



## **Effect of Family Support on Psychological Disorders in Pregnant Women in Pulo Lor Village, Pulo Lor District, Jombang Regency**

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### **Abstract**

Psychological health disorders during pregnancy can cause poor pregnancy outcomes in the form of complications including the risk of preterm labor, delays in the delivery process, low birth weight, hypertension and impaired fetal neurodevelopment and development. The risk of these complications can be reduced by improving the factors that affect the psychological health of pregnant women including interpersonal relationships, family roles and social support. The purpose of this study was to determine the effect of family support on the psychological health status of pregnant women using the unpaired categorical analytic research method of more than two groups with univariate, bivariate and multivariate data analysis. The research process carried out on pregnant women in Jombang Regency has found that influential family support can reduce the risk of psychological disorders in the form of anxiety during pregnancy.

**Keywords:** Family, Pregnancy, Psychology

### **Introduction**

Pregnancy is a natural condition for women that takes place which can cause physiological changes and psychological changes which, if these changes cannot be properly adapted by the mother, can cause various kinds of complaints or even pregnancy complications if not managed properly (Baharvand P, Anbari K, 2022). Psychological adaptation of pregnant women who are not able to do well can cause various problems or psychological disturbances, one of which tends to be experienced by pregnant women is anxiety which can cause various psychological disorders such as insomnia, stress, depression and even post-traumatic stress

disorder (Bedaso A, Adams J, Peng W, 2021). This study aims to determine the effect of family support on psychological disorders in pregnant women (Bhushan NL, Krupp K, Jaykrishna P, Ravi K, Khan A, Shidhaye R, Kiplagat S, Srinivas V, 2020).

Psychological health disorders during pregnancy can result in poor pregnancy outcomes including increasing the risk of preterm labor and even miscarriage, slowing of the delivery process, low birth weight, hypertension in pregnancy, obesity in children and growth disorders in fetal neurodevelopment (Dewi, 2021). (Upadhyaya S, 2023) Various complications for the mother and fetus due to psychological problems and disorders can certainly be avoided by reducing the various factors supporting psychological disorders in pregnant women including interpersonal relationships, family roles, antepartum stress, social support, self-confidence, mastery of fear, doubt, and depression (Romauli, 2011).

Based on some of the things above, the researchers were interested in examining the effect of family support on the psychological disorders of pregnant women in Pulo Lor Village, Pulo Lor District, Jombang Regency.

## Literature Review

Literature Review for Describing Anxiety or Psychological Problems of Pregnant Women

No	Author	Year	Title	Result
1	Gabrielle Saccone,et,al	2020	Psychological impact of coronavirus disease in pregnant women	Based on gestational age, women at first trimester of pregnancy during an epidemic COVID-19 experiences higher anxiety and more severe psychological impacts than in the second or third trimester pregnancy.
2	Kotabagi Phalguni,et. al	2020	Anxiety and depression levels among pregnant women with COVID-19	Maternal anxiety levels at the end of the pandemic in the UK showed a visible decline with depression rates following a similar pattern as available health information and insurance increased health through social media.
3	Yongjie Zhou,et al	2020	The prevalence of pshychiatric symptoms of pregnant and non- pregnant women during the COVID-19 epidemic	During the COVID-19 epidemic in China, pregnant women are facing severe mental problems caused by COVID-19, namely showing symptoms of depression, anxiety, insomnia, and less PTSD than women who are not pregnant.
4	Hendriani dwi,dkk	2021	Peran suami dalam gangguan kecemasan dan stress pada ibu hamil	Husband's support is not a factor main thing during the COVID-19 pandemic which can be done as an effort to reduce anxiety and stress levels.

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5	<i>Lopez, Herman, et al</i>	2020	Mental health of pregnant women during the COVID-19 pandemic: A longitudinal study	In pregnant women it shows an increase depression, anxiety and other negative effects compared to women who are not pregnant, there is a need to provide health services to optimize perinatal health care.
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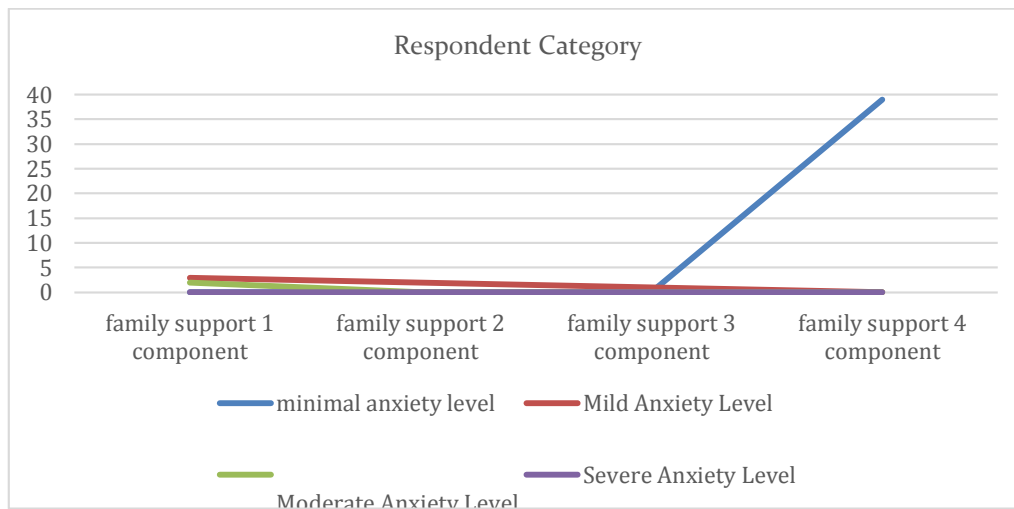
### **Research Method**

