

# The Impact of Anxiety on a Pregnant Mother Receiving the COVID-19 Vaccination

**Ratnasari Samad**

Puskesmas Usuku Kabupaten Wakatobi Tomia Sulawesi Tenggara

Email: [ratnasarisamad@gmail.com](mailto:ratnasarisamad@gmail.com)

## ABSTRACT

Families, communities, and informational media that propagate COVID-19 can have an impact on pregnant women's willingness to vaccinate in an attempt to prevent the virus. According to earlier studies, pregnant women's health and decision to get vaccinated influence maternal behavior when it comes to preventing COVID-19. Background, socioeconomic status, cultural norms, physical surroundings, employment history, personality, and unique life experiences. Data analysis from the evaluated articles revealed a correlation between pregnant women's anxiety levels and the effectiveness of the Covid-19 vaccine. A review of the literature is the research method employed. The PICOS framework is the method used to locate articles. Google Scholar, Science Direct, and Pubmed Central (PMC) are the databases that are used. Only 2019 search results are displayed.

**Keywords:** Pregnant mother, Vaccination covid-19, Worry

## BACKGROUND

The World Health Organization (WHO) designated Covid-19 a public health emergency of worldwide concern on January 30, 2020, in response to the virus's initial global notice (Dong et al., 2020). The number of Covid-19 sufferers is rapidly rising and has dispersed throughout several nations. As of March 25, 2020, there were 414,179 confirmed cases of COVID-19 worldwide, with 18,440 deaths (CFR 4.4%), distributed over 192 countries and territories. According to reports from this case, multiple healthcare professionals were also afflicted (Indonesian Ministry of Health, 2020).

The COVID-19 non-natural disasters have an effect on the number of casualties and property losses, as well as the extension of the impacted areas and their ramifications for Indonesia's socioeconomic aspects.

The 5Ms wearing a mask, keeping a safe distance, avoiding crowds, washing hands with soap, and limiting mobility—can be used as preventative measures. It is necessary to wear masks correctly in order to prevent the virus from infecting us and other people. In order to keep ourselves from being sick, wearing a mask might stop phlegm or saliva (droplets) from entering when other people talk, cough, or sneeze. Conversely, when we wear a mask, we also shield others. In addition, masks can prevent others from splattering our spit when we cough, sneeze, or talk, preventing the spread of the infection to other persons (Sari, 2020). Vaccines, aside from the 5M preventive, are currently one.

Pregnant women's willingness to vaccinate as an effort to prevent COVID-19 can be influenced by family, society, and information media that conveys COVID-19. Previous research explains that knowledge influences maternal behavior in preventing COVID-19 through the health of pregnant women for vaccination (Dewi, Wlindowati & Indrayani, 2021). Pregnant women's willingness to vaccinate is largely determined by factors that influence the mother's perception of COVID-19 vaccination, including age, level of education,

background, social, economic, cultural, physical environment, service, personality and individual life experiences (So & Suparwati, 2014).

Given that POGI recommended the COVID-19 immunization in July 2021, this research is regarded as new. A number of earlier studies did not particularly address COVID-19 immunization for pregnant women; instead, they concentrated on avoiding COVID-19 in general. The purpose of this study is to identify the final elements that affect pregnant women's willingness to receive the COVID-19 vaccine. caused by a number of variables, one of which is the availability of information from a variety of sources, including friends, family, the media, and health professionals—specifically, through health education (Gheralyn Regina Suwandil, 2020). Chuang states in (Lee et al., 2020) that while the Covid-19 epidemic is still in its early phases, correct information provision is still inconsistent. It's critical to guarantee the legitimacy and accessibility.

## **METHODS**

A review of the literature is the research method employed. The PICOS framework is employed in the method for finding articles about men. Google Scholar, Science Direct, and Pubmed Central (PMC) are the databases that are used. The scope of the search results was restricted to the years 2017 to 2021, and pertinent articles were hand-picked based on the study questions. The terms that are utilized are (ANC Visit) On (Covid-19 Vaccination) AND (Anxiety Level).

Following a screening process that determined the journals' relevant topic and year of publication, 10 of the found journals were examined.

