



Motivation for Pregnant Women to Visit Antenatal Care (ANC) During the Covid-19 Pandemic

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ABSTRACT

The current COVID-19 pandemic has caused many changes in various lives, including changes in health services. One of the health services that is important to be a concern is antenatal care. During 2020, there was a downward trend in the number of antenatal care visits in various regions in Indonesia. Several factors that influence the decline in antenatal care visits are the COVID-19 pandemic situation, including the implementation of various policies to overcome the spread of COVID-19 and the motivation of pregnant women to conduct antenatal care visits. The purpose of this study was to determine the motivations of pregnant women in conducting antenatal care visits during the COVID-19 pandemic. The research design used is descriptive. The population in this study were all pregnant women in the working area of the Sooko Health Center, Mojokerto Regency until August 2021 as many as 87 pregnant women. The number of samples in this study were 72 respondents who were taken using simple random sampling technique. The variable in this study was the motivation of pregnant women to visit antenatal care (ANC) during the COVID-19 pandemic which was categorized into strong motivation, moderate motivation and weak motivation. Data analysis using univariate analysis. From the results of the study, it was found that more than half of the respondents in this study had weak motivation in conducting antenatal care (ANC) visits during the covid-19 pandemic, namely 38 respondents (52.78%). Antenatal care visits are one of the important needs that must be a concern for pregnant women considering that through regular antenatal care visits, pregnancies experienced can be monitored and treated early if a risk of pregnancy disorders is identified so that pregnant women can undergo pregnancy without significant interference.

Keywords: Motivation; Pregnant mother; Antenatal Care; Covid-19 pandemic

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INTRODUCTION

Antenatal care is supervision before delivery to prevent complications in childbirth that can be detected early and handled properly. The government has provided various health facilities to serve the community in tackling health problems, including antenatal care. Antenatal care visits are an important way for pregnant women to get an examination and diagnosis of pregnancy¹. However, the reality in the field is that many antenatal care visits are lacking, this can be shown through the exact first visit and subsequent visits, it turns out that this is a problem because not all pregnant women check their pregnancy correctly at the beginning of pregnancy, especially normal pregnant women so that the abnormalities that arise in pregnancy cannot be detected as early as possible. The low motivation of pregnant women in carrying out antenatal care, namely parity, too old age, low level of maternal education, low economic level, lack of attention and support from husbands in carrying out pregnancy care for pregnant women, and maybe mothers also feel that pregnancy is not a risk so the mother Pregnant women pay less attention to examinations and do not make pregnancy visits². The low coverage below this target is influenced by motivation. Motivation is a very important domain for the formation of pregnant women's actions in conducting antenatal care visits.

From 2007 to 2020 the coverage of health services for K4 pregnant women tends to increase. However, the decline occurred in 2020 compared to 2019, from 88.54% to 84.6%³. This decline is assumed to occur due to program implementation in areas affected by the COVID-19 pandemic. Health services for pregnant women (K4) in 2020 show that the highest province is DKI Jakarta at 98.9%, followed by North Kalimantan and Banten. There are four provinces with achievements of less than 50%, namely Papua, East Kalimantan, West Papua, and Riau. For the East Java region, the coverage of antenatal care visits is 91.1%³. The results of a preliminary study conducted by researchers on 15 pregnant women in the working area of the Sooko Health Center, Mojokerto Regency, found that 9 pregnant women preferred to postpone antenatal care visits because of restrictions on health services and PPKM implemented to overcome the covid-19 pandemic and 6 pregnant women still chose to make visits to health care centers to carry out examinations and monitoring of pregnancy health

