

## Article

**Factor of Anxiety Level Primiparous Women**Fauziah Winda Gurnita<sup>1</sup>, Ari Suwondo<sup>2</sup>, Rara Sri EndangPujiAstuti<sup>3</sup><sup>1</sup>Department of Midwifery, KaryaHusada Health Science Institute of Semarang, Semarang, Indonesia<sup>2</sup>Department of Public Health, DiponegoroUniveristy Semarang, Semarang, Indonesia<sup>3</sup>Department of Nursing, Semarang Health Politecnic, Semarang, Indonesia**SUBMISSION TRACK**

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**A B S T R A C T**

The majority of primiparous woman signs of anxiety are often overlooked due to a lack of awareness of the impact of later life on the child's mother, husband or other family relationships which will be a psychological burden for primiparaous. Factors studied were age, education, job, economic status not affected to anxiety level primiparous woman. Ethnic group influences anxiety level because it shapes the environment and effective perceptions for primiparous mothers and families. Because ethnic group make environmental entity shapes how the mother's psychological state runs during the postpartum process.

**I. INTRODUCTION**

Indications of adaptation difficulties in the postpartum period begin with anxiety, mood swing and worried. Perception of stress relative, each individual has a very varied response that is determined by objective factors and subjective factors (Hillerer, Neumann, & Slattery, 2012; Hopkins & Campbell, 2008).

Primiparous woman has risk factors for anxiety, stress, become to postpartum depression or postpartum psychosis through a new role as a mother for the first time (Suherni, 2009). RamshaRukh et al explained postpartum depression incidence is more common in primiparaous woman with 16-25 years age group as much as 57.69% (Rukh, Kafeel, Naveed, & Sarwar, 2013).

The Razurel C et al explained that the provision of education pregnancy (health information for the postpartum period) provided with support during the postpartum period cannot get expectations of the mother and family. There is an imbalance between education provision and its application during the postpartum period (Wang et al., 2017).

The majority of primiparous woman signs of anxiety are often overlooked due to a lack of awareness of the impact of later life on the child's mother, husband or other family relationships which will be a psychological burden for primiparaous. In addition, the ignorance and shame that is possessed to express the form of anxiety that is being experienced due to environmental stigma regarding psychological complaints becomes the

cause of the post-partum process maladaptation that cannot be overcome early on(Reid, 2015 ).

## II. METHODS

Pre experimental design with 20 samples of primiparous women with the criteria giving birth to vaginal normal samples. Factors studied were age, education, job, economic status and ethnic culture of primiparous women. 15 days from the first day of postpartum primiparous women performed an anxiety level assessment using *Edinburgh Postpartum Depression Scale*.

## III. RESULT

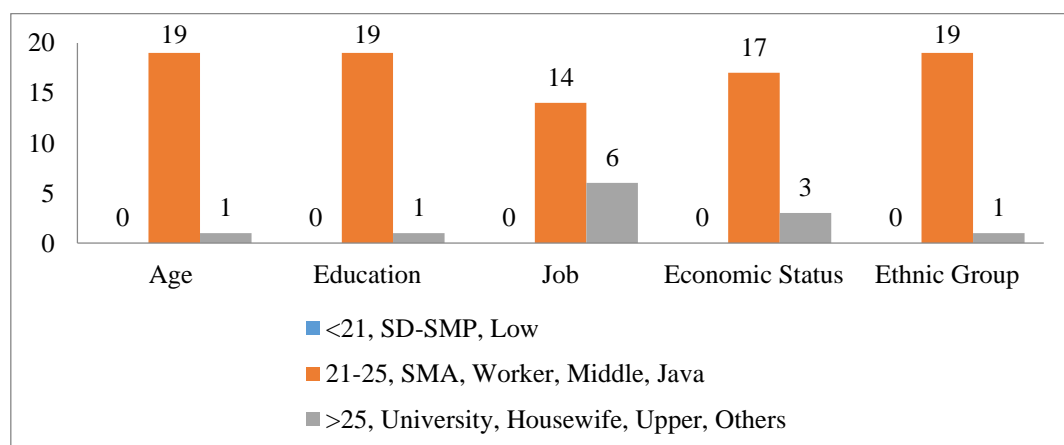
The age characteristics of primipara mothers are grouped into three namely age <21, 21-25, and > 25 years. The majority of primiparous mothers have a percentage of 95% in the 21-25 year age range.

The results of the characteristics of respondents based on work are grouped into two namely working mothers and not working. Primipara mothers have the characteristics of not working as much as 70% and 30% working mothers work as private employees and civil servants.

The frequency distribution of educational characteristics is grouped into three groups namely elementary, junior high, high school and university. The research results of primipara mothers have the characteristics of the last education at the high school level of 95% and the last 5% of the education at the S1 (bachelor/university) level.

