



Living Condition, Economic and Stress Among Housewife During Covid-19 Pandemic

Ida Samidah^{1*}; Danur Azissah RS¹; Jipri Suyanto¹

¹ Faculty of health science, Dehasen University of Bengkulu

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ABSTRACT

Covid-19 is becoming a problem in many industries, particularly the economic sector. It may be related to a change in household income, which has prompted many issues in the household, such as baby nutrition, food security and safety, and so on. The problems caused by Covid -19 disease are an indicator of a mother's discomfort and burden, which affects their mind and causes stress. This study aimed to investigate associated factors related to mother's stress in Bengkulu Province due to covid-19 pandemic term. A questionnaire was used as a research tool in the cross-sectional study. Mothers who had lived in Bengkulu Province for at least two years were the target respondents. The total number of respondents was 576, as determined by multistage random sampling. The respondents are residents of ten districts in Bengkulu Province. The questionnaire data was analyzed using logistic regression to identify variables associated with the mother's stress. The analysis showed that have associated with mother's stress included having stunting baby (AOR: 2.60; 95%CI: 1.60-4.24; P: <0.001), household who need a job (AOR: 2.25; 95%CI: 1.40-3.61; P: 0.001), household who have low average of household income (AOR: 2.20; 95%CI: 1.40-3.48; P: 0.001), living in urban (AOR: 1.76; 95%CI: 1.15-2.68; P: 0.009), have a bad living condition (AOR: 1.70; 95%CI: 1.0.2-2.82; 0.042), have a bad social influence (OR: 1.68; 95%CI: 1.06-2.68), and low education (AOR: 0.60; 95%CI: 0.45-0.79; P: <0.001). The covid-19 pandemic term has been affected by changing economic situation that can change baby nutrition status because parent can't provide good nutrition, lost or reduced household income, need a good job, get a bad living condition, and have a bad social influence among mothers in Bengkulu Province area.

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Kata kunci:

Stunting
Ibu rumahtangga
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*) corresponding author

Ida Samidah

Faculty of health science
Dehasen University of Bengkulu, Indonesia

Email: idasamidah@yahoo.com

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ABSTRAK

Pandemik covid-19 menimbulkan permasalahan di berbagai sektor, terutama di bidang ekonomi. Perubahan ini menimbulkan penurunan pendapatan rumah tangga yang dapat menimbulkan banyak kesulitan tertentu di dalam rumah tangga, seperti kesulitan dalam memenuhi gizi, dan keutuhan primer lainnya. Permasalahan yang timbul menjadi indikator rasa ketidaknyaman dan beban pikiran kaum ibu yang berakhir dengan stress. Penelitian ini bertujuan untuk investigasi faktor atau indikator yang berhubungan dengan stress ibu di Provinsi Bengkulu dikarenakan kondisi pandemik covid-19. Penelitian ini menggunakan penelitian cross-sectional dengan menggunakan kuesioner online sebagai tool penelitian. Target responden dalam penelitian ini adalah kaum ibu yang bertempat tinggal di Provinsi Bengkulu. Data yang diperoleh di analisa menggunakan Teknik regresi (bivariat dan multivariate) dalam melihat indikator yang paling mempengaruhi kejadian stress pada kaum ibu. Faktor yang berhubungan signifikan adalah anak yang memiliki kondisi stuning (AOR: 2.60; 95%CI: 1.60-4.24; P: <0.001), keluarga yang membutuhkan pekerjaan (AOR: 2.25; 95%CI: 1.40-3.61; P: 0.001), keluarga yang memiliki pendapatan rata-rata di bawah UMR (AOR: 2.20; 95%CI: 1.40-3.48; P: 0.001), bertempat tinggal di

kawasan perkotaan (AOR: 1.76; 95%CI: 1.15-2.68; P: 0.009), kondisi hidup yang semakin tidak baik (AOR: 1.70; 95%CI: 1.02-2.82; 0.042), pengaruh lingkungan yang tidak baik (AOR: 1.68; 95%CI: 1.06-2.68); dan Pendidikan yang rendah (SD dan SMP) (AOR: 0.60; 95%CI: 0.45-0.79; P:<0.001). Pandemi covid-19 memiliki pengaruh besar terhadap perubahan ekonomi yang mempengaruhi pada status gizi anak, pekerjaan, pendapatan, kondisi hidup dan kehidupan sosial pada kaum ibu di kawasan Provinsi Bengkulu.

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INTRODUCTION

Dating violence (DV) is described as an act of violence that Stress is unwell psychology or threatening feeling by the situation and condition their own. The stressors divide into two categories that include personal and environmental. House and environmental conditions are the mean indicators of stress trigger such economic matter, environmental support and influence, climate-changing, immigration, pandemic condition, etc. WHO Reported that the highest cause of stress is southern of Meditrania (95%) followed by USA (94%), western of Pacific (93%), Europe (87%), Africa (83%), eastern and western of Asia (75%) (WHO., 2021).