Health services for pregnant women must meet the minimum frequency in each trimester, namely at least once in the first trimester (0-12 weeks gestation), at least once in the second trimester (12-24 weeks gestation), and at least twice in the third trimester. (gestational age of 24 weeks until delivery)⁴. The standard time of service is recommended to ensure protection for pregnant women and fetuses in the form of early detection of risk factors, prevention, and early treatment of pregnancy complications. Assessment of the implementation of health services for pregnant women can be done by looking at the coverage of K1 and K4. K1 coverage is the number of pregnant women who have received antenatal care for the first time by health workers, compared to the target number of pregnant women in one work

area within one year. Meanwhile, K4 coverage is the number of pregnant women who have received antenatal care in accordance with the standard at least four times according to the recommended schedule in each trimester, compared to the target number of pregnant women in one work area within one year. These indicators show access to health services for pregnant women and the level of compliance of pregnant women in checking their pregnancies to health workers ⁵. The COVID-19 pandemic that has occurred in the world, including in Indonesia, has forced changes to various services, including services in the health sector. Health service centers including antenatal care also implement policies to limit the number of visits by pregnant women, use the appointment method between pregnant women and health workers, use virtual communication media, as well as postpone visits to health care centers if no serious and potentially serious health problems are found. cause pregnancy problems.

The COVID-19 pandemic and the implementation of various policies to control COVID-19 indirectly reduce the number of pregnant women who carry out pregnancy checks at health service centers. The decrease in the number of visits by pregnant women who carry out antenatal care, in addition to affecting the number of visits by pregnant women, also has the potential to trigger pregnancy disorders and increase the risk due to pregnancies that occur. One of the factors that influence antenatal care visits for pregnant women is the motivation of pregnant women themselves. Motivation is a state in a person's personality that encourages the individual's desire to carry out certain activities in order to achieve goals. Motivation affects the success of the coverage of visits to pregnant women. Pregnant women who are motivated to conduct antenatal visits are likely to think about determining attitudes, behaving to prevent, avoid or overcome pregnancy risk problems ⁶. This motivation is what drives a person to be active in achieving goals ⁷. In general, motivation refers to the driving force that moves a person to behave in a certain way ⁸. Performing a pregnancy check at the beginning of the month (K-1) is useful for early identification of any abnormalities or complications that may occur during pregnancy. If pregnant women do not perform prenatal care in early pregnancy, it will cause several problems in their pregnancy such as bleeding, abortion, and hyperemesis ⁸. Pregnancy check-ups, especially in early pregnancy, are important because early examinations are expected to prevent problems that may arise during pregnancy, and the mother will feel better prepared to face her pregnancy later. If from the beginning the mother has a strong desire about the importance of prenatal care, the mother will have a tendency to carry out examinations at the beginning of her pregnancy. Therefore, one thing that needs attention is how to foster a strong desire for pregnant women for the importance of prenatal care at the beginning of their pregnancy, namely at 1 to 3 months of gestation. The purpose of this study was to determine the motivation of pregnant women to visit Antenatal Care (ANC) during the COVID-19 pandemic.

METHODS

The research design used is descriptive. The population in this study were all pregnant women in the working area of the Sooko Health Center, Mojokerto Regency until August 2021 as many as 87 pregnant women. The number of samples in this study were 72 respondents who were taken from the population using simple random sampling technique. The questionnaire in this study was adopted from the research questionnaire used by Rochimah (2016). The research questionnaire was tested for validity and reliability again and it was found that 20 statements used as research questionnaires were declared valid and reliable to be used as research instruments. The variable in this study was the motivation of pregnant women to visit antenatal care (ANC) during the COVID-19 pandemic which was categorized into strong motivation, moderate motivation and weak motivation. Data analysis using univariate analysis

RESULT

From the research conducted, some data were identified from research respondents including age, education, occupation, sources of information about health, pregnancies experienced, and the number of children they have.

