DESCRIPTION THE BEHAVIOR OF PREGNANT WOMEN SEARCHING FOR HEALTH INFORMATION ABOUT PREGNANCY

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Abstracts

Introduction: Pregnancy is a gift that is coveted by every woman as a prospective mother. Pregnant women must take care of themselves and their fetuses independently at home, one of which is by seeking health information. This research aimed to know the description of the behavior of pregnant women seeking health information about pregnancy in the Aren Jaya Community Health Center, Bekasi City. Methodology: This research is a quantitative research with analytical descriptive design. The population in this study was 125 respondents. Research findings: The results showed that the characteristics of respondents: age 20-35 years (86.4%), third trimester (44.0%), multigravida mother (51.2%), number of children living 0 (39.2%), pregnancy check-up at the clinic (71.2%), pregnancy examinations were carried out by midwives (77.6%), Islam (98.4%), ethnicity in Java (96.0%), high school education (62.4%), does not work (68.0%), the reason for seeking information is because of curiosity related to pregnancy (99.2%), the source of information used by health workers (95.2%), the topic of health information about pregnancy is about fetal growth and development as many as (99.2%). Conclusions: This research can be used as basic data for the implementation of information communication and education (IEC) in health care facilities that can be integrated into nursing care.

Keywords: *Behavior, pregnant women, seeking information, health*

1. Introduction

Pregnancy is a gift that every woman dreams of as a prospective mother. Pregnancy is the union of spermatozoa and ovum which results in fertilization. Pregnancy lasts for 9 months in the international calendar which is calculated from the first day of the last menstruation (LMP) (Bobak et al., 2005).

The maternal mortality rate (MMR) in Indonesia has indeed decreased from 390 per 100,000 live births in 1991 to 230 per 100,000 live births in 2020. Although there is a trend towards lower maternal mortality, it has still not reached the SDGs goal of 70 per 100,000 live births by 2030 (Indonesian Ministry of Health, 2020)

The maternal mortality rate is still a target and development target in the National Medium Term Development Plan (RPJMN) for the 2020-2024 period. The accelerated program for reducing maternal mortality has been designated as a strategic priority project (major project) in national development priorities. Factors that support the achievement of indicators include increasing knowledge, roles, family and community support through classes for pregnant women, birth planning and complications prevention (P4K) programs, and distribution of MCH books (Ministry of Health of the Republic of Indonesia, 2021) .

The stages of a mother's role are contained in Ramona T Mercer's

Maternal Role Attainment which contains anticipatory stages in mastering roles during pregnancy where prospective mothers must learn everything needed to become a mother (Risnah & Irwan, 2021).

Physical changes and the transition to becoming a mother-to-be make pregnant women feel anxious. Anxiety is a common emotional reaction in pregnant women. Pregnant women worry about the health of the mother and fetus, during pregnancy, childbirth, the postpartum period, and their role as mothers (Dunkel Schetter & Tanner, 2012).

So far, pregnant women have received pregnancy information through various sources. Health workers, through information and education communication programs or commonly known as KIE, health workers provide KIA books to every pregnant woman. Apart from that, information can be searched through mass media and internet media. Internet media makes it easy to access information, the easy way to use it makes internet media more widely used in searching for information (Kamali et al., 2018).

Adaptation in the new normal era means that pregnant women have to adjust their behavior to avoid Covid 19. Adaptation is also related to how mothers search for information independently during pregnancy, which is done to maintain a healthy pregnancy. Therefore, this study aims to determine the description of the behavior of pregnant women seeking health information about pregnancy in the Aren Jaya Health Center Area, Bekasi City.

2. Methods

2.1 Study Design

This research is descriptive research with quantitative methods. This research was carried out in July-August 2022 in the Aren Jaya Health Center Work Area, Bekasi City. The population in this study was pregnant women in the 1st, 2nd and 3rd trimester who live in the Aren Jaya Health Center Work Area, Bekasi City, totaling 125 pregnant women. The number of samples to be studied was obtained from the Slovin research formula so that the minimum number of samples was 125 respondents.

