

Describing Pregnant Women's Anxiety in Facing Childbirth Based on the Maternal Age

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Abstract. The pregnancy process causes pregnant women to experience physiological and psychological changes during pregnancy, which make them uncomfortable and experience emotional changes. There are many problems that pregnant women may face, including dealing with the birthing process and anxiety during pregnancy. This anxiety is influenced by several factors, one of which is the maternal age. The aim of this research is to analyze differences in anxiety of pregnant women in facing childbirth based on the maternal age. The research method used in this research is descriptive-quantitative. The research sample consisted of pregnant women who had their pregnancy checked at RSIA dr. Hikmah Sawi Bangkalan. The total sample for this study was 50 pregnant women. Data collection on the anxiety variable facing childbirth used the PASS scale (Perinatal Anxiety Screening Scale). Data were analyzed using the one-way Anova test to determine differences in pregnant women's anxiety about facing childbirth in terms of maternal age. The results of the research show that there is a significant difference between maternal age and pregnant women's anxiety about facing childbirth.

Keywords: anxiety, pregnancy, pregnant women

I. INTRODUCTION

Women naturally go through pregnancy after their reproductive organs are fully mature. When a married woman finds out that she is pregnant, she will feel very happy because this is a long-awaited and exciting moment for her and her family as they await the arrival of their child. In the midst of this happiness, it is not uncommon for some prospective mothers to often experience anxiety during the pregnancy process because they are worried about the condition of themselves and the fetus they are carrying, especially with stories about the birthing process they have to go through. At the same time, pregnant women will feel joy because they are giving birth to their baby. On the other hand, this is a new phase in becoming a mother-to-be, so this condition makes her feel fear, anxiety, and worry [1].

Due to an increase in the hormones progesterone and estrogen throughout the first trimester of pregnancy, the pregnant woman experiences psychological and physical changes as she attempts to accept her pregnancy. Many pregnant women experience despair, worry, rejection, and disappointment as a result. Pregnant women's emotions can fluctuate during pregnancy due to these hormonal changes. The hormone estrogen increases ninefold and progesterone increases twenty-five times during a normal menstrual cycle, so this condition triggers anxiety felt by pregnant women [2].

Physiological and psychological changes that occur during pregnancy create discomfort and emotional shifts in expectant mothers. Pregnant women usually experience anxiety as their pregnancy progresses, especially in the third trimester. Too much anxiety can cause stress, which impacts the health of the mother and fetus [3]. Pregnant women may experience many problems, including anxiety during pregnancy and facing the birthing process. Especially for pregnant women undergoing their first pregnancy, the problem that often occurs is fear and anxiety about what might happen to the mother and baby. Mothers who cannot overcome anxiety during labor can experience tension, inhibit body relaxation, fatigue, or even affect the condition of the fetus in the womb [4].

Anxiety related to pregnancy, especially approaching the birthing process, is a normal thing experienced by pregnant women. This is because pregnancy can be considered a new and difficult experience for pregnant women with all the changes they will undergo. The results of [5] research regarding the readiness of pregnant women to face childbirth show that 69.6% of pregnant women

experience moderate anxiety in facing the birth process. Furthermore, the results of Heriani's research [6] showed that 72.7% of primigravida pregnant women (8 respondents) experienced anxiety before giving birth, greater than multigravida pregnant women, who experienced anxiety of 47.1% (16 respondents).

Sarifah [7] stated that facing the birth process is a real experience that can cause psychological disorders in pregnant women. Unready to give birth, pregnant women may experience increased anxiety and cry in private. Naturally, this condition has to do with how prepared pregnant women are for childbirth in order to reduce their level of anxiety. Mothers who experience severe and prolonged anxiety before or during pregnancy are more likely to experience medical difficulties and the birth of an abnormal baby compared to mothers who are calm and secure [8].

