

Research Article

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PSYCHOLOGICAL DYNAMICS OF WOMEN WITH THE FIRST PREGNANCY WORKING IN WANDER

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Abstract

Background: Pregnancy is one of the important phases that will be later by women in general. The presence of prospective children also brings up feelings of happiness especially if always accompanied by family. However different things happen when pregnant women have to work and wander. The goal of the study was to understand the psychological dynamics in women with first pregnancies and work in wander.

Methods: This study used qualitative methods with phenomenological approaches. Participants in this study were 2 women with the first pregnancy who worked in wander. The data collection techniques used are in-depth observations and interviews.

Result: This study produced 7 major themes including: 1) Physical and psychological conditions when positively pregnant; 2) Problems during pregnancy; 3) Work environment; 4). Relationships with family; 5) Relationship with husband; 6) Coping during pregnancy; 7) Hope during pregnancy and welcome the birth of the first child.

Conclusion: Psychologically pregnant women feel anxiety, worry and stress. Physically there are changes from easily tired, nausea, changes in body shape and sleep disorders appear. Socially, there has been no significant change.

Keywords: Psychological Dynamics, Pregnancy, Work, Wander



INTRODUCTION

Having children is one of the main goals of marriage. To get offspring, there is one important stage that is pregnancy. Pregnancy is a process of a woman's life, which causes major changes in the physical, mental, and social aspects of Gultom, 2020). Pregnancy is a very important and crucial time for a woman so it needs support from various parties. Pregnancy is a natural process but in certain conditions it can turn pathological and if not handled properly it will threaten the life of the mother and fetus (Yuliani, 2021).

The death rate of pregnant women in Indonesia is still very high, which is 300 deaths of 100 thousand residents. This number is very far when compared to developed countries whose number is 70 deaths 100 thousand population. Based on sampling registration system (SRS) data in 2018, about 76% of maternal deaths occurred in the labor and post-natal phases with a proportion of 24% occurred during pregnancy, 36% during labor and 40% post-delivery (Kemenkes, 2021). The death of pregnant women was caused by several disorders in the stomach hypertension as much as 33.07%, obstetric bleeding 27.03%, non obstetric complications 15.7%, other obstetric complications 12.04% infections in pregnancy 6.06% and other causes 4.81% (Kemenkes, 2019).

The gestation period is divided into 3 phases, namely trimester 1 where a person experiences many changes in the human body such as an increase in the hormone progesterone and estrogen that cause nausea, vomiting and fatigue. Trimester 2 changes in body shape and trimester 3 is a period of waiting and alertness (Febriyeni, 2021). Pregnancy provides a different experience for every pregnant woman. In general, many feel happiness because they look forward to the presence of the baby. But there are times when pregnant women also experience physical pain or psychological disorders so

that the condition of pregnancy raises concerns (Caestara, 2019).

Pregnant women are highly recommended to maintain physical and psychological conditions. But currently many pregnant women who are career women so they must still work even in pregnancy. Grueling activities while working can be the cause of a person experiencing disorders during pregnancy (Rofi'ah, 2019). Maintaining pregnancy and work needs to be balanced but nevertheless, the ideal reality is quite difficult to achieve. Fatigue in the physical and psychological of women due to work will affect themselves and the fetus they contain (Rudiyanti, 2019). The circumstances of pregnancy that should be checked regularly according to a predetermined schedule, may be often forgotten or neglected because of the situation and condition of the mother who is preoccupied by her work. Dividing time between work and roles as a wife and pregnant woman makes a woman stressed (Intifida, 2016).

In addition to being a worker, the psychological condition in pregnant women is also influenced by life experiences and the culture in which she grew up. An important thing during pregnancy that can affect the psychological condition of pregnant women is the relationship with their parents especially the mother (Febriyeni, 2021). This will be very concerned about the psychological condition of pregnant women if they have to live away from their parents. Psychological burdens will accumulate when women are pregnant, working and having to stay away from their parents. What's more, the first time the woman is pregnant tends to experience a lot of disorders, especially psychological problems (Wardani, 2018). Based on the exposures that have been explained, researchers are interested in studying this phenomenon in depth. Researchers took the initiative to conduct research by conducting analysis and phenomenological studies on the

psychological dynamics of mothers with the first pregnancy that worked in wander.

RESULTS

The results of this study were obtained from in-depth interviews conducted to two participants. Inductive data analysis gave rise to a series of themes that shed light on the psychological dynamics of women in the first pregnancy who worked in the role. These themes include: 1). Physical and psychological conditions when positively pregnant 2). Problems during pregnancy 3). Work environment 4). Relationship with family 5). Relationship with husband 6) Coping during pregnancy 7). Hope during pregnancy and welcome the birth of the first child. The result achieved from this research is to know the psychological dynamics of women in the first pregnancy who work in the field. The information obtained from this study is expected to be a learning and be the first step to designing one appropriate psychological intervention for psychological problems in pregnant women.

