



Original Research

The Influence Of Pregnant Women Class On The Level Of Anxiety In Primigravida Mothers At Gambesi Health Center Ternate City

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Abstract

A primigravida pregnancy is a pregnancy that is accompanied by both physical and psychological changes. Anxiety is one of the psychological factors that might affect a person throughout their pregnancy. Pregnant women who experience anxiety during pregnancy will be at risk of emotional disorders. An activity that is available during the examination of pregnant women is mother's class. At the mother's class, a mother can get information about pregnancy clearly and completely, and will get information about childbirth and baby care. The purpose of this study was to determine whether there was an effect of maternal classes on feelings of anxiety in primigravida mothers at Gambesi Community Health Centre, Ternate City. This research uses quantitative research with correlational type and cross sectional approach. The research sample was collected by total sampling of 30 people by filling out a questionnaire with the Hamilton Anxiety Rating Scale (HARS) questionnaire which can be used to determine the level of anxiety. This study used the Spearman's rho test with SPSS and obtained the results of a p value of 0.010, so it was concluded that there was an effect of pregnant women's classes on anxiety levels in primigravida mothers at Gambesi Community Health Centre, Ternate City.

1. Introduction

Pregnancy is an aspiration for newly married couples and those who want to increase their family members. For a newly married couple, the announcement of pregnancy is a pleasant thing. Pregnant women experience several changes in their physical and psychological when pregnant (Anggraeni, 2018).

Primigravidian mothers often have unsettling thoughts due to the anxiety response generated by the narratives they encounter. As a result, concern arises to the primigravid mother for not having had previous pregnancy experience. The expectant mother may show irritability, restlessness, difficulty concentrating, indecision, and a desire to escape from reality. During the third trimester, which is at weeks 28-40, primigravidian mothers may experience labor anxiety. From seven months onwards, the anxiety of pregnant women will experience an increase as they approach the birth of their first child. This Trimester provides a greater chance of early delivery, resulting in increased concern among pregnant women (Handayani, 2012).

Pregnant women who experience anxiety have a higher risk of experiencing postpartum mental instability. Anxiety when pregnant correlates with postpartum stress levels and reduced bonding of mother and baby. Anxiety during pregnancy increases the risk of delayed motor and cognitive development of the fetus and can lead to colic in infants (Handayani, 2012).

Anxiety is a positional symptom when negative emotions that cause concern for the expectant mother change, the development of the fetus, the process of childbirth, the psychological preparation

of the mother, and other factors. These difficulties quite often lead to unfavorable effects on the mother and fetus, resulting in long-term consequences for and development of the child (Lestari et al., 2024).

Women who are pregnant for the first time have greater anxiety about childbirth than women who have been pregnant before. Experiencing labor in women who are pregnant for the second time or more is a common occurrence that has been seen before. The appearance of anxiety in primigravids is influenced by physiological changes that occur during pregnancy. A primigravid is not used to an enlarged abdomen and increased body mass. These physiological changes cause instability in physical and mental conditions, giving rise to anxiety that persists until the end of pregnancy (Anggraeni, 2018).

Factors influencing anxiety in pregnant women include inadequate family support, financial stability, environmental stressors, frequent nausea and vomiting (physical health aspects), perceptions of pregnancy and coping abilities, processes of physical and psychosocial adaptation to pregnancy, and exposure to distressing labor narratives from the surrounding environment (Rinse Waty Haloho et al., 2024).

In Indonesia, the incidence of anxiety in pregnant women varies from 10% to 25%, with 43.8% to 59% of primigravidian women showing moderate levels of anxiety, and 21.1% to 65.9% experiencing severe anxiety. Similarly, women in their third trimester of pregnancy often experience moderate levels of anxiety ranging from 46.7% to 55%. Health services for pregnant women, particularly prenatal courses, can reduce anxiety around childbirth and improve the delivery process by providing encouragement and information. In addition, anxiety and suffering can be reduced by increasing the mother's ability to relax during pregnancy and childbirth, with physical and psychological preparation (Maniagasi & Nontji, 2022).

Data from the Ternate City Health Office in 2022 the overall target number of pregnant women is 1890. North Maluku province includes the lowest coverage of the pregnant mother class at 48.03% (Muthalib & Usman, 2024).

The pregnant class serves as an educational resource for pregnant women, which is carried out in a group setting to improve maternal knowledge and abilities related to pregnancy, childbirth, postpartum care, baby care, myths, infectious diseases and birth certificates. The pregnant women class is a study group for pregnant women with gestational age ranging from 4 to 36 weeks (before birth), which is limited to a maximum of 10 members (Mala As Miani, Julinar Mendrofa, 2020).