2.2 Instrument

The sampling technique used was purposive sampling in which respondents were taken based on criteria set by the researcher. The inclusion criteria in this study were pregnant women in the 1st, 2nd and 3rd trimesters, domiciled in the Aren Jaya Health Center Work Area, Bekasi City, and willing to be respondents. Meanwhile, the exclusion criteria in this study were pregnant women who had/are experiencing pregnancy complications. Data collection was carried out by researchers by giving questionnaires to pregnant women who met the criteria and had filled out informed consent. The instrument used is a behavioral questionnaire for pregnant women seeking health information about pregnancy which was tested in 2022 with 30 respondents in the Duren Jaya Health Center Work Area, Bekasi City. This instrument has 3 question items created by the researcher himself in collaboration with a team of maternity specialist supervisors.

2.3 Data Analysis

The correlation for reasons for seeking information is 0.725, health information sources 0.794, and health information topics 0.692. Meanwhile, the Cronbach's Alpha coefficient for reasons for seeking health information was 0.662, sources of health information 0.762, and health information topics 0.780.

3. Results

Table 1 . Frequency Distribution of

Respondents Based on Characteristics

No.	Characteristics	n	%
1.	Respondent's age		
	Risk	17	13,6
	No Risk	108	86,4
2.	Gestational age		
	Trimester 1	17	13,6
	Trimester 2	53	42,4
	Trimester 3	55	44,0
3.	Pregnancy status		
	Primigravida	51	40,8
	Multigravida	64	51,2
	Grandegravida	10	8,0
4.	Number of living children		
	0	49	39,2
	1	48	38,4
	2	18	14,4
	3	8	6,4
	>3	2	1,6
5.	ANC location		
	Clinic	89	71,2
	Public health center	19	15,2
	Hospital	17	13,6
6.	Health workers who perform ANC		
	Doctor	28	22,4
	Midwife	97	77,6
	Nurse	0	0
7.	Religion		
	Islam	123	98,4
	Protestant	1	0,8
	Catholic	1	0,8
	Hindu	0	0
	Buddha	0	0
	Confucian	0	0
8.	Ethnic group		
	Tribes on the island of Java	120	96,0
	Tribe on Sulawesi Island	0	0
	Tribe on the island of Kalimantan	1	0,8
	Tribe on the island of Sumatra	3	2,4
	Tribe on the island of Bali and NTT	1	0,8
	Tribe on the island of Maluku and Papua	0	0
9.	Education		
	Elementary school	4	3,2
	Junior high school	14	11,2
	Senior high school	78	62,4
	College	29	32,2
10.	Work		
	Doesn't work	85	68,0
	Work	40	32,0

Based on table 1, the results showed that the frequency distribution of respondents' characteristics, the age of the respondents were not at risk, most of them were 20-35 years old, 108 people (86.4%), 55 respondents (44.0%), 64 respondents (51%) in the third trimester of pregnancy. .2%), the number of living children 0 was 49 respondents (39.2%), the location of the pregnancy examination at the clinic was 89 respondents (71.2%), the health workers who carried out the examination were 97 (77.6%) midwives , Islamic religion as many as 123 respondents (98.4%), ethnic groups on the island of Java as many as 120 respondents (96.0%), high school education as many as 78 respondents (62.4%), not working (68.0%) as many as 85 respondents.

Table 2. Description of reasons for seeking health information about pregnancy (n=125)

Reasons for seeking health information about pregnancy	Yes		No	
	n	%	n	%
Helps me in making decisions	119	95,2	6	4,8
Prepare questions to ask health workers	113	90,4	12	9,6
First pregnancy	54	43,2	71	56,8
Curiosities related to pregnancy health	124	99,2	1	0,8
There are complaints during pregnancy	85	68,0	40	32,0
Confirm/clarify previously obtained information	114	91,2	11	8,8

Based on table 2, it is known that the most common reason pregnant women seek health information about pregnancy is because of curiosity regarding pregnancy health, namely 124 respondents (99.2%).

