

RELATIONSHIP CHANGES IN BODY IMAGE WITH ANXIETY PREGNANT WOMEN IN NGIMBANG HOSPITAL LAMONGAN

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Abstract

Physiological changes in pregnant women often change their body image which can trigger anxiety. The purpose of this study was to determine the relationship of the changes in body image levels and anxiety of pregnant women. The design of this study was cross sectional method with purposive sampling. The sample used is 28 pregnant women in hospital Ngimbang Lamongan on March 2016. The data collection used Hars Scale and enclosed questionnaire analyzed using Contingency coefficient test with $p < 0.05$. The results show that 52.6% of pregnant women with maladaptive body image changes experiencing moderate anxiety, and 22.2% of pregnant women with adaptive body image changes experiencing mild anxiety. Statistical test results obtained the value of 0.515 with a significance level was 0.018 ($p < 0.05$) and showed that there was a relationship between body image changes and anxiety level in pregnant women. It is needed to hold information about the physiological changes and suggest pregnant women to do antenatal care regularly.

Keywords: body image, anxiety, pregnant

INTRODUCTION

Pregnancy is an important event for women, where a woman will experience a change in her physiological and psychological. Every woman fantasizes about what kind of birth process and becomes a mother. This perception affects how a mother responds to her pregnancy. The psychological condition of women, especially pregnant women first raised feelings of fear, anxiety, in the face of the receiving process of pregnancy and childbirth (Bobak & Jensen, 2010).

Psychological changes that occur in the first there is a sense of happiness in women, hormonal changes and morning sickness, in the second trimester of body shape changes rapidly and looks clearly. Charging that occur include abdominal enlargement, thickening waist and breast enlargement. In early pregnancy, the mother to change the view looks positive, but as the pregnancy progresses towards his mother outlook will become more negative. Further, in the third trimester her body shape will be

change drastically that makes excessive discomfort. This condition can makes her impatient to terminate her pregnancy (Hutahaeen, 2013).

Changes in body image during pregnancy can cause anxiety. before pregnancy, womans have ideal posture but when pregnancy their body becomes different especially in abdominal area. This condition, can make her feel lack in her appearance, ashamed and can not accept the situation that happened that can lead anxiety. Anxiety is a vague feeling of concern and worry as a threat to system security values or patterns of a person. Individuals may be able to identify that situations (eg, labor) but in the other hand can be a threat because it may cause worry and concern involved in the situation. The situation is the source of the threat, but not the threat itself (Janiwarty and Pieter, 2013).

Anxiety is a part of the emotional responses that describe the sense of -anxious, worry and apprehensive along with by physical symptoms in response to the

individual subjective assessment that affected the condition was unconscious (Janiwarty and Pieter, 2013). mild anxiety associated with tension in daily life and cause people to be cautions and improve . But if level anxiety higher, will makes them more focus in important things so they don't pay attention to the others and thus narrowing perception They just focus on something intheir mind more detailed and specific so they can not think about anything else.

Survey beginning in March 2016 on 10 pregnant women at hospitals Ngimbang Lamongan. The data show that 10% did not experience anxiety, 30% had mild anxiety, 50% had moderate anxiety, and 10% had severe anxiety . From these data we can conclude that there are many anxiety in pregnant women related to changes in body image.

The impact of anxiety disorders in pregnancy should be taken seriously because it can lead to adverse outcomes in the mother and baby such as: increased incidence of low birth weight, postpartum depression, behavior problems at age neonates and infants, increased salivary cortisol in the neonatal period (Pieter and Lopez, 2013).