The coverage of health centers that conduct classes for pregnant women is determined by calculating the ratio of health centers that have organized the program to the total number of health centers in the region or city. Puskesmas are considered to have organized a class for pregnant women if they have organized a class for pregnant women at least four times. In 2020, 69.9% of health facilities offered pregnancy courses. This percentage is lower than in 2019 which reached 93.14% (Heryanti July et al., 2023).

2. Research Method

This study uses quantitative research with correlational research and cross sectional approach. With the number of primigravida mothers with a gestational age of 8-37 weeks at the Gambesi Health Center in Ternate city, there were 30 people using the total sampling method. Data collection using how to measure the level of anxiety experienced by filling out a questionnaire by pregnant women with the guidance of researchers, the questionnaire used is a questionnaire Hamilton Anxiety Rating Scale (HARS) to measure the level of anxiety. The statistical test used in this study is Spearman's rho Test with SPSS.

3. Results and Discussion

Table 1. Frequency Distribution Of Respondents By Age, Education, Pregnant Women Class Participation, And Anxiety Level In Puskesmas Gambesi Kota Ternate

Characteristics Of Respondents	f	%
Age		
< 20 thn	5	16,7
20-35 thn	22	73,3
> 35 thn	3	10,0
Education		
SD	2	6,7

SMP	6	20,0
SMA	19	63,3
PT	3	10,0
Pregnant Mother Class Participation		
Participate	17	56,7
Not Participate	13	43,3
Anxiety Level		
Lightweight	19	63,3
Medium	10	33,3
Weight	1	3,3

Based on Table 1, it can be seen that the characteristics of respondents based on age <20 years, namely 5 respondents (16.7%) aged 20-35 years, namely 22 respondents (73.3%) aged >35 years, namely 3 respondents (10.0%). Based on the characteristics of Education, a small percentage of respondents have elementary education, namely 2 respondents (6.7%), junior high school-educated respondents, namely 6 respondents (20.0%), most respondents have high school education, namely 19 respondents (63.3%), and a small percentage of respondents have PT education, namely 3 respondents (10.0%). "Based on the characteristics of the participation of pregnant women class, respondents who attended the pregnant women class were 17 respondents (56.7%), respondents who did not attend the pregnant women class were 13 respondents (43.3%). Based on the characteristics of the anxiety level of primigravida mothers at a mild level as many as 19 respondents (63.3%), as many as 10 respondents (33.3%), while heavy as much as 1 (3.3%).

Table 2 Relationship Between Pregnant Women Class Participation and Anxiety Level in Gambesi Health Center Ternate City

Health Center Ternate City									
Pregnant Mother Class Participation	Anxiety Level						Total		P-value
	Lightweight		Medium		Weight				
	f	%	f	%	f	%	f	%	
Participate	14	82,4	3	17,6	0	0	17	100,0	0,010
Not Participate	5	38,5	7	53,8	1	7,7	13	100,0	

Based on Table 2 of the results of the study, it can be seen that respondents who participated in the class of pregnant women with mild anxiety levels were 14 respondents (82.4%), moderate anxiety levels were 3 respondents (17.6%) and severe anxiety levels were absent. While respondents who did not attend the class of pregnant women with mild anxiety were 5 respondents (38.5%), moderate anxiety was 7 respondents (53.8%) and the level of severe anxiety was 1 respondent (7.7%).

Based on Spearman's Rho calculation with $\alpha = 0.05$ obtained a p value of 0.010 because the value of $P < \alpha$ means statistically significant test results or reject H_0 , it can be concluded that there is an influence of the class of pregnant women on the level of anxiety in primigravida mothers in Gambesi Puskesmas Ternate. This shows that pregnant women who follow the class of pregnant women anxiety levels are mild compared to those who do not follow the class of pregnant women.

According to the study, most of the respondents who took maternity courses experienced mild anxiety, while those who did not take maternity classes experienced moderate anxiety. The anxiety level of mothers who have given birth for the first time will decrease if they take maternity classes more often. Conversely, if a woman does not attend classes of expectant mothers, her anxiety level will increase. "The expectant mother class includes an exchange of experiences, discussions and pregnancy exercises that have relaxation techniques that can reduce the anxiety of first-time mothers. When a person experiences tension and anxiety, the sympathetic nervous system is activated. When they relax, the parasympathetic nervous system is activated. The sympathetic nervous system is responsible for increasing excitability, referring to the organs of the body, increasing heart rate and breathing, and causing peripheral blood vessels to constrict and central blood vessels to dilate.

