

Article

## Economic status and anxiety level in third trimester of pregnant women in facing normal labor: A cross-sectional study

*Dera Sukmanawati<sup>1</sup>, Eris Yuliani<sup>1</sup>,**<sup>1</sup>Department of Midwifery, Institute of Health Science Kuningan, Kuningan, Indonesia***SUBMISSION TRACK**

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**CORRESPONDENCE**

Dera Sukmanawati, Institute of Health Sciences Kuningan, Lingkar Kadugede Street No. 2 Kuningan,

Phone: 828228885904

E-mail: [derasukmanawati@stikku.ac.id](mailto:derasukmanawati@stikku.ac.id)**A B S T R A C T**

The process of pregnancy and childbirth is a natural thing for a woman, but before the delivery process, a mother often feels anxiety. One of the factors that influence anxiety during pregnancy is economic status. This study aims to analyze the relationship between economic status and the level of anxiety of pregnant women in the third trimester in the face of normal delivery in the Work Area of Sodonghilir Health Center, Tasikmalaya Regency in 2022. This type of research is quantitative with observational analytic methods and a cross-sectional approach. The sample in this study was 37 third-trimester pregnant women, obtained by accidental sampling technique. The research instrument used a questionnaire. Bivariate analysis using spearman rank statistical test. The results of the univariate analysis showed that most of the economic status of pregnant women in the third trimester, including the upper class, was 64.9%. The anxiety level of pregnant women in the third trimester of pregnancy mostly experienced mild anxiety, namely 54.1%. the results of the bivariate test obtained a p-value 0,000 which mean there is a relationship between economic status and the level of anxiety of pregnant women in the third trimester of childbirth. It is recommended for the Sodonghilir Health Center improve health services, especially for pregnant women in the third trimester by providing information communication and education regarding childbirth preparation so that it can reduce anxiety in maternity mothers.

## I. INTRODUCTION

Childbirth is a normal physiological event that occurs in a woman's life. Towards the close of the birth process, a mother often feels anxiety. When a pregnant woman experiences excessive anxiety about the birth process, the brain will perceive pain or pain as a result the pain will increase in line with the process of opening the birth canal (Wanda K, 2014).

According to data from WHO regarding mental health status in pregnancy in the world, it is obtained that 5-20% of pregnant women experience mental and behavioral disorders and only 40% of these cases are diagnosed. The incidence of anxiety in pregnant women in Indonesia reaches 373,000,000, of which 28.7% or as many as 107,000,000 pregnant women experience anxiety before the delivery process (Ahmad, 2014).

Based on several studies on the risk factors for anxiety in pregnant women, one of which is age, in addition to age, socioeconomic status affects anxiety in pregnant women.

The results of the survey of the Tasikmalaya District Social Service from January to November 2021, the level of the low economic status of pregnant women in Tasikmalaya Regency was around 1,463 people, while for the Sodonghilir District, the data for pregnant women with low economic status were 60 people from the survey data (Social Service of Tasikmalaya Regency, 2022)

This study aims to determine the relationship between economic status and the level of anxiety of pregnant women in the third-trimester in facing normal delivery in the working area of the Sodonghilir Health Centre, Tasikmalaya Regency in 2022.

## II. METHODS

This type of research is quantitative with a cross-sectional design. This research was conducted in the working area of the Sodonghilir Health Centre, Tasikmalaya Regency in June 2022. The population in this study were all third-trimester pregnant women who visited the Sodonghilir Health Centre in May total of 37 people using the accidental sampling technique. The samples in this study were all third-trimester pregnant women who visited the Sodonghilir Health Center in May. The research instrument used in the study was a questionnaire. The data was processed using univariate and bivariate analysis, bivariate analysis used the Ro Spearman correlation test.

## III. RESULT

### Univariate Analysis

Based on table 1 of 37 respondents, most of them belong to the upper class or have income more than the minimum wage, namely 24 people (64.9%).

Based on table 2, it can be seen that of 37 respondents, most of them included mild anxiety many as 20 people (54.1%).

### Bivariate Analysis

Based on table 3, can be seen that from 33 respondents of 24 respondents belonging to the upper class economy, 18 people (75%) experienced mild anxiety, while 11 people (84.6%) experienced moderate anxiety. The results of statistical tests using Spearman's rank obtained a p-value of 0.000, meaning that there is a relationship between economic status and the level of anxiety of third trimester pregnant women for facing childbirth. The correlation coefficient (r) of 0.571 means that the two variables include very strong correlation.

**Table 1. Frequency distribution of third-trimester pregnant women's economic status**

Economic status	Amount	Percentage (%)
Lower class	13	35.1
Middle class	0	0
High class	24	64.9
Total	37	100

**Table 2. Frequency distribution the level of anxiety of pregnant women in the third-trimester in facing childbirth**

Level of anxiety	Amount	Percentage (%)
Light	20	54.1
Medium	17	45.9
Heavy	0	0
Total	37	100

**Table 3. Relationship between economic status and the level of anxiety of pregnant women in the third trimester in facing childbirth**

Economic status	Level of anxiety						Total	P value	Rho	
	Light		Medium		Heavy					
	n	%	n	%	n	%				
Lower class	2	15.4	11	84.6	0	0	13	100	0,000	0,571
Middle class	0	0	0	0	0	0	0	0		
High class	18	75.0	6	25.0	0	0	24	100		
Total	20	54.1	17	45.9			37	100		

## IV. DISCUSSION

### 1. Economic Status of Third-Trimester Pregnant Women

The results showed that the economic status of pregnant women in the third-trimester was mostly upper class or had income more than the minimum wage, which was 64.9% and the lower class was 35.1%. Looking at the data, respondents think that the family's monthly economic income is greater than the minimum wage, which is Rp. 2,251,787.92.

