



## ADAPTATION PSYCHOLOGY OF PREGNANT WOMEN IN PANDEMIC COVID-19

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### ABSTRACT

The COVID-19 pandemic has a psychological impact on everyone, including pregnant women. The unpreparedness of pregnant women to adapt to the body can increase the risk of postpartum depression. The psychological adaptation of pregnant women during the Covid pandemic has not been widely studied to date. The research objective was to explore the psychological adaptation of pregnant women during the pandemic-covid19. The design of this research is qualitative with a phenomenological approach. The research subjects were 7 pregnant women in the east Mejasem-Tegal Central Java Indonesia. Collecting data by means of in-depth interviews using purposive sampling technique. The study was conducted in September 2020. Data analysis used the Colaizzi method. The results of the study has three themes, namely the perception of mothers regarding pregnancy during the pandemic-COVID19, the maternal coping and support of pregnant women for their. The result showed that the pregnant women have certain strategies of their pregnancy during the pandemic-COVID19. The perception the maternal coping and the others support of pregnant women during their pregnancy.

**Keywords: psychology of pregnant women, covid-19**

### INTRODUCTION

Corona virus disease (COVID-19) is an infectious disease caused by the corona virus which has spread and become a world pandemic. Most people who contract COVID-19 will experience mild to moderate symptoms and will recover without special treatment. In Indonesia, cases increase every day, September 2020 there are 232,638 9 [1]. Pregnancy is an event of a mother's maturation, a form of appreciation because women prepare themselves to give new attention and responsibility. Her concept of changing into a parent in preparation for her new role, forming relationships with her unborn child, and preparing for birth [2]. Government Regulations in Handling COVID-19 have psychological impacts including pregnant women. During pregnancy, childbirth and breastfeeding mothers experience natural psychological changes due to physical and hormonal changes. However, these changes can be disruptive if not controlled with support and

attention and when coupled with other psychological burdens [3] Mental health problems are common in pregnancy, usually affecting between 10-25% of pregnant people. Symptoms of depression and increased anxiety can have a negative impact on pregnant individuals and developing fetuses. [4,5] Mejasem Timur Village is one of the areas in Kramat District, Tegal Regency, which is identified as a High Risk Red Zone [6]

### MATERIAL AND METHODS

This study is a qualitative study using phenomenological approach. The collection of data by means of indepth interviews using purposive sampling technique. Participants in the study were 7 pregnant women in the east Mejasem-Tegal Central Java Indonesia. The study was conducted in September 2020. Criteria for inclusion in this study were pregnant women. Exclusion criteria were mothers with a history of abortion. Tools used to support data collection guidelines depth



interviews (depth interview), MP4 as the recorder, photo camera and field notes (field notes). Interviews were conducted for 30 minutes. After recording data obtained interviews and field notes of each participant is poured in the form of the transcript. Analysis of the data used is according Colaizzi's.

## RESULTS

Maternal perceptions regarding the Psychological Adaptation of Pregnant Women during the Covid-19 Pandemic.

Understanding is a person's arrest of the meaning of an event he is experiencing. The results of the interview showed that six participants stated that they had a fear of the condition of their pregnancy during the Covid-19 pandemic. Three participants expressed their fear of being exposed to Covid-19 when they were examined at the hospital, afraid of contracting others. As the participant's statement below:

P 4 : I was worried sometimes because I checked at the hospital I was afraid someone would be exposed to it

P3 : Sometimes was was afraid of contracting what ...

P7 : Fear of exposure to .. Fear of catching yourself

Two participants expressed fear because it affects the condition of the fetus they are carrying.

P4 : Fear of affecting pregnancy later. The development too

P5 : Pregnant during the pandemic, obviously there is a concern that maybe you have a virus ... for me because I am pregnant ... This will affect the fetus

Two participants are afraid to take part in a series of health checks related to the Covid-19 examination

P2 : Worried natural .. You often hear news like this .. Most pregnant people get tested for this ..

P6 : Look at the news for a lot of tests, I'm so scared.

However, there is one mother who does not experience anxiety, and thinks that pregnancy during a pandemic is normal ..

