

RELATIONSHIP OF KNOWLEDGE WITH PREGNANT WOMEN'S ATTITUDE ABOUT CHANGES IN TRIMESTER I PSYCHOLOGY IN THE WORK AREA OF KOTA PINANG PUBLIC HEALTH CENTER, LABUHAN BATU SELATAN REGENCY IN 2021

Devi Sagita Saragi

Midwifery Study Program, Applied Undergraduate Program, Faculty of Health Sciences, Haji University, North Sumatra, Jl. Samanhudi No.292, Binjai Estate, Binjai City, North Sumatra, 20727, Indonesia

ARTICLE INFO

Keywords:

Attitude,
Knowledge,
Pregnant Women,
Psychology.

ABSTRACT

Pregnancy is an important phase in the life of a productive mother. During this period there will be many changes in the mother, both physically and psychologically. The influence of changes in the hormones estrogen and progesterone plays a role in emotional changes. This causes the mother to feel uncomfortable and triggers stress, which is characterized by the mother being often moody, anxious, restless, feeling uncertain, reduced concentration and often dizzy. In the early trimester of pregnancy, pregnant women are very sensitive and fragile, many fears that arise about the dangers that may occur to the mother and her baby. This is caused by lack of knowledge and attitudes. In this phase, pregnant women need advice, encouragement, direction and help from the people around them. This study aims to determine the relationship between knowledge and attitudes of pregnant women about psychological changes in the first trimester in the Work Area of the Pinang City Health Center, Labuhan Batu Selatan Regency in 2021. This type of research is an analytic survey with a cross sectional design. The research is located at the Kota Pinang Health Center, Labuhan Batu Selatan Regency. The population of the study, namely all pregnant women in the first trimester, amounted to 108 people. The sample size is 52 people. Data were analyzed by chi-square test. The result of this research is that there is a relationship between knowledge and attitudes of pregnant women about psychological changes in the first trimester (p -value 0.006). The conclusion is that there is a significant relationship between knowledge and attitudes of pregnant women about psychological changes in the first trimester at the Puskesmas Kota Pinang, Labuhan Batu Selatan Regency. It is recommended that pregnant women increase their knowledge and actively seek various information, especially psychological changes in the first trimester.

E-mail:

devissaragi11@gmail.com

Copyright © 2022 Science Midwifery.

1. Introduction

Pregnancy is an important phase in the life of a productive mother (Hapsari & Sudarmiati, 2011). This process takes place normally and naturally, starting from the period of conception until the baby is born (Prawirohardjo, 2012). The gestation period is calculated from the first day of the last menstrual period (LMP) until delivery (Varney Helen, 2014). Pregnancy means the start of a life together where the mother has an important task to maintain her fetus until it is full term and face the birth process (Manuaba, et al. 2013).

During pregnancy, there will be many changes in the mother, both physically and psychologically. In general, the physical changes during pregnancy are no menstruation, breast enlargement,

changes in the shape of the uterus, changes in the work system of the body's organs, enlargement of the abdomen, weight gain, weakened relaxation of the muscles of the digestive tract, sensitivity to the senses, and the feet and hands begin to enlarge. The psychological changes in first trimester mothers are estimated to be 80%, resulting in feelings of disappointment, rejection, stress, sadness, sensitivity, tend to be lazy, ask for more attention, easily jealous and anxiety (anxiety). Pregnant women will be more open to themselves and like to share their experiences with others. Pregnant women will reflect on all their dreams, fantasies, fantasies about objects, events, or abstract concepts,

The influence of changes in the hormones estrogen and progesterone that takes place during pregnancy also plays a role in emotional changes. The hormones estrogen and progesterone produced by the corpus luteum will develop into a corpus gravidity and continue to be secreted by the placenta after it is fully formed. This causes the mother to feel uncomfortable during pregnancy and triggers stress which is characterized by the mother being often moody, anxious, restless, feeling uncertain, reduced concentration and often dizzy. Emotional disturbances in the form of stress or depression experienced during pregnancy will affect the fetus because at that time the fetus is in the formation phase, which will result in stunted infant growth (IPM) or low birth weight (LBW). However,

The World Health Organization (WHO) in 2020 estimates that worldwide around 10% of pregnant women experience mental disorders, especially stress. In 2015, the Asian region occupied the highest position with a prevalence rate of 27% of psychological changes in pregnant women. and the African region had the lowest prevalence of psychological changes at 9%. The results of Riskesdas (Basic Health Research) in 2017 psychological changes in pregnant women in Indonesia with symptoms of stress and anxiety by 6% or 14 million people. In a short time it is estimated that globally about 10% of pregnant women suffer from mental disorders, especially stress and even higher (16%) in developing countries.

