

Analysis of the Influence of Family Support on Food Consumption Motivation in Hyperemesis Gravidarum Mothers

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ABSTRACT

Hyperemesis gravidarum can have negative effects on the fetus, including abortion, low birth weight, early birth, and birth defects in neonates, in addition to endangering the lives of pregnant mothers. Although the exact cause of hyperemesis gravidarum is unknown, there are several theories that attempt to explain it. According to one theory, hyperemesis gravidarum is linked to elevated levels of estrogen or human chorionic gonadotropin (HCG), and it may also be linked to the development of hyperthyroidism during pregnancy. This study's goal is to examine how family support affects hyperemesis gravidarum mothers motivation to eat. This study's design is an observational quantitative cross-sectional study with the goal of examining.

Keywords: family support, hyperemesis gravidarum, motivation, pregnancy, respondent

BACKGROUND

Being pregnant is something everyone wants. Pregnant women frequently suffer a variety of modest physical symptoms throughout pregnancy, which are essentially typical changes. These symptoms frequently generate worry since they are a novel experience and because we don't know how the body will alter. Even though this stage of pregnancy is crucial for fetal growth, morning sickness is frequently a very frightening day for expectant mothers and results in a reduction in a healthy appetite. Some women have nausea during their early pregnancies, either with or without vomiting. It's commonly referred to as morning sickness. Many women suffer nausea, which typically doesn't require medical care.

However nausea and vomiting in pregnancy occur due to the influence of hCG, decreased muscle tone of the digestive tract so that the entire digestive tract has decreased ability to move (Kusmiyati, 2015). Increased levels of Human Chorionic Gonadotropin (hCG) will induce the ovaries to produce estrogen which can stimulate nausea and vomiting (Wiknjosastro, 2014). Hyperemesis Gravidarum is a condition characterized by excessive nausea and vomiting, weight loss and electrolyte balance disorders, the mother looks thinner, the skin turgor is reduced and the eyes look sunken. If pregnant women who experience these things do not handle it properly, it can cause other problems, namely an increase in stomach acid and subsequently gastritis.

The prevalence of Hyperemesis Gravidarum issued by the Ministry of Health of the Republic of Indonesia (2019), explains that more than 80% of pregnant women in Indonesia experience excessive nausea and vomiting.

According to WHO as the United Nations agency that handles health problems, said that Hyperemesis Gravidarum occurs throughout the world, including countries in the Americas with various incidence rates. Meanwhile, the incidence of Hyperemesis Gravidarum is also

common in Asia, for example in Pakistan, Turkey and Malaysia. Meanwhile, the incidence of hyperemesis gravidarum in Indonesia is from 1% to 3% of all pregnancies (Aril., et al, 2010). According to research conducted by Savira (2014), the data obtained at the Hospital Randegansari Husada Driyorejo Gresik For the period January 1, 2018 to December 30, 2020, there were 5,683 pregnant women and 120 (2.1%) pregnant women or around 21 cases per 1,000 pregnancies, 101 (84.2%) of whom had to be hospitalized because of incidence of hyperemesis gravidarum.

Based on the results of a preliminary study conducted by researchers to 10 pregnant women with hyperemesis it was found that a total of 7 respondents (70%) said that the mother's motivation to consume nutritious food was very low where this was due to nausea that is often experienced by pregnant women, this nausea causes pregnant women to have less appetite nutritious food that causes mothers sometimes only eat food that feels good. After further investigation, this is also due to the fact that the family does not pay attention to the nutritional needs of pregnant women and as long as they provide additional food, they do not know whether the food contains a lot of nutrients or even contains a lot of toxins, such as some ready-to-eat foods.

Hyperemesis Gravidarum is defined as the occurrence of nausea and vomiting that results in weight loss of more than 5%, abnormal fluid and nutritional intake, electrolyte imbalance, dehydration, ketonuria and has adverse consequences for the fetus. Nausea and vomiting are the most common disorders encountered in the first trimester of pregnancy, which is at week 1 to week 12 during pregnancy (Runiari, 2010). According to Sandven (2010) said that Hyperemesis Gravidarum can also occur before the end of the 22nd week of pregnancy or in the second trimester of pregnancy.

The cause of hyperemesis gravidarum is still not known with certainty, but there are several theories that explain the cause, where hyperemesis gravidarum is associated with increased levels of estrogen or human chorionic gonadotropin (HCG) and may also be associated with the occurrence of hyperthyroidism during pregnancy (Sandven, 2010). Another cause is increased levels of the hormone progesterone and increased levels of the hormone estrogen (Runiari, 2010). Psychological factors also play a role in the occurrence of hyperemesis gravidarum such as work pressure, cracked households and can cause mental conflicts that exacerbate nausea and vomiting (Runiari, 2010).