This research is an unpaired categorical analytic study (Dahlan, 2010) which reveals the effect of family support on the incidence of psychological disorders during pregnancy (Standeven LR et al, 2022). The research was started by identifying the risk factors for psychological disorders during pregnancy in the form of family support obtained by the mother during pregnancy and then carrying out tests to identify the types of psychological disorders in pregnant women at this time (Oktalia Juli. et al, 2016). The population of this study were all pregnant women in Pulo Lor Jombang Village. The sampling technique used total random sampling so that the research sample was all pregnant women who were willing to take part in the study by filling out the questionnaires that had been distributed (Yoon SH, 2021). The instruments used in this study were the family support questionnaire to identify the forms of family support that mothers receive during pregnancy and the GAD-7 Scale questionnaire to identify the level of psychological disorders in the form of anxiety for pregnant women (Darlington CK, Compton PA, Teitelman AM, 2021). The implementation of this study took into account the 6 guidelines set by the American Nursing Association (ANA) (Huang J, Xu L, Xu Z, Luo Y, Liao B, Li Y, 2022).

### **Result/Findings**

This research was conducted in Jombang Regency to pregnant women respondents by way of researchers distributing questionnaires online using Googleform to village midwives in the Pulo Lor Health Center area from March to July 2022 to be disseminated to pregnant women in their respective work areas. Research data that had been collected from 47 pregnant women were then analyzed univariately and grouped by family support group and anxiety level (Hawke et al., 2020).

Table 1.1. Research data



*Source: Research Data, 2022*

The data from univariate analysis were then analyzed bivariately using the Kruskal Wallis test because the distribution of the data was not normal with 4 unpaired samples and the result was an asymp sig value of  $0.00 < 0.05$  so it could be concluded that there was a significant difference between groups or the hypothesis is accepted that family support has an effect on the anxiety level of pregnant women (Tri, 2022). The results of the bivariate analysis were then followed by multivariate analysis and it was found that the group of pregnant women who received family support on a scale of 4 obtained significantly significant results with a value of 0.00 (Noonan M, Jomeen J, 2021).

The results of this study are in line with the results of research conducted by (Ike, 2021), namely that there is a significant relationship between family support and the anxiety level of pregnant women. (Listia Dwi Febriati, 2021) also explained in her research that there is a significant relationship between family support and changes in the psychological adaptation of pregnant women. (Agustin, 2021) also explained in her research that there were two factors that were significantly related to the anxiety of pregnant women, namely emotional support and instrumental support and (Tri, 2022) confirmed the suitability of the results of this study with the results of her research that pregnant women who get high family support can make pregnant women not experience worry (Kondou A, Yasui T, 2021).

## Discussion

Anxiety is a condition that occurs due to changes and new experiences, characterized by feelings of fear that have no clear cause and are not supported by the existing situation and are caused by various factors. Change emotions that occur during pregnancy due to hormonal function can also trigger emotional stability in pregnant women so that it can have an impact on the psychological health of the mother and the welfare of the fetus. Efforts are needed to suppress psychological disorders that occur in pregnant women, namely by providing support

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from family such as husbands, children and parents. Then stay in contact with health workers using telemedicine or the drive-through method to reduce the mother's anxiety because she has received counseling from health workers.

### **Conclusion**

This study, which aims to identify the effect of family support on the psychological health status of pregnant women, has found that family support has an effect on reducing the risk of psychological disorders in the form of anxiety during pregnancy (Prameswari yudistia. et al, 2019). We give suggestions for future researchers to carry out further research related to forms of family support to reduce the anxiety of pregnant women by increasing the number of respondents so that the research results can be more generalized in society (Lailatul L, 2016).

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