In the early trimester, pregnant women are very sensitive and fragile, many fears arise about the dangers that may occur to the mother and the fetus. This unfounded fear may be caused by a lack of knowledge about the changes that occur in his body that he seems to be out of control and his life processes change and can no longer be controlled. This is when pregnant women need advice, encouragement, direction and help from the people around them (Rukiah, 2013).

In the first trimester, a mother will look for signs to make sure that she is pregnant. Every change that occurs in his body will always be watched carefully. The desire to have sex in the first trimester of the mother is different, usually experiencing a lot of decline. Bartini (2015) states that the decline in sexual relations during pregnancy can cause conflict in the family, although in the end the wife can only accept the circumstances that occur for the sake of the future of her child. Many mothers feel the need to be loved and feel strongly to love but without having sex. Libido is greatly affected by fatigue, nausea, breast enlargement and worry.

The results of a study conducted in Wuhan China found 53.8% of pregnant women experienced psychological disorders by 17% and 29% experienced severe depression and symptoms of anxiety (S. Zhao et al., 2020). According to Kumar in Indiaarti (2013), 12% of first trimester mothers attend antenatal clinics, on average suffer from depression, especially those who want to abort their pregnancy. Mother began to worry about the physical and psychological changes. Multigravida, anxiety about past experiences, while primiparas are afraid of stories of other people's experiences (Jannah, 2012).

According to Green in Notoatmojo (2013), the formation of behavior is influenced by knowledge and attitudes. The higher the knowledge of pregnant women, the mothers will be more aware of the psychological changes during pregnancy so that the pregnant women are able to cope with and monitor any changes that occur to themselves, mothers who have less knowledge will affect the situation because mothers do not understand how the psychological changes so that pregnant women only will focus on himself and what is happening to him. Likewise, the positive/good attitude of pregnant women in overcoming any psychological changes they experience will give a good response effect as well.

Based on the results of research by Nur Intan (2016), stating that the level of knowledge of primigravida mothers on psychological changes that occur during pregnancy is in the good category as many as 27 (54%) and positive attitudes as many as 39 (78%) respondents. Then the results of Doria's research (2008) that knowledge of pregnant women about psychological changes during

Midwifery Science

journal homepage: www.midwifery.ioctscience.com

pregnancy in the sufficient category as much as 58.3% and the attitude of pregnant women in the good category as much as 97.2% Overall, pregnant women have a positive attitude towards psychological changes that occur during pregnancy. her pregnancy. Ardila's research (2020) shows that there is a significant relationship between the knowledge of pregnant women about psychological changes in the first trimester and the attitudes of pregnant women in dealing with pregnancy in the Langsa Lama Health Center Work Area.

Based on the results of a survey conducted by researchers through interviews with 10 first trimester primigravida pregnant women in the Pinang City Health Center Work Area, Labuhan Batu Selatan Regency, there were 6 pregnant women who said that they felt a little anxious about the condition of their fetuses, especially this is the first pregnancy and lack of sleep or rest, 4 people Pregnant women said they did not know about psychological changes and mothers complained that they were not confident about the changes in the mother's body and tried to confirm the pregnancy.

Based on the background above, the researcher is interested in conducting research with the title, Relationship of Knowledge and Attitudes of Pregnant Women About First Trimester Psychological Changes in the Working Area of the Kota Pinang Health Center, Labuhan Batu Selatan Regency in 2021.

The main purpose of this study was to determine the relationship between knowledge and attitudes of pregnant women about psychological changes in the first trimester in the work area of the Puskesmas Kota Pinang, Labuhan Batu Selatan Regency in 2021.