Table 3. Description of sources of health information (n=125)

Source of health information	Yes		No	
	n	%	n	%
Health workers	119	95.2	6	4.8
Pregnancy class	49	39.2	76	60.8
Internet	113	90.4	12	9.6
Family	116	92.8	9	7.2
Friend	88	70.4	37	29.6
Work colleague	51	40.8	74	59.2
Pregnancy application on cellphone	90	72.0	35	28.0
Book	97	77.6	28	22.4

Based on table 3, it is known that 119 respondents (95.2%) chose health workers as the main source of information when looking for information about the health of pregnant women.

Table 4. Overview of health information topics about pregnancy (n=125)

Health information topics about pregnancy	Yes		No	
	n	%	n	%
Signs of pregnancy symptoms	102	81.6	23	18.4
Pregnancy complaints	109	87.2	16	12.8
Pregnancy nutrition	121	96.8	4	3,2
Fetal growth and development	124	99.2	1	0.8
Personal hygiene	113	90.4	12	9.6

Immunization of pregnant women	104	83.2	21	16.8
Pregnancy class	57	45.6	68	54.4
Pregnancy complications	86	68.8	39	31.2
Identify Health care providers	111	88.8	14	11.2
Preparation for childbirth	121	96.8	4	3,2
Delivery method	118	94.4	7	5,6
Postnatal care	113	90.4	12	9.6
Newborn care	119	95.2	6	4.8
Breast milk	119	95.2	6	4.8

Based on table 4 of the research results, it is known that the topic of information most sought after by pregnant women during pregnancy is fetal growth and development, as many as 124 respondents (99.2%).

4. Discussion

Based on the results of research and data analysis carried out in this study, a total of 125 respondents showed that the age distribution of respondents was mostly 20-35 years old (not at risk), namely 108 (86.4%). The safe reproductive age for a pregnant woman is between 20-35 years of age to give birth with a low risk of maternal morbidity and death. Apart from that, at the age of 20-35 years egg production and egg cell quality are at their peak fertility position (Suhaid et al., 2021). Notoatmodjo, (2014) said that the age of 20-35 years is the age that is mature in thinking and mentality to run a household. Thus, a person's ability to respond to the information obtained, their ability to perceive and then digest the information obtained is better, which will influence a person's knowledge about pregnancy.

The most dominant distribution of respondents' gestational age was 55 (44.0%) third trimester pregnant women. Psychological changes in pregnant women in the third trimester are more complex. Psychological changes are increasing from the previous trimester which makes pregnant women feel anxious about the condition of the baby and themselves because pregnant women are increasingly aware that the fetus they are carrying is getting bigger, and a number of other fears are starting to increase. The 3rd trimester can affect psychological aspects which can cause various psychological problems, one of which is anxiety (Janiwarty & Pieter.H.Z, 2013). A pregnant mother is expected to be able to adapt to face extraordinary challenges during pregnancy by learning everything needed during pregnancy (Risnah & Irwan, 2021); (Wada, Prabandari, et al., 2020).

The most dominant distribution of respondents' pregnancy status was multigravida pregnant women, 64 (51.2%). Factors One of the things that influences knowledge is information. Ease of obtaining information can help someone gain new knowledge. Moreover, increasingly advanced technology makes it easier for multigravida pregnant women to obtain more information. Multigravia pregnant women have experience and have information related to pregnancy health obtained from previous pregnancies (Mubarak, 2007).

The distribution of the number of living children is most dominant, namely the number of living children 0 is 49 respondents (39.2%).The results of this research showed that 89 respondents (71.2%) carried out pregnancy checks at the clinic. In line with research carried out by Tomatala et al., (2021) which stated that there were 4 respondents who said they carried out pregnancy checks at the midwife's clinic. The reason pregnant women choose to have a pregnancy check-up at a clinic is because the service provided is satisfactory, the costs are affordable, and the distance to the practicing midwife clinic is easy to reach.

