

DESCRIPTION OF PREGNANT WOMEN'S KNOWLEDGE ABOUT HOW TO OVERCOME DISCOMFORT DURING PREGNANCY

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ABSTRACT

Pregnancy involves various changes, including physiological changes and psychological changes. The changes that occur during pregnancy generally cause discomfort such as back pain, and sore legs. Physiological and psychological changes are needed to protect the mother's normal function in providing the needs for fetal growth and development. These changes cause specific symptoms according to the stage of pregnancy. The drastic increase in body weight causes pregnant women to feel tired quickly, have difficulty sleeping, shortness of breath, and edema in their feet and hands. An increase in the height of the uterine fundus accompanied by an enlargement of the stomach, places the weight of the body more forward. This can increase the feeling of discomfort felt by the mother both physiologically and psychologically. This research aims to determine the description of pregnant women's knowledge about how to deal with discomfort during pregnancy. This research was carried out on 30 pregnant women in the midwife's independent practice in the Baregbeg Community Health Center working area, Ciamis Regency, who met the inclusion criteria and expressed consent. The research is descriptive in nature with a total sampling technique. The instrument is a knowledge questionnaire about how to deal with discomfort during pregnancy. Univariate data analysis is presented in the form of a frequency distribution, analyzed based on the characteristics and level of knowledge of the respondents. The results of the research show that the majority of mothers' knowledge is in a good category, namely 13 people (43.3%), with the sufficient category being 9 people (30.0%) and a small portion with less than 8 people (26.7%). Conclusion The research results show that the majority of pregnant women's knowledge about how to deal with discomfort during pregnancy is in a good category, reaching 13 people (43.3%).

Keywords: Discomfort, Pregnant Women, Knowledge

INTRODUCTION

Pregnancy is a physiological process that almost always occurs in every woman. This pregnancy occurs after the semen and ovum meet, and develops and grows in the uterus for 259 days or 37 weeks or up to 42 weeks (Nugroho, et al, 2014). In this phase, changes in adaptation as well as anatomy and physiology usually occur (Eniyati and Rahayu, 2017).

Common physical discomforts include back pain, leg cramps, constipation, fatigue, nausea, vomiting, sleep disturbances, heartburn, and increased frequency of urination (Hamad and Khalil, 2019).

Discomfort usually occurs in pregnant women from a psychological aspect, namely feeling uncomfortable considering themselves as ugly, strange, and unattractive, feeling strange when the baby is not born on time, being afraid of pain and physical danger during the birth process, worrying about the baby being born in abnormal or disabled conditions, feeling like you are losing attention, feeling very easily hurt and finally, decreased libido (Sulistyowati, 2010).

Changes in the system in the mother's body throughout the pregnancy process require adjustments, both physical and psychological. It is not uncommon for mothers to face discomfort when facing these changes, which requires special attention and care. This discomfort, if not treated properly, can cause anxiety in pregnant women. Therefore, clear information on how to deal with discomfort during pregnancy is necessary.

Based on a preliminary study conducted by researchers on pregnant women in the working area of the Baregbeg Community Health Center, Ciamis Regency, of 7 pregnant

women who were asked questions about how to deal with discomfort during pregnancy, 5 pregnant women said they knew about the discomfort of the first, second trimester and the mother did not know how to deal with the discomfort, and 2 Pregnant women know about discomfort, and mothers know how to deal with this discomfort, but mothers don't respond to the discomfort and let the discomfort go away on its own. Based on the description above, there are still some who do not know how to deal with discomfort in pregnant women, so research was conducted with the title "Description of Pregnant Women's Knowledge About How to Deal with Discomfort in Pregnancy

METHODOLOGY

This research was carried out on 30 pregnant women in the midwife's independent practice in the working area of the Baregbeg Community Health Center, Ciamis Regency, who met the inclusion criteria and expressed consent. The research is descriptive in nature with a total sampling technique. The instrument is a knowledge questionnaire about how to deal with discomfort during pregnancy. Univariate data analysis is presented in the form of a frequency distribution, analyzed based on the characteristics and level of knowledge of the respondents

RESULTS AND DISCUSSION

A description of pregnant women's knowledge about how to deal with discomfort during pregnancy in the Baregbeg Community Health Center working area can be seen in the table data below:

Table 1. Frequency Distribution Description of Pregnant Women's Knowledge About How to Overcome Discomfort in Pregnancy

Kategori	F	%
Good	13	43.3%
Enough	9	30.0%
Less	8	26.7%
	30	100.0

Based on Table 1, it is known that the majority of pregnant women's knowledge about how to overcome discomfort during pregnancy in the Baregbeg Community Health Center working area has good knowledge, 13 people (43.3%), with 9 people (30.0) in the sufficient category and 8 people (26.7) with poor knowledge.). From the research results, the majority of pregnant women's knowledge about how to deal with discomfort was in a good category, with as many as 13 people (43.3%).

Knowledge is strongly supported by several extrinsic factors (community environment, other people's experiences, mass media, etc.) and intrinsic factors (understanding and knowledge as well as personal experience). (Notoatmodjo, 2011). This is in line with research conducted by Wulandari and Wantini (2021), which that pregnant women tend to seek information about the physical discomfort they feel from their families at 70% and only a little from midwives or health workers, namely 23.33%. This shows that the level of knowledge of the pregnant woman's family is an important factor in determining the level of determination of pregnant women. Family background with higher education will influence the level of knowledge of pregnant women.

Some discomforts during pregnancy, if not addressed properly, can give rise to anxiety

in pregnant women and can even affect psychology during the postpartum period, so clear data is needed about methods for dealing with discomfort throughout pregnancy. Routinely carrying out antenatal care and seeking information from health workers can help overcome complaints and discomfort during pregnancy. (Chen et al, 2017). This is also in line with research conducted by Corneles & Losu in 2015, which stated that providing education to pregnant women is one way to prevent discomfort from occurring. Insufficient knowledge in pregnant women can increase anxiety due to the adaptation process which causes emotional reactions which can exacerbate discomfort during pregnancy. Increasing the knowledge given to pregnant women can reduce the discomfort felt by pregnant women

CONCLUSION

The results of the study show that the majority of pregnant women's knowledge about how to deal with discomfort during pregnancy is in the good category, reaching 13 people (43.3%)

Limitations and Future Direction

The results of this research can be further developed and can be explored further regarding how to overcome discomfort during pregnancy

Acknowledgments

The author gratefully acknowledges appreciation to the Faculty of Health Sciences, Galuh University for sponsoring the publication of this research. No grants or any other forms of support were given for this study.

Declarations

There is no conflict of interest

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