

The Impact of Online Forums for Self-Affirmation on Stress in Women Awaiting Pregnancy

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ABSTRACT

Stress related to infertility is an issue that many women of childbearing age deal with. Naturally, if the unexpected menstruation does eventually occur and proves that the wife is not pregnant, this will lead to even more stress. This results in long-term stress for women who are childbearing age. This study looks at "The Effect of Self-Affirmations on Stress in Women While Waiting for Pregnancy in Online Forums." One group will be used in this pre-post test research design. Using a sample of thirty persons who satisfied the inclusion and exclusion criteria, respondents were selected through the use of purposive sampling. Stress in Women Waiting for Pregnancy in Online Forums is the dependent variable, while Self Affirmation is the independent variable. The Wilcoxon statistical test findings.

Keywords: Pregnancy, Self Affirmation, Stress

BACKGROUND

When waiting for pregnancy, women of childbearing age frequently deal with stress, which manifests as headaches, insomnia, anxiety, restlessness, fear, job dissatisfaction, sadness, exhaustion, moodiness, and lack of excitement due to the mother's high hopes of becoming pregnant. Infertility is another issue that affects women who are ready to have children. Stress related to waiting for a pregnancy is undoubtedly impacted by this condition (Hawari, 2019). Women who are fertile experience stress from the first few months of marriage till they are waiting on the outcome of their medical care. When the unexpected menstruation eventually occurs and reveals that the wife is not pregnant, the stress level rises even further. This results in long-term (chronic) stress for women of reproductive age.

According to predictions from the World Health Organization (WHO) for 2021, there are between 50 and 80 million infertile couples worldwide, or 8%–10% of all couples of reproductive age. The National Survey of Family Growth (NSFG) estimates that 8.4% of American women were infertile in 2018 and 2019, and that number rose to 10.2% (6.2 million) in 2020. The number of infertile women in the United States is estimated to be 6.3 million, and by 2025, it is predicted to rise to (5.4–7.7) million, according to study by Stephen and Chandra (2020). Compared to wealthy countries, the rate of infertility in underdeveloped countries is higher—roughly 30% higher. Infertility rates in Asia are approximately 30% in Cambodia and 43.7% in Turkmenistan (WHO, 2021). Unable to conceive.

Based on the findings of the interviews conducted by researchers with respondents on December 21, 2021, through social media Facebook groups dedicated to marital advice and pregnancy programs, there were 10 nulliparous WUS. It is known that 5 (50%) of the moms claimed—a falsehood—that they felt extremely alone since they were childless. One mother, who had not even had the opportunity to have children, was anxious about her body's state as she grew older. Mother added that she occasionally loses her temper and feels depressed as a

result of the illness she is going through. Three women (30%) reported feeling ashamed of their neighbors for not having children. The mother also reported feeling less confidence when she was outside the home and feeling.

Self-affirmation is one of the things that affects stress in women who are waiting for a baby. The act of affirming oneself or helping someone else persuade themselves that they are a decent and capable person is known as internal affirmation (Lestariningsih, 2020). Therefore, self-affirmation can help women of reproductive age overcome stress, boosting their vitality and bringing positive things into their lives on a daily basis. Reciting affirming sentences, or affirmations, can develop a habit of saying positive things that can improve one's own integrity in interpreting life. This can help women of childbearing age feel more confident and capable of overcoming obstacles and creating something positive. Self-affirmation can alter negative ideas in this way, helping women who are ready to have children cope with stress, for example.

One form of stress management that uses physical tactics (deep breathing, relaxation) instead of deliberate cognitive affirmations is the self-affirmation technique. Because self-affirmation can affect the parasympathetic and sympathetic nerve systems to produce endorphin release, lower blood pressure, decrease breathing, and release tension in the body, it can help people feel at ease, tranquil, and calm (Winkjosastro, 2017). Self-affirmations concentrate on attitudes and actions. Self-affirmation methods help people feel less stressed and anxious by altering their thoughts, feelings, and behaviors in any circumstance. Self-affirmation makes it more likely for people to feel what they are feeling about something or someone else right away. That indicates that people are more likely to be open, loving, and trusting when they have affirmed their values. Consequently, these emotions.