The research results showed that the most dominant health personnel used by pregnant women to carry out pregnancy checks were midwives with a total of 97 respondents (77.6%). This research is in line with research conducted by Broeke et al., (2022) which stated that the health workers most frequently used were midwives, numbering 1,638 (91.5%). The health workers most often chosen by pregnant women for ANC examinations are midwives with 109 people (83.3%).

Religion Distribution The majority of respondents are religious I slam , namely 123 (98.4). Islam teaches every Muslim to learn to seek information throughout his life. Searching for information is a form of worship to fulfill a person's spiritual needs (Handayani & Fourianalistyawati, 2018). The Islamic religion is a religion that prioritizes reason or rationality and adheres firmly to the Koran and Sunnah. Islam holds the view that everything can only provide advantages and disadvantages with the permission of Allah SWT, and nothing will happen unless Allah SWT wills it (Suhandoyo & Susanti, 2018).

The ethnic distribution of respondents is mostly on the island of Java, 120 (96.0%). A person's level of education will influence the process of good thinking skills in understanding information about pregnancy. The higher an individual's level of education, the more mature their thinking, intellectual processes and quality of knowledge will be. Thus, pregnant women will be more aware of paying attention to the health of themselves and their fetus by feeling the need to independently search for health information about pregnancy according to their needs (Hawari, 2016) ; (Wada, Imbang, et al., 2020).

The largest distribution of respondents' education was high school education with 78 respondents (62.4%). According to research by

Marniati et al. (2021), it is known that SMA with 38 respondents (52.8%), has the highest level of education among the respondents. This research is in line with research (Suhandoyo & Susanti, 2018) that the most common education is high school with a total of 28 respondents with a percentage of (41.2%). Based on Hawari's research , (2016) revealed that a person's level of education will influence the process of good thinking skills in understanding information about pregnancy. The higher an individual's level of education, the more mature their thinking, intellectual processes and quality of knowledge will be. Thus, pregnant women will be more aware of paying attention to the health of themselves and their fetus by feeling the need to independently search for health information about pregnancy according to their needs.

The distribution of results shows that the majority of pregnant women do not work more with 85 respondents (68.0%). This research is in line with research conducted by Mazkiyah et al., (2013) which shows that 31 more mothers do not work (77.5%). A housewife has more time at home. Thus, housewives have closer communication relations with the surrounding environment. Because of the environment, knowledge, information, culture, beliefs and experiences can arise which will influence a person's behavior and knowledge.

The distribution of reasons why pregnant women seek health information about pregnancy is because they are curious about pregnancy health as many as 124 (99.2%). The research results obtained from interviews stated that pregnancy had an impact on great curiosity about pregnancy information that was previously unknown. Physical changes and the emergence of complaints

trigger pregnant women to search for information (Lathifah et al., 2021).

The distribution of health information sources mostly uses health workers, 119 (95.2%). This research is in line with research conducted by Sharifi et al., (2020) which shows that the most widely used source of information is health workers with a total of 182 respondents (65.1%). Pregnant women identify health care providers as credible and trustworthy sources.

The distribution of health information topics about pregnancy shows that the most searched topics are information related to fetal growth and development (99.2%). This research is in line with research carried out by Javanmardi et al., (2020) which shows that many pregnant women can't wait to find information about how the fetus grows and develops regularly, information about the formation of the heart, lungs and other organs, weight and height of the fetus each month.

5. Conclusion

a. The most dominant reason why pregnant women seek health information about pregnancy is because of curiosity regarding pregnancy health (99.2%).

b. The most frequently used source of health information is health workers (95.2%).

c. The most frequently searched topic of health information about pregnancy is related to fetal growth and development (99.2%).

Acknowledgment

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