



**PREGNANT MOTHER'S ANXIETY DURING THE COVID-19 PANDEMIC:
A LITERATURE REVIEW**

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ABSTRACT

Corona Virus Disease (Covid-19) is a condition that causes illness and death. As of 25 October 2022, it was reported that there were 6.472.664 total confirmed cases and 158.454 deaths in Indonesia. Pregnant women are a high-risk population for Covid-19 infection. During the pandemic, a pregnant woman might be hesitant to attend a health center to monitor her pregnancy for fear of contracting Covid-19. This problem decreased the number of pregnant women in Indonesia who visited health services. This study aims to examine the anxiety issues experienced by pregnant women during the Covid-19 pandemic. This article's methodology was based on an exhaustive search of numerous databases, including PubMed, Scopus, Google Scholar, and the official website. Articles were chosen based on criteria such as free full text, open access, and publication date beyond 2020. The systematic search produced a total of 1238 articles, with 9 articles meeting the inclusion criteria. This research study concluded that pregnant women constitute a high-risk population during the Covid-19 pandemic. Pregnant women were known to feel anxiety in the majority. These psychiatric diseases offer risks to the fetus, including prenatal development impairment, early delivery, and low birth weight. Pregnant women require social assistance to lessen their fear during the Covid-19 pandemic and to increase their compliance with Ante Natal Care.

Keywords: anxiety; covid-19; pregnant

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INTRODUCTION

Coronavirus disease-19 (Covid-19) is an infectious disease caused by the SARS-CoV-2 virus, which is a rapidly spreading acute respiratory disease. The acute respiratory disease known as Covid-19 initially emerged in Wuhan, China, then spread throughout the world, prompting the World Health Organization (WHO) to declare as a pandemic (WHO, 2020). Based on data from the Ministry of Health of the Republic of Indonesia, as of October 25, 2022, there were 624,235,272 confirmed cases, with the number of deaths reaching 6,555,270 people in the world. Meanwhile, cases in Indonesia reached 6,078,725 people with a total death toll of 156,714 people (Ministry of Health, 2022).

Since entering Indonesia, the Covid-19 pandemic has affected several policies and service changes, including changes in the order in the health, social, educational, cultural, political, and religious sectors. Various ways have been taken by the government to control the spread of COVID-19, such as the 3T program (Testing, Tracing, and Treatment), vaccination carried out by all elements of society, including health workers, TNI, Polri, community leaders, and the private sectors. As of October 3, the total achievements of the first dose of covid-19

vaccination were 205,055,891 people (87.20%), while the second dose of covid-19 vaccination were 171,728,936 people (72.97%), the third dose of covid-19 vaccination were 64,636.490 people (27.15%) and the fourth dose of covid-19 vaccination were 654,271 (0.27%). Of the total national vaccination targets, 234,666,020 people. This figure is still far below the target, so it has not been able to revoke the status of the global Covid-19 pandemic. Until now, the Covid-19 pandemic still leaves problems in various fields, including health, social, economic, education and security factors.

Pregnant women are very susceptible to Covid-19 and have a higher risk of exposure because they are undergoing physiological changes during pregnancy, causing a partial decrease in immunity, and can have a serious impact on pregnancy (Liang, 2020). Data from the Ministry of Health in December 2021 recorded a number of 2,179 pregnant women infected with Covid-19 and 18% of them caused death (Ministry of Health, 2022). While under normal conditions, when there is no pandemic, the average maternal mortality rate is for every 1000 pregnant women, approximately 3 dies. So, the number of maternal deaths during this pandemic is 10 times higher. This emergency situation increases the risk of anxiety for pregnant women. This anxiety is also exacerbated by seeing health workers in health facilities using Early Protective Equipment during services. With the existing situation like this, pregnant women become reluctant and worried about getting their pregnancy checked. During the Covid-19 pandemic, pregnant women are more likely to experience symptoms of depression and anxiety than in the past, a scientific study finds. This situation makes pregnant women and health workers more difficult to find problems and diseases related to early pregnancy. Improper handling of these pregnancy complications will have a long-term impact on the health of the mother and fetus, including premature birth, low birth weight, preeclampsia, and other complications. Therefore, it is very important to apply early detection and prevention methods by improving health as well as strengthening family support as early as possible for prevention and treatment (Durankes, 2020).