One of the most important health care effort is to improve the health of pregnant women, these include the servicing and maintenance of pregnant women, for example through classroom courses for pregnant women. The program aims to improve the quality of life of women as human resources, especially when planning a pregnancy with a healthy pregnancy They can providing information about the physiological changes mainly weight during pregnancy doing regular antenatal can detecting hypertension and diabetes mellitus early in pregnancy. This program, can make mothers feel noticed and they will be able to receive the physiological changes that occur during pregnancy. Involving family, especially her husband to always give his wife some motivation. In addition, increase the knowledge of mothers and families, especially their husbands in order to empower women and families have become one of the government's policy to encourage

the empowerment of women and families through increased knowledge to ensure healthy behaviors and improve health services (Arianto 2008 in Anita 2013).

METHODS

This study used Cross sectional method with purposive sampling. It was conducted on March 2016 in RSUD Ngimbang LamonganThe research is done at hospitals Ngimbang Lamongan.

All primigravida women in second and third-trimester in Ngimbang – Lamongan hospitals in March 2016 as many as 28 respondents that meet the inclusion criteria are taken as the population.

Questionnaires of body image scale that is already available and has been tested for validity in measuring the change of body image and Hars questionnaire (Hamilton Anxiety Scale) a standard instrument for measuring anxiety are chosen as instruments to take the data.

Analysis was done using SPSS 16 with statistical test using contingency coefficient. The level of significance in this study was $P < 0.05$, which means that if the value of $P < 0.05$ then H_1 accepted. It means that there is a relationship between the change in body image and anxiety in pregnant women at RSUD Ngimbang Lamongan.

RESULT

a. General Data

Table 1 The Frequency Distribution Characterized by the Age of Pregnant Women in Ngimbang – Lamongan Hospital 2016

Age	Number	%
<20	1	3,6
20-30	22	78,6
30-40	5	17,9
>40	0	0
Total	28	100

Table 1 shows that most of them 78.6% are pregnant women aged 20-30 and a few of them 3.6% are pregnant women aged <20.

Table 2 The Frequency Distribution Characterized by the Occupation of pregnant women in RSUD Ngimbang Lamongan 2016

Occupation	Number	%
Housewife	1	3,6
Farmer / labor	22	78,6
Private employee	5	17,9
PNS / TNI / Police	0	0
Total	28	100

Table 2 shows that almost all pregnant women 78.6% work as a farmer and private employee and a few of them 10.7% work as a housewife.

Table 3 The Frequency Distribution Characterized by the Latest Education of pregnant women in RSUD Ngimbang Lamongan 2016

Education	Number	%
SD	1	3,6
SMP	22	78,6
SMA	5	17,9
College	0	0
Total	28	100

Table 3 shows that most of pregnant women 67.9% are those who graduated from SMA, and a few of them 3.6% are those who graduated from college.

Table 4 The Frequency Distribution Characterized by Gestation of Pregnant Women in RSUD Ngimbang Lamongan 2016

Gestation	Number	%
TM II (13-28 weeks)	8	28,6
TM III (29-42 weeks)	20	71,4
Total	28	100

Table 4 shows that the gestation percentage of pregnant women 24 -42 weeks are 71.4% and the gestation percentage of pregnant women 13-28 weeks are 28.9%.

b. Custom Data

Table 5 The Frequency Distribution Characterized by Body Image of Pregnant Women in RSUD Ngimbang Lamongan 2016

Body Image	Number	%
Adaptive	8	28,6
Maladaptive	20	71,4
Total	28	100

Table 5 shows that most of pregnant women 67.9% have maladaptive body image and a few of them 32.1% have adaptive body image.

Table 6 The Frequency Distribution Characterized by the Anxiety of Pregnant Women in RSUD Ngimbang Lamongan 2016

Anxiety Level	Number	%
Normal	4	14,3
Light Anxiety	10	35,7
Medium Anxiety	13	46,4
Weight Anxiety	1	3,6
Panic Anxiety	0	0
Total	28	100

Table 6 shows that almost half of pregnant women 46.4% experience moderate anxiety, and a few of them 3.6% experience severe anxiety.

