

Description of Pregnant Women's Perceptions About Physical Changes During Pregnancy at BPM Titin Khamidah SST in Trowulan Village Trowulan District Mojokerto

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ABSTRACT

Pregnancy is a time of physiological changes, discomfort, and difficulty in adapting, leading many mothers to view it as unnatural. This research aimed to understand pregnant women's perceptions of physical changes during pregnancy. The study involved 39 pregnant women in the first trimester at BPM Titin Khamidah SST, Trowulan Village, Trowulan District, Mojokerto. Data was collected using a questionnaire instrument and processed through editing, coding, scoring, and tabulating. The majority of respondents had positive perceptions (55%), with a small number (45%) having negative perceptions (45%). Factors such as education, age, employment, and information sources influenced these perceptions. A positive perception can reduce anxiety during pregnancy. To improve perceptions, respondents should regularly attend antenatal care (ANC) or read mass media, aiming to change negative perceptions into positive ones.

Keywords: Perception, Physical Changes, Pregnancy

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INTRODUCTION

Pregnancy and childbirth is a process that can cause changes in a woman's body physiologically and psychologically, so some adjustments are needed to these changes. During the pregnancy process, pregnant women experience physiological changes, apart from that they will also experience discomfort during pregnancy such as fatigue, vaginal discharge, cravings, frequent urination, and emesis gravidarum (Kusmiyati, 2009). This uncomfortable condition causes them to have difficulty adapting to a situation that naturally occurs during pregnancy, so many mothers think that this situation is an unnatural situation. This occurs because of the lack of information received by the mother about the pregnancy period.

The 2012 Indonesian Health Demographic Survey (SDKI) Maternal Mortality Rate (MMR) was 359 per 100,000 live births, this number has increased from 2007 to 207 per 100,000 live births. This figure shows that the reduction in the Maternal Mortality Rate (MMR) in Indonesia is still far from what is expected to achieve the MDG's target of 102 per 100,000 live births in 2015. Based on data from the Ministry of Health in 2012 there were 3760 pregnant women who participated (16.4%) in the class of pregnant women from 22,946 pregnant women. In 2013, 9,398 pregnant women

participated in the pregnant women's class (43%) out of 21,811 pregnant women. According to data from the Mojokerto Regency Health Office, K1 and K4 coverage decreased in 2010 compared to 2015, namely K1 97.81% and K4 90.58% in 2010 to K1 97.2% and K4 83.14% in 2015. Based on the report Mojoanyar Community Health Center, Mojokerto Regency, the number of pregnant women in 2016 was 792 mothers and those who actively made K1 visits were 676 pregnant women (85.3%) and those who actively made K4 visits were 581 pregnant women (73.5%).

The results of Halimatus Sakdiah's (2015) research on maternal body image acceptance during the first pregnancy showed that the majority of respondents had a good level of acceptance, namely 18 respondents or 43%, then 13 respondents or 31% had poor body image acceptance, and the rest were about 11 respondents or 26% had moderate body image acceptance.

The results of a preliminary study conducted at BPM Titin Khamidah SST, Trowulan Village, Trowulan District, Mojokerto, using interview techniques for 6 respondents, obtained data from 4 pregnant women in the first and second trimesters (66%) who stated that they did not understand the physiological changes that occur during pregnancy, such as changes in the mother's skin, namely the appearance of brownish lines starting from the navel, the appearance of lines on the stomach, stomach enlargement that occurs every trimester, breast changes during pregnancy, so that they lack self-confidence during pregnancy. Meanwhile, 2 respondents from third trimester pregnant women (34%) stated that they understood enough about the physiological changes that occur during pregnancy so that they underwent their pregnancy comfortably and did not hinder the respondent's activities.

The physical changes that occur in pregnant women can be seen clearly. During the first trimester the body shape changes slightly and sometimes there are no visible changes, but in the second trimester there is a real enlargement of the abdomen, changes in the waist. Apart from that, changes in the body of pregnant women are due to changes in pigment which are usually visible on the skin around the forehead, cheeks and stomach. This pigmentation is caused by the increased influence of melanophore stimulating hormone (MSH). MSH is a hormone that is also released by the anterior lobe of the pituitary. On the face it usually looks like a mask called *chlausma gravidarium*, while on the stomach it is called *striae gravidarium* (Winkjosastro, 2007). These changes affect the pregnant woman's perception of the changes that occur. Perception is organizing and interpreting stimuli received by the sensory organs so that it becomes something meaningful and is an integrated response within the individual. Therefore, in sensing, people will associate it with the stimulus, whereas in perception, people will associate it with the object. With perception, individuals will be aware of the circumstances around them and also their own circumstances. Perception can be stated because the feelings, thinking abilities, and experiences of individuals are not the same, so in perceiving a stimulus, the results of the perception may be different between one individual and another. For pregnant women who cannot accept physical changes during pregnancy, they will feel afraid if their body shape gets worse. Women will lose control because they can no longer regulate their body weight like before pregnancy. Apart from that, women have their own worries if their body shape cannot return to the ideal shape and weight it had before pregnancy

