

## The Level of Anxiety of Pregnant Women and Postpartum Mothers During the Covid-19 Pandemic in Kejapan Sub-District

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### ABSTRACT

COVID-19 has an impact on people's welfare, it can be a psychological problem for pregnant women and postpartum mothers, one of which is anxiety. The purpose of this study was to determine the picture of the anxiety level of pregnant women and postpartum mothers during the COVID-19 pandemic. Research design is descriptive research. The samples were 28 pregnant women and 23 postpartum mothers in Kejapanan sub-district using cluster sampling technique. The instrument used is the perinatal anxiety screening scale (PASS). The results obtained were pregnant women and postpartum mothers in District Kejapanan, during the COVID-19 pandemic, the majority experienced anxiety on a mild-moderate scale.

**Keywords:** Anxiety; pregnant women; maternity mothers; COVID-19 pandemic

### INTRODUCTION

Factors that can trigger stress in pregnant women include discomfort during pregnancy, work, worries about childbirth, hormonal changes and the condition of the baby. The results of the study reported that based on information obtained from pregnant women with stress, various kinds of problems they experience include economic, family, work, and anxiety about pregnancy and childbirth (Taslim, Kundre and Masi, 2016).

COVID-19 (Coronavirus disease 2019) has been designated by the Government as non-natural national disasters. COVID-19 in Indonesia has caused many casualties, large material losses and has an impact on all aspects of people's lives, including social, economic and community welfare aspects (President of the Republic of Indonesia, 2020). The COVID-19 pandemic has caused many restrictions on almost all routine services, both in terms of access and quality, including restrictions in maternal and neonatal health services, such as reducing the frequency of pregnancy checks and delaying classes for pregnant women (Directorate of Family Health, 2020).

These conditions can cause psychological problems for pregnant women and postpartum mothers, which can cause anxiety. A study reported that depressive symptoms

and anxiety in pregnant women after the declaration of the COVID-19 pandemic were higher than before the declaration of COVID-19, including the tendency to want to hurt themselves (Wu et al., 2020). This can cause dangerous conditions during pregnancy, thus affecting the condition of the mother and fetus (Durankuş and Aksu, 2020). Studies that report anxiety related to COVID-19 are not only in pregnant women, but also in postpartum mothers (Nanjundaswamy et al., 2020).

## **METHOD**

The research design used is descriptive research. The target population in this study is pregnant women and postpartum mothers in Pasuruan Regency, the affordable population is pregnant women and postpartum mothers in Kejapanan District, Pasuruan Regency. The sample of this study was 30 pregnant women and 23 postpartum mothers in the Kejapanan District Area consisting of 12 villages. During the research process, there were two respondents of pregnant women who dropped, one mother miscarried and one mother withdrew related to the device used, so that the number of pregnant women who became respondents was 28 people. Sampling techniques that Used is Randoom Sapling cluster. Data was collected through filling out the respondents' biodata google form and the PASS (The perinatal anxiety screening scale) anxiety questionnaire. In the first week, respondents were asked to fill out a consent form to become a respondent and fill in a biodata. In week two, respondents were asked to fill out an anxiety questionnaire. Data analysis used frequency distribution of respondent characteristics and anxiety in pregnant women and postpartum mothers.

## **FINDING AND DISCUSSION**

The characteristics of respondents can be seen in table 1, namely the majority of respondents have the age of 20-35 years, high school education, housewife work, gravida 1 and have never had abortion.

**Table1.** Characteristics of Respondents

Parameter	Frequency			
	Pregnant Women		Porturition Women	
	N	%	N	%
<b>Age</b>				
< 20 years	0	0	2	9
20-35 years	24	86	20	87
>35 – 40 years	4	14	1	4
Total	28	100	23	100
<b>Education</b>				
SD	3	11	1	4
SMP	7	25	6	26
SMA/SMK	16	57	13	57
PT	2	7	3	13
Total	28	100	23	100
<b>Work</b>				
PNS	0	0	1	4
Employee	3	11	2	9
Swasta	1	4	0	0
housewives	22	78	19	83
Other	2	7	1	4
Total	28	100	23	100
<b>Gravida</b>				
1	11	39	8	35
2	9	32	8	35
3	5	18	5	22
4	2	7	1	4
5	0	0	1	4
6	1	4	0	0
Total	28	100	23	100
<b>Abortion</b>				
never	25	89	18	78
1 time	2	7	4	18
2 time	0	0	1	4
3 time	1	4	0	0
Total	28	100	23	100