According to the Ministry of health of Indonesia, stress is still a major issue, with a prevalence of 13.4 percent. Bengkulu Province is one of the provinces that has stigmatized psychology disease as something embarrassing that they will cover up in front of the public. As a result, they will treat the patients in their manner. According to the data, the prevalence of stress is high, with a 4.8 percent increase (MoH of Indonesia., 2019).

Indonesia is one of the developing countries in the world. The Board of Indonesia Statistic showed Bengkulu Province is number third of lower household income in Indonesia. Almost all the household income of citizens is under regional minimum salary. Unfortunately, the government banned citizens to do public activities because the government would like to control of covid-19 disease. Although, the household income decreases more than 50% before the covid-19 pandemic attached Indonesia (Indonesia Statistic., 2021).

The mean stressor is marriage, parent matter such parent has no child, interpersonal relationship, environment, job and income (Unicef., 2019). All of them have connected one with others. The indicators gave a burden to their mind and affected their psychology that women are more fragile than men due to women. Mother has a lot of things to do in their household as parenting, teaching their child, finance management, food management, cleaning the house, laundry, cooking the food, etc. Mothers can't relax when their children get sick, an increase in food price tag, and a decrease in household income (PMI, 2015).

Bengkulu Province is one of the provinces with the number two lower household income in Sumatera Island with a prevalence of 15.22% and an average household income of Rp. 548.934 with a total of needy households 2393934 (Indonesia statistic, 2021). The covid-19 pandemic caused an increase of hungry people and caused the improvement in the number target of SDGs and MDGs (WHO., 2019). Lower education can be an indicator that people get a low salary. The average education of Bengkulu people is high school, middle school, and elementary school. Besides, the health literacy of Bengkulu people is low. They had difficulty terms to improve household income. There has no plan that can help them to

manage their finance. Another thing, their child still needs good things for their health and growth. The study aimed to investigate associated factors with mother's stress in Bengkulu Province due to lockdown policy of covid-19 control that affected postpone many social activities, especially the local economy. It's caused the decline of household income that has no knowledge when it ended.

METHOD

Research design:

Estimating of covid-19 pandemic term, people have a decrease of household income. It can be considered a problem as an uncomfortable feeling of the mother due to the condition can be a burden. That situation affected food providing for their family, especially their children. It will be a trigger the mother to get stressed. It is a hypothesis study. This study used a cross-sectional study as parametric research that data will analyze to find associated factors of mother's stress.

The Data and Respondents

The study collected data by a questionnaire as a research tool where the questionnaire divided nine variables related to the study outcome based on literature. The data collected from respondents is a source of research information. The respondents were calculated by multistage random sampling which the total of respondents was 576 people who are mothers, living in the Bengkulu Province area minimum of two years, willing to be a respondent, and willing to fill the questionnaire. The respondents were spreading in ten districts in Bengkulu Province that include Mukomuko district, Rejang Lebong District, Lebong District, North Bengkulu District, Central Bengkulu District, Bengkulu City, Seluma District, South Bengkulu District, and Kaur District. Estimating of covid-19 pandemic term, people have a decrease of household income. It can be considered a problem as an uncomfortable feeling of the mother due to the condition can be a burden. That situation affected food providing for their family, especially their children. It will be a trigger the mother to get stressed. It is a hypothesis study. This study used a cross-sectional study as parametric research that data will analyze to find associated factors of mother's stress.

Data Analysis

Data divided into two categories included continue data and categoric data. Continue data is showed mean, median,

minimum, maximum, and standard deviation. Another data is dichotomous included marriage age variable, mother's education variable, living condition variable, social influence variable, attitude variable, needing a job variable, household income variable, having a stunting baby variable, place variable, and mother's stress variable as the outcome variable. The data were analyzed by logistic regression that passes of parametric research require where the distribution of data normal ($0.200 > 0.05$) and homogeneity ($0.151 > 0.05$). The analysis aimed to find associated factors related to a mother's stress. In the process to find out them, the researcher used Stata version 14.0 as a tool to find out of associated factors of research outcome.

Ethical

The ethic committee of University of Bengkulu was accepted to conduct this research with letter number 218/UN30.14.9/LT/2021.

