

## The Anxiety of Pregnant Women as a Determinant of Integrated Antenatal Care Visits During the Covid-19 Pandemic

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### ABSTRACT

**Introduction:** During this covid-19 pandemic, there are many restrictions on all routine services, including Maternal and Neonatal Health services, taking into account the prevention of transmission to pregnant women and health workers who examine them. In this situation, many pregnant women are reluctant to visit the Puskesmas or other healthcare facilities because of the mother's anxiety about being infected, especially with the new variant of covid-19. The purpose of the study was to describe the anxiety of pregnant women as a determinant of Antenatal Care (ANC) visits during the covid-19 pandemic. **Methods:** This research design is a descriptive correlational survey using a quantitative approach with a cross-sectional study design. Samples were taken with a total sampling of 230 respondents. The source of the data is the result of filling out the questionnaire sheet for the respondents. The questionnaire contains the identification of characteristics and an anxiety questionnaire using the Perinatal Anxiety Screening Scale (PASS). **Results:** ANC visits at the independent practice of obstetricians 42% and asymptomatic anxiety 75%. Health workers are expected to provide nursing services to be more intensive in providing health education and actual information about COVID-19 to pregnant women to reduce the risk of pregnancy complications due to anxiety.

**Keywords:** ANC; Covid-19; Mother's anxiety

### INTRODUCTION

The total number of patients contaminated with covid-19 was a group of pregnant women, there were 4.9% of pregnant women who were confirmed positive for covid-19 from 1,483 confirmed cases that had accompanying condition data. This data shows that pregnant women are also a vulnerable target for covid-19 infection and this condition is feared to increase maternal and fetal morbidity and mortality (Antenatal, 2020). Pregnant women are more at risk of transmitting infectious diseases such as COVID-19 both physiologically and psychologically. These risks put pregnant women at maternal risks that can occur such as premature, hypertension, preeclampsia, and miscarriage (Pelayanan et al., 2020).

The data for ANC services in 2020 in Indonesia are as follows both K1 and K4 from

January to April 2020 throughout Indonesia provide services to Midwives, Shamans, Health Services and Hospitals are as follows. For K1 in January, there were 76878 mothers. In February there were 651506 mothers. March as many as 61506 mothers. In April there were 59326 mothers. Meanwhile, for K4 visits in January, there were 57166 mothers. In February there were 54587 mothers. In March there were 52537 mothers. In April there were 50767 mothers. The data shows a decrease in the number of visits from month to month in 2020 since the pandemic (Kemenkes RI, 2021).

Maternity Health Services aims to fulfill the right of every pregnant woman to obtain quality health services so that they are able to undergo a healthy pregnancy, give birth safely, and give birth to a healthy and quality baby. The first antenatal care is needed to screen for risk factors (including the Program for the Prevention of Transmission of HIV, Syphilis, and Hepatitis B from mother to child / PPIA). Therefore, it is recommended that the examination be carried out by a doctor in a healthcare facility through an integrated ANC program (Kumalasari, 2015).

Besides the anxiety of pregnant women on the transmission of COVID-19, the characteristics of pregnant women are also important in reducing the number of integrated ANC visits both from the age and education of the mother so that there is a lack of acceptance of the education received during the Covid-19 pandemic. as well as the distance to access health services and the economic impact that has become difficult also contributed to the decline in Integrated ANC visits (Maria yosefa, 2017). The role of health workers in carrying out several innovation actions, providing education in breaking the chain of transmission by providing information on a clean lifestyle, diligently washing hands, keeping a distance, staying away from crowds and spraying disinfectants during the Covid-19 pandemic by referring to health protocols that have been implemented (Fadli et al., 2020). One of them is to prevent transmission, especially to pregnant women. The purpose of the study was to describe the anxiety of pregnant women as a determinant of ANC visits during the COVID-19 pandemic.

## **METHOD**

This research is a descriptive survey research. The population in this study were all pregnant women in the third trimester at the end of the UPT working area. Puskesmas Bangsal Mojokerto Regency which was taken by a total sampling of 230 respondents. The instrument uses an anxiety questionnaire using the Perinatal Anxiety Screening Scale (PASS). The procedures for collecting and collecting data in this study are: 1) The research process begins with an application for a permit to Bangkesbangpol which is addressed to the regent of Mojokerto; 2) The researcher coordinates with the Puskesmas after obtaining a research permit; 3) Researchers disseminate research plans to all health workers who are responsible for implementing integrated ANC; 4) The stage of preparation of research measuring instruments, the process of compiling measuring instruments, validity and reliability tests have been carried out at the Bangsal Health Center, Mojokerto Regency; 5) Implementation of the research, before filling out the questionnaire, the researcher asked the respondent's willingness to sign the informed consent form; 6) Respondents filled out

the checklist in the questionnaire and answered the questions in the questionnaire accompanied by the researcher. After the data is collected, it is analyzed in the form of descriptive statistical analysis.