Anxiety is one of the main factors that determines how smoothly the birth process will go for pregnant women. Mothers who are unsure about their changing condition will be anxious during labor. Anxiety is an emotion or state of mind that is defined by uncomfortable tension, physiological arousal, or worry that something unpleasant will occur [9].

The results of research by [10] on "The Relationship between the Fear of Childbirth and Anxiety During the COVID-19 Pandemic" show that there is a positive correlation found between anxiety and fear of giving birth. This shows that pregnant women feel anxious and afraid, especially nearing delivery. The more anxious a pregnant woman is, the more her fear of facing childbirth increases. Of course, there are many factors that influence this condition, so anxiety and fear arise when facing the birthing process. The results of Nurhasanah [11] show that there are many causes of maternal anxiety, which have an impact on the health of the mother and fetus during pregnancy. Mothers will experience depression after labor and premature delivery.

One of the factors that influences the level of anxiety, especially in pregnant women, is the maternal age, where the maternal age has an impact on pregnancy [12]. Individuals who are increasingly mature can, of course, control their feelings and thoughts so that they can reduce tension and fear that cause anxiety. The maternal age and socio-economic factors during pregnancy and before giving birth can influence their anxiety. These two factors will determine the readiness of the mother and family to undergo pregnancy and prepare for the birthing process. The level of anxiety will be higher among mothers with a history of multigravida pregnancy than among mothers with a history of primigravida pregnancy [13].

Another research shows that the factors that cause anxiety among pregnant women include age, number of children, gestational age, and the role of the husband [14]. Anxiety is more common in pregnant women who are facing childbirth. These results show that differences in anxiety among pregnant women when facing the birth process are also based on the maternal age.

Based on the description that has been presented, researchers are interested in further analyzing Pregnant women's fear of giving birth and how it will affect their role as mothers in terms of age. This was done to determine differences in maternal age in responding to the anxiety felt by pregnant women when facing the birth process.

II. METHOD

The research method used in this research is descriptive quantitative. The research sample consisted of pregnant women who had their pregnancy checked at RSIA dr. Hikmah Sawi Bangkalan. The total sample for this study was 50 pregnant women. Data collection on the anxiety variable facing childbirth used the PASS scale (Perinatal Anxiety Screening Scale) which consists of 31 statements. Data were analyzed using the One-Way Anova test to determine differences in pregnant women's anxiety in facing childbirth in terms of maternal age.

III. RESULT AND DISCUSSION

Considering the outcomes of the completed data analysis, the following results were obtained:

Tabel 1. Results of the categorization of pregnant women based on maternal age

Maternal Age	Amount	Percentage (%)
20-25 Tahun	17	34
26-30 Tahun	17	34
Diatas 30 Tahun	16	32
Total	50	100

The categorization results above show the frequency or number of samples based on the maternal age range. The percentage obtained was 34%, or 17 subjects in each age range of 20–25 years and 26–30 years. Then, in the age range above 30 years, the percentage was 32%, or 16 subjects.

Tabel 2. Results of a descriptive analysis of pregnant women's anxiety about facing childbirth based on maternal age

Maternal Age	Amount	Mean	Std. Deviation	95% Confidence Interval for Mean		Minimum	Maximum
				Lower Bound	Upper Bound		
20-25 Tahun	17	33.4706	9.29461	28.6917	38.2494	13.00	49.00
26-30 Tahun	17	21.3529	7.30532	17.5969	25.1090	11.00	36.00
Diatas 30 Tahun	16	30.7500	9.28440	25.8027	35.6973	20.00	57.00
Total	50	28.4800	9.99845	25.6385	31.3215	11.00	57.00