Even though it contains various things Despite the various physical and psychological changes, pregnancy is actually a normal event. However, pregnancy needs to be dealt with specifically through appropriate adjustments so that the psychological condition and physical health of the pregnant mother and fetus can be maintained. The social network closest to pregnant women is the family. Through various forms of support provided by the family, it is hoped that prospective mothers can make better adjustments during their pregnancy (Saifudin, 2009).

METODE PENELITIAN

The design of this research is descriptive. The population of this study was all pregnant women in the first trimester, BPM Titin Khamidah SST, Trowulan Village, Trowulan District, Mojokerto, totaling 39 pregnant women. Samples were taken using a purposive sampling technique of 20 respondents. The variable in this research is the perception of pregnant women regarding physical changes during pregnancy. Data was collected using a questionnaire instrument and processed by editing, coding, scoring and tabulating.

RESEARCH RESULT

General Data

1. Respondent Characteristics based on Mother's Age

Table 1 Characteristics of Respondents Based on Mother's Age in BPM Titin Khamidah, SST Trowulan Village, Trowulan District, Mojokerto Regency, August 20 23

Age	F	%
< 20 Years	7	35
20-35 Years	13	65
> 35 Years	0	0
Total	20	100

Source: Primary Data, August 2023

Based on Table 4.1, it shows that the majority of mothers aged 20-35 years were 13 respondents (65%)

2. Respondent Characteristics based on Education

Table 2 Characteristics of Respondents Based on Education at BPM Titin Khamidah, SST Trowulan Village, Trowulan District, Mojokerto Regency, August 20 23

Education	F	%
Base	0	0
Intermediate	15	75
Tall	5	25
Total	20	100

Source: Primary Data, August 2023

Based on table 4.2, it shows that the majority of respondents had a secondary or high school educational background, 15 respondents (75%)

3. Characteristics of Respondents by Occupation

Table 3 Characteristics of Respondents Based on work at BPM Titin Khamidah, SST Trowulan Village, Trowulan District, Mojokerto Regency, August 2023

Work	F	%
Doesn't work	16	80
Work	4	20
Total	20	100

Source: Primary Data, August 2023

Based on table 4.3, it shows that the majority of respondents do not have jobs or are housewives, 16 respondents (80%)

4. Respondent Characteristics based on Information Source

Table 4 Characteristics of Respondents Based on Information Sources at BPM Titin Khamidah, SST Trowulan Village, Trowulan District, Mojokerto Regency, August 2023

Resources	F	%
Health workers	13	65
Mass media	4	20
Friends/Brothers	3	15
Total	20	100

Source: Primary Data, August 2023

Based on table 4.4, it shows that the majority of respondents received information from health workers, 13 respondents (65%).

Custom Data

1. Perception

Table 4.5 Characteristics of Respondents Based on Pregnant Women's Perceptions about Physical Changes During Pregnancy at BPM Titin Khamidah, SST, Trowulan Village, Trowulan District, Mojokerto Regency, August 2023

Perception of Pregnant Women	F	%
Positive	11	55
Negative	9	45
Total	20	100

Source: Primary Data, June 2023

Based on table 4 . 5 above, data obtained that the majority of respondents had a positive perception, 11 respondents (55%).

DISCUSSION

1. First trimester pregnant women's perception of physical changes during pregnancy

The results of research on the perceptions of pregnant women in the first trimester regarding physical changes during pregnancy at BPM Titin Khamidah, SST, Trowulan Village, Trowulan District, Mojokerto Regency, based on table 4.5, data shows that the majority of respondents had positive perceptions, 11 respondents (55%) and a small number had negative perceptions. as many as 9 respondents (45%)

According to Nirwana and Yayi Y, perception in the narrow sense is vision, how a person sees something, while in the broad sense it is view or vision, namely how a person sees or interprets something. Perception is the final process of observation which begins with sensing, namely the process of receiving a stimulus by the sensory organs, then the individual pays attention and it is transmitted to the brain, then the individual becomes aware of the existence of something. Through perception, individuals are aware of and can understand the environmental conditions around them and the things that exist within the individual concerned (Notoadmojo, 2010).