## **RESULTS**

### **The Anxiety Levels of Expectant Mothers**

The findings of the Che Squire test statistical analysis indicate that  $p = 0.023 < \alpha = 0.05$ , indicating that  $H_a$  is accepted. This suggests that pregnant women in the Coe Ie Jue Community Health Center work area, Peusangan District, Bireuen Regency, have a relationship between their level of anxiety and their knowledge of COVID-19. Based on the suppositions of researchers, one of the crucial aspects of pregnancy to investigate is the knowledge of expectant mothers, as their degree of awareness will impact their worry. Despite the government's and other organizations' numerous efforts to spread awareness of COVID-19, many people still lack a thorough understanding of the virus. This is consistent with studies' findings (Saputra, 2020) indicating the rise.

Pregnant women who suffer anxiety may have weakened immune systems, increasing their vulnerability to COVID-19 infection. The high number of COVID-19 cases that have been confirmed in Bireuen Regency is one of the driving forces behind this research. In addition, a previous study conducted prior to the activity revealed that many pregnant women continued to engage in activities outside the home that did not adhere to health protocols, such as talking and not mask-wearing. Tana's neighbors continued to keep their distance from her, but occasionally she would appear to join the crowd.

### **Visits from Pregnant Women During the Pandemic**

#### **Expectant Mothers' ANC Visit**

According to the study's findings, 40 (97.56%) of the respondents were pregnant women who routinely attended ANC visits; the other 1 (2.44%) respondents did not. This is consistent with the findings of a study conducted in 2021 by Azizah, which reported that 52 individuals (or 70.3%) of pregnant women during the Covid-19 epidemic complied with antenatal care appointments.

In a typical pregnancy, antenatal care services are provided at least six times; the specifics of the first three trimesters are provided in Trimester 1, Trimester 2, and Trimester 3. a

minimum of twice examined by a physician on the first visit in Trimester 1 and the fifth visit in Trimester 3. Moms' compliance Pregnant women may become pregnant during ANC.

Study the KIA Book and Put It to Use Everyday. According to the research findings, 40 (97.56%) pregnant women read MCH books at home throughout the pandemic, while 1 (2.44%) respondent did not read MCH books at home. In order to adapt the MCH book to their daily life and identify the risk indications of pregnancy, pregnant women are advised to study it more frequently. You need to get it checked out right away if there are any complaints or warning indications. to a facility for health services. Verify that the woman begins to feel movement in the fetus at 20 weeks of gestation. The woman may count the movements of the fetus on her own after 28 weeks of pregnancy (at least 10 movements in 2 hours) (Ministry).

## **DISCUSSION**

### **Take Advantage of Online Pregnancy Courses**

According to the research findings, there were 13 (31.71%) respondents who did not take online pregnancy classes and 28 (68.29%) respondents who were pregnant and took online pregnancy lessons. Pregnant women can attend courses directly in the green zone (unaffected/uncased), with a maximum of ten participants, provided that they follow stringent health regulations. During the COVID-19 pandemic, or through online communication media (video call, YouTube, Zoom), the yellow (low risk), orange (medium risk), and red (high risk) zones were postponed (Indonesian Ministry of Health, 2020a).

According to research by Rofiasari et al. (2020), offering pregnant women online classes can encourage them to attend ANCs more frequently. Pregnant women get more excited and frequently attend lessons because of all the information presented in their classes on a regular basis, with new material.

### **Visiting a doctor for a pregnancy check-up during the pandemic**

According to the study's findings, 33 (80.49%) of the respondents were pregnant women who had a pregnancy check-up during the pandemic, while 8 (19.51%) respondents did not have a pregnancy check-up at that time.

By following health regulations, a doctor's first trimester prenatal screening seeks to identify risk factors. When a pregnant woman attends her first appointment and the midwife continues to treat her antenatally in accordance with protocol, the lady is sent to a physician for further testing. The third trimester's fifth pregnancy examination includes tasks such screening in the first trimester, identifying the intended delivery location, screening risk factors for birthing, and assessing the necessity.

### **Make an appointment first before checking for pregnancy**

The research results showed that 17 (58.54%) respondents made an appointment before having their pregnancy checked. and those who did not make an appointment before having a pregnancy check-up were 24 (41.46%) respondents.

An appointment/teleregistration with anamnesis screening via communication media (telephone)/online is carried out before the mother has a face-to-face antenatal visit, this is done to look for risk factors and symptoms of Covid-19. If there are symptoms of Covid-19, the mother is referred to the hospital.