The specific objectives of this study are: (1) To determine the relationship between knowledge of pregnant women about the psychological changes in the first trimester in the Work Area of the Kota Pinang Health Center, Labuhan Batu Selatan Regency in 2021. (2) To determine the relationship between the attitudes of pregnant women in dealing with pregnancy in the Work Area of the Puskesmas Kota Pinang, Labuhan Batu Selatan Regency in 2021. (3) To find out the relationship between knowledge and attitudes of pregnant women about psychological changes in the first trimester in the Work Area of the Puskesmas Kota Pinang, Labuhan Batu Selatan Regency in 2021. Research Benefits: (1) For Puskesmas Kota Pinang, Labuhan Regency South Rock. It is hoped that it can provide counseling and education about knowledge of psychological changes in first trimester pregnant women to add insight and information for pregnant women, especially primigravida mothers. (2) For Medan Haji University It is hoped that it will be useful for educational institutions, especially in the field of literature as a source of studies related to research. (3) For further researchers, it is hoped that the results of this study will be useful as empirical evidence on science related to the relationship between knowledge and attitudes of pregnant women about psychological changes in the first trimester and can be used as inspiration for further research.

2. Research Methods

2.1 Types of research

The type of research used is an analytical survey, namely a survey or research that tries to explore how and why health phenomena occur. Then analyze the dynamics of the correlation between phenomena or between risk factors and effect factors (Notoatmodjo, 2010). This study analyzes the relationship between knowledge and attitudes of pregnant women regarding psychological changes in the first trimester in the working area of the Puskesmas Kota Pinang, Labuhan Batu Selatan Regency in 2021.

2.2 Research design

The research design used is cross sectional, which is a study to study the dynamics of the correlation between risk factors and effects, by approaching, observing or collecting data all at once (pointtime approach) (Notoatmodjo, 2010). The main purpose of this study was to seek knowledge with the attitudes of pregnant women about the psychological changes in the first trimester in the Work Area of the Pinang City Health Center, Labuhan Batu Selatan Regency in 2021.

2.3 Sample

The sample can be defined as some members of the population selected using certain procedures so that it is expected to represent the population (Sugiyono, 2016). The size of the sample in this study was determined using the slovin formula.

$$n = \frac{N}{1+(N.e^2)} \quad (1)$$

Information :

n = Number of samples

N = Total population

e = Standard error (10%)

so that we get:

$$n = \frac{108}{1 + (108.0.1^2)}$$

$$n = \frac{108}{1 + (108.0,01)}$$

$$n = \frac{108}{1 + (1,08)}$$

$$n = \frac{108}{2,08}$$

$$n = 51,92$$

$$n = 52$$

So the sample size in this study were 52 pregnant women. To take the number of samples in each village with the following calculations:

TABLE 1
NUMBER OF SAMPLES IN EACH VILLAGE

No	Village	Number of Pregnant Women TM I	Calculation	Sample
1	City Week	11	11/108×52	5
2	New village	8	8/108×52	4
3	Malim Village	17	17/108×52	8
4	meeting	15	15/108×52	7
5	Labuhan	17	17/108×52	8
6	Pulo Village	16	16/108×52	8
7	Javanese Village	6	6/108×52	3
8	different	4	4/108×52	2
9	Prosperous Village	14	14/108×52	7
Number of Samples		108		52

The sampling technique in each class is a random system (random sampling) by making a lottery, for example in Pekan Kota Village, 5 respondents from 11 first trimester pregnant women are available to distribute questionnaires.

3. Result And Discussion

3.1 Research result

3.1.1 Univariate Analysis

3.1.1.1 Characteristics of Respondents

Univariate analysis was conducted to describe the characteristics of respondents, namely age, education, occupation, knowledge and attitudes of pregnant women about the psychological changes in the first trimester at the Puskesmas Kota Pinang, Labuhan Batu Selatan Regency, which is presented in the following frequency distribution table.

Midwifery Science

journal homepage: www.midwifery.iocspublisher.org

TABLE 2
FREQUENCY DISTRIBUTION OF RESPONDENT CHARACTERISTICS OF PREGNANT WOMEN IN TRIMESTER I IN PUSKESMAS KOTA PINANG, LABUHAN BATU SELATAN, 2021

Characteristics of Respondents	F	%
Age		
20 – 35 Years	45	86.5
> 35 Years	5	13.5
Education		
SD	2	3.8
JUNIOR HIGH SCHOOL	5	9.6
SENIOR HIGH SCHOOL	29	55.8
College	16	30.8
Work		
IRT	29	55.8
Private employees	15	28.8
civil servant	6	11.5
Self-employed	2	3.8
Total	52	100

Based on Table 4.1 above, it is known that the majority of pregnant women are aged 20-35 years as many as 45 people (86.5%). The last education taken by the mothers was the majority of high school education as many as 29 people (55.8%), the majority of mothers working as housewives (IRT) as many as 29 people (55.8%).