The impact of Hyperemesis Gravidarum not only threatens the lives of women, but can also cause side effects on the fetus such as abortion, low birth weight, premature birth, and malformations in newborns (Runiari, 2010). Family support is very important for pregnant women. Sometimes pregnant women are faced with a sense of anxiety and fear of the disturbances faced during their pregnancy. Families are expected to always motivate, help and assist pregnant women in dealing with pregnancy complaints so that pregnant women feel calm and comfortable whenever there are problems they experience during pregnancy (Indriyani, 2013).

The effects of hyperemesis gravidarum should be minimized by increasing the nutritional intake of nutritious and diverse foods, and can be accompanied by good family support so that mothers with hyperemesis gravidarum can pass this phase well. Based on the above conditions, the authors are interested in researching about analysis of family support on motivation to consume food in hyperemesis gravidarum mothers.

METHODS

In this study, the researcher used a quantitative analytical design with a cross sectional approach to study the dynamics of the regression between risk factors and effects by approaching, observing, or gathering data all at once (point time approach). Each subject in the study was only observed once, and measurements were made on the subject's status for the

variable or characteristic at the time of examination. This does not imply that all study participants are watched simultaneously (Notoadmojo, 2012). With a population of 36 respondents and a sample of 33 respondents selected using the accidental sampling technique, this study will examine the impact of family support on hyperemesis gravidarum mothers' drive to consume meals.

RESULTS

Characteristics of family support

Table 1. Frequency distribution based on respondent's family support with a total of 33 respondents

Criteria	Frequency	Percent (%)
Well	9	27.3%
Enough	17	51.5%
Not enough	7	21.2%
Total	33	100%

Based on table 1, it is known that most of the respondents have sufficient family support as many as 17 respondents (51.5%).

Characteristics of motivation

Table 2. Frequency distribution based on respondent's motivation with a total of 33 respondents

Criteria	Frequency	Percent (%)
Tall	9	27.3%
Currently	17	51.5%
Low	7	21.2%
Total	33	100%

Based on table 2, it is known that half of the respondents have a moderate category of motivation as many as 17 respondents (51.5%).

Statistical test results

Table 3. Analysis results *linear regression* the effect of family support on the motivation to consume food in hyperemesis gravidarum mothers with a total of 33 respondents

No	Variable	Sig	R
1	Constant	0.328	74.5%
2	Family support	0.031	

Based on the results of the linear regression analysis showed that the p-value was $0.031 < 0.05$, H_1 was accepted, so it was concluded that there was an effect of family support on the motivation to consume food in hyperemesis gravidarum mothers with a large effect of 74.5%.

DISCUSSION

Family support for hyperemesis gravidarum mother

The results showed that most of the respondents had sufficient family support as many as 17 respondents (51.5%). In addition, 9 respondents (27.3%) had good family support. While a number of 7 respondents (21.2%) had family support in the category of less.

Psychologically, the right social support will lead to feelings of being appreciated, accepted, cared for, and loved. The existence of this social support will motivate a person to behave positively, enthusiastically in living life because they feel cared for and accepted. This is clearly a positive influence because with such feelings, a person will be able to develop more and be able to live his life well (Marie, 2013).

One source of social support is the family which is a place for individual growth and development. Physical and psychological needs are first met from the family environment,

because the family is the closest environment of the individual. The family referred to in this study is the nuclear family. Family is a source of social support because in a family relationship a trusting relationship is created. Individuals as family members will make the family a collection of expectations, a place to tell stories, a place to ask questions, and a place to issue complaints (Anja, 2010).

Family social support in the form of acceptance, recognition, attention, a form of togetherness towards individuals, care, a sense of kinship, positive appreciation, sympathy, empathy, assessment of the efforts made, advice, direction, and other forms of care that have been given (Orion, 2003).

Hobfoll in Smet (2014) says that one or two close relationships are important in terms of social relations, and only those who are not entwined in intimacy are at risk. According to Hobfoll, House in Taylor (2015) also revealed that social support can be used to reduce the risk of death and serious illness. Social support can come from several sources, namely life partners, family, friends, doctors or groups (Sarafino, 2013).

Marriage and family are perhaps the most important social support (Rodin and Salovey in Smet, 2014). Someone who is married or has a companion who can certainly provide social support when someone is faced with stressful situations. Family is a source of social support because in a family relationship a trusting relationship is created. Individuals as family members will make the family a collection of hopes, a place to tell stories, a place to ask questions, and a place to issue complaints when individuals are having problems. Thus, the family is one of the most important sources of family support.