RESULT AND DISCUSSION

Table 1
Demography of respondents (n=576)

Characteristic	n	%
Marriage age		
≥18	268	46.53
<18	308	53.47
Mean ± SD	19.08 ± 4.19	
Median (Min-Max)	17 (14-27)	
Education		
High school and university	168	29.17
Middle and elementary school	408	70.84
Living condition		
Good	314	54.51
Not good	262	45.49
Social influence		
Good	202	35.07
Not good	374	64.93
Attitude		
Favorable	313	54.34
Unfavorable	261	45.66
Needing a job		
No	337	58.51
Yes	239	41.49
Household income		
≥ Regional minimum salary	332	57.64
< Regional minimum salary	244	42.36
Having Stunting Baby		
No	335	58.16

Table 3
Crude dan 95% CI mother's stress using simple logistic regression

Independent variables	n	% mother's stress	Crude OR	95% CI	P
Marriage age					0.0120
≥18	176	66.92	1		
<18	239	73.36	1.60	1.11 – 2.30	
Education					<0.001
High school and university	174	66.67	1	1.13 – 2.35	
Middle school and elementary school	241	76.51	1.63		
Living condition					<0.001
Good	154	58.78	1		
Not good	261	83.12	3.45	2.35 – 5.07	

Yes	241	41.84
Place		
Rural	257	44.62
Urban	319	55.38

Characteristic of demography of respondents

The univariate test showed the average age of respondents was ninety years which range of age fourteen to twenty-seventh. Almost of respondents have low education such as elementary school and middle school. Almost half of the respondent was living in bad condition. Almost of respondents got bad influence from their social. Almost half of the respondents have a bad attitude. Almost half of the respondents needed a job. Almost half of the respondents have a stunting baby. Almost half of the respondents have salaries lower than the regional minimum salary. More than half of the respondents were living in the urban area (tabel 1).

Outcome prevalence

The Result showed the prevalence of stress among married women is high because of the covid-19 pandemic term. The government postpones many sectors to do outdoor activities. It gives limited and caused bored felling and decrease the household income. Although, the mother should more carefully choose or buy the goods to keep the money and provide for their need. Unstable situation and condition worse than before covid-19 pandemic gave mother more pressure and uncomfortable feeling (tabel 2).

Table 2
Prevalence of mother's stress in Bengkulu Province

Stress	n	%	95% CI
Not stress	161	27.95	24.43 – 31.77
Stress	415	72.05	68.23 – 75.57

Significant factors with mother's stress

Logistic regression test showed independent variables have conclusive significant with mother's stress that include marriage age (COR: 1.60; 95%CI: 1.11-2.30; P: 0.0120), mother's education (COR: 1.63; 95%CI: 1.13-2.35; P:<0.001), living condition (COR: 3.45; 95%CI: 2.35-5.07; P:<0.001), social influence (COR: 1.98; 95%CI: 1.36-2.87; P: 0.0004), attitude (COR: 1.60; 95%CI: 1.11-2.30; P: 0.0120), need a job (COR: 2.26; 95%CI: 1.56-3.28; P: <0.001), having stunting baby (COR: 4.32; 95%CI: 2.93-6.37; P: <0.001), and place (COR: 2.42; 95%CI: 1.67-3.50; P:<0.001).

Social influence						0.0004
Good	127	62.87	1			
Not good	288	77.01	1.98	1.36 – 2.87		
Attitude						0.0120
Favorable	176	66.92	1			
Unfavorable	239	76.36	1.60	1.11 – 2.30		
Needing a job						<0.001
No	149	62.34	1			
Yes	266	78.93	2.26	1.56 – 3.28		
Household income						<0.001
≥ Regional minimum salary	138	56.56	1	2.63 – 5.68		
< Regional minimum salary	277	83.43	3.87			
Having Stunting Baby						<0.001
No	133	55.19	1			
Yes	282	84.18	4.32	2.93 – 6.37		
Place						<0.001
Rural	160	62.26	1			
Urban	255	79.94	2.42	1.67 – 3.50		

Multiple logistic regression of significant factors with mother's stress.

Associated factors caused mother's stress in Bengkulu Province area is having a stunting baby (AOR: 2.60; 95%CI: 1.60-4.24; P: <0.001), need a job (AOR: 2.25; 95%CI: 1.40-3.61; P: 0.001), household income lower than regional minimum

salary (AOR: 2.20; 95%CI: 1.40-3.48; P: 0.001), occupy urban area (AOR: 1.76; 95%CI: 1.15-2.68; P: 0.009), have a bad living condition (AOR: 1.70; 95%CI: 1.02-2.82; 0.042), bad social influence (AOR: 1.68; 95%CI: 1.06-2.68), and have low education (AOR: 0.60; 95%CI: 0.45-0.79; P:<0.001)

Table 4
 Crude, adjusted odds ratio dan 95% CI mother's stress using multiple logistic regression.

