



THE ROLE OF SOCIAL SUPPORT IN REDUCING ANXIETY AMONG PREGNANT WOMEN BEFORE CHILDBIRTH

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Abstract

Pregnancy provides physical, psychological and stressor changes for women. One that will appear during pregnancy is anxiety before childbirth. Anxiety in pregnant women can have a negative impact on the process of childbirth and child development. Even so, during the waiting period before delivery, it is normal for pregnant women to experience discomfort and anxiety. This study will observe social support, especially to friends, family and husbands in reducing anxiety for pregnant women before delivery. This research is aimed at pregnant women with a minimum gestational age of 24 weeks in the city of Surabaya as a sample. Data collection was carried out in October 2022. The sample was determined by 30 respondents. The analysis tool is regression. This study resulted in the finding that simultaneously, there is a significant effect of friend support, family support and husband support on reducing pregnant women's anxiety. Partially, friend support does not have a significant effect on reducing anxiety, but on the contrary, there is evidence of a real role of family support and husband's support in reducing pregnant women's anxiety.

Keywords: pregnancy, anxiety, friend support, family support, husband support.

Introduction

Pregnancy is a natural process. Pregnancy is a very meaningful experience for women, families and communities. Pregnancy is a condition that causes physical and psychosocial changes in a woman due to the growth and development of the reproductive organs and the fetus. Many factors affect pregnancy, both internally and externally which can cause problems, especially for those who are pregnant for the first time.

Pregnancy can cause physical and psychosocial changes for a woman due to the growth and development of her reproductive organs and fetus (Issalillah, 2021). In the third trimester of pregnancy, the psychological changes of pregnant women are more complex and increased compared to the previous trimester due to the growing condition of the pregnancy (Redinger et al., 2018). Some psychological conditions that occur, such as emotional changes and discomfort so that pregnant women need support from their husbands, family and medical personnel. These emotional changes result from feelings of worry, fear, indecision and doubt about the condition of her pregnancy.

Efforts to maintain pregnancy health are not solely aimed at physical aspects, but psychosocial aspects also need to be considered so that pregnancy and childbirth run smoothly (Waqas et al., 2015). Mother's behavior in seeking birth attendants will affect the health of the mother and the fetus that is born. One of the most important health service efforts is to improve the health of mothers and children through service and care for pregnant women by planning a healthy pregnancy and childbirth (Issalillah, 2021).

One of the common psychological disorders experienced by pregnant women is anxiety (Tang et al., 2019). Pregnancy and childbirth are a maturity crisis that can cause anxiety or even stress, but is valuable because the woman prepares herself to provide care and assume greater responsibility (Hasuki, 2007; Issalillah & Aisyah, 2022). As they prepare for new roles, women change their self-concept to be ready to become parents. This growth requires mastering certain tasks, accepting pregnancy, identifying the role of the mother, managing relationships with her partner, building relationships with the unborn child, and preparing for childbirth.

Anxiety is a vague and pervasive worry associated with feelings of uncertainty and helplessness. This emotional state has no specific object, is experienced subjectively and communicated interpersonally (Sabri & Nabel, 2015). Anxiety can be caused by feelings of fear of not being

accepted in certain environments, traumatic experiences of separation or loss, frustration due to failure to achieve goals and threats to self-integrity and self-concept (Westerneng et al., 2017; Khalesi & Bokaie, 2018).

Anxiety in pregnancy is an emotional state that is similar to anxiety in general but differs in that it specifically focuses on worrying pregnant women (Bazrafshan, 2009). Pregnancy provides physical, psychological and stressor changes for women. These changes occur due to hormonal changes that will make it easier for the fetus to grow and develop when it is born (van Heyningen et al., 2017). Anxiety is characterized by a strong tendency to run and is also characterized by an urge (Priya et al., 2018; Anderson et al., 2019). Assessment of anxiety in pregnancy can be done at an increasingly advanced gestational age (Fleuriet & Sunil, 2014). Anxiety can get worse when pregnant women experience fear of the changes that occur in their bodies, the condition of the fetus they are carrying and their mental readiness in facing the birth process (Blackmore et al., 2016).

