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RESEARCH ARTICLE

THE RELATIONSHIP BETWEEN FAMILY INSTRUMENTAL SUPPORT AND MENTAL READINESS OF PREGNANT WOMEN IN FACING PREGNANCY DURING THE COVID-19 PANDEMIC

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Abstract

Pregnancy is a physiological process that can affect women's lives both positively and negatively. The condition of the Covid-19 pandemic is a threat to pregnant women in maintaining their health. The psychological impact will make pregnant women less mentally prepared. Pregnant women have mental readiness because of the support from their families. The purpose of this study was to analyze the relationship between family instrumental support and mental readiness of pregnant women in facing pregnancy during the Covid-19 pandemic. This research method is a descriptive correlational analytic study with a cross sectional approach. The results showed that statistically there was a significant relationship between family instrumental support and the mental readiness of pregnant women in facing pregnancy during the Covid-19 pandemic. The results of this study provide several recommendations for the Head of the Puskesmas to implement policies by providing counseling on the support that families can provide to pregnant women, especially instrumental support. The head of the Puskesmas can also organize a family support development program for pregnant women according to the current pandemic conditions.

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Introduction:-

Pregnancy is a physiological process that can affect women's lives both positively and negatively. The condition of the Covid-19 pandemic is a threat to pregnant women in maintaining their health. Qi, Li, Liu, Li, & Huang (2020), pregnant women feel threatened by the covid-19 pandemic, which has a negative impact on the psychology of pregnant women. The study of Grussu, Lega, Quattraro, & Donati (2020) identified 12.4% of pregnant women with mild depression during pregnancy and 9.6% of severe depression during the postpartum period

The psychological impact will make pregnant women less mentally prepared. Hajmohamadi, Bakhtari Aghdam, Ghalichi, & Matlabi (2018), mental readiness also affects physical health and mental changes during pregnancy are associated with infant abnormalities and changes in motherhood. Heslehurst et al. (2015), mental readiness for pregnant women is important for fetal development. Corna, Tofail, Chowdhury, & Bizouerne, (2019), the mental readiness of pregnant women contributes to the prevention of child mortality and psychological stress.

Mlotshwa, Manderson, & Merten, (2017) identified that pregnant women experience mental readiness in life due to support from their families. Hernán et al (2018), family support is an element that supports the adaptation of pregnant women during pregnancy. Family support, especially instrumental support, is needed by pregnant women.

A Study by Zuccolotto, Barbieri, & Sartorelli (2015), the instrumental support provided by families in the form of fruits and vegetables is sufficient to stimulate feelings of pleasure in pregnant women. Shimpuku, Madeni, Horiuchi, Kubota, & Leshabari (2018), family providing instrumental support in the form of nutritious food and money can lead pregnant women to have mental readiness during pregnancy. So that pregnant women will be ready for birth.

Based on a preliminary study conducted by researchers at the Babussalam Puskesmas, it was found that the number of antenatal care visits from January to September 2020 was 230 visits by pregnant women from Kampung Melayu. The results of the researchers' interviews showed that pregnant women often feel anxious and afraid when they are about to give birth. This unpreparedness is because the mother always feels anxious so that it has less impact in fully preparing for childbirth, all her needs also feel that something is not being fulfilled so that the support of this family will determine and convince the prospective mother.

Support from family and husband during pregnancy has proven to be very much needed by pregnant women in dealing with the process of pregnancy, even triggering milk production. The involvement of husband and family since the early stages of pregnancy will certainly make it easier and easier for pregnant women to undergo their pregnancy where family support can also reduce maternal and infant mortality rates. Therefore the authors are interested in conducting research on "The Relationship between Instrumental Family Support and Mental Readiness of Pregnant Women in Facing Her Pregnancy in Kampung Melayu, Babussalam Subdistrict, Aceh Tenggara District".

Methods:-

This research method is a descriptive correlational analytic study with a cross-sectional approach.

The population in this study were all pregnant women in Kampung Melayu, Babussalam Subdistrict, Aceh Tenggara District. The sampling technique used total sampling, namely as many as 82 pregnant women.

The data collection tool in this study was a questionnaire developed from Friedman's (2002) concept for instrumental support variables and maternal mental readiness variables from Noerdin's (2007) concept.

Data analysis consisted of univariate analysis and bivariate analysis.

Results:-

Based on research conducted in Kampung Melayu, Babussalam Subdistrict, Aceh Tenggara Regency on 82 pregnant women, the following results were obtained:

Table 1:- Instrumental Family Support for Pregnant Women in Facing Pregnancy.

Instrumental Family Support	Frequency	Percentage (%)
a. Good	44	53.7
b. Less	38	46.3

Table 1 shows that most of the respondents with family instrumental support in Kampung Melayu, Babussalam Subdistrict, Aceh Tenggara District are in the good category.

Table 2:- Mental Readiness of Pregnant Women in Facing Their Pregnancy.

Mental Readiness	Frequency	Percentage (%)
a. Ready	45	54.9
b. Not Ready	37	45.1

Table 2 shows that most respondents have mental readiness to face pregnancy

Table 3:- The Relationship between Instrumental Family Support and Mental Readiness of Pregnant Women in Facing Her Pregnancy.

Variable	Mental Readiness				Total		p-value
	Ready		Not Ready				
	f	%	f	%	f	%	
Instrumental Family Support							0.000
Good	35	79.5	9	20.5	44	100	
Less	10	26.3	28	73.7	38	100	

The results of the chi-square test in table 3 show that the p-value is 0.000 (<0.05), which means that there is a significant relationship between family support and the mental readiness of pregnant women in facing their pregnancy.

Discussion:-

The results showed that there was a significant relationship between family instrumental support and the mental readiness of pregnant women in facing their pregnancy. Yuksel, Bayrakci, & Yilmaz (2019), there is a positive relationship between the instrumental support provided by the family and the mental readiness of pregnant women. According to Latifah (2016), families who provide instrumental support according to the needs of pregnant women in facing pregnancy have an effect on the mental readiness of pregnant women. So that pregnant women do not feel anxious in facing their pregnancy.

According to the researcher's analysis, the instrumental support of the family means showing the willingness of the family to provide the equipment needed by pregnant women such as maternity clothes, attention to food, milk for pregnant women and preparation of baby clothes. This will create feelings of pleasure and pregnant women can adapt to the process of pregnancy.

Conclusion:-

Based on the results of this study, the conclusion is that there is a relationship between instrumental support and mental readiness of pregnant women in facing pregnancy in Kampung Melayu, Babussalam District, Southeast Aceh Regency.

The results of this study provide several recommendations for the Puskesmas to implement policies by providing counseling about the support that families can provide to pregnant women, especially instrumental support. The Puskesmas can also organize family support development programs for pregnant women according to the current pandemic conditions.

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