

PENGARUH EDUKASI COVID-19 TERHADAP TINGKAT KECEMASAN IBU HAMIL

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INTISARI

Latar Belakang: Ibu hamil merupakan kelompok rentan tertular COVID-19. Kerentanan tersebut membuat ibu hamil mengalami kecemasan. Edukasi diperlukan untuk memberikan informasi terkait COVID-19 dan diharapkan dapat merubah tingkat kecemasan. Penelitian ini menjelaskan bagaimana literatur mengenai perubahan tingkat kecemasan ibu hamil saat masa pandemi COVID-19.

Tujuan Penelitian: Untuk melihat pengaruh edukasi COVID-19 terhadap tingkat kecemasan ibu hamil.

Metode Penelitian: Tinjauan literatur secara sistematis dengan rentang minimal tahun 2019, menggunakan beberapa database (Google Scholar, Science Direct, Semantic Scholar dan Pubmed).

Hasil: Proses Edukasi COVID-19 ibu hamil dimulai dengan memberikan kuesioner untuk melihat kecemasan ibu hamil, selanjutnya dilakukan Intervensi edukasi COVID-19 menggunakan metode penyuluhan, ceramah dan tele-edukasi dengan topik COVID-19, persiapan kehamilan dan persalinan masa pandemik COVID-19 menggunakan metode powerpoint, leaflet dan booklet. Kemudian melakukan *posttest* intervensi melihat perubahan tingkat kecemasan. Setelah dilakukan edukasi didapatkan hasil tingkat kecemasan yang menurun pada seluruh jurnal yang direview dengan masing-masing tingkat penurunan sebesar 12,4%, 3,9%, 3,12%, dan 5,04%

Kesimpulan: Edukasi COVID-19 yang dilakukan pada ibu hamil dapat merubah tingkat kecemasan menjadi menurun.

Kata Kunci: Edukasi, COVID-19, Kecemasan, Ibu hamil.

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THE EFFECT OF COVID-19 EDUCATION ON ANXIETY LEVEL OF PREGNANT MOTHERS

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ABSTRACT

Background: Pregnant women are a vulnerable group for contracting COVID-19. This vulnerability makes pregnant women experience anxiety. Education is needed to provide information related to COVID-19 and is expected to change the level of anxiety. This study explains how the literature regarding changes in the level of anxiety of pregnant women during the COVID-19 pandemic.

Objectives: To see the effect of COVID-19 education on the anxiety level of pregnant women.

Methods: A systematic review of the literature with a minimum range of 2019, using several databases (Google Scholar, Science Direct, Semantic Scholar and Pubmed).

Results: The COVID-19 education process for pregnant women began by giving a questionnaire to see the anxiety of pregnant women, then a COVID-19 educational intervention was carried out using counseling, lectures and tele-education methods on the topic of COVID-19, preparation for pregnancy and childbirth during the COVID-19 pandemic. using the powerpoint method, leaflets and booklets. Then do a *posttest* intervention to see changes in anxiety levels. After education, it was found that the level of anxiety decreased in all reviewed journals with each decreasing rate of 12.4%, 3.9%, 3.12%, and 5.04%.

Conclusion: COVID-19 education carried out on pregnant women can change the level of anxiety to decrease.

Keywords: Education, COVID-19, Anxiety, Pregnant women.

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