Social support is one of the factors that correlates with the occurrence of anxiety (Huang et al., 2022). Social support refers to material and spiritual support between individuals, as well as the exchange of material and spiritual resources between individuals so that their social needs are met. Social support which includes high levels of objective and subjective support indicates that there is a protective role in anxiety during pregnancy. The role of family and husband is closely related to social support for pregnant women. Husband's support is a very important factor in the delivery process, because the husband can grow a feeling of confidence and form a strong mental attitude towards his wife so that anxiety and fear disappear. In addition, cooperation between family and husband in providing good support for pregnant women can also relieve pregnant women's anxiety about the delivery process that will be carried out by pregnant women.

In line with research conducted by Wei et al. (2018) said social support is an important determinant of physical and psychological well-being, especially during pregnancy where a person takes on new responsibilities and roles. Good social relations, mental health will directly encourage positive health behavior, increase positive feelings and improve emotional regulation and indirectly reduce anxiety in pregnant women (He et al., 2022). The effect of social support, especially the family, results

in increased functioning within the family including social support from family members when they need it, mutually reinforcing one another. It is very important at this time to carry out early intervention to improve healthy family function so that it can suppress the anxiety of all people who experience it, including pregnant women (Brunton et al., 2022).

Anxiety in pregnant women can have a negative impact on the process of childbirth and child development, so it is necessary to know the level of anxiety in pregnant women in the third trimester. Thus, during the waiting period before delivery, it is normal for pregnant women to experience discomfort and anxiety. This study will observe social support, especially to friends, family and husbands in reducing anxiety for pregnant women before delivery.

Method

This research uses descriptive analytic research method. Data collection was carried out using a cross sectional approach, namely research where data collection on research variables was carried out at the same time. The population in the study were subjects who met predetermined criteria, namely pregnant women with a minimum gestational age of 24 weeks in the city of Surabaya. Data collection was carried out in October 2022. The sample was determined by 30 respondents.

There are three independent variables in this study, namely support from friends, family and husband. The dependent variable is anxiety reduction. Data collection was carried out by distributing questionnaires on Google Form media which were submitted via Whatsapp. Questionnaire in the form of a closed statement. Data were analyzed descriptively and statistically. Furthermore, a regression analysis was carried out to determine the role of social support on the anxiety of pregnant women before delivery. There is a SPSS program to process research data.

Result and Discussion

There were 30 pregnant women as respondents in this study. Their gestation period exceeds 24 weeks. The following is a description of the respondent's profile. The age of the respondents was between 23 – 34 years. There are six respondents aged 27 years. This is the highest number in the age group.

Respondents' education is between high school graduates and undergraduates. There are 19 high school graduates and 11 as undergraduates. There are 10 who work as private employees, four entrepreneurs, and 15 respondents as housewives. Of the 30 respondents, 19 were facing pregnancy with their first child, six respondents were facing pregnancy with their second child, and five respondents were facing pregnancy with their third child.

The data collected was tested for validity and the results showed that all statement items were valid. While the reliability test shows the results of the SPSS output as shown in table 1 below.

Table 1. Reliability test results

No	Variable	Cronbach's Alpha	N of items	Information
1	Friend support (X.1)	0.664	5	Reliable
2	Family support (X.2)	0.751	6	Reliable
3	Husband support (X.3)	0.826	4	Reliable
4	Anxiety reduction (Y)	0.793	6	Reliable

Source: SPSS Results, 2022

From table 1 it is known that the Cronbach Alpha value for the friend support variable (X.1) is 0.664; for family support (X.2) of 0.751; for the variable husband support (X.3) of 0.826; and for the variable anxiety reduction (Y) of 0.793. Then check the normality of the data obtained from the respondents as shown in Figure 1 below.

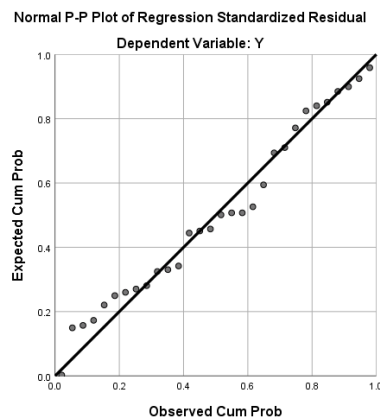


Figure1. Normality Test
Source: SPSS Results, 2022

Figure 1 shows that the data has been normally distributed. The data is located around the diagonal line and spreads evenly, not away from the diagonal line. The regression results obtained through the SPSS output are shown in table 2 below.