3.1.1.2 Knowledge of Pregnant Women About First Trimester Psychological Changes

To find out the frequency distribution based on the knowledge of pregnant women about the psychological changes in the first trimester of the Puskesmas Kota Pinang, Labuhan Batu Selatan Regency, it is presented in the following frequency distribution table.

TABLE 3
FREQUENCY DISTRIBUTION BASED ON KNOWLEDGE OF PREGNANT WOMEN IN TRIMESTER I IN PUSKESMAS KOTA PINANG, LABUHAN BATU SELATAN, 2021

Knowledge	F	%
Well	17	32.7
Enough	27	51.9
Not enough	8	15.4
Total	52	100

Based on Table 4.2, it can be seen that of the 52 pregnant women respondents, the majority have sufficient knowledge as many as 27 people (51.9%), have good knowledge as many as 17 people (32.7%) and 8 people (15.4%) are knowledgeable not enough.

3.1.1.3 Attitudes of Pregnant Women About First Trimester Psychological Changes

To find out the frequency distribution based on the attitudes of pregnant women about the psychological changes in the first trimester of the Puskesmas Kota Pinang, Labuhan Batu Selatan Regency, the frequency distribution table is presented below.

3.1.2 Bivariate Analysis

Bivariate analysis was analyzed using the chi-square test with 95% CI to see the relationship between the independent variable, namely knowledge and the dependent variable, namely the attitude of pregnant women in the first trimester. The results of the statistical test of the relationship between knowledge and attitudes of pregnant women about psychological changes in the first trimester at the Puskesmas Kota Pinang, Labuhan Batu Selatan Regency in 2021. can be seen in Table 4.4 below.

TABLE 4
RELATIONSHIP OF KNOWLEDGE WITH PREGNANT WOMEN'S ATTITUDE ABOUT PSYCHOLOGICAL CHANGES IN TRIMESTER I PUSKESMAS KOTA PINANG, LABUHAN BATU SELATAN 2021

Knowledge	Attitude of Pregnant Women						Pvalue
	Positive		Negative		Amount		
	n	%	n	%	n	%	
Well	5	9.6	12	32.7	17	32.7	0.006
Enough	15	28.8	12	51.9	27	51.9	
Not enough	3	5.8	5	15.4	8	15.4	
Total	23	44.2	29	55.8	52	100.0	

Based on table 4.4 above, it shows that the results of the analysis of the relationship between knowledge and attitudes of pregnant women about psychological changes in the first trimester at the Puskesmas Kota Pinang, Labuhan Batu Selatan Regency in 2021 are 5 pregnant women who have good knowledge and have a positive attitude (9.6%). and 12 people with good knowledge but negative attitude (23.1%). Of the 27 pregnant women who have sufficient knowledge and have a positive attitude as many as 15 people (28.8%) and who have sufficient knowledge but have a negative attitude as many as 12 people (23.1%). And of the 8 pregnant women who have less knowledge and have a positive attitude as many as 3 people (5.8%) and who have less knowledge but have a negative attitude as many as 5 people (9.6%).

The results of the statistical test obtained a p value of 0.006 <0.05, meaning that there is a relationship between knowledge and attitudes of pregnant women about psychological changes in the first trimester at the Kota Pinang Health Center, Labuhan Batu Selatan Regency in 2021.

3.2 Discussion

3.2.1 Characteristics of Respondents

Based on the age category in Table 4.1, it is known that the majority of pregnant women are aged 20-35 years as many as 45 people (86.5%). Age is decisive in dealing with the physical and psychological changes of pregnancy, a good pregnancy is between the ages of 20-35 years which is a period of healthy reproduction. The risk factor for pregnancy and childbirth is age more than 45 years. According to Erlene Eisenberg (1995) the main reproductive health risk faced by women aged 35 years and over is not being able to get pregnant due to lack of fertility. In this study, the age of respondents between 20-35 years is included in healthy reproduction.

Education is a process of forming a person's speed intellectually and emotionally in capturing information. Based on the last education category taken by the mother, the majority had high school education as many as 29 people (55.8%). This is in line with what was expressed by Hawari (2016), that the level of education of a person or individual will affect the process and ability to think so as to be able to capture new information. This shows that a person's education level also determines whether or not it is easy to absorb and understand knowledge about the psychological changes they experience so that it can reduce the burden on the mother's mind during pregnancy. The higher a person's education, the higher the quality of his knowledge and the more mature intellectually.