Table 1. Distribution of the characteristics of research respondents

No	Indicator	n	%
1	Age		
	< 20 years old	2	2,78
	20-25 years old	26	36,11
	26-30 years old	34	47,22
	31-35 years old	10	13,89
	>35 years old	0	0,00
	Total	72	100,00
2	Education		
	Pass elementary school	0	0,00
	Graduated high school	6	8,33
	Pass high school	57	79,17
	Academy / college	9	12,50
	Total	72	100,00
3	Profession		
	Taking care of household / IRT	42	58,33
	Civil servants	6	8,33
	Theacher	2	2,78
	Private	14	19,44
	Enterpreneur	8	11,11
	Farmer	0	0,00
Total	72	100,00	
4	Source of information about health		
	Family	38	52,78
	Relationships / friends	22	30,56
	Health workers	12	16,67
	Total	72	100,00
5	Pregnancy experienced		
	Paritas 1	21	29,17
	Paritas 2	14	19,44
	Paritas >2	37	51,39
	Total	72	100,00
6	Number of children owned		
	Don't have kids yet	21	29,17
	1 child	14	19,44
	2 child	25	34,72
	>2 child	12	16,67
	Total	72	100,00

From the results of the study, almost half of the respondents in this study were aged 26-30 years, namely 34 respondents (47.22%), most of the respondents in this study had an educational background of graduating from high school, namely 57 respondents (79.17%), more of the half of the respondents

in this study had a job taking care of the household / IRT, as many as 42 respondents (58.33%), more than half of the respondents received information about health from the family as many as 38 respondents (52.78%), more than half of the respondents in This study experienced parity > 2, namely 37 respondents (51.39%), almost half of the respondents in this study had 2 children, namely as many as 25 respondents (34.72%).

Table 2. Motivation of pregnant women to visit antenatal care (ANC) during the covid-19 pandemic

No	Motivation of pregnant women in conducting antenatal care visits	n	%
1	Strong motivation	13	18,06
2	Moderate motivation	21	29,17
3	Weak motivation	38	52,78
Total		72	100.00

From the results of the study, it was found that more than half of the respondents in this study had weak motivation in conducting antenatal care (ANC) visits during the covid-19 pandemic, namely 38 respondents (52.78%)

DISCUSSION

From the results of the study, it was found that more than half of the respondents in this study had weak motivation in conducting antenatal care (ANC) visits during the covid-19 pandemic, namely 38 respondents (52.78%)

Motivation is basically an impulse possessed by an individual where the drive will create a desire that must be achieved by an individual so that the individual is moved to make every effort to get that desire. Motivation is a state in a person's personality that encourages the individual's desire to carry out certain activities in order to achieve goals. Motivation itself has three elements that are most closely related to one another, consisting of needs, drives and goals. Meanwhile, Heinz Weinhrice and Haroled Koontz (1993; Wulandari & Rohmah, 2019) suggest that motivation is a term that is commonly used for all forms of wants, needs, and feelings of security. Unsatisfied needs will lead to tension within the individual so that the individual will act or behave to try to fulfill the purpose of satisfying the needs. If the satisfaction of these needs is achieved, a decrease in these needs will be achieved, for this reason it is necessary to make an effort. Expectancy theory proposed by Victor Vroom (1964; Widyaningrum, 2019) states that a person's motivation leads to an action that depends on the strength of hope. The action will be followed by a certain outcome and depends on the outcome for that person. Expectancy theory explains that an individual will determine in advance what behavior is carried out and the value obtained for that behavior. Expectancy theory argues that someone will be motivated to do something to achieve a goal if they believe that their behavior leads to the achievement of that goal. According to Vroom,

there are three aspects that affect motivation, namely expectancy, instrument and valence. Expectancy (E) is how likely it is that if they perform certain behaviors they will get the expected business results. Instrument (I) is how big the relationship between the degree of health and the effort to obtain a higher degree of health. Valence (V) is how important it is for a person to assess the degree of health he or she has due to the effort made. Kreitner and Kinicki (2007; Widyaningrum, 2019) explain that expectancy theory has three key concepts, namely the notion that expectancy (E) is the expectation of the effort and effort made, instrumentality (I) is the perception of health efforts made, and valence (V) refers to the value obtained as a result of carrying out health efforts. From this explanation, it can be concluded that the formation of motivation in individuals is a function of valence, expectation and instrumentation.