The results of the study grouped the characteristics of the respondent's economic status into three namely low, middle and upper. Primiparous woman have a middle economic status of 85% and a high economic status of 15%.

The characteristics of the research respondents are grouped into Javanese and other tribes. Primipara's mother has a percentage of 95% Javanese and 5% Sundanese.



**Fig 1: Primiparous woman characteristic**

The results of the study showed that all variables can not influence the anxiety level of primiparous mothers. Ethnic group variables that influenced anxiety level directly.

**Table 1. Factors analysis results of anxiety level primiparous**

| <b>Characteristics</b> | <b>Sig.</b> | <b>Sig. F</b> |
|------------------------|-------------|---------------|
| Age                    | 0,473       |               |
| Education              | 0,684       |               |
| Job                    | 0,098       | 0,001         |
| Economic Status        | 0,711       |               |
| Ethnic Group           | 0,000       |               |

Table 1 analysis results shows that age of 0.473, education of 0.684, occupation of 0.098, and economic status of 0.711, respectively, not affecting ( $p$  value  $> 0.05$ ) the anxiety level of the control group, except the tribal variable of 0,000 which directly affects ( $p$  value  $< 0.05$ ) anxiety level. All variables showed a significant effect together to influence the level of anxiety through Sig.F results of 0.001 ( $p$  value  $< 0.05$ ).

#### IV. DISCUSSION

The perspective of health sciences mentions that the ideal partner is at least 20 years old for women and 25 years for men. The majority of primiparous woman are in the ideal reproductive range of 21-25 years. The results of this study indicate that age characteristics do not affect anxiety levels. In line with the results of other studies, age does not affect anxiety and stress because there are other factors that can affect the level of maturity of a person can not be determined through how old primiparous woman (Firtiana., 2011).

The majority of primiparous woman employment status shows didn't influence anxiety level. Most primiparous mothers are unemployed (housewives). Based on the results of the study, working and non-working mothers have the same opportunity to experience difficulties with primiparous postpartum adaptation that can cause anxiety. Mothers who work full time do not have much time to do physical preparation, while mothers who do not work do not get enough insight into doing physical preparation either as an effort to prepare for the postpartum period (Posmontier, 2008).

Primipara majority mothers have a high school level of high school (SMA). The higher level of education is expected to increase understanding and knowledge to overcome the difficulties of adaptation in the postpartum period. Education cannot be an absolute parameter of increasing knowledge. Increasing knowledge can be obtained through non-formal education, the interaction of the social physical environment and information media (Notoadmodjo, 2005).

Economic status does not have a significant effect on the golden level in primiparous postpartum. The results showed the group respondents had middle economic status with income ranging from Rp 1,100,000 to Rp 2,000,000 per month. Respondents used the BPJS (health insurance) during the delivery process. Health services can be reached by a family through enough income to produce a good preventative measure for the possibility of future health problems (Kasdu, 2002). Based on the results of the study, the economic status of the health status and quality of life of a woman. This is in line with the results of this study that the majority of respondents get good facilities in handling labor. However, a preventive step that really needs to be developed through collaboration with health workers to improve the ability of postpartum primipara to do postpartum adaptation (Prawirohusodo., 1998).

Educational status does not affect anxiety level of primiparous woman. Low education level causes the mother to be more stress, ignorance of adaptation . It is an indication of difficulties postpartum adaptation. The higher education is expected to be easier to receive and understand information that can have an effect on a constructive and realistic mindset to deal with a problem. This is not in line with the results of this study where the educational levels of the majority of middle and higher alike have anxiety and lack of insight to preparation for the postpartum adaptation process(Notoadmodjo, 2005; Prawirohusodo., 1998).

The tribe comes from the ancestral line which is related to how the physical and social support of the family is formed. Ethnic characteristics affected anxiety levels. The influence of ethnic groups on the formation of maternal social support can be clearly seen from the correlations of Roy's study. If the support of adat cultural understanding is negative, it raises anxiety if the mother does not agree or agree. Understanding positive culture gives rise to the comfort of the mother in the process of adaptation to the postpartum period. Based on the results of research that a person's health status is strongly influenced by beliefs or cultural customs that are held by ibu, it is expected to build a culture that is flexible to weigh the benefits according to the times to avoid customs or customs that are detrimental to the health of primiparous women and their babies(B., 2002; Juliet C Nnadozie, 2017).

## V. CONCLUSION

Ethnic group influences because it shapes the environment and effective perceptions for primiparous mothers and families. An environmental entity shapes how the mother's psychological state runs during the postpartum process. All elements of culture should consider the health and well-being and safety effects of primiparous postpartum mothers in order to be able to undergo the postpartum period well.

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