Table 7 The Cross Table Relationship between Body Image Changes and the Anxiety of Pregnant Women in RSUD Ngimbang Lamongan 2016

Body image	Anxiety level										J		
	N		R		S		B		P			N	%
	Σ	%	Σ	%	Σ	%	Σ	%	Σ	%			
Adaptive	4	44,4	2	22,2	3	33,3	0	0	0	0	9	100	
Mal-adaptive	0	0	8	42,1	10	52,6	1	5,3	0	0	19	100	
Total	4	14,3	10	35,7	13	46,4	1	3,6	0	0	28	100	

C = 0,515p = 0,018

Table 7 concludes that if the pregnant women experience disturbance in body image changes (52.6%), it can affect their anxiety. Otherwise, if the pregnant women do

not experience disturbance in body image changes (44.4%), it has no effect on anxiety.

The test results of analysing the data using contingency coefficient test was obtained $C = 0.515$ and $p = 0.018$ where $\alpha = 0.05$ so that $p < 0.05$. It means that H1 was accepted which means there is a significant relationship between body image changes and anxiety level of pregnant women in RSUD Ngimbang Lamongan 2016.

DISCUSSION

1) Body Image Changes of Pregnant Women in RSUD Ngimbang Lamongan 2016

The result got from table 5 shows that almost half of pregnant women experienced disturbance in body image changes (maladaptive). It can be concluded that the changes that occur in pregnant women include abdominal enlargement and thickening waist and breast. Those are caused by the development of pregnant women, where the shape of mother will grow bigger and bigger and it will make excessive discomfort and make them being impatient to terminate her pregnancy.

Body image is ones mental picture of their shape and body size, how ones perceive and give assessment of what she thought and felt about the size and shape of their bodies, and how other people judge them. In fact, what they think and feel about themselves is not totally correct to perceive the real condition but it is more like a subjective result (Roberta Honigman & David J. Castle, 2006).

Factors that may affect body image are the stages of development including physical changes that occur during pregnancy which often can not be accepted by pregnant women in primigravida stage in second and third trimester (Fakhrurrozi 2008). If women in primigravida lack of understanding about the development or the physical changes in body, it will have impact on the level of satisfaction of their body image since the changes are not like what they have expected. So, support and socialization by people around are needed and it is expected that it can make primigravida women understand

what changes they will face during pregnancy.

From the explanation of the results, it can be concluded that pregnant women with body image changes experiencing bothersome more happened in pregnant women of 13-42 weeks, it was due to body image changes occur more rapidly and clearly visible on the second and third trimester. The change of body image includes abdominal enlargement, thickening waist, external and internal genitalia, found in the uterus, cervix, vagina, vulva, ovaries, breast and all systems of the body. Another factor that can influence body changes is the age of primigravida women in the second and third semester. According to table 1, the age of 20-30 years old are young mothers who are really concerned about her appearance so the changes of body image are little. The changes like stomach getting bigger and bigger on the second and third semester

2) Level of anxiety in pregnant women in RSUD Ngimbang Lamongan 2016

Based on the results on the table 6, it shows that almost a half of pregnant women have moderate anxiety 46.4%. From those data we can conclude that pregnant women experiencing moderate anxiety means that individuals focus on more important things at this time then other things which are not really salient to narrow the perception. Those may be caused by physical factors since during the pregnancy the body become bigger and bigger. That explanation shows that almost a half of pregnant women experiencing body image changes they also experience moderate anxiety. Anxiety is part of the emotional responses that describe the sense of anxiousness, worry, and not calm accompanied by physical symptoms in responding the individual subjective assessment that is affected by unconscious condition (Janiwarty and Pieter, 2013).

