

The Anxiety Level Of 3rd Trimester Primigravida Pregnant Woman In Facing Labor

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ABSTRACT

Pregnancy is a condition in which women experience different physiological changes and stress and is accompanied by unique physical and psychological demands. For primigravida pregnant women, pregnancy is the first experience in their life. This situation can result in drastic changes in both the mother's physical and physiology. In general, feelings of anxiety in pregnant women arise from things such as fear of giving birth, worry about changes in their body, the health of the fetus, and worry about caring for a child when the child is born. The aim of this research was to determine the level of anxiety of 3rd trimester primigravida pregnant women in facing childbirth in Blongko Village, Ngetos District, Nganjuk Regency. This research used a descriptive design which was carried out on July 12 2023 in Blongko Village, Ngetos District, Nganjuk Regency. The population in this study was 18 primigravida trimester 3 pregnant women, the sample size was 18 respondents, 3 trimester primigravida pregnant women with a sampling technique, namely total sampling, the variable in this study was the anxiety level of 3 trimester primigravida pregnant women in facing childbirth. The research instrument used the PRAQ-R2 (Pregnancy Related Anxiety Questionnaire Revised) questionnaire. Based on the research results from 18 respondents, almost all of them, namely 14 respondents (78%) had a severe level of anxiety, a small portion, namely 4 respondents (22%) had a moderate level of anxiety, and none, namely 0 respondents (0%) had an anxiety level. light category. The research results showed that almost all of them had a severe level of anxiety when facing childbirth. This is influenced by the education and employment of primigravida pregnant women in the third trimester. The higher a person's education level, the more qualified they will be in terms of knowledge. Mothers who have jobs will get information and experiences about pregnancy from other people, while mothers who spend most of their time at home will experience higher anxiety than working mothers. Therefore, health workers are recommended to provide health education to primigravida pregnant women in the third trimester in preparation for childbirth.

Keywords: Anxiety level, primigravida pregnant women, Trimester 3, Childbirth

BACKGROUND

Pregnancy is a condition in which women experience different physiological changes and stress and is accompanied by unique physical and psychological demands. There is a need to manage various physical, emotional, mental and pain conditions that arise throughout the stages of pregnancy and childbirth (Nerlita, 2022). For primigravida pregnant women (first pregnant women) pregnancy is the first experience in their life. This situation can result in drastic changes in both the physical and physiological aspects of the mother (Yuliana & Wahyuni, 2020). In general, feelings of anxiety in pregnant women arise from things such as fear of giving birth, worry about changes in their body due to pregnancy, about the health of the fetus, and worry about caring for the child when the child is born (Huizink, 2017). This is a progressive phase that disrupts biopsychosocial stability into new roles. These changes will occur during the 9 months of pregnancy. This condition will cause physical

discomfort for the pregnant woman, coupled with thoughts about the birth process, how the baby will be and the condition of the baby after birth. Such images usually appear in pregnant women who are about to face childbirth. Conditions like these can cause feelings of anxiety in pregnant women, especially in women who are pregnant for the first time.

Pregnant women who experience excessive anxiety will have a bad impact, which can trigger stimulation of uterine contractions. This condition can result in miscarriage and increased blood pressure, resulting in preeclampsia (a complication in pregnancy in the form of high blood pressure that occurs in late pregnancy or during the birth process). Anxiety management needs to be done for pregnant women to make pregnant women calm during pregnancy. In several studies, non-pharmacological therapy is considered a safe alternative for pregnant women. Examples of non-pharmacological therapy are yoga, Thai chi therapy, hypnosis using aromatherapy, meditation therapy, progressive muscle relaxation, and autogenic relaxation (Putri, Susanti, & Amalia, 2022).

METHOD

This research design uses descriptive. This research was carried out on July 12 2023 in Blongko Village, Ngetos District, Nganjuk Regency. The population in this study were all 18 third trimester primigravida pregnant women. The sampling technique used was total sampling. The sample used was 18 respondents. In collecting data, research ethics with anonymity were used. The variable in this study was the level of anxiety of primigravida pregnant women in the third trimester when facing childbirth. The measuring tool in this study used the PRAQ-R2 (Pregnancy Related Anxiety Questionnaire Revised) questionnaire.

RESULTS

1. Characteristics Respondent

Table 1. Distribution of Characteristics Respondent

Variabel	n	(%)
Age		
20 – 25 Years	3	16,7
26 – 30 Years	15	83,3
31 – 35 Years	0	0
>35 Years	0	0
Education		
Elementary school	0	0
Junior High School	0	0
Senior High School	12	66,7
College	6	33,3
Work		
Work	5	27,8
Not Work	13	72,2

2. Anxiety level of primigravida pregnant women in facing childbirth

Table 2 Frequency Distribution of Anxiety Levels of Primigravid Pregnant Women in Facing Childbirth in Blongko Village, Ngetos District, Nganjuk Regency on 12 July 2023

No.	Adaptation Response	F	%
1	Heavy	14	78,0
2	Currently	4	22,0
3	Light	0	0
Amount		10	100,0

Based on table 2, it can be seen that of the 18 respondents, almost all of them, namely 14 respondents (78%) had a serious level of anxiety in facing childbirth.

