

JOURNAL OF HEALTH COMMUNITY SERVICE



Maternal Psychological Changes during the Covid-19 Pandemic in Kertosari

Village Miftahul Hakiki¹, Nurul Eko Widiyastuti¹

¹ Stikes Banyuwangi, Banyuwangi, Indonesia

ARTICLE INFORMATION

Received: May,17, 2021

Revised: May, 30, 2021

Available online: May2021

KEYWORDS

Anxiety of Pregnant Women, Covid-19 Pandemic, Pregnancy Check-Up

CORRESPONDENCE

E-mail: miftahulhakikiyundaacap@gmail.com

A B S T R A C T

For the first time, pregnant women will have a happy and curious feeling about the changes in themselves and fetal development in general. However, there is also a feeling of anxiety. The research conducted in Naples, Italy, March, 15th-April, 1st, 2020, showed that the Covid-19 pandemic has a severe psychological impact on 53% of pregnant women. The study stated that pregnant women could be feeling stressed and anxious, which could cause adverse effects such as fetal death or fetal abnormalities. Antenatal Care is a pregnancy check that aims to improve the physical and mental health of pregnant women optimally. Therefore, they can ensure with childbirth, preparation for exclusive breastfeeding, and return to reproductive health properly. This study aimed to provide counseling about psychological changes in pregnant women and how to get pregnancy services during the Covid-19 pandemic. Pregnant women need to conduct pregnancy check-up regularly to health practitioner or midwifery and health cadres and carry out prenatal checks according to the minimum standard. This extension activity was implemented for pregnant women and health cadres in Kertosari Village in stages with keeping applicable health protocol. The results showed the enthusiasm of pregnant women and health cadres who accompanied them during the pregnancy check-up process.

Keywords: The anxiety of pregnant women, Covid-19 Pandemic, Pregnancy Check-Up

INTRODUCTION

The Covid-19 pandemic poses significant risks to public health, including mental health. All activities are carried out within certain limits by following health protocols. This is what triggers activities to be carried out at home. The governments make all efforts through the Covid-19 task force team assisted by health workers to reduce and overcome the number of positive outbreaks. Banyuwangi is one of the districts in East Java with the fifth-highest number of positive confirmations after Surabaya, Sidoarjo, Gresik, and Malang. The number of confirmed positive cases was 14,224 people on January, 1st 2021 spread across 25 sub-districts in Banyuwangi Regency. The mental health experienced by many Covid-19 sufferers is stress and anxiety. Based on the study conducted in Naples, Italy, March 15th - April 1st, 2020, the Covid-19 pandemic has a severe psychological impact on 53% of pregnant women. One source of stress or anxiety is pregnancy, especially in pregnant women who are mentally unstable (Usman, 2016). Generally, pregnant mother for the first time will feel happy and more curious about self and fetal development changes. However, at the same time, pregnant women also feel anxious (Shodiqoh, 2014). During pregnancy, women could be stressed and anxiety which could cause side effects such as fetal death or fetal abnormalities (Saccone, et al, 2020). One of the efforts to reduce feelings of anxiety in pregnant

women is early detection of anxiety. Therefore, pregnant women want to regularly carry out prenatal check-up to health personnel or follow the standard visits to pregnant women.

By carrying out routine examinations for pregnant women, the mother and fetus health will also be monitored so that there is no fetal death or fetal abnormalities during pregnancy. Indirectly, maternal anxiety about Covid-19 will also decrease, because of the importance of carrying out checks during pregnancy.

METHOD

The Community Service was conducted in the Kertosari Health Center. The activity was attended by Integrated Healthcare Center cadres in Kertosari Village and pregnant women in the Kertosari District area, reached 40 people, which would be implemented in stages and starting on February, 24th, 2021, at 09.00 WIB and followed strict health protocols.

The initial stage was to provide informed choice consent to pregnant women and health cadres for their willingness to provide counselling related to the pregnancy process during the Covid-19 pandemic. The next stage was to schedule outreach visits in small groups while maintaining health protocols.