Anxiety is a subjective feeling of nervousness and mental tension that a person feels. Based on the pre-Covid-19 cohort study conducted by Wang et al., anxiety symptoms in pregnant women (59%) showed an increase over the previous limit score with a similar demographic profile. A survey of the Chinese population conducted during the early days of the Covid-19 pandemic revealed that 29% of the sample consisted of pregnant women with moderate to severe anxiety (Zhang, 2020). The increase in anxiety levels among pregnant women suggests that the psychological impact of the pandemic cannot be ruled out. Comparison of anxiety data during pregnancy with meta-analyses showing a prevalence of 18 to 25% also reveals an increase in generalized anxiety among pregnant women. Aspects of social support for pregnant women that are very much needed include husband's support, attention, and care from the surrounding community (Lopez, 2021). Based on this background, the researchers aimed to conduct a literature review study about the anxiety of pregnant women during the Covid-19 pandemic. The purpose of this literature review is to examine psychological health problems in pregnant women, such as anxiety during the Covid-19 pandemic.

METHOD

The method used in this article was a full text critical review using databases from Scopus, Pubmed, and Google Scholar, as well as searching through the official website. This article was selected in stages and systematically using the preferred appraisal tool. Reporting items for systematic reviews and meta analyzes (PRISMA) using keywords such as pregnancy, anxiety, and Covid-19. The search results found 470 articles on Scopus, 371 articles on Google Scholar and 397 articles on Pubmed search engine. After filtering with duplicate data,

82 similar articles were found. The article was then filtered based on the article title and abstract and obtained a total of 1156 article exceptions with article exception criteria, such as only abstracts, full text articles were not available, other articles were in the form of literature reviews, and systematic reviews, not a type of scientific publication, and not relevant to the anxiety of pregnant women during the Covid-19 pandemic. From the results of the article screening process, 194 articles were obtained and a feasibility study was carried out by means of intensive reading and summarizing. Obtained 87 non-specific articles discussing anxiety in pregnant women during the Covid-19 pandemic. The final results found 9 articles that matched the inclusion criteria and the feasibility study. The inclusion criteria in the article search process include the research articles taken were published in 2020-2022; The subjects of this study were pregnant women; It is a research article with open access and research articles have text that can be opened in full. Articles were searched and categorized, then summarized for the relevant articles. Some of these articles are summarized and concluded according to the results of the research.

RESULT

Based on search data with use say key and criteria that have been determined obtained 9 articles of several article the obtained results as following :

Table 1.

Summary article on anxiety pregnant women in Covid-19 pandemic

No	Writer	Year	Title of Research	Results
1	Aslinda Hafid Asrul	2021	"The Relationship between the Events of the Covid- 19 Pandemic with Anxiety in Third Trimester Pregnant Women"	The results revealed that among 48 pregnant women, 93.8 percent (45 individuals) reported anxiety. Three-fifths of pregnant women (17) experience acute anxiety. 35.4 percent (17 pregnant women) reported moderate anxiety, 22.9 percent (11 pregnant women) experienced mild anxiety, and only 6.2 percent (3 pregnant women) did not experience symptoms of anxiety.
i2	Asmariyah Novianti Suruyati	2021	" The level of anxiety of pregnant women during the Covid- 19 pandemic in Bengkulu City "	The results showed that 39.8 percent (43 individuals) of 108 pregnant women reported anxiety. A total of 21 pregnant women (19.4%) experienced significant anxiety. Only 63.7 percent (4 pregnant women) did not experience anxiety, while 37 percent (40 pregnant women) experienced moderate anxiety.
3	Diki Retno Yuliani , Fajaria NurAini	2020	“Anxiety Mother Pregnant and Mother postpartum On time Pandemic Covid- 19 in Subdistrict Baturraden ”	Results show that up to 75% (21 people) of 28 mothers pregnant in Baturraden wilayah experience problem anxiety. A total of 3 women pregnant, or 11%, reported experience worry weight , while 18 women pregnant , or 64%, reported worry light until medium .