DISCUSSION

Based on the research results, it can be seen from the research results that almost all of the 18 respondents, namely 14 respondents (78%), primigravida pregnant women in the third trimester when facing childbirth have a severe level of anxiety. This is supported by the majority having high school education (67%) as many as 12 respondents, almost all pregnant women do not work (93%) as many as 13 respondents.

According to (Lovita, Lilis, & Murdayah, 2021) stated that there are factors that influence maternal anxiety in facing childbirth, namely: age, education and employment. A safe age without risk for pregnancy and childbirth is the age range of 20-35. In this age range, a woman's physical condition is in prime condition. The uterus is able to provide protection, mentally ready to care for and maintain the pregnancy carefully. Mothers who are under 20 years of age will experience higher anxiety because their physical condition is not 100% ready and those over 35 years of age are at higher risk of experiencing obstetric complications as well as fetal morbidity and mortality. The level of education can influence a person's thinking and actions. People with higher education will find it easier to think rationally so that it is easier to solve problems and know how to use positive coping mechanisms. In other words, someone with high education will not experience anxiety. Pregnant women who do not work experience more anxiety compared to pregnant women who work and experience anxiety (Albin, Ikhsan, & Koto, 2022)

Pregnant women who are anxious about pregnancy can be linked to education, that is, the better the level of knowledge and education of pregnant women, the lower the level of anxiety in pregnancy, conversely, the less good the knowledge of pregnant women, the higher the anxiety they experience in facing pregnancy and childbirth (Rahmawati, Taufianie, & Situmorong, 2020). If a person's education level is higher, the more qualified the person will be in terms of knowledge and the more intellectually mature they will be. With a high level of education, you tend to pay more attention to your own health and the health of your family. The level of education influences a person's thinking

and actions, being educated will make it easier to think rationally, so that he can find ways to solve cases and know how to use positive coping mechanisms. In other words, a high level of education will not cause anxiety. Because a person's education will be in line with the knowledge they have and the opposite is more about giving up, giving up in a situation without any encouragement to improve their fate.

According to (Prautami, 2021) which stated that the higher a person's level of education, the easier it is for them to accept information, but a lack of education will hinder the development of their attitudes towards accepting information and new values. Easy information related to knowledge about care during childbirth can be obtained from various sources, for example from books, magazines, electronic media, health workers, and people around the mother's environment. The existence of information about care during childbirth obtained by mothers, both obtained by the mother personally and supported by information obtained when carrying out Posyandu activities, helps them to know and understand the knowledge of primigravida pregnant women in proper and correct care for childbirth.

Work increases the social interaction of pregnant women so that the anxiety level of pregnant women becomes lower. Mothers who have a job make it possible to get information and experience about pregnancy from other people who have a job, they will meet other people more often so they get a lot of influence from friends and various information and can change a person's perspective in accepting and dealing with anxiety, whereas pregnant mothers who don't working will be minimal with information and experience about pregnancy and childbirth from other people because mothers who do not have minimal work will meet other people besides mothers who do not have a job do not get influence or imagination about pregnancy and childbirth so that mothers cannot control feelings of anxiety. Pregnant women with anxiety are housewives, respondents who work get information and experiences about pregnancy from other people. Because the more information they receive, the more they know, mothers who spend most of their time at home experience higher levels of anxiety than working mothers. People who are active outside the home are greatly influenced by their friends and environment, and different information and experiences can change their perspective on accepting and managing stress (Halil & Puspitasari, 2023).

Based on the results of the research, the researcher believes that severe anxiety is influenced by education and the mother not working because the mother has never had previous experience of giving birth and mothers who have previous experience of giving birth also play a fair role in influencing the level of anxiety in facing the birth process, for Primigravida mothers the pregnancy they experience is first time experience, so that in the third trimester of pregnancy mothers tend to feel anxious because it is getting closer to the day of delivery and do not know how to control anxiety or fear so that primigravida mothers often find it difficult to sleep at night, always feel anxious and afraid of what they will feel when giving birth, how the condition of herself and her baby after giving birth,

mothers also usually think about what if the birthing process will be painful, sometimes young mothers or primigravidas still often think or imagine stories from neighbors who say that giving birth is painful. Working mothers feel less anxious because they gather with friends who have experience in dealing with childbirth, so mothers who work a lot already have a little idea about the birth they will face, while mothers who don't work feel more anxious because they lack information and some only relying on mass media which does not reduce anxiety and not having an idea of the birth that will be faced, so that only fear is felt. And education also has an influence because it determines how easily mothers receive information if they are highly educated and mothers with low education tend to still believe in the myths that are spread in their area. The role of nurses is very helpful for mothers who are about to give birth by explaining education related to anxiety for motivation. mother who is about to give birth.

CONCLUSION

Almost all of the anxiety levels of primigravida pregnant women facing childbirth in Blongko Village, Ngetos District, Nganjuk Regency, namely 14 respondents (78%) were in the heavy category.

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