According to the researcher's assumption, the weak motivation possessed by respondents in this study is a natural thing to happen considering that during the COVID-19 pandemic, restrictions on activity and community mobility were imposed in order to prevent the transmission of COVID-19 and the wider distribution area and the number of confirmed cases of COVID-19. 19. The implementation of various policies to overcome the COVID-19 pandemic and the anxiety experienced by pregnant women due to the COVID-19 pandemic also further reduced the motivation of pregnant women to conduct antenatal care visits. The decrease in motivation of pregnant women, especially for antenatal care visits, will result in the risk of disturbances during pregnancy. The weak motivation of pregnant women in conducting antenatal care visits is generally influenced by 2 main factors, namely internal factors and external factors. Internal factors that affect the motivation of pregnant women in conducting antenatal care visits include age, and parity, while for external factors that affect the motivation of pregnant women in conducting antenatal care visits are educational background, occupation and number of children.

The first internal factor that influences the motivation of pregnant women to visit health care centers is age. From the results of the study, almost half of the respondents in this study were aged 26-30 years, namely 34 respondents (47.22%). Age is the elapsed time in an individual which is calculated from the time the individual was born to the present. Some experts suggest that the higher a person's age, the better the individual's mindset ¹¹. Individual ways of thinking will increase with age because the more experiences they have. However, this study shows that there is no effect between age and the motivation of pregnant women in conducting antenatal care visits during the COVID-19 pandemic. This is possible considering that during the COVID-19 pandemic, many regions experienced an increase in confirmed cases of Covid-19. This makes pregnant women prefer to postpone visits to health care centers for fear of contracting or being exposed to COVID-19 so that their pregnancies are at risk of experiencing disruptions.

The next factor is parity. From the results of the study, it was found that more than half of the respondents in this study experienced parity > 2, namely 37 respondents (51.39%). Parity is the number or number of deliveries the mother has ever experienced, both live and stillbirth¹². According to the researcher's assumption, parity without complications experienced by pregnant women will be one of the benchmarks or reference materials for undergoing the next pregnancy and delivery process. Pregnant women who have experienced parity before, tend to use the previous parity as a role model in undergoing their next pregnancy and delivery. Pregnant women who do not have parity complications will prefer to postpone antenatal care visits, especially during the covid-19 pandemic because they tend to have the perception that visiting health care centers even though by implementing strict health protocols, does not guarantee they will not be exposed to covid. -19 that could harm their pregnancy. This is the justification that during the COVID-19 pandemic, it is better to postpone visiting the health service center to check and monitor the pregnancy experienced.

In addition to internal factors, the motivation of pregnant women to make antenatal care visits to health care centers is also influenced by external factors. The first external factor is the educational background of pregnant women. From the results of the study, it was found that most of the respondents in this study had an educational background of graduating from high school, namely 57 respondents (79.17%). Educational background is the level of formal education that has been taken by pregnant women. Experts argue that education is an important thing that must be obtained by individuals. This is because the formal education taken by the individual/pregnant mother will affect the logical thinking patterns of pregnant women¹³. A pregnant woman who has an adequate educational background will be able to think about the importance of conducting antenatal care visits during pregnancy. In addition to monitoring the progress of pregnancy experienced, antenatal care carried out by pregnant women will provide certainty about the presence or absence of pregnancy risk factors that occur and obtain various information that supports the pregnancy process that occurs. However, the logical thinking patterns of pregnant women can be defeated by the conditions that exist in pregnant women themselves. The COVID-19 pandemic that has occurred for more than 1 year has resulted in many changes in people's lives, including an increase in the number of confirmed cases of COVID-19 and the high number of deaths caused by exposure to COVID-19. In addition, several health facilities have also changed their function to become one of the referral centers for the treatment of confirmed COVID-19 patients, both with and without comorbidities. This is what makes pregnant women tend to postpone visits to health care centers to carry out antenatal care, although basically pregnant women understand that delaying their pregnancy checks has the potential to trigger disturbances during pregnancy.