### **FINDING AND DISCUSSION**

The characteristics of respondents include age, education, occupation, parity, income, place of ANC visit, and anxiety. Based on table 1, the majority of respondents' characteristics are age 20-35 years, Bachelor's education, Private employment, Multigravida parity, Income 3,000,000-4,000,000 per month, ANC visits at the Obstetrician Specialist's Independent Practice, and anxiety without symptoms.

Table 1. The characteristics of respondents (n = 230)

Characteristics of respondents	Respondents (n = 230)	
	f	%
<b>Age</b>		
>20 years	7	3
20-35 years	152	66
<35 years	71	31
<b>Education</b>		
Primary school	0	0
Junior high school	0	0
Senior High School	97	42
Bachelor	133	58
<b>Work</b>		
Civil Servant	22	9
Private	112	49
Self-employed	52	23
Housewife	44	19
<b>Parity</b>		
Primigravida	89	39
Multigravida	141	61
<b>Income</b>		
> 4.000.000/month	58	25
3.000.000 - 4.000.000/month	98	43
2.000.000 - 3.000.000/month	57	24
< 2.000.000/month	17	8
<b>ANC place</b>		
Independent Practice Midwife	56	25
Public health center	30	13
Hospital/Maternity Hospital	47	20
Independent Practice of Obstetrician Specialist	97	42
<b>Anxiety</b>		
Asymptomatic Anxiety	173	75
Anxiety with mild to moderate symptoms	52	23
Anxiety with severe symptoms	5	2

The results of the initial survey stated that there was a decrease in integrated ANC visits in the Mojokerto City Region, this was influenced by several factors. Among them is anxiety, the results of this study show that most pregnant women in the Mojokerto city area experience anxiety without symptoms while undergoing pregnancy during a pandemic. The

level of anxiety especially related to the covid-19 outbreak has become a serious psychological challenge for pregnant women causing long-term and short-term effects on the baby (Ho et al., 2020). The spread of covid-19 will be of international importance to determine the factors that predict psychological distress (Berger & Reupert, 2020). A study in China used a short questionnaire during the same pandemic, and respondents reported increased fear, anxiety, and panic (Chong et al., 2018). Previous research showed that there were significant factors in the emotional disturbance of patients confirmed positive for Covid-19 while undergoing isolation in quarantine homes, namely education, social support, and socioeconomic status (Andriyanto et al., 2021).

In addition, the factor in decreasing the number of integrated ANC visits at the Mojokerto City Health Center is income. From the results of this study, most of the incomes ranged from 3,000,000-4,000,000 and even above 4,000,000 per month with the average mother working in the private sector, this illustrates that the people of Mojokerto have incomes that tend to be middle to high and are supported by education that tends to be high. where most of them are higher education. These two things make the support system to be interdisciplinary in accessing scientific knowledge to guide crisis preparedness and response (Corman et al., 2020). In real terms, the number of integrated ANC visits at the Mojokerto City Health Center has decreased, but the survey results indicate that pregnant women still make visits to health services at the Obstetrician Specialist's Independent Practice, with the reason that they reduce crowds and the average working mother cannot follow the schedule. Integrated ANC at the Local Health Center.

Anxiety experienced by pregnant women is also influenced by age, where the average age in this study is dominated by the age of 20-35 years and above 35 years, at that age is a mature age so that it can filter problems that arise and suppress existing stressors. Young people are easier to feel anxious because of a lack of mental readiness, soul and experience (Barro & Weng, 2020). Especially during the COVID-19 pandemic, there are many things that pregnant women have to face related to mental and mental readiness to undergo pregnancy with various health protocols. Women aged 20-35 years have lower levels of anxiety because their reproductive organs are more mature and ready for pregnancy.

Individual decisions about whether to participate can be influenced by psychological factors, creating the possibility of sampling bias. Mental health assessments are based on self-reports which can result in overestimating prevalence rates. The assessment of traumatic anxiety may be questioned because it is not clear whether the COVID-19 pandemic meets the criteria for a traumatic event, event or sequence of events that is particularly threatening or horrific. The results of this study indicate that the impact of a pandemic on the psychological pressure of the community can affect health services, especially for pregnant women, thus indirectly affecting the health of mothers. Similar studies have shown that there is a significant relationship between physical distancing and the mental health of the Indonesian people during the COVID-19 pandemic (Yuniarti & Andriyanto, 2021).

## CONCLUSION

The results showed that the majority of respondents' characteristics were aged 20-35 years, undergraduate education, private employment, multigravida parity, income of 3,000,000-4,000,000 per month, ANC visits at the independent practice of obstetricians, and anxiety without symptoms. Health workers are expected to provide nursing services to be more intensive in providing health education and actual information about covid-19 to pregnant women to reduce the risk of pregnancy complications due to anxiety.

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