Figure 1. Workflow of community service implementation

RESULT AND DISCUSSION

Based on the Guidelines for Pregnant Women, Maternity, Postpartum, and newborn baby during Covid-19 Pandemic, the prevention of Covid-19 could be done for pregnant women, childbirth, and newborns includes universal precaution by always washing hands with soap for 20 seconds or hand sanitizers, use of personal protective equipment, maintaining body condition with adequate rest, eating with balanced nutrition, and practicing the ethics of coughing and sneezing (Ministry of Health, 2020).

The counseling for pregnant women and health cadres in the Kertosari Village was implemented into the community service entitled "Maternal Psychological Changes during the Covid-19 Pandemic in Kertosari Village." The program was conducted to change the anxiety behavior of pregnant women in facing their pregnancy and the process of pregnancy check-up during the Covid-19 pandemic so that it will continue to run according to antenatal care standards at least four times during their pregnancy.

This counseling program was greeted quite enthusiastically by the many questions asked by about 40 respondents of pregnant women and health cadres who accompanied the program, and the commitment of pregnant women to continue to carry out routine pregnancy check-up, as well as the commitment of health cadres to be ready to assist pregnant women in carrying out their pregnancy checks by following health protocol.



Figure 2. Pregnant women and Integrated Healthcare Center cadres attended the Community service program in the Kertosari Health Center



Figure 3. The community services and health cadres in the Kertosari village visited pregnant women to provide counselling related to the pregnancy process during the Covid-19 pandemic

CONCLUSION

The counseling program for pregnant women and health cadres in the working area of the Kertosari Public Health Center, to be precise in Kertosari Village, with the theme "Maternal Psychological Changes during

the Covid-19 Pandemic in Kertosari Village" well done with receiving adequate responses from mothers. Pregnancy and health cadres, and a commitment to continue having regular pregnancies check-up by following health protocols.

ACKNOWLEDGENT

The author would like to present an appreciation to The Institute Health Science in Banyuwangi for providing the opportunity to conduct the Community Service Program.

REFERENCE

- Ife, J., & Tesoriero, F. (2014). *Community Development, Alternatif Pengembangan Masyarakat di Era Globalisasi* (M. N. Sastrawan Manullang, Nurul Yakin (ed.)). Pustaka Pelajar.
- Kemendes RI. (2020). *Pedoman bagi Ibu Hamil, Bersalin, Nifas dan BBL di Era Pandemi COVID-19, Revisi 1*, Direktorat Kesehatan Keluarga, Direktorat Jenderal Kesehatan Masyarakat, Kementerian Kesehatan RI, Jakarta.
- Mandagi DVV, Pali C, S. J. (2013). Perbedaan Tingkat Kecemasan Pada Primigravida dan Multigravida di RSIA Kasih Ibu Manado. *Jurnal E-Biomedik (EBM)*, 1(1), 197–201.
- Saccone, G., Florio, A., Aiello, F., Venturella, R., De Angelis, M. C., Locci, M., Bifulco, G., Zullo, F., & Di Spiezio Sardo, A. (2020). Psychological impact of coronavirus disease 2019 in pregnant women. *American Journal of Obstetrics and Gynecology*, 223(2), 293–295. <https://doi.org/10.1016/j.ajog.2020.05.003>
- Shodiqoh ER, S. F. (2014). Perbedaan Tingkat Kecemasan Dalam Menghadapi Persalinan Antara Primigravida dan Multigravida. *Jurnal Berkala Epidemiologi*, 2(1), 141–150.
- Usman FR, Kundre RM, O. F. (2016). Perbedaan Tingkat Kecemasan Ibu Hamil Menghadapi Persalinan Dengan Kepatuhan Antenatal Care (ANC) Di Puskesmas Bahu Kota Manado. *E-journal Keperawatan (e-Kp)*, 4(1), 1–7