4	Gabrielle Saccone, et al	2020	"Psychological impact of coronavirus disease in pregnant women"	Based on age pregnancy, mother pregnant of first time having anxiety and effects more psychological _ big During COVID-19 pandemic compared to the second trimester or third .
5	Hendriani dual, etc	2021	"P era n husband in disturbance anxiety and stress on mother pregnant During pandemic Covid-19 "	One thing can _ conduct a wife for try lower-level worries and stress During Covid-19 pandemic is with get support her husband.
6	Kotabagi Phalguni, et.al	2020	"Anxiety" and depression levels among pregnant women with Covid-19 "	During Covid-19 pandemic it seems level worry mother pregnant in England has been decreasing, with level depression follow same pattern. _
7	Lopez, Herman, et al	2020	"Mental health of pregnant women during the Covid-19 pandemic: A longitudinal study"	Pregnant women have higher levels of anxiety and other adverse effects than non-pregnant women; Therefore, health services are needed to maximize maternal perinatal health.
8	Renny Aditya, Yanti Fitri	2021	"Relationship Level Anxiety and Knowledge of Pregnant Women About Antenatal Care Moment Pandemic Covid-19"	Finding the disclose that During Covid-19 pandemic, all 40 mothers pregnant (100%) experienced anxiety. According to the data, 55 percent (22 mothers pregnant) experience worry weight, 32.5 percent (13 mothers pregnant) experience worry moderate , and 12.5 percent (5 mothers pregnant) experience worry light .
9	Yongjie Zhou, et al	2020	"The prevalence of psychiatric symptoms of pregnant and non-pregnant women during the Covid-19 pandemic "	Pregnant women in China are experiencing mental health problems due to Covid-19, with fewer symptoms of anxiety, insomnia and depression than women who are not pregnant.

DISCUSSION

Those mentioned articles _ identify databases based on a number of criteria that have been determined, including accessible articles, full text, and rise since year 2020. Then based on above criteria, it was obtained 9 relevant and eligible studies . _ from _ 9 article which reviewed writer obtained results that from total sample as much 364 mother pregnant almost whole or as many as 326 people (89.5%) mothers pregnant experience anxiety in time pandemic Covid-19 this. Covid-19 events which were happening everywhere in this part of the world cause anxiety for everyone, especially mothers _ pregnant (Bender, 2020). pregnant women including category risky tall because amount change physiological and immunological in body that can increase possibility infected something disease (Aditya, 2021). A number of academics around the world have studied the occurrence of Covid-19 and its relationship to the process of pregnancy, but have concentrated more on the physical

effects on pregnant women infected with Covid-19. Fewer researchers have investigated psychic problems. On the other hand, the mental health of the mother is equally important, as it is directly related to the short-term and long-term harm to the mother and fetus (Ver, 2020). Several studies have found that pregnant women are particularly prone to mental instability and stress. Emotional instability and stress adversely affect 10 to 25% of pregnancies (Aditya, 2021). Anxiety is associated with an increased risk of preterm birth, postpartum depression, and behavioral difficulties in children (Lopez, 2021). Pregnancy has the potential to be a risk factor that exacerbates the symptoms of the current Covid-19 pandemic (Gustina, 2020).

A study found that up to 50.7% of pregnant women have concerns about their health. This includes concerns about the health of the pregnancy and how to care for their fetus. Anxiety can be reduced by increasing social support from the closest family as a coping method. Social assistance can be provided by spouses, family members, and friends. Social support can significantly reduce the harmful effects of stress management and protect people from mental illness. (Gabriele, 2019). Aspects damn support for mother pregnant According to Taylor, things that are really needed include husband's support, attention, and care from the environment (Hendriani, 2021). Pregnant women also need social support and linguistic knowledge, so that they could get information about risk, reality, technique coping, referral, mutual listening, and pattern think open. Pregnant women also need real help such as support or encouragement in face or complete every problem. Pregnant women also expected capable prepare antenatal care and labor moment pandemic (Hendriani, 2021).