P1: Just normal .. normal

the maternal coping

Coping is a form of defense for pregnant women to overcome their feelings of worry. There are 3 sub-themes that mothers do, namely spirituality, positive thinking and implementing health protocols. The efforts made by mothers to adapt to their pregnancies during the Covid 19 pandemic are spirituality, namely by getting closer to God, such as praying as conveyed by four respondents below

P1: From the family, I was told to eat a lot ... just enjoy it, no need to think about any kind ... the point is to pray every prayer ... the baby is normally healthy

P5 Many pray a lot for protection from Allah, so that the soul will be calmer

P6 Just pray

P2 The important thing is bismillah .. just pray .. hopefully it will run smoothly .. healthy focus Normal baby .. focus on the womb, no need to think or not.

Two participants conveyed that positive thinking, relaxing, not thinking too much in undergoing their pregnancy, is a coping done by mothers to overcome the anxiety they experience when pregnant. As stated by the following participants

P1, don't have to think about macem's high blood pressure. From the family told to eat a lot ... just enjoy it

P2 From the family, they are told to eat a lot ... just enjoy it, you don't have to think about any kind ... the point is to pray every prayer ... the baby is normally healthy ...

Other efforts made by participants to maintain their pregnancy during the COVID-19 pandemic were carrying out health protocols



such as distance, using masks and washing hands, as stated by the participants below:

P3 use maser, keep your distance

p4 keep wearing a mask when it comes out ,, wash your hands if it comes out ,, that handstainizer (p4)

P7 just wear a mask.

P2 I am to keep myself calm .. I take care of my diet yes .. Outside yes too .. Not that I avoid neighbors .. Just take care of myself

### Support of pregnant women

Another factor that supports the mother's adaptation to her own condition is also obtained from the mother's family, three respondents conveyed the form of support conveyed by the family to maintain her pregnancy is by buying the mother's needs and wearing a mask when working. Here's the delivery

P2, if you don't need it, it's absolutely necessary ... at most, ask your younger sibling to buy necessities ... when you check it out, it's the same with your brother

P3 Sometimes I ask a brother or someone to buy it out

P4 Always wear a mask when going out, the husband also wears a mask when he goes out of business

## DISCUSSION

Mother's perceptions related to maternal psychological adaptation

Understanding is a person's arrest of the meaning of an event he is experiencing. The results showed that most of the participants reported that they had a fear of Covid 19, participants expressed fear of contracting Covid-19, fear of affecting the condition of their pregnancy and anxiety checks in pregnant women increased during the Covid-19 pandemic, mothers are worried about the health of themselves and their babies . [7] Pregnant women who were assessed during the COVID-19 pandemic were more at risk of experiencing symptoms of depression and anxiety than mothers who were pregnant before the COVID-19 pandemic, especially in

the form of symptoms of depression and anxiety [8] [9] Four mothers who expressed anxiety were primiparous mothers . The first experience of pregnancy causes the mother to feel more sensitive. primiparous women are of middle income status, and with full-time jobs at increased risk for developing depressive symptoms during the COVID-19 outbreak [10]

### The maternal coping

When the individual experiences major life changes in his life, including when the pregnant woman will seek support from her religious beliefs. This support is needed to be able to accept the illness experienced. Getting closer, surrendering to God such as praying, praying and reading holy books are also used to fulfill spiritual needs which are also a protection for oneself. [11] The results of this study indicate that the efforts made by mothers to prepare themselves to adapt to their pregnancy are to get closer to God by way of praying and dhikr. Praying can provide peace to the mother so that the mother becomes more comfortable in dealing with her pregnancy. Prayer and task coping is the most frequently used coping style; avoidance and handling of emotions are the least used [12] the spiritual support provided by the family makes the patient enthusiastic and confident in God. This can cause the patient to be able to control fear and the perception of what is happening to him. Praying is an effective source of adaptation.

The results of this study indicate that participants need social support during their pregnancy. Pregnant women living in disadvantaged neighborhoods report higher rates of depressive symptoms and lower levels of social support. [13] depression in the puerperium is strongly influenced by social support during pregnancy. These findings indicate that social support psychosocial interventions during pregnancy are effective in preventing postpartum depression. [14] Social support consists of four types, namely,



emotional support, namely support to provide positive encouragement to someone such as expressing empathy, caring and concern. Instrumental support is providing direct assistance such as lending money or helping to alleviate a problem someone is facing. Informational support, which is to suggest several choices of action that a person can take in overcoming the problems they face. Friendship support is support for the availability of time with others to share interests in the same social activities. [15] The social support needed by mothers to face their pregnancy is emotional support and informational support

## CONCLUSION

The results of the study has three themes, namely the perception of mothers regarding pregnancy during the pandemic-COVID19, the maternal coping and support of pregnant women for their.

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