After the tabulation on table 6, it can be concluded that anxiety was experienced more by pregnant women age 13-42 weeks that makes mothers feel ashamed with her appearance and could not accept that situation because of the growth of the body

on pregnant women on their second and third trimester. Other factors that can influence are age, the support from husband and family and the levels of mother personal. The support of the husband is very important for pregnant women in which the husband will accompany in doing ANC regularly. The support of family means the support given to pregnant women when their husbands are not at home. The levels of mother personal is in which pregnant women have a job that can be bothersome and affect their body image so it can cause anxiety. Another factor causing anxiety in pregnant women happened at the third semester of pregnancy since they think too much about giving birth. The levels of anxiety in pregnant women use to get higher and higher when the day of delivering their first baby. Pregnant women on their first pregnancy usually have too much intruded thought from some stories they heard surroundings.

3) Changes Relationships With Body Image Anxiety On Pregnant Women in Hospital Ngimbang Lamongan 2016

Table 7 shows that if pregnant women experiencing body image changes have problem, so it can affect their anxiety. Otherwise, if pregnant women experiencing body image do not have problem, so it does not affect their levels of anxiety. Based on the result calculated using spss 16.0 *for windows*, it was got $p = 0.018$ in which the level of significance $p < 0.05$ and it is also strengthened by contingency test that showed there is correlation $C = 0.515$. It means that H1 is accepted and there is a relationship between body image changes and levels of anxiety in pregnant women in RSUD Ngimbang Lamongan.

This study can explain that body image changes having problems will result anxiety in pregnant women. Nevertheless, body image is not the main factor that affects the anxiety of pregnant women, but there are many other factors like age, primigravida women, stage of pregnancy (second and third semester), husband and family support and mother personal levels.

Table 1 shows that most of pregnancy are happened in the age of 20-30 in which women at those ages still keep their eyes on the appearance and they will be ashamed and cannot accept the situation happened (Janiwarty and Pieter, 2013). Table 4.3 shows that the majority of pregnant women education is high school in which this level, women have paid much attention of their appearance. Table 4. shows that pregnancy were happened frequently at the age of 29-42 weeks of age,

According Hutahaen (2013), the changes in body image during pregnancy include the enlargement of abdomen, waist thickening, external and internal genitalia changes in the uterus, cervix, vagina, vulva, ovaries and breasts and the whole body systems. Physical changes can cause anxiety in pregnant women in which before pregnancy they have an ideal posture. In pregnancy, pregnant women will experience body enlargement especially in the stomach and it happens in the second and third semester.

According to Pieter and Lopez (2013), an anxiety disorder that occurs in pregnant women is influenced by the age, husband and family support and personal levels of mothers. The levels of anxiety are getting stronger and intensive when it closes to the day of giving birth since they have so much thought of stories for people surroundings saying that giving birth will be very painful.

From the results explained, it can be stated that the changes of body image can pop anxiety out. To overcome this anxiety, the things that can be done are provide information about physiological changes during the pregnancy, suggest pregnant women to do ANC regularly, and propose the husband and family to give support and accompany during ANC and always give attention and affection so that pregnant women will feel safe and comfort.

CONCLUSION AND SUGGESTION

Conclusion

- 1) The majority of pregnant women in RSUD Ngimbang Lamongan experienced maladaptive body image changes.
- 2) The majority of pregnant women in RSUD Ngimbang Lamongan experienced moderate anxiety.
- 3) There is a significant correlation in the body image changes and anxiety of pregnant women in RSUD Ngimbang Lamongan.

Suggestion

- 1) For Academic
It is used as contribution to science, especially in terms of anxiety in pregnant women to their body image.
- 2) For RSUD Ngimbang Lamongan
The results of this study can be used as an input for RSUD Ngimbang to improve its' policy especially in the terms of coping anxiety in pregnant women to their body image.
- 3) For Nursing Profession
The results of this research can be used as a guideline for the nursing care plan, in particular action as a consultant to reduce the level of anxiety in pregnant women to their body image.
- 4) For researchers
It can give the researchers knowledge in the application of research method associated with obstetrics, nursing, communication and psychology in RSUD Ngimbang Lamongan.
- 5) For Further Researchers
It can be used as information or reference in doing further research using variable that has not been studied.

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