## **CONCLUSION**

### **For pregnant women who are vaccinated against Covid-19**

It is hoped that pregnant women will carry out the Covid-19 vaccination in an effort to prevent infection with the Covid-19 virus and are expected to be able to make regular ANC visits.

### **For Midwives**

Through ANC, midwives are advised to increase early detection of influencing factors in emergency situations for pregnant women, and the condition of the mother and fetus, pregnant women are advised to carry out the Covid-19 vaccination to avoid contracting the Covid-19 virus, and maintain maternal and fetal antibodies during pregnancy until postpartum.

### **For Health Workers**

Health workers are expected to pay more attention to pregnant women in carrying out Covid-19 vaccinations to prevent the risk of Covid-19 transmission.

### **For Future Researchers**

It is hoped that more related articles or journals will be used and the results of this literature review can be used as a reference or point of reference for future researchers in conducting research on the influencing factors of pregnant women's anxiety levels in carrying out Covid-19 vaccination.

## **REFERENCES**

- ACOG. (2021). COVID-19 vaccines and pregnancy: conversation Guide for Clinicians. ACOG Available from: <http://www.cmsdocs.org/COVID19VaccineconversationguideACOG.pdf> web [Internet]. 2021;(April):1-2.
- Aisyah RD, Suparni S, Fitriyani F. (2018). Edukasi Dalam Paket Caring Terhadap Pengetahuan Tentang Kecemasan Pada Ibu Hamil Education in Caring Package on Knowledge About Anxiety of Pregnant Women. *Univenrcity Res Collqulum*. 2018;346-9.
- American College of Obstetricians & Gynaecologists. (2020) Coronavirus (COVID-19), Pregnancy, and Breastfeeding. 2020[cited2020 Jun 8].
- Angraini, D. I., Karyus, A., Kania, S., Sari, M. I., & Imantika, E. (2020). Penerapan eKIE (komunikasi, informasi, dan edukasi elektronik) dalam upaya meningkatkan kesehatan ibu hamil di era new normal. *Jurnal Pengabdian Masyarakat Ruwa Jurai*, 66–69.
- Gambaran Perilaku Ibu Hamil dalam Melakukan Antenatal Care saat Pandemi Covid-19 di Puskesmas Rawat Inap Sidomulyo Kota Pekanbaru. *Health Information: Jurnal Penelitian*, 13(2). RSUP Sarjito. (2021). Vaksinasi Covid-19 pada Ibu Hamil. Sistiarani,C.
- Gamelia, E., & Sari, D. U. P. (2014). Fungsi pemanfaatan buku KIA terhadap pengetahuan kesehatan ibu dan anak pada ibu. *Kesmas: Jurnal Kesehatan Masyarakat Nasional (National Public Health Journal)*, 8(8), 353–358.
- Novitasari, R. (2017). Analisis Pelaksanaan Anc Terpadu Dalam Ketepatan Deteksi Dini Penyakit Penyerta Kehamilan Di Puskemas Imogiri 1 Bantul Daerah Istimewa Yogyakarta. Universitas. AisyiyahYogyakarta. Refiani, D., Dewi, Y. I., & Utami, S. (2021).
- Rofiasari, L., Noprianty, R., Yusita, I., Mulyani, Y., & Suryanah, A. (2020). Pendampingan kelas ibu hamil dalam memberikan motivasi antenatal care sebagai upaya untuk meningkatkan kesehatan ibu dan janin di masa pandemi covid-19. *Jurnal Peduli*.
- Solihah, Rosidah., Ridla, Aulia., & Aulia Aripiani, Rafa. (2021). Pemberian Vaksinasi Covid 19 Bagi Ibu Hamil Pada Masa Pandemi. *Jurnal Bimtas*, 5.1 (2021) : 30-37.
- Trisanti, I., & Kulsum, U. (2021). Potret prilaku pemeriksaan kehamilan di masa pandemic covid-19. *MOTORIK Jurnal Ilmiah Kesehatan*, 16(1),17-23.

Yudistira, Yuda Havid., & Widiastuti, Nela. Peranan Komunikasi Dan Media Massa Dalam Proses Difusi Inovasi Program Vaksinasi Covid-19. Kanal : Jurnal Ilmu Komunikasi, 10.1 (2022) : 7-12.