Based on the descriptive results above, it is known that the anxiety of pregnant women in facing childbirth at the age of 20–25 years has a mean of 33.4706, with the lowest mean value range being 28.6917 and the highest being 38.2494. For ages 26–30, the mean was 21.3529, with the lowest mean value range being 17.5969 and the highest being 25.1090. And for ages over 30 years, the mean value is 30.7500, with the lowest mean value range being 35.6973 and the highest being 35.6973. The results of this analysis show that the average anxiety of pregnant women when facing childbirth is highest in the age range of 20–25 years. The results of this research are supported by research [15] that shows that age is correlated with anxiety, and younger age groups are susceptible to experiencing anxiety. This condition shows that age readiness is needed to be much more mature when undergoing pregnancy and facing the birth process so that risks during pregnancy and the birth process can be minimized. At this age, the first pregnancy usually occurs, so anxiety about the birthing process increases because there is no experience or knowledge regarding pregnancy or the birthing process. The study's findings demonstrated a substantial correlation between a primigravida mother's anxiety level and her age during the third trimester of pregnancy [16].

Tabel 3. Results of categorization of pregnant women's anxiety in facing childbirth

Kategori	Hasil	Jumlah	prsentase
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Tinggi	$X > 39$	7	14 %
Sedang	$19 < X < 39$	33	66 %
Rendah	$X < 19$	10	20 %
Total		50	100 %

The results, as indicated by the above table, indicate that the distribution of pregnant women's categorization from 50 participants shows that the high category is 14% (7 people), the medium category is 66% (33 people), and the high category is 20% (10 people). These results show that pregnant women, when facing childbirth, have many feelings. Feeling afraid of many things happening and worried about the birthing process and the fetus. Apart from that, when approaching delivery, pregnant women feel excessive fear and discomfort and think about things that will happen after the pregnancy process. Ignorance can also cause maternal anxiety about pregnancy and fear of childbirth. These results are supported by [17], who conducted research in West Sukolilo, Bangkalan, showing that pregnant women had mild to severe levels of anxiety in 13 samples out of 20 samples from his research. This shows that almost all pregnant women feel anxiety, especially when approaching the birthing process. Prata ([18]) also stated that anxiety related to fear of giving birth has a significant correlation. This is further supported by the results of research by Sofiati et al. [19] in Cianjur, which show that 60.0% of primigravida pregnant women have mild anxiety, 40.0% have moderate anxiety during pregnancy and facing the birth process, and it is also found that age, education, and economic status influence the level of anxiety in primigravida women.

Tabel 4. Categorization of pregnant women's anxiety about facing childbirth based on maternal age

Maternal Age	Tingkat kecemasan						Total	
	Tinggi		Sedang		Rendah		Jumlah	Persentase
	Jumlah	Persentase	Jumlah	Persentase	Jumlah	Persentase	Jumlah	Persentase
20-25 Tahun	5	29 %	10	59 %	2	12 %	17	100 %
26-30 Tahun	0	0 %	9	53 %	8	47 %	17	100 %
Diatas 30 Tahun	2	12,5 %	14	87,5 %	0	0 %	16	100 %
Total	7	14 %	33	66 %	10	20 %	50	100 %

Based on the results of the analysis regarding the anxiety of pregnant women in facing childbirth based on the maternal age, it was obtained that the high level of anxiety was greater in the age range 20–25 years as many as 5 subjects (29%), while the moderate level of anxiety was experienced more by subjects in the age range above 30 years as many as 14 subjects (87.5%), and the low anxiety level category is greater in the age range 26–30 years as many as 8 subjects (47%). These results are supported by the results of research by [20], which states that anxiety increases with the maternal age from 17 to 26 years. The maternal age group of 17–26 correlates with increased levels of anxiety. This condition supports the results of this research that a mature age range can control anxiety during pregnancy and the birth process. This is further supported by the research results of [21], who found that a maternal age of more than 18 years is correlated with a higher level of anxiety during pregnancy. Anxiety levels increase with maternal age during pregnancy. Another

opinion that supports the results of this research was conveyed by [22]: the level of anxiety experienced by mothers during labor can vary based on their age. A study shows that women who experience anxiety can experience higher levels of anxiety during the active phase of labor, with 85% of respondents aged 20 to 35 experiencing higher levels of anxiety.

