

Education In Preparing Psychology Of Pregnant Mothers To Face Delivery The Covid-19 Puskesmas (Community Health Center) The Year 2022

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Abstract. At the beginning of 2020, the world was shocked by the outbreak of a new virus, namely the coronavirus of type (SARS-CoV-2), and the disease is called Coronavirus disease 2019 (COVID-19). It is known, that the origin of this virus came from Wuhan, China, which was discovered at the end of December 2019. In this COVID-19 pandemic situation, the government made a policy of limiting almost all routine services, one example of which is maternal and neonatal health services and service facilities. other health. This causes anxiety in pregnant women so that they delay carrying out pregnancy tests. The type of this research is quantitative research, using the solving method in sample collection. While the testing in this study includes the validity test and reliability test. The findings of this study explain that the results of the reliability test also show that the data is declared reliable because of the value of Cronbach's Alpha > r table. The results showed that online media education was better than offline education in preparing the psychology of pregnant women to face childbirth in the COVID-19 era at Batuceper Health Center in 2022.

Keywords: Comparison of Education, Psychological Education of pregnant women.

BACKGROUND

At the beginning of 2020, the world was shocked by the outbreak of a new virus, namely the corona virus of the type (SARS-CoV-2) and the disease is called Coronavirus disease 2019 (COVID-19). It is known, the origin of this virus came from Wuhan, China, which was discovered at the end of December 2019. So far, 65 countries have been confirmed to have contracted this virus. (WHO data, March 1, 2020)⁷. Coronavirus disease 2019 (COVID-19) is a disease that is currently endemic in almost all of the world, so it has been declared a pandemic. The World Health Organization named the new virus severe acute respiratory syndrome coronavirus-2 (SARS-CoV-2) and the name of the disease as Coronavirus disease 2019 (COVID-19)⁸. A very important component in the management of infectious diseases is a vulnerable population such as pregnant women. In this COVID-19 pandemic situation, the government made a policy of limiting almost all routine services, one example of which is maternal and neonatal health services and other health care facilities. This causes anxiety in pregnant women so that they delay carrying out pregnancy tests.

To overcome the anxiety of pregnant women in dealing with childbirth during the current pandemic, this counseling was carried out, hoping to increase the knowledge of pregnant women in dealing with childbirth during the COVID-19 pandemic. This effort is one of the outreach strategies during the pandemic by continuing to carry out the appropriate health protocols. Data obtained from the DKI Jakarta Provincial Health Office in 2019, the number of K1 visits (First Visit) for pregnant women until the end of the year was 191,144 people, pregnant women who experienced risk were 17,810 people and 85,835 people were not at risk originating

from all areas of DKI Province. Jakarta. In all areas in the DKI Jakarta Province, data from the DKI Jakarta Provincial Health Service until 2020 there was the highest increase in the maternal mortality rate, which was 20 people from the previous year of 9 people. Meanwhile, pregnant women who are at risk are 9.73% of the total pregnant women who perform ANC1 services.

Data obtained from the Tangerang City Health Office. Health services for pregnant women, pregnancy checks are carried out at least 4 times during pregnancy, 1x trimester 1, 1x trimester 2 and 2 times in trimester 3. The services include quality standards, namely 10 T, including Weighing Weight, measuring pressure Blood, measure the circumference of the upper arm, measure the height of the uterine fundus, presentation and FHR, TT immunization, administration of blood-added tablets, case management, interview, simple laboratory tests. The first visit (K1) of pregnant women throughout 2020 amounted to 40538 pregnant women, 100.1% of the target of 40533 pregnant women, while K4 visits of pregnant women amounted to 40533 pregnant women, 100% of the target of pregnant women in 2021.

METHOD

This type of research is quantitative with a quas-experimental research design and pretest-posttest with control group design. The researcher divided two groups into an experimental group and a control group. This study involved 2 groups, namely groups with counseling using online methods and groups with counseling using offline methods. Research that aims to see a relationship or influence using the "PreTest and PostTest" method, namely the type of dependent variable (dependent) and independent variable (Independent) measured at the same times.

RESULT

After conducting a series of normality tests and homogeneity tests of posttest value data, it is known that the distribution of the k value of online and offline media education is normally distributed and homogeneous so that for further testing, a parametric test is used, namely the t test. The t test (Independent sample T Test) was carried out using the SPSS program with a significance of 5%.

Based on the results of SPSS output, it is known that the number of respondents for online media education is 15 and offline education is also 15. The average value for online media education is 66.47, while for offline education it is 66.20.

Based on the output above, it is known the value of Sig. Levene's Test for Equality of Variances is $0.674 > 0.05$, it means that the data variance between online and offline media education is the same. Based on the output above, it is known that the value of Sig.(2-tailed) is $0.888 > 0.05$, so based on the decision making H_0 is accepted and H_a is rejected, meaning that online media education is better than offline education in preparing pregnant women's psychology to face childbirth in the COVID-19 era. 19 at Bataceper Health Center in 2022.

DISCUSSION

This study was conducted to compare which education is better to use in preparing the psychology of pregnant women to face childbirth in the COVID-19 era at Bataceper Health Center in 2022 by using 2 types of education, namely online and offline media education.

From the results of validity testing that has been carried out on online and offline media education, from 15 questions only 9 valid data, therefore the researcher only uses 9 data and continues the research. According to Janna & Herianto⁴ stated that, the validity test is a test that serves to see whether a measuring instrument is valid (valid) or invalid. The measuring instrument referred to here is the questions contained in the questionnaire. A questionnaire is said to be valid if the question on the questionnaire can reveal something that is measured by the questionnaire.

The results of the research on the reliability test showed that the overall data was declared reliable. Reliability is an index that shows the extent to which a measuring instrument can be trusted or relied on. So that the reliability test can be used to determine the consistency of the measuring instrument, whether the measuring instrument remains consistent if the measurement is repeated. A measuring instrument is said to be reliable if it produces the same result even though it is measured many times.

Usually, before testing the reliability of the data, the validity of the data is tested. This is because the data to be measured must be valid, and only then proceed with data reliability testing. However, if the measured data is not valid, it is not necessary to test the reliability of the data⁴.

Bivariate analysis on the normality test shows the data runs normally, the normality test is needed to answer the question of whether the requirements for a representative sample are met or not, so that the research results can be generalized to the population or can represent the population. In the homogeneity test, the data results also show that the variance of online and offline media education data is the same or homogeneous due to the Sig value. $0.674 > 0.05$.

The results of the hypothesis using the Independent sample T Test test show that the value of Sig. (2-tailed) is $0.888 > 0.05$, then based on the decision making H_0 is accepted and H_a is rejected, meaning that online media education is better than offline education in preparing pregnant women's psychology for facing childbirth in the COVID-19 era at the Bataceper Health Center in 2022.

CONCLUSION

As for suggestions in research related to research results, it is hoped that education will continue to be carried out during the COVID-19 period, especially in the Bataceper Health Center area where so that pregnant women do not worry and panic in facing childbirth, education has a greater influence by using online media because the notification can be seen at any time.

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