths and property losses, expands the disaster area, and has an impact on Indonesia's socio-economic status. Pregnant women, maternity, postpartum mothers, and newborns are sensitive to COVID-19 infection, access and quality of health care for mothers and babies are disrupted.

Antenatal care (ANC) is one of the early risk factors for pregnancy prevention. According to the World Health Organization (WHO). Pregnant women who do not undergo ANC during their pregnancy have a higher risk of having a difficult delivery, and it is not known whether the

pregnancy was successful or whether she has high-risk obstetric problems that threaten the mother and fetus. Cause pain and death (Saifuddin, 2015).

Ethiopia, Nigeria, Senegal, South Africa, Uganda and Zimbabwe have a high prevalence of mental problems among pregnant women (15,696) and postpartum mothers (19.84c) (Health Organization) 2013 8196 pregnant women in the UK experienced mental health problems. In France, 7,996 experienced anxiety, 11.89 depression, 13.29c anxiety, and 134 depression (Ibanez, 2015).

Anxiety can interfere with the growth and contraction of uterine muscles, affecting both mother and baby (Novitasari, 2013). The 2019 Astria study showed that anxious pregnant women have premature babies, which also affects child development and birth weight (Shahhosseini, et al, 2015). During the pandemic, 472 pregnant women in the UK were hospitalized for the coronavirus and their newborn babies. One in ten women require critical care, and five die, but the cause of the virus remains unknown (UKOSS, 2020).

The January 2021 study at the Sei Semayang Health Center, Sunggal District, Deli Serdang Regency, found 9 pregnant women, including 5 people experiencing anxiety as a result of the Covid-19 pandemic and still afraid to leave the house for ante-natal care. Based on the description of the background, researchers are interested in taking the title The Relationship of Covid-19 Pandemic Anxiety with Ante Natal Care Examination at the Sei Semayang Health Center, Sunggal District, Deli Serdang Regency.

RESEARCH METHOD

This type of research is a research study in the form of an analytical survey, using a cross sectional, which is used to examine an event in real time, allowing the dependent variable and the independent variable to be measured simultaneously. Data collection was carried out from January 1 to March 30, 2021. The complete population was sampled in this study, namely 2, pregnant who visited the Sei Semayang Health Center, Sunggal District, Deli Serdang Regency as many as 33 samples. Data obtained through interviews with respondents using questionnaires is referred to as primary data. Documenting data collection from various textual sources relevant to the research topic. The data collection approach uses documentation procedures to obtain secondary data, or information that can be found at the puskesmas, such as the annual report of the Sei Semayang Health Center, Sunggal District, Deli Serdang Regency.

RESULTS AND DISCUSSIONS

Table 1. Characteristics of respondents

No	characteristics	N	%
1	Age		
	<20 Years	2	6,1
	20-35 Years	27	81,1
	>35 Years	4	1,1
	Total	33	100
2	Education		
	SD	2	6,1
	SLTP	10	30,3
	SLTA/SMK	17	51,5
	Diploma/Sarjana	4	12,1
	Total	33	100
3	Work		
	Doesn't work/IRT	10	30,3
	Wiraswasta/Pedagang	15	45,5
	Pegawai Swasta	6	18,2
	PNS	2	6,1
	Total	33	100

4 Parity		
1 st child	8	24,2
2 st child	14	42,2
3 st child	9	27,3
4 st child	2	6,1
5 Trimester		
TM 1	13	39,4
TM 2	16	48,5
TM 3	4	12,1
Total	33	100

In table 1 Based on the findings of this study, pregnant women aged between 30-35 years, with a total of 27 respondents (81.8%), high school education 17 respondents (51.5%), entrepreneurship 25 respondents (45.5%), Parity 2 as many as 14 respondents (42.4%), and Trimester 2 as many as 16 respondents (48.5%).

Table 2. Distribution of the frequency of Anxiety Levels of Pregnant Women in ANC Visits

No	Kecemasan	N	%
1	Tidak Cemas	15	45,5
2	Cemas	18	54,6

In table 2. it can be concluded that pregnant women experienced tension during the Covid 19 pandemic as many as 18 respondents (54.5%) higher than those who did not experience 45.5% (15 respondents).

Table 3. Distribution of the frequency of Pregnant Women Who Do Ante Natal Care

No	Ante Natal Care	N	%
1	Melakukan ANC	14	42,4
2	Tidak Melakukan ANC	19	57,6

In table 3. there were 19 (57.6%) pregnant women who did not receive Ante Natal Care during the Covid-19 epidemic, more than 14 respondents (42.4%).

Table 4. Distribution of the frequency of Pregnant Women Who Do Ante Natal Care

Kecemasan	Melakukan ANC		Tidak Melakukan ANC		Jumlah		Signifikan
	n	%	N	%	N	%	
Tidak Cemas	11	73,3	4	26,7	15	100	$p = 0,001$
Cemas	3	16,7	15	83,3	18	100	

In table 4. According to the data above, 15 pregnant women (83.3%) who experienced anxiety during the Covid 19 outbreak did not receive antenatal care. 26.7% During the Covid 19 epidemic, there was a p value - 0001 relationship between anxiety and prenatal care.

Discussion

This analysis was conducted at the Puskesmas using a sample of 33 respondents who were taken through a total sampling approach. Based on the analysis findings, the age of the respondents ranged from 20 to 35 years, with a total of 27 respondents (81.8%). Although there has not been much research on COVID-19 pandemic anxiety with Ante Natal Care Examination, according to research conducted by Mardjun (2019), the age of the respondents is 20-35 years old because this age is a very prime age when a person is born.

Due to underdeveloped mental and mental preparation, as well as lack of experience, young people are more prone to anxiety. Manuaba (2017) When a person reaches a certain age, his level of maturity and strength increases, and a more mature thinking style prepares a person for any situation. In this study, the young age of the respondents was a factor of their concern during the Covid 19 outbreak, so they did not receive Ante Natal Care (ANC). of pregnant women who had experienced

20 respondents (60.69%) According to the questionnaire question items, the number of victims of COVID-19 is increasing, and its spread is becoming faster and wider. During the Covid 19 pandemic, activities outside the home were reduced, this also caused anxiety and worry for respondents because most of the jobs were as entrepreneurs/traders, so respondents were worried that their income would decrease during the Covid 19 pandemic. Many things which causes respondents' anxiety during the COVID-19 pandemic and this is also the reason why respondents do not perform Ante Natal Care (ANC).

CONCLUSION

From research and exposure related to the Relationship between Covid-19 Pandemic Anxiety and Ante Natal Care (ANC) Examination with a p value of 0.006 at the Sei Semayang Health Center, Sunggal District, Deli Serdang Regency, it was found after conducting a study entitled The Relationship of Covid-19 Pandemic Anxiety and Ante Natal Care Examination Arta Sunggal. , Deli Serdang Regency, Sei Semayang Health Center. Respondents can minimize anxiety because it will have an impact on pregnancy to avoid disturbances to the fetus and to the mother by relaxing or diverting it with useful activities. The Sei Semayang Health Center in Sunggal District, Deli Serdang Regency has authorized it to strengthen Ante Natal Care (ANC) health promotion techniques through pamphlets and posters, so that respondents feel safe in their pregnancy despite the Covid-19 outbreak.

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