Positive self-affirmations can help women of reproductive age manage stress and find solutions to the aforementioned issues. Because affirming oneself in relation to positive things is a sort of self-affirmation. Therefore, the brain will be subtly indoctrinated with these positive words, changing the perspective of women who are of childbearing age. Aside from that, by continuing to try to wait for pregnancy, women of childbearing age must realize that the condition they are going through is merely a challenge and will pass over time. While women of childbearing age have access to a wealth of pregnancy-related information on social media and the internet, they also need to actively participate in the numerous stress-reduction strategies available to them.

Based on the background of the problem above, researchers are interested in conducting research with the title "The Effect of Self-Affirmation on Stress in Women While Waiting for Pregnancy in Online Forums".

METHODS

This study employed a pre-experimental, single group pre-post test design as its research methodology. With a sample of 20 moms, the purposive sampling technique was employed to ensure that all inclusion and exclusion criteria were met. In this study, women's stress levels while waiting for pregnancy in online forums is the dependent variable, and self-affirmation is the independent variable. The steps of data processing include editing, coding, scoring, and tabulation. The Wilcoxon Test, with $\alpha = 0.05$, is the statistical test that is employed.

RESULTS

General data

No	Age	Frequency	Percentage (%)
1	≤ 25 Years	3	15
2	25-35 Years	13	65
3	≥ 35 Years	4	20

Amount		20	100
No	Education	Frequency	Percentage (%)
1	Elementary School	3	15
2	Junior High School	7	35
3	Senior High School	8	40
4	Diploma	2	10
Amount		20	100

No	Work	Frequency	Percentage (%)
1	Farmer	6	30
2	Businessman	9	45
3	Private Employees	3	15
4	Government Employees	2	10
Amount		20	100

According to the above table, 13 (65%) of the respondents were between the ages of 25 and 35, which is the age range for which the majority of women were waiting to become pregnant. As of waiting for pregnancy, 8 (40%) of the respondents had completed high school, which is almost half of the total respondents' educational attainment. It is known that 9 (45%) of the respondents, or nearly half of the total, are dealers.

Custom Data

No	PRE	Frequency	Percentage (%)
1	Ringan	2	10
2	Sedang	3	15
3	Berat	15	75
Amount		20	100

No	POST	Frequency	Percentage (%)
1	Ringan	17	85
2	Sedang	2	10
3	Berat	1	5
Amount		20	100

According to the above table, the majority of respondents—15, or 75%—were in the Heavy group, indicating that stress is a factor in women who wait for pregnancy before self-affirmation. Notwithstanding self-affirmation, nearly all respondents—17, or 85%—found that women experience stress while they wait for pregnancy.

Cross Tabulation Results Between Independent and Dependent Variables

		POST				
			Light	Currently	Heavy	Amount
PRE	Light	Frequency	2	0	0	2
		%	100%	.0%	.0%	100%
	Currently	Frequency	3	0	0	3
		%	100%	.0%	.0%	100%
	Heavy	Frequency	12	2	1	15
		%	80%	13%	7%	100%
Amount		Frequency	17	2	1	20
		%	85%	10%	5%	100%

The cross-tabulation results of lowering stress in women waiting for pregnancy before and after self-affirmation, as shown in the above table, indicate that nearly all 12 respondents (80%) fell into the Mild category.

Data analysis

Variable	Significance Level (Wilcoxon Test)
PRE	
POST	0.000

The data analysis results indicate that the significance level is $0.000 < \alpha = 0.05$, meaning that H_0 is rejected and H_1 is accepted. This suggests that self-affirmation has an impact on women's stress levels in online forums as they wait for pregnancy.

DISCUSSION

Stress in Women Waiting for Pregnancy Before Self-Affirmation

According to study findings, women experience stress when waiting for pregnancy before self-affirmation, and the bulk of respondents—15, or 75%—fell into this category. According to the questionnaire's results, the mother feels that she has experienced the following emotions: embarrassment from neighbors, sadness over not having a child, and anger over not being pregnant yet. She also reports that she has cried a lot over the situation. family, experiencing feelings of inferiority around acquaintances who are pregnant, experiencing a decrease in confidence when stepping outside, and feeling disheartened and forlorn due to their inability to conceive. Predicated on the findings of the comparative analysis.

According to Indarwaty (2017), one of the factors that raises the risk of infertility is age, with women over 35 having a higher chance of becoming infertile than those under 35. in keeping with the view of experts that age plays a significant role in influencing fertility. The likelihood of becoming pregnant decreases with mother age. This has to do with how many egg reserves the ovaries have. Similarly, stress related to waiting for pregnancy can also be caused by the respondent's educational attainment. This is consistent with Maryam's (2019) assertion that stress during the waiting period for pregnancy can be caused by inadequate maternal education regarding self-affirmation. Naturally, this will have an effect on the psychological.