Monthly family economic income is an indicator of people's purchasing power. In terms of social status, the economy of the respondents is different which describes the education and occupation strata of the respondents. This shows that social life shows the level of social strata. Differences in the level of social strata in society are caused by differences in economic level, social status, education, and so on (Putong Iskandar, 2013). The results of this study are in line with Said's research (2015) found that there were 23 third-trimester pregnant women (57.5%) with high income and 17 (42.5%).

Based on this description, the author argues that family income or family economic status is mostly high based on the nominal value of the district minimum wage in Tasikmalaya Regency. This

income is a parameter of the family's ability to meet their daily needs, including the costs of childbirth.

## **2. Anxiety Levels of Pregnant Women in Third Trimester in Facing Childbirth**

The results showed that all third trimester pregnant women experienced anxiety, most of the anxiety was mild, namely 54.1% and moderate anxiety was 45.9%. Seeing from these data, pregnant women experience anxiety/worries in the face of childbirth, this is a normal condition and can be experienced by everyone, including pregnant women.

Anxiety is said to be mild if during pregnancy you can't sleep, moody and can't concentrate. Anxiety in pregnant women is a feeling of worry that is commonly experienced by women who are pregnant. The closer the time of delivery will make the level of anxiety higher, feelings of anxiety can arise because of thinking about the birth process and the condition of the baby to be born. Entering the third trimester, pregnant women will find themselves increasingly tense waiting for the birth, unpleasant feelings may still be felt because the enlargement of the body as a pregnant woman is uncomfortable. Questions such as how the process of giving birth, whether the baby is normal or not will continue to disturb the mind (Trieksmedia, 2014).

Based on this description, the researcher argues that in the third trimester of pregnancy the psychological changes that occur are related to the shadow of the risk of pregnancy and the delivery process so that pregnant women are very emotional in an effort to face or prepare for everything related to the interests and needs of the mother and baby, anxious to face the birth process and be aware everything that might be encountered.

## **3. Relationship between Economic Status and Anxiety Levels of Pregnant Women in the Third-Trimester**

The results of statistical tests using Spearman's rank obtained a p-value of 0.000, meaning that there is a relationship between economic status and the level of anxiety of third-trimester pregnant women in facing childbirth. The correlation coefficient ( $r$ ) of 0.571 means that the two variables include a very strong correlation.

This is under Kurniawati (2013) who said that social and economic status also greatly affects the emergence of anxiety. Anxiety arises because mothers think about the costs of childbirth and baby care. The income earned by the family of pregnant women will have an impact on the psychological. If the family has sufficient income, anxiety will decrease regarding the ability to obtain health services in quality facilities.

Said (2015) in his research used the Chi-square test with a significance level of  $= 0.05$ . There is no relationship between education and the anxiety of primigravida mothers at the Tuminting Health Center with a value of  $p=0.437 > \alpha$ , and there is no relationship between work and the anxiety of primigravida mothers at the Tuminting Health Center with a p-value of  $0.457 > \alpha$ , and there is a relationship between income and anxiety of primigravida mothers at the Tuminting Health Center with p-value  $= 0.000$ . Septiyanti (2014) in his research obtained the results that there is a relationship between anxiety levels and pregnancy in mothers with better economic abilities and this relationship is statistically significant.

This shows that the economy affects the anxiety of pregnant women in the third trimester because from these data, most of the pregnant women who have a low economy experience moderate

anxiety. On the other hand, some pregnant women have a high economy but experience anxiety, this can be suspected because there are factors of previous experience with painful births. Based on this description, the researcher argues that it can be stated that pregnant women who are not ready for a low economy, for example, because their husbands have not gotten a permanent job so that the inability to purchase power is low will have a psychological impact on pregnant women so that these fears and worries cause anxiety.

## V. CONCLUSION

It can be concluded that the economic status of pregnant women in the third trimester is mostly classified as upper class (64.9%), the anxiety level of pregnant women in the third trimester in facing childbirth is mostly mild (54.1%). There is a relationship between economic status and the level of anxiety of pregnant women in the third trimester in facing childbirth with a fairly strong correlation. It is recommended for Sodonghilir Health Centre, to improve health services, especially for pregnant women in the third trimester by providing counseling and education regarding preparation for childbirth so as to reduce anxiety in maternity mothers.

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### BIOGRAPHY

**First Author** Dera Sukmanawati, S.Tr.Keb., M.Keb., MCE, graduated with a Bachelor of Applied Midwifery in 2015 at the Faculty of Medicine, Universitas Padjadjaran and graduated from Master of Midwifery in 2021 at the Faculty of Medicine, Universitas Padjadjaran and participated in International Training (Certified Educator) in in 2021. Currently, she is a lecturer in the Midwifery Study Program at the Institute of Health Science Kuningan and she is active as a head of overseas partnership and a Project Manager for Health Promoting University at the Community Service Center of the Institute of Health Science Kuningan. The researcher also active as a resource person in the Midwifery Competency Test, Research and Community Service. The researcher also active in publishing research and writing a book entitled “Gender Perspectives, Human Rights and Technology in Community Midwifery Services”. The author can be contacted at the email address: [derasukmanawati@stikku.ac.id](mailto:derasukmanawati@stikku.ac.id)

**Second Author** Eris Yuliani, S.Keb. Currently a Professional Midwife Student in Institute of Health Science Kuningan. She is a midwife at Urug Health Center Tasikmalaya city and now works as a midwife at Sodonghilir Health Center, Tasikmalaya Regency.