Table 2. t-Test and Regression Model

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	18.811	7.560		2.488	.020
	X.1	1.908	1.294	.176	1.475	.152
	X.2	3.091	1.382	.218	2.236	.034
	X.3	6.818	1.267	.651	5.383	.000

Source: SPSS Results, 2022

Based on the calculation results of multiple linear regression analysis, the regression model is as follows: $Y = 18.811 + 1.908X.1 + 3.091X.2 + 6.818X.3 + e$. The explanation is as follows. Constant = 18.811 means that if friend support (X.1), family support (X.2), husband support (X.3) is assumed to be absent or equal to zero then the reduction in anxiety is still positive. This assumes the independence of each pregnant mother in the absence of social support. The regression coefficient (β_1) = 1.908 means that if the support from friends is better, there will be a decrease in anxiety by 1.908 units, assuming other variables are constant. The value of β_1 is positive so that better friend support causes a decrease in anxiety and vice versa. The regression coefficient (β_2) = 3.091 means that if family support is better, there will be a decrease in anxiety by 3.091 units, assuming other variables are constant. The value of β_2 is positive so that better family support causes a decrease in anxiety and vice versa. The regression coefficient (β_3) = 6.818 means that if the husband's support is better, there will be a decrease in anxiety by 6.818 units, assuming other variables are constant. The value of β_3 is positive so that if the husband's support is better, it causes a decrease in anxiety and vice versa.

The t-test of each independent variable shows that peer support (X.1) has no real role in reducing the anxiety of pregnant women. This is shown in the results of a significant value that is not lower than 0.05, namely 0.152. The family support and husband support variables have been shown to play a significant role in reducing pregnant women's anxiety because

their significant values are both lower than 0.05. Thus, partially family support and husband's support have a significant effect on reducing anxiety. Furthermore, using a significance level (α) = 0.05, the F test was carried out which is shown in table 3.

Table 3. ANOVA^a

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	3456.627	3	1152.209	34.643	.000 ^b
	Residual	864.739	26	33.259		
	Total	4321.367	29			

Source: SPSS Results, 2022

The calculated F value obtained from the SPSS output is 34.643. Significant value of 0.000 which is lower than 0.05. This means that the three independent variables have a significant effect simultaneously on reducing anxiety. To find out the coefficient of determination is shown in table 4.

Table 4. Coefficient of Determination

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.894 ^a	.800	.777	5.767

Source: SPSS Results, 2022

The coefficient of determination obtained is 0.777 which means that there is a contribution of 77.7% in the formation of the variable reducing the anxiety of pregnant women. The remaining 22.3% is determined by factors other than those reviewed in this study.

One of the problems of emotional disturbance that is often encountered in society and has a serious psychological impact is anxiety. Anxiety can be caused by a feeling of fear of not being accepted in a certain environment, traumatic experiences of separation or loss, frustration due to failure to achieve goals and threats to self-integrity and self-concept (Guardino & Schetter, 2014). At a gestational age of more than 24 weeks, the anxiety level of pregnant women becomes more acute and intensive as the baby's birth approaches (Chan et al., 2013). Anxiety and fear before childbirth topped the rankings most often experienced by mothers during pregnancy (Hasuki, 2007). In the last trimester of pregnancy or before delivery, pregnant women need comfort and support from friends, family and husband. This will make the mother able to prepare herself for a smooth delivery process.

Having the support of friends, family and husband will create inner peace, increase self-confidence and feel happy in the mother. The results of this study show that there is evidence that the role and support of the family determines the reduction of anxiety. This is also in accordance with the findings from the research results of Nurwulan et al. (2017) namely there is a significant relationship between family support and a decrease in anxiety levels with a moderate level of closeness. Other findings show that there is a real role of husband's support in reducing anxiety. This is in accordance with the findings from Kamali et al. (2010); Primasnia (2013) which states that there is a significant relationship between husband's assistance with the anxiety level of primigravida mothers in facing the delivery process.

Conclusion

This study resulted in the finding that simultaneously, there is a significant effect of friend support, family support and husband support on reducing pregnant women's anxiety. Partially, friend support does not have a significant effect on reducing anxiety, but on the contrary there is evidence of a real role of family support and husband's support in reducing pregnant women's anxiety.

Most pregnant women who are facing the birth of a child will experience feelings of fear and anxiety. The older the pregnancy, the more social support it should have from friends, family and husband. It is hoped that this form of support and attention, especially from the husband, will provide peace of mind so that it can reduce the anxiety and fear experienced by pregnant women before delivery.

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