A number of study showed that vulnerability woman pregnant to change emotional, psychological, and related stress could become factor possible risks, increase effect negative from pandemic Covid-19, especially if pandemic accompanied with disease accompanying. According to findings research on mother pregnant during Covid-19, the problem economy, family, work, and worries about the future pregnancy and childbirth cause mother pregnant experience anxiety and stress (Ver, 2020). Other research shows connection among level education woman pregnancy and its worries. The more mother pregnant aware, more reduce her anxiety During covid pandemic (Gustina, 2020). A research conducted in China found that based on age pregnancy, 28% mother pregnant in the first trimester experience worry currently until weight, compared with the second and third trimesters. Then, 16% of 18 mothers pregnant giving birth moment plague choose for undergo operation caesar. This issue caused by condition emotional mother, worry will endanger or endanger pregnancy and fear will Dead baby (Zhou, 2020). In normal condition, expected about 10% women pregnant all over the world suffer mental disorders, especially depression and numbers this increase to 16% in poor countries (Hayakawa, 2020). This possible exacerbated by the current Covid-19 outbreak, which can create obstacle to care mental health for woman pregnant. In China, 5.3% of pregnant women experience of sadness, 6.8% were experience anxiety, 2.4% experience inconveniences physical, 2.6% experience insomnia, and 0.9% of Post-Traumatic Stress Disorder (Zhou, 2020).

Analysis result correlation test statistics *Spearman's* performed by Renny Aditya in 2021 about *antenatal care* when pandemic Covid-19 obtained *p value* for correlation Among level worry and knowledge mother pregnant about *antenatal care* moment pandemic Covid-19 have score meaning or P Value of 0.041 where the *p value* more small from 0.05 (P-value <0.05). This thing shows existence substantial relationship or significant by statistics, so that could declare that there is connection between each variable level worry with awareness mother pregnant in inspection pregnancy during the Covid-19 pandemic (Zhou, 2020).

Coefficient value correlation (R) shows that correlation walk to direction positive with strength significant correlation. With use analysis Spearman stats, R value value correlation level anxiety and knowledge mother pregnant about inspection pregnancy during the Covid-19 pandemic was 0.899; p value = 0.041; This thing show existence significant correlation _ with correlation positive and strong Among level anxiety and knowledge mother pregnant about inspection pregnancy during the Covid-19 pandemic (Zhou, 2020).

According to research on pregnant women during the Covid-19 pandemic, 69% of husbands provided positive/good support, while the prevalence of anxiety in mothers during the pandemic was 47% and the prevalence of stress was 24%, with some mothers experiencing both. The majority of pregnant women in this study had moderate levels of anxiety and stress (Gabriele, 2020). During pregnancy, the beneficial effects of husband's support help maintain the mother's mental health. To support the mental health of pregnant women, husband's assistance consists of physical and psychological care. Pregnant women in a number of countries have also experienced a considerable psychological shift from before Covid-19 to during Covid-19. The high changes in anxiety and stress levels in pregnant women due to behavioral changes that occur during pregnancy during the Covid-19 pandemic have an impact on the low motivation of pregnant women, especially a decrease in direct examination visits by midwives or midwives. doctors and the fear of interacting with others outside due to the high incidence of Covid infections. -19 is high due to fear of illness and lack of food supply, which leads to household tension (Hafid, 2021). These elements cause an immediate increase in maternal anxiety and stress levels during the Covid-19 pandemic (Hafid, 2021) . This result showed that level of knowledge about Covid-19 reduced pregnant women's anxiety, so increase possibility mother will obey in pregnancy test, then mother with the higher level of knowledge will have level obedience higher with assumption all woman pregnant other have characteristics and background the same background (Asmariyah, 2021)

CONCLUSION

Pregnant women is one very risky community tall exposed to the Covid-19 virus and caused serious problem if no overcome with seriously . Based on obtained literature review during covid-19, almost whole pregnant women experience anxiety. Anxiety condition could become contributing factors in the development of depression and stress , which were both could have negative effect for a developing fetus growing , including failure growth intrauterine (IUGR), delivery premature , low birth weight low, and any other problems . To reduce their anxiety during Covid-19 pandemic, pregnant women need help especially family support. Psychological support could be given by husband, family, friends as well as health workers in health service, so that expected pregnant women can more feel calm to do Ante Natal Care and can conduct detection early if there was complications pregnancy so that the process of pregnancy , childbirth could run smooth, a healthy baby and motherand reduce maternal and infant mortality in Indonesia.

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