Independent variables	N	Mother's stress (%)	Crude OR	Adjusted	95% CI	P
Education						<0.001
High school and university	174	66.67	1	1	0.45 -079	
Middle school and elementary school	241	76.51	1.63	0.60		
Having Stunting Baby						<0.001
No	133	55.19	1	1	1.60 – 4.24	
Yes	282	84.18	4.32	2.60		
Place						0.009
Rural	160	62.26	1	1		
Urban	255	79.94	2.42	1.76	1.15 – 2.68	
Living condition						0.042
Good	154	58.78	1	1	1.0.2 – 2.82	
Not good	261	83.12	3.45	1.70		
Social influence						0.029
Good	127	62.87	1	1		
Not good	288	77.01	1.98	1.68	1.06 – 2.68	
Needing a job						0.001
No	149	62.34	1	1		
Yes	266	78.93	2.26	2.25	1.40 – 3.61	
Household income						0.001
≥ Regional minimum salary	138	56.56	1	1	1.40 – 3.48	
< Regional minimum salary	277	83.43	3.87	2.20		

Discussion

The result of multiple logistic regression showed that the mean indicator of a mother's stress in Bengkulu Province was having a stunting baby. Follow by needing a job, household income, place, living conditions, and social influence. Mother's psychology fell bored due to just doing activities at home (Lorenza et al., 2021). Household income and social influence could be the stressor of mothers and be stress in the covid-19 pandemic term (Leiker et al., 2021). Covid-19 pandemic gave a negative effect on local income that can be

related to mother's psychology (Kolter et al., 2021). Covid-19 also gave pressure to a citizen due to physical distancing and other regulations give a limit to the people to do outside activities and can reduce seller income (Gruber et al., 2021).

The condition also affected the people who lost their job and can't provide for their family needs. The condition was been a household problem and has been the reason the domestic violence which is the first step of divorce. The condition gave the mother pressure that affected of mother's psychology (Yousef et al., 2021). The parenting concept is the crucial thing to close between mother and baby. Mother can

focus on parenting if the condition in the household is stable but the situation does not comfortable due to the covid-19 situation where a mother should find a way to help her husband to provide for their baby's need. Another thing, no matter the bad condition, the mother should still do parenting. The double burden condition can make the mother to be stressed (Tamo., 2020). Food security is depending on condition and situation. Rarely food can happen due to limit outside activities. This is a reason the quality of food, especially baby food can reduce. Another way, the stunting baby will happen (Nguyen et al., 2021). The covid-19 pandemic term is the trigger changing mother's behavior, especially mother who has baby blue term. This condition needs the support of the environment to reduce stress and give motivation to the mother (Iyenger et al., 2021). The mother who has an ill baby is more fragile to get stress than others, especially in covid-19 pandemic where they face difficulty to get money 2 times to before covid-19 pandemic. Although, parents know that the treatment fee is still high. They should try to find a way for their baby (Martinson & Tzivian., 2021). There was an association between the financial condition and social influence with the stage of mother and child stress (Bryson et al., 2021). The covid-19 pandemic had been associated with stress among women that can change in the social-economic sector (Kahn et al., 2021). Mother's feeding experience and social support had associated with mother's stress in the covid-19 pandemic term (Fry et al., 2021). The psychology of mother can affect their child psychology (Köhler-Dauner et al., 2021). Mother psychology had associated with mother-baby close (Liu et al., 2021).

Covid-19 caused many problems that affected people's income. Reducing income is related to family nutrition status, and the condition is not good. This research used the questionnaire to collect data from respondents with the stress variable as the outcome. However, this research has limited such as no investigation of the pregnant matter, family background, health literacy, family support, etc. Although, this research used cross-sectional to find associated factors. Another thing is there is a lack of information-related stress. The cohort study is probably the good one to find an indicator of stress triggers.

CONCLUSION AND RECOMMENDATIONS

This study aimed to investigate associated factors of a mother's stress in the Bengkulu Province area. The result showed the mother's stress proportion was still high. Condition changing gave pressure to the mother and can be an indicator of changing mother behavior. The government should provide a program that can help the mothers control their mind and feel such as a consulting group and business club with empowerment the nature to make the new thing and have value in sub district or village. These examples can help household income where we know the fact that family has reduced of household income. The baby has a high chance to get good status nutrition if the family can find a way to solve their income matter. Although, the mother can focus on their family and have no stress.

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ETHICAL CONSIDERATIONS

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Conflict of Interest statement

This research has no conflict interesting issues.

Author contribution:

All authors in this study contributed in study's conception and design. JS collected data, performed data and also analyze data. ID and DA drafted to manuscript and provided critical revisions. All of author have approved the final manuscript.

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About the Authors

Dr. Ida Samidah, S.Kp., M.Kes is a lecturer in Department of Nursing Science, Faculty of Health Science, Dehasen University, Indonesia

Ns. Danur Azissah Roesliana Sofais, S.S.T., S.Kep., M.Kes is a Lecturer in Department of Nursing Profession, Faculty of Health Science, Dehasen University, Indonesia

Jipri Suyanto, S.K.M., M.P.H is a Lecturer in Department of Public Health, Faculty of Health Science, Dehasen University, Indonesia.