The study's findings also indicated that pregnant women in urban areas like Kediri responded in a light manner, which was corroborated by the respondents' constant search for information on stress management, including that which included self-affirmation. The reason behind the respondents' action was their proficient comprehension and expertise of the material they had gleaned from online sources, including their friends, who also shared information on stress management. Similarly, respondents who reside in Kupang continue to report modest levels of stress, which is consistent with their strong knowledge of stress management techniques. This is demonstrated by the fact that the respondents practiced stress reduction techniques like these before receiving self-affirmation from the researcher.

According to Susilawati (2017), women who endure high levels of stress have a lower chance of becoming pregnant than women who do not. An imbalance in hormones, particularly those connected to the reproductive system, is the root reason and can impact the ovulation process. Thus, self-affirmation is one strategy that helps women deal with stress while they wait to get pregnant. Affirmations, according to Sweeney (2020), can alter a person's perspective on how they react to life and their surroundings. Affirmations will therefore help us think more positively. One form of stress management that uses physical tactics (deep breathing, relaxation) instead of deliberate cognitive affirmations is the self-affirmation technique. People who self-affirm will feel at ease, content, and serene because affirmation has the power.

This study makes the assumption that, prior to receiving self-affirmation, the mother's condition was already known to be extremely stressful due to her advancing years and her inability to conceive. As a result, she occasionally feels ashamed when she overhears other people talking negatively about her. Similarly, moms with low levels of education also never

ask their peers, health professionals, or even electronic, print, or mass media for advice on managing stress. In addition, mothers who work long hours and occasionally carry heavy objects are another element in their employment, which increases their likelihood of becoming pregnant.

Researchers believe that maternal education has a critical role in stress reduction. This is something that.

So, the best way for a mother to deal with the stress of waiting for a baby is to say self-affirmations for five minutes, twice a day. By doing this, the mother can increase her confidence, take better care of her body, feel more at ease, be happier, and even avoid stress. Therefore, repeating self-affirmations on a daily basis might be quite beneficial. Mothers need to practice saying self-affirmations aloud for at least five minutes by standing in front of the mirror and repeating the statement. Because affirmations are more effective at allowing the brain to imagine the desired positive consequence the more often the mother repeats them. You will get better results if you can recite affirmations. Additionally, researchers believe that.

Women's Stress During Pregnancy Following Self-Affirmation

According to the research findings, nearly all respondents—17, or 85%—are classified as mildly stressed as they wait for pregnancy following self-affirmation. This is corroborated by the survey's findings, which show that women's confidence rises, they don't feel inferior, ashamed, depressed, or anxious, and they don't even feel disappointed and hopeless about the state of affairs. Additionally, women consistently pray to God for a child in accordance with their expectations and those of their husbands. Of course, moms' attitudes and actions, who consistently repeat self-affirmations for five minutes twice a day to help them cope with the stress of waiting for pregnancy, also support this. Predicated on the findings of the comparative analysis between.

Six (75%) of the respondents with a high school education fell into the mild category, according to the results of the cross-tabulation between education and stress in women waiting for pregnancy following self-affirmation. This demonstrates that the mother can carry out the self-affirmation by using the audio relaxation affirmations in pregnancy planning (promil) that the researcher has provided on her cellphone and listened to through a headset. The mother can reduce her stress levels while waiting for her pregnancy by repeating the affirmation for five minutes twice a day. According to the findings of the cross-tabulation between stress and work in.

CONCLUSION

It is known that the majority of respondents—15, or 75%—were in the Heavy category of Stress in Women Waiting for Pregnancy Before Self-Affirmation. Women's Stress During the Pregnancy Wait It is known that nearly all respondents—17, or 85%—were classified as mild after self-affirmation. As per the data analysis results, there is a self-influence affirmation of stress among women waiting for pregnancy in an online forum, with H₀ being rejected and H₁ accepted at the significance level of $0.000 < \alpha = 0.05$. In order to prevent chronic stress, respondents advised that mothers should be able to avoid unfavorable perceptions while waiting for pregnancy. To achieve this, think positively all the time and speak favorably to.

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