Family is someone who is very close and has blood or marital status. Family is the main factor in influencing everything that will be done by someone. So that family support will be very important to be given to someone, especially to people who are at the stage of treatment or therapy so that they have the motivation to recover. Based on the results of the study, it was found that most of the respondents had adequate family support or within normal limits. However, there are still many respondents who have low category family support where the lack of support lies in emotional support and informational support.

Motivation to consume food for hyperemesis gravidarum mothers

The results showed that half of the respondents had a moderate category of motivation as many as 17 respondents (51.5%). In addition, a number of 9 respondents (27.3%) have a high category of motivation. While a number of 7 respondents (21.2%) have a low motivation category.

Motivation is what causes and supports a person. According to Maslow (2014) in Sunaryo (2013), individuals will be motivated to fulfill what needs are strongest in themselves at any given moment. If it is said that the emergence of a person's behavior at a certain time is determined by a need that has high power.

Motivation is what causes and supports a person. According to Sunaryo (2013), individuals will be motivated to fulfill what needs are strongest in themselves at a certain time. If it is said that the emergence of a person's behavior at any given moment is determined by a need that has high power then it is important for every manager to have knowledge of the needs that are felt to be most important to their subordinates.

According to Ngali Purwanto (2000) motivation is everything that encourages someone to do something. Motivation is to provide a stimulus or impetus or an excitement to a person or group to want to work properly and enthusiastically. With its ability to achieve goals in an efficient and effective manner (Wijono D, 2012).

According to Sunarya in a psychology book for nursing (2013), motivation is the desire and need of the individual, to motivate the individual to fulfill his needs and direct behavior towards everything he is aiming for. According to Nancy Stevenson (2011) motivation is all verbal, physical, or psychological things that make someone do something in response. And according

to Suwarno, sw (2010) motivation refers to the movement process, including encouraging situations that arise from within the individual, behavior evoked by the situation and the ultimate goal of the movement or action.

Motivation is the basis for someone willing to do an activity. Motivation will encourage someone to do something. Motivation will provide a stimulus or impetus or an excitement to a person or group to want to do something properly and enthusiastically. With its ability to achieve goals in an efficient and effective manner. Motivation itself will refer to the process of movement, including the encouraging situation that arises from within the individual, the behavior caused by the situation and the ultimate goal of the movement or action.

According to researchers, motivation will encourage someone to do something, where if someone has high motivation then that person will do everything possible so that his wishes can be achieved. Based on the results of the study, it was found that most of the respondents had the motivation to consume food in the fairly high category, but there were still many who had the motivation to consume food in the low category. Where this is due to the perception of the patient himself which the patient assumes that the food he eats will be vomited again and the patient is getting bored with it, causing low motivation.

Influence family support for motivation to consume food in hyperemesis gravidarum mothers

Based on the results of Linear Regression analysis shows that the p-value is $0.031 < 0.05$ then H1 is accepted so it can be concluded that there is influence family support for motivation to consume food in hyperemesis gravidarum with an influence of 74.5%.

Pregnancy is something that is very desirable. During pregnancy, it is not uncommon for pregnant women to experience various mild physical symptoms which are actually normal changes experienced. Because it is a new experience and not knowing the body will change, these symptoms often trigger anxiety. At the beginning of pregnancy, (morning sickness) is often a very scary day for pregnant women that causes a decrease in healthy appetite, even though this period is an important period for fetal development. Early pregnancy symptoms in some women are nausea, with or without vomiting. This is often called morning sickness. Many women experience nausea, usually not needing medical attention.

However nausea and vomiting in pregnancy occur due to the influence of hCG, decreased muscle tone of the digestive tract so that the entire digestive tract has decreased ability to move (Kusmiyati, 2015). Increased levels of Human Chorionic Gonadotropin (hCG) will induce the ovaries to produce estrogen which can stimulate nausea and vomiting (Wiknjosastro, 2014). Hyperemesis Gravidarum is a condition characterized by excessive nausea and vomiting, weight loss and electrolyte balance disorders, the mother looks thinner, the skin turgor is reduced and the eyes look sunken. If pregnant women who experience these things do not handle it properly, it can cause other problems, namely an increase in stomach acid and subsequently gastritis.

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According to researchers, family support for hyperemesis gravidarum patients is very important in an effort to increase patient motivation. Where the patient's motivation tends to change at any time depending on the condition he feels. Even if the nausea is very severe, the patient tends not to eat. So in accordance with the results of the study that there is influence family support for motivation to consume food in hyperemesis gravidarum mothers.

CONCLUSION

Part Most of the respondents have sufficient family support as many as 17 respondents (51.5%), half of the respondents have a moderate category of motivation as many as 17 respondents (51.5%) and there is influence family support for motivation to consume food in hyperemesis gravidarum mothers.

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