So based on this study it can be concluded that most pregnant women have high school education, which for the education category is quite high in terms of the ability to receive and seek information about psychological changes that will occur during pregnancy.

Work is an activity or activity of a person to earn income to meet the needs of daily life. Work that is developed to provide professional knowledge and skills as well as learning experience during work will be able to develop decision-making abilities, which is a manifestation of the integration of scientific and ethical reasoning that departs from real problems in the field of work. In this study, the characteristics based on occupation were the majority of mothers working as housewives (IRT) as many as 29 people (55.8%). As housewives who do not work, respondents should have more time to seek information about signs of physiological changes in the body that

occur during pregnancy.

3.2.2 Knowledge of Pregnant Women About First Trimester Psychological Changes

Knowledge is the result of "knowing", and this occurs after a person has sensed a certain object. Sensing occurs through the five human senses, namely the senses of sight, hearing, smell, taste and touch. The majority of human knowledge is obtained through the eyes and ears (Wawan, 2015). Knowledge is very closely related to education where it is expected that someone with higher education will make that person wider as well.

Knowledge is not absolutely obtained through formal education including elementary (SD), secondary (SMP, SMA), and tertiary level (Academy, PT). Based on table 4.2, it can be seen that of the 52 pregnant women respondents, the majority have sufficient knowledge as many as 27 people (51.9%), have good knowledge as many as 17 people (32.7%) and 8 people (15.4%) are knowledgeable not enough. This is in accordance with the theory that the older the person is, the higher the level of maturity and strength of a person so that a person's way of thinking and working is more optimal. Public trust in someone who is more mature will also increase. So it is hoped that someone with higher education will have more extensive knowledge, but it should be emphasized that a person with low education does not mean absolutely low knowledge. (Fariza, 2013).

Knowledge of physical changes during pregnancy is very helpful for pregnant women to be more aware of these changes in themselves and more responsive to the necessary needs, especially the need for nutritional intake of food. Physical changes are more pronounced in the second trimester. According to Prawirohardjo (2012), physiological changes during pregnancy include the uterus, uterine cervix, vulva and vagina, ovaries, mammary glands, blood circulation, respiratory system, skin and others. All of these changes are caused by the working system of the pregnancy hormones.

3.2.3 Attitudes of Pregnant Women About First Trimester Psychological Changes

Based on Table 4.3 in this study, it can be seen that of the 52 pregnant women respondents, the majority had a negative attitude as many as 29 people (55.8%) and 23 people (44.2%). According to Azwar (2017), one of the factors of one's personal experience is the formation of attitudes. A person's attitude is formed on the basis of a response and to respond a person must have an experience related to the object.

The positive/good attitude of pregnant women towards the physical changes they experience is one of the responses to what they do during these periods of pregnancy. Pregnant women will strongly agree if it is recommended to do exercise, diet according to doctor's recommendations and others as long as what is done has a good effect on fetal development and growth.

Emotional factors can also affect the attitude of pregnant women in dealing with changes that occur during pregnancy. Attitude serves as a kind of channeling or diversion of one's ego defense mechanism. Usually this attitude is temporary and soon passes once the frustration has disappeared but it can also be a more resistant and lasting attitude. With the unstable psychological changes of pregnant women, the support of the closest people is needed. Usually pregnant women often feel that they really need attention and affection from their partners/close relatives, but sometimes it is found that many other people will withdraw because they feel confused about the unpredictable changes in feelings of pregnant women.

Ladewig (2006) states that ambivalent, feeling ashamed of changes that occur if not excessive, then the response is considered normal. The response of pregnant women is triggered by changes in pregnancy hormones and is also related to efforts to prepare pregnant women in preparing for childbirth and becoming parents.