Respondents in this study showed that most of them had a positive perception about physical changes during pregnancy. Respondents considered that the changes that occur during pregnancy are normal and this occurs because mothers adapt to the conditions of pregnancy so that mothers experience changes in themselves. Meanwhile, respondents who had negative perceptions occurred because mothers still thought that these changes were not normal. This situation is even more worrying for mothers who are not yet ready, both physically and mentally, to face the situation at the start of pregnancy. This mother's perception occurs because it is influenced by education, information sources and the mother's age.

Based on the answers to the mother's questionnaire, it shows that on the awareness parameter, the mother strongly agrees with question number 5, where the mother must remain alert to the physical changes that occur during pregnancy, and in the experience aspect of questionnaire answers number 6 and number 10, answers with a value of 4 most often appear. Even though changes in pregnancy are normal changes, if the respondent cannot handle them well, they will turn into pathological conditions, such as excessive nausea and vomiting which will cause the mother to experience dehydration, too frequent dizziness can interfere with the mother's daily activities. day.

Based on maternal age, the data obtained was that most mothers aged 20-35 years were 13 respondents (65%).

According to Hurlock in Wawan and Dewi (2010), the older one is, the more mature a person's level of maturity and strength will be in thinking and working. In terms of public trust, someone who is more mature is more trusted than someone who is less mature. This is part of experience and mental maturity. In the book, Wawan and Dewi (2010) state that the older a person gets, the better their mental development processes become. However, at a certain age, this mental development process is not as fast as when you were a teenager, so it has an impact on behavior. This includes intelligence abilities, namely the ability to think abstractly, which greatly influences individual behavior.

The age of the respondents in this study is considered adulthood so that in terms of age the respondents already have sufficient understanding and maturity of thought

processes. With this provision, they were able to understand the information received both from health workers and from other people, and respondents were able to apply this information in dealing with situations that occurred during early pregnancy, especially regarding the physical changes they experienced, so that they had a positive perception.

Based on table 2, it shows that the majority of respondents had a secondary or high school educational background, 15 respondents (75%).

The higher a person's level of education, the easier it is to receive information. On the other hand, insufficient education will hinder the development of a person's attitude towards newly introduced values. Education is needed to obtain information, for example things that support health so that it can improve the quality of life. According to YB Mantra, education can influence a person, including a person's behavior and lifestyle, especially in motivating them to participate in development (Wawan and Dewi, 2010).

The educational background possessed by the respondent shows that the respondent is classified as having a secondary education background. With this educational background, respondents are capable enough to understand the changes that occur in early pregnancy so that they do not think too negatively about the changes they are experiencing.

Based on table 3, it shows that the majority of respondents do not have jobs or are housewives as many as 16 respondents (80%)

From a work perspective, work is generally a time-consuming activity. Working for mothers will have an influence on family life (Wawan and Dewi, 2010).

Most of the respondents in this study did not work or were only housewives. This situation shows that the respondents carry out more activities at home than outside the home, and the respondents' social interactions are more with people around their house. With activities that are not too busy, respondents have enough time to increase their information and insight about the physical changes that occur during pregnancy, so that with this increased knowledge they can think more positively and calmly in facing the changes that occur during pregnancy.

Based on table 4, it shows that the majority of respondents obtained information from health workers, 13 respondents (65%).

Various forms of mass media such as television, radio, newspapers, magazines and others have a big influence in forming people's opinions and beliefs. Mass media provides suggestive messages that direct a person's opinion. The presence of new information about something provides a new cognitive basis for forming attitudes towards that thing. If strong enough, suggestive messages will provide an affective basis for assessing something so that a certain direction is formed (Azwar, 2007).

Respondents in this study mostly obtained information about pregnancy from health workers. Information obtained from health workers is the information that is most trusted by respondents compared to other sources of information, so that they will better understand and comprehend the conditions they face during pregnancy, especially about the physical changes that occur during pregnancy.

CONCLUSION

Perceptions of pregnant women in the first trimester at BPM Titin Khamidah, SST, Trowulan Village, Trowulan District, Mojokerto Regency. Data obtained from the majority of respondents had positive perceptions as many as 11 respondents (55%) and a small number had negative perceptions as many as 9 respondents (45%). This happens because it is influenced by the factors of education, age, employment and the respondent's source of information. The more positive the mother's perception, the more the mother will be able to reduce the anxiety during experienced pregnancy.

Respondents should be able to increase their information and insight about physical changes during pregnancy, for example by regularly attending ANC or reading from the mass media so that negative perceptions can change to positive ones and respondents can maintain their health during pregnancy until delivery and postpartum. It is recommended that health workers be more optimal in providing midwifery care to pregnant women, especially regarding explaining the physical changes that occur during pregnancy so that pregnant women can adapt better. It is recommended that future researchers research the factors that influence mothers' perceptions of changes in pregnancy so that research results can be further developed.

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