This study is in line with previous research conducted by Rinse Waty Haloho, Nopalina Suyanti D, Parningotan Simanjuntak, and Anna Waris N (2023) entitled "The effect of maternity classes on anxiety in Primigravida mothers in Parmonangan Village, Samosir regency." Chi-square test results produce a p value of 0.001 which indicates that H_0 is rejected. The results of this study indicate that there is an influence of the course of pregnant women on the level of anxiety in primigravida mothers.

Primigravida pregnancy is a condition that results in physical and psychological changes. Anxiety is one of the psychological factors that may have an impact on pregnancy. During the third trimester, anxiety and panic develop as the time for Labor approaches. At this time, the mother may begin to worry whether her baby will be born with abnormalities or whether her vital organs will be injured by the baby's kicks (Suharnah et al., 2021)."

If the feeling of anxiety and worry in pregnant women is not treated seriously, this can have an impact on the health of the mother and her fetus. As the date of delivery approaches, especially when the mother enters the third trimester, anxiety in pregnant women will develop. At this time, the mother begins to worry about the process of childbirth and the state of the baby who will be born. Mothers who experience stress and worry throughout their third trimester of pregnancy will experience increased production of stress hormones. This will cause blood flow problems in the uterus and lead to weak contractions of the uterine muscles. This leads to a longer delivery (long parturition), an increased likelihood of needing a caesarean section, and the possibility of delivery with AIDS. Babies are at risk for congenital defects, including failure to close the palate, premature birth, low birth weight (LBW), and fetal discomfort. In the long term, this risk is also associated with behavioral and emotional problems in children (Heryanti July et al., 2023).

The occurrence of anxiety in pregnant women can be influenced by the knowledge that pregnant women have, the more mothers know how pregnancy, what are the problems/complications that may occur and how the delivery process, the pregnant woman will reduce the level of anxiety. Inversely proportional to pregnant women who do not know how the pregnancy, what are the problems/complications that may occur and how the process of childbirth then the pregnant woman can have a level of anxiety in the face of childbirth. In addition to the knowledge possessed by pregnant women, the stressors faced by pregnant women can affect anxiety in the face of childbirth (Wikawati et al., 2023).

"There are several strategies to reduce anxiety, such as providing information or expertise to the mother. Pregnant women are examined to ensure that they are in the best physical and mental condition, with the aim that pregnancy, childbirth and the puerperium proceed safely. Maternal class is one of the activities included in the evaluation of pregnant women. Pregnant women can obtain clear and comprehensive information about pregnancy, childbirth, and infant care through seminars given by mothers (Eugenie et al., 2014).

The implementation of seminars for pregnant women can improve insight, change attitudes and behaviors of pregnant women regarding pregnancy screening, safe delivery, good postpartum, safe Mothers, Healthy Babies, preventing diseases in infants, nutritional disorders and pregnancy complications, newborn care for optimal growth and development, and physical activity of pregnant women. Compared to non-pregnant women or fathers-to-be, pregnant women experience greater anxiety. Educated and knowledgeable mothers during pregnancy have a good impact on lowering anxiety. Providing additional information about health and birth readiness can help reduce worries. Pregnant women can access this expertise and information through the maternity class program. Kelas Ibu Hamil is a government program that provides opportunities for pregnant women to learn together, discuss, and share experiences related to maternal and Child Health (KIA) in a comprehensive and organized manner. The Program is conducted on an ongoing basis. The purpose of this program is to help mothers learn more about pregnancy, childbirth, puerperal care, baby care, and family planning. The Program aims to improve attitudes and behaviors, especially for pregnant women who will face childbirth, which can cause concern for mothers (Maniagasi & Nontji, 2022)

4. Conclusion

Based on Spearman's Rho calculation with $\alpha = 0.05$ obtained a p value of 0.010, it can be concluded that there is an influence of pregnant women class on the level of anxiety in primigravida mothers in Gambesi Health Center in Ternate City. This shows that pregnant women who follow the class of pregnant women anxiety levels are mild compared to those who do not follow the class of pregnant women."

Maternity classes are especially important for first-time mothers as they can help reduce anxiety levels. Women who are pregnant and follow a pregnancy program often have lower levels of anxiety than those who do not follow these sessions. The maternity course helps mothers manage stress and prepare for pregnancy and childbirth by participating in activities such as sharing experiences, discussions, pregnancy exercises and relaxation methods. The Seminar also teaches a deeper

understanding of pregnancy, childbirth, and newborn care, which can help minimize the psychological worry and physical impact of stress.

Unmanaged anxiety can have negative effects, both on the mother and the fetus, such as impaired uterine blood flow, prolonged labor, to the risk of premature birth and low birth weight. Therefore, classes for pregnant women become an effective means to improve the knowledge, attitudes, and positive behaviors of pregnant women, while supporting optimal maternal and fetal health.

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