Tabel 5. Results of a one-way ANOVA test analysis

ANOVA					
Kecemasan					
	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	1369.362	2	684.681	9.118	.000
Within Groups	3529.118	47	75.088		
Total	4898.480	49			

The results of the one-way ANOVA analysis obtained a value of $F = 9.118$ with a significance of $0.000 (< 0.05)$, meaning that there is a significant difference between maternal age and anxiety in facing childbirth. These results show that those who are mature and ready to undergo pregnancy will be able to control the anxiety they feel. The results of this research are supported by the research results of [23], who found that the maternal age can influence the level of anxiety in pregnant women. The anxiety that occurs can be controlled based on the age of the pregnant woman. This is further supported by the opinion of [24], who found that maternal age is significantly related to anxiety during childbirth. This shows that anxiety about giving birth is related to the maternal age. Another opinion was expressed by [25] that there is a strong correlation between age and anxiety related to getting pregnant. The age of the mother affects how anxious she is during childbirth.

Tabel 6. Results of multiple comparisons

Multiple Comparisons

Dependent Variable: Kecemasan

Tukey HSD

(I) Usia	(J) Usia	Mean Difference (I-J)	Std. Error	Sig.	95% Confidence Interval	
					Lower Bound	Upper Bound
20-25 Tahun	26-30 Tahun	12.11765*	2.97218	.001	4.9246	19.3107
	Diatas 30 Tahun	2.72059	3.01826	.642	-4.5840	10.0251
26-30 Tahun	20-25 Tahun	-12.11765*	2.97218	.001	-19.3107	-4.9246
	Diatas 30 Tahun	-9.39706*	3.01826	.009	-16.7016	-2.0925
Diatas 30 Tahun	20-25 Tahun	-2.72059	3.01826	.642	-10.0251	4.5840
	26-30 Tahun	9.39706*	3.01826	.009	2.0925	16.7016

*. The mean difference is significant at the 0.05 level.

Based on the results of multiple comparisons, it is known that there is a significant difference in the age range of mothers with anxiety about facing childbirth between the age range of 20–25 years and the age range of 26–30 years, where a significance value of $0.001 (p < 0.05)$ was obtained. Meanwhile, the age range of 20–25 years with an age range of over 30 years obtained a significance value of

0.642 ($p > 0.05$), which means there is a difference but it is not significant. Then the age range of 26–30 years with an age range above 30 years obtained a significance value of 0.009 ($p < 0.05$), which means there is a significant difference between the age range of mothers and anxiety about facing the birth process in pregnant women. These results are supported by previous research, which shows that pregnant women in the younger age group, namely women aged 21 to 24 years, are more likely to show moderate to severe anxiety compared to older pregnant women [26].

IV. CONCLUSION

The findings of the analysis and debate on pregnant women's anxiety while facing the birth process—which is seen from the mother's perspective—indicate that a mother's age can have an impact on how anxious a woman feels when facing the delivery process. These results show a significant difference between maternal age and anxiety regarding childbirth. Mothers who are in the 25–30 years age range have much less anxiety about the birthing process than those aged under 25 years or those aged over 30 years. This shows that in this age range, a pregnant woman is much more mature and able to control anxiety during pregnancy and face the birth process. This condition also indicates that the mother is ready to become a new parent and carry out her responsibilities as a mother for her child. Participating in pregnancy studies is predicted to help pregnant women who are currently pregnant and waiting for the birth process better control their anxiety, according to the study's findings, doing activities they like, working with their husbands and family to always go to the doctor regularly during pregnancy, and also taking pregnancy classes and pregnancy exercises to help with the birthing process. Apart from that, in preparing to become a new parent, you can learn about parenting lessons or parenting classes so that you are more mature when you become a new parent.

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