DISCUSSION

Participants in the study were two women aged 27 and 29 who worked in wander. The second level of education of participants is master (S2). Participant 1 (P1) works as a psychological therapist and participant 2 (P2) works as a lecturer. Qualitative data analysis produces 7 themes, namely:

Theme 1 "Physical and psychological conditions while positively pregnant"

Q1: I am very grateful and surprised. Physically I feel tired and sometimes dizzy. Psychologically I'm part of it but sad because

in this first pregnancy it had to be away from the parents. On the other hand, I'm also worried about my change. Q2: I feel very happy and enthusiastic because this pregnancy is very much i've been waiting for. Yet I feel easily tired, nauseous, have low blood pressure, unstable emotions, stressed and very sensitive. But I feel sad because in this first pregnancy I had to live far away from my parents.

In general, women with the first pregnancy will experience many changes in themselves both physically and psychologically (Febriyeni, 2021). These changes are evident before pregnancy and during pregnancy. Participants who are usually active must be passive for fear of the fetus experiencing problems. Diet and sleep also change when a woman is pregnant, even worse because it is influenced by psychological, physiological and disease factors (Gultom, 2020). It is natural to experience emotions and reactions during the pregnancy process. But it will be a big problem if the emotions that arise are not handled properly (Kusumawati, 2021).

Theme 2: "Problems during pregnancy"

Q1: I'm just wander and working for the first time and this makes me feel depressed. I also feel anxious because economically it is still not good so I have to keep working and helping my husband. This makes me feel emotionally easy and very sensitive especially when there is a lot of work in the office. P2: I feel depressed because I usually do a lot of work but because I'm pregnant, I have to cut back on my activities and it makes me feel lonely and tired easily. In addition, I feel sad because my husband works more outside to earn extra income. There is no place to complain and a place to ask for good advice. I also feel stressed by

the current situation I'm more alone at home no one accompanies me. Pregnancy is a particular source of stress for young women and is a dramatic episode in life (Muzayyana, 2021).

Especially when financially married couples are still relatively lacking. This leads to the emergence of anxiety, quarrels, emotions and inner stress for pregnant women (Kanine, 2015). In addition, the lack of husband support and the absence of family makes pregnant women's emotions easily peaked and unstable (Oktiningrum, 2019).

Theme 3: "Work environment"

Q1: My co-workers were very supportive and noticed me. It's just that my job as a psychologist has to deal with children with special needs so it has to require a lot of energy. P2: My work environment is quite good and conducive it's just that I feel less productive and very lazy to start a new job. My coworkers were very supportive and didn't put a workload on me.

Theme 4: "Relation with family"

P1: My relationship with my family is very good. almost every day communicate via cellphone. However, this indirect communication made me feel sad because I couldn't meet in person. P2: Relationships with family, especially parents, are very good, but they can only communicate by telephone and that makes me feel less satisfied because I can't meet in person. The lack of support that is obtained makes pregnant women easily experience disturbances during pregnancy (Novitasari, 2019).

Theme 5 "Relation with husband"

P1: My relationship is quite good, but because of the heavy workload and being pregnant, I get emotional easily. P2: My relationship is quite good but because my husband works more outside it makes me feel lonely and anxious. Besides that, my husband also forbade me to do many activities, I was not allowed to ride a motorbike and it made me feel bored. Sometimes there are also misunderstandings between us. Lack of support and less time with the wife will make pregnant women feel anxious and uncomfortable (Diani, 2013).

Theme 6 "Coping during pregnancy"

P1: when I'm sad I choose to find snacks to eat and sleep to release emotions. Q2: When I'm bored, angry, or annoyed, I do dhikr a lot and always remember that this pregnancy is something I've been waiting for. Every individual, especially pregnant women, has their own way of dealing with problems during pregnancy. One effective way to deal with problems is to do dhikr (Niko, 2018). In addition, focusing on alternative problem solving and focusing on managing emotions can reduce stress and problems in pregnant women (Pujihastuti, 2021).

Theme 7 "Hope during pregnancy and welcoming the birth of the first child"

Q1: I hope to give birth normally and have a pious or pious child. Q2: I hope that later I can give birth normally, parents can also accompany me during delivery and have healthy and pious children.

Various studies on pregnant women reveal that problems often arise from various factors including family support, economic, environmental, psychological problems, and emotional management or coping problems. According to Nur (2019), husband's

treatment of pregnant women greatly influences pregnancy problems. In addition, support from the family also affects the psychological condition of pregnant women (Tatona, 2020). Especially when pregnant women are working and living far from their families (wander). According to Lin (2019), mismanagement of emotions can cause mental problems in pregnant women such as anxiety, stress, to depression. A similar study was also found by Ghorbani (2019), where negative thoughts and blaming others have a negative impact on the mental state of pregnant women.

CONCLUSION

The results of this study illustrate the psychological dynamics of pregnant women who work wander. Psychologically both participants felt anxiety, worry and stress. Physically there are changes from easily tired, nausea, changes in body shape and sleep disorders appear. In terms of work participants feel depressed but have support from family and husbands and co-workers. When problems arise participants use a religious approach to relieve emotions. The hope of both participants was to give birth under normal circumstances and have healthy children.

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