

PATH ANALYSIS ON THE PSYCHOSOCIAL FACTORS AFFECTING ANXIETY AND DELIVERY PAIN

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ABSTRACT

Background: Previous studies have shown a high prevalence of psychiatric illness in pregnant women. A large body of research exists on the adverse outcomes of maternal psychological ill health, most notably depression and anxiety during pregnancy. Prenatal stress and anxiety can cause an increase in secretion of stress hormones, which can lead to preterm birth, lack of progress in labor, low birth weight, and fetal hypoxia. Little is known about the factors associated with anxiety and delivery pain in Indonesia. This study aimed to determine the psychosocial factors associated with anxiety and delivery pain.

Subjects and Method: This was a cross sectional study conducted at Gajahan community health center, Surakarta Hospital, and Muhammadiyah Hospital, Delanggu, Central Java, from December 2017 to January 2018. A total sample of 166 delivery mothers was selected for this study by purposive sampling. The dependent variables were anxiety and delivery pain. The independent variables were parity, psychological stress, coping mechanism, family income, and family support. The data on anxiety was measured by modified Pregnancy Related Anxiety Questionnaire (PRAQ_R). The data on the other variables were collected by questionnaire. The data were analyzed by path analysis.

Results: Delivery pain increased with higher anxiety ($b = 0.30$, $SE = 0.02$, $p < 0.001$). Anxiety decreased with higher delivery pain ($b = -1.19$, $SE = 0.02$, $p < 0.001$), coping mechanism ($b = -0.31$, $SE = 0.08$, $p < 0.001$), and parity ($b = -0.86$, $SE = 0.37$, $p < 0.001$), but increased with higher stress ($b = 0.92$, $SE = 0.09$, $p < 0.001$). Anxiety was indirectly affected by coping mechanism, family income, parity, and family support.

Conclusion: Delivery pain increases with higher anxiety. Anxiety associates with delivery pain, stress, and coping mechanism.

Keywords: delivery pain, anxiety, psychosocial factors

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