



## **Pengalaman Kecemasan Ibu dengan Kehamilan Pertama Penderita Covid-19 dan Non Covid-**

**19**

*First-time Pregnant Women's Experiences of Anxiety in Covid-19 and Non-Covid-19  
Patients*

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**Abstrak.** Berbagai perubahan fisik dan psikologis selama kehamilan pertama dapat menimbulkan beragam perasaan bagi para ibu. Terlebih ketika kehamilan tersebut dijalani pada masa pandemi Covid-19. Penelitian ini bertujuan untuk mengeksplorasi pengalaman kecemasan ibu dengan kehamilan pertama di masa pandemi Covid-19 dengan pendekatan kualitatif naratif. Selanjutnya, penelitian ini dapat memberikan gambaran perbedaan yang dirasakan oleh ibu dengan kehamilan pertama yang terkonfirmasi positif Covid-19 dan non Covid-19 selama pandemi. Responden yang dilibatkan merupakan ibu dengan kehamilan pertama yang pernah dan tidak pernah positif Covid-19 selama kehamilan. Data hasil wawancara dianalisis dengan analisis tematik yang mengkategorikan data dalam sejumlah tema bagi ibu Covid-19 dan non Covid-19. Temuan penelitian ini menunjukkan bahwa perbedaan kecemasan antara ibu hamil dengan Covid-19 dan ibu hamil non Covid-19 muncul pada masa kehamilan trimester kedua dan ketiga. Kecemasan pada ibu hamil dengan Covid-19 terus meningkat memasuki trimester kedua dan ketiga, sedangkan kecemasan ibu hamil non Covid-19 tidak mengalami perubahan yang signifikan sejak trimester pertama sampai trimester ketiga. Dukungan keluarga sangat penting dalam membantu mengurangi perasaan negatif (cemas, khawatir, dan takut) selama kehamilan di masa pandemi Covid-19. Namun dukungan yang berlebihan cenderung menimbulkan perasaan tertekan terutama pada ibu hamil dengan Covid-19.

**Kata kunci:** Coronavirus; Covid-19; Kehamilan Pertama; Pandemi; Pengalaman Kecemasan

**Abstract.** Women experience a range of physical and psychological changes during their first pregnancy, mainly when the pregnancy occurs with the Covid-19 pandemic. The primary objective of this research is to investigate the subjective experiences of anxiety throughout the first pregnancy during the Covid-19 pandemic, employing a qualitative story methodology. Furthermore, this study thoroughly examines the disparities in reported experiences between first-time pregnant women who tested positive for Covid-19 and those who did not, explicitly focusing on their experiences during the pandemic. The participants in this study consisted of women with their first pregnancy who had either tested positive or negative for Covid-19 during their pregnancy. The interview data were subjected to thematic analysis, which enabled categorizing Covid-19 and non-Covid-19 women's experiences of anxiety into various themes. The results of this study indicate that differences in anxiety between first-time pregnant women with Covid-19 and non-Covid-19 emerge during the second and third trimesters. Anxiety in first-time pregnant women with Covid-19 continues to increase entering the second and third



trimesters. In contrast, the anxiety of non-Covid-19 first-time pregnant women does not experience significant changes from the first to the third trimester. During the Covid-19 pandemic, family support is essential for reducing pregnancy-related negative emotions (anxiety, worry, and fear). Nevertheless, excess support may contribute to depression, especially among first-time pregnant women infected with Covid-19.

**Keywords:** *Coronavirus; Covid-19; first pregnancy; Pandemic; Anxiety Experience*