**Table 2.** Distribution of anxiety frequency in pregnant women and postpartum mothers

	anxiety		anxiety	
	Pregnancy women		Nifas women	
	N	%	N	%
no berge ...	7	25	3	13
light - medium	18	64	16	70
heavy	3	11	4	17
Total	28	100	23	100

The results showed that, 75% of pregnant women in Kejapanan sub-district experience anxiety from mild-moderate to severe scale, with the majority of anxiety levels of pregnant women in the mild-moderate category (table 2). The results illustrate that, The majority of pregnant women in Kejapanan sub-district experience anxiety. This is in accordance with studies that report that pregnant women who experience anxiety during the COVID-19 pandemic reach 63-68%. Data illustrates that 40% of Obstetrics Gynecology Doctors have been contacted by more than ten pregnant women, due to anxiety related to COVID-19 (Nanjundaswamy et al., 2020).

Anxiety in pregnant women during the COVID-19 pandemic needs attention. A study reported that during the COVID-19 pandemic, pregnant women who experienced severe anxiety reached 57.5%, and there was a relationship between maternal anxiety and the readiness of 3rd trimester pregnant women to face childbirth during the COVID-19 pandemic (Angesti, 2020). This shows that the anxiety of pregnant women, including during the COVID-19 pandemic, needs to be handled appropriately so as not to interfere with readiness to face childbirth so that labor can run safely and safely.

The results also showed

that 87% of postpartum mothers experience anxiety with the majority of anxiety in the mild-moderate category (table 2), the results illustrate that the majority of postpartum mothers in Baturraden District experience anxiety during the COVID-19 pandemic. This is in accordance with a study that reported that EPDS (Edinburgh Postnatal Depression scale) subscale scores in postpartum mothers showed that mean scores for anhedonia, anxiety, and depression were all higher in the postpartum mother group during COVID-19 compared to the postpartum mother group one year earlier (Zanardo et al., 2020).

Anxiety in postpartum mothers, should also be a concern. A study reported that 59.5% of postpartum mothers experienced anxiety related to the COVID-19 pandemic and anxiety related to COVID-These 19 affect breast milk production (Tambaru, Hilda and Theresia, 2020). Another study reported that postpartum mothers' concerns about the risk of exposure to COVID-19, quarantine periods and measures adopted during the COVID-19 pandemic, could have an impact bad on new mothers' thinking and emotions and worsen depressive symptoms (Zanardo et al., 2020).

A study published several things that often or very often cause anxiety and concern related to COVID-19 in pregnant women and postpartum mothers are visits to the hospital for pregnancy checks (72.65%), COVID-19 protection methods (60.17%), messages on social media (52.14%), safety of babies from infection after birth (52.14), the influence of COVID-19 on the fetus (45.76%) and pregnancy outcomes (44.92) and safety for breastfeeding (44.44%) (Nanjundaswamy et al., 2020).

In general, anxiety in mothers

Pregnancy and postpartum mothers can have an impact on the health of the mother and fetus or baby. With the COVID-19 pandemic, it can increase the incidence or level of anxiety in pregnant women and postpartum mothers, so that the problem requires further treatment, to reduce the negative impact on the welfare of mothers and fetuses or babies. Our recommendation is that in every antenatal visit during the pandemic, both face-to-face and online, psychological assessments of pregnant women and postpartum mothers can be carried out more optimally, so that if psychological problems such as anxiety are detected, further management can be given immediately.

## CONCLUSION

The conclusion of this study is that pregnant women and postpartum mothers in Kejapanan District, during the COVID-19 pandemic, the majority experienced anxiety on a mild-moderate scale.

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