The next external factor that influences the motivation of pregnant women to make antenatal care visits to health care centers is the work of pregnant women. From the results of the study, it was found

that more than half of the respondents in this study had a job taking care of the household / IRT as many as 42 respondents (58.33%). Work is an activity that individuals do to perform their duties and functions. Work is also intended to earn money that can be used to meet the necessities of life. However, there is also work that is done because it is a demand or is a form of responsibility¹⁴. In this study more than half of the respondents had a job taking care of the household. Even though they are at home, pregnant women still carry out various physical activities to take care of their household such as cleaning the house, washing clothes or so on. This work is a work activity that is carried out without getting money because it is part of the duties and responsibilities of married couples. Pregnant women who spend their time doing household chores, will spend the time they have to complete work to take care of the house. This apart from being able to spend the time that pregnant women have, it can also affect the motivation of pregnant women to make visits to health care centers

The next external factor that influences the motivation of pregnant women to make antenatal care visits to health care centers is a source of information about health. From the results of the study, it was found that more than half of the respondents received information about health from the family as many as 38 respondents (52.78%). Sources of information are all access that pregnant women have in order to obtain useful information or support their health or pregnancy¹⁵. The best sources of health information at this time are sources of information that come from health workers directly or can also come from providers who focus on services to provide various information needed by pregnant women. However, due to the COVID-19 pandemic, the information conveyed to the public tends to be related to the COVID-19 pandemic and almost no information regarding the importance of conducting antenatal care visits is conveyed to the public. This will indirectly affect the motivation of pregnant women to make visits to health care centers to carry out pregnancy checks because they do not get the information they need.

The last external factor that influences the motivation of pregnant women to visit health care centers is the age of the number of children they have. From the results of the study, it was found that almost half of the respondents in this study had 2 children, namely as many as 25 respondents (34.72%). The number of children is the number of family members owned by married couples¹⁶. The ideal number of children recommended by the Indonesian government is 2 children. However, in this study, even though they had 2 children, the respondents preferred to get pregnant again. This is possible because of the low awareness of respondents in the study to participate in family planning programs or it could be due to the more time that families (husband and wife) have to stay at home due to social restrictions and the application of work activities from home. home during the COVID-19 pandemic. Pregnant women who have had children from previous pregnancies and did not experience significant disturbances during the previous pregnancy, tend to be unmotivated to conduct antenatal care visits. This is because the

pregnancy that occurs is not disturbed so that pregnant women perceive that their current pregnancy will not experience pregnancy disorders, so they prefer not to make antenatal care visits or delay antenatal care visits in accordance with applicable policies. However, this cannot be justified considering that pregnancy disorders have the potential to occur at any time and are at risk of causing disturbances to pregnant women and the growing fetus

CONCLUSION AND SUGGESTION

From the results of the study, it was found that more than half of the respondents in this study had weak motivation in conducting antenatal care (ANC) visits during the covid-19 pandemic, namely 38 respondents (52.78%). It takes an active role from all parties to increase the motivation of pregnant women in conducting antenatal care visits during the COVID-19 pandemic. The government can disseminate information about the importance of conducting antenatal care visits even though it is still in the condition of the COVID-19 pandemic by using various methods such as appointments or virtually. Furthermore, health workers can also conduct socialization to the community regarding the importance of conducting antenatal care visits even though it is still in a COVID-19 pandemic condition and followed by activities to make direct visits to every pregnant woman and carry out pregnancy checks in each pregnant woman's house so that the condition of the mother's pregnancy pregnancy is well monitored

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