4.3.4 Relationship between Knowledge and Attitudes of Pregnant Women About Psychological Changes in Trimester I in the Working Area of the Kota Pinang Health Center, Labuhan Batu Selatan Regency in 2021

Based on Table 4.4 shows that the results of the analysis of the relationship between knowledge and attitudes of pregnant women about psychological changes in the first trimester at the Puskesmas Kota Pinang, Labuhan Batu Selatan Regency in 2021, there are 17 pregnant women who have good knowledge and have a positive attitude as many as 5 people (9.6%) and 12 people with good knowledge but negative attitude (23.1%). Of the 27 pregnant women who have sufficient

knowledge and have a positive attitude as many as 15 people (28.8%) and who have sufficient knowledge but have a negative attitude as many as 12 people (23.1%). And of the 8 pregnant women who have less knowledge and have a positive attitude as many as 3 people (5.8%) and who have less knowledge but have a negative attitude as many as 5 people (9.6%). Statistical test results obtained p value $0.006 < 0$,

Knowledge is the result of knowing, and this occurs after someone has sensed a certain object. Sensing occurs through the five human senses, namely the senses of sight, hearing, smell, taste and touch. The majority of human knowledge is obtained through the eyes and ears (Wawan, 2015).

Psychological impacts on pregnant women include sensitive, tend to be lazy, ask for more attention, easily jealous, and anxiety (anxiety). Pregnant women will be more open to themselves and like to share their experiences with others. Pregnant women will reflect on all their dreams, fantasies, fantasies about objects, events, or abstract concepts, such as death, life, success and happiness during pregnancy (Rahmawati, 2017).

This study is in line with research conducted by Arista (2020) which states that from the results of the Chi-square statistical test at a 95% confidence level with $\alpha = 0.05$, knowledge ($0.000 < 0.05$). There is a significant relationship between knowledge of pregnant women about psychological changes in the first trimester and attitudes of pregnant women in dealing with pregnancy in the working area of the Langsa Lama Health Center in 2020. In the first trimester, the emotional aspects of pregnant women become unstable. This is due to uncontrolled hormonal changes. As a result, almost all pregnant women become more emotional and mood swings. Many pregnant women experience depression, ranging from mild depression to major depression. Anxiety-anxiety is very natural experienced by pregnant women. However,

Pregnant women are very sensitive and fragile. There are many fears that arise about the dangers that might occur to the mother and the fetus. This unfounded fear may be due to the changes taking place in his body that he seems to be out of control and his life processes changing and becoming out of control. This is when pregnant women need advice, encouragement, direction and help from the people around them (Rukiah, 2013).

In the first trimester a mother will look for signs to ensure that she is pregnant. Every change that occurs in his body will always be watched carefully. The desire to have sex in first trimester women varies, usually experiencing a lot of decline. Many women feel the need to be loved and feel strong to love but without having sex. Libido is greatly affected by fatigue, nausea, breast enlargement and worry.

Specific psychological changes can be predicted based on the biological changes during pregnancy. These psychological changes can be divided based on changes in the trimester of pregnancy. As a midwife, being aware of these changes in pregnant women can provide support and show her concerns, worries, fears, and questions (Rukiah, 2013).

Anxiety in the first trimester of pregnancy is very natural for pregnant women to experience. However, pregnant women should not let feelings of restlessness, anxiety, and confusion overwhelm her. Mothers-to-be can talk about these feelings with their husbands, loved ones, or doctors. Try to be positive and keep worries away from the mind of pregnant women (Indiarti, 2013). According to Bartini (2015), psychological changes I, namely family acceptance of pregnancy, changes in daily life patterns, reactions to changes and the way the family provides support are very influential. Nausea and vomiting in the morning, weakness, fatigue and enlarged breasts make the mother feel unwell. Often mothers hate their pregnancy, often disappointment, rejection, sadness and anxiety about the condition of the body due to pregnancy.

Due to hormonal changes, almost all pregnant women are emotionally unstable and tend to be shaky, have extreme reactions to small things, cry, feel less confident and panic easily. Even in the most positive pregnancies, expectant mothers will experience depression, fear and confusion. Many assume that the psychological changes that occur in pregnant women are due to several biological changes. These psychological events and processes are identified in each trimester of the mother's pregnancy. Every trimester of pregnancy, pregnant women usually feel unstable emotional changes and as they enter the third trimester, anxiety and tension increase.

Emotional factors can also affect the attitude of pregnant women in dealing with changes that occur during pregnancy. Attitude serves as a kind of channeling or diversion of one's ego defense mechanism. Usually this attitude is temporary and soon passes once the frustration has disappeared but it can also be a more resistant and lasting attitude. With the unstable psychological

Midwifery Science

journal homepage: www.midwifery.iocspublisher.org

changes of pregnant women, the support of the closest people is needed. Usually pregnant women often feel that they really need attention and affection from their partners/close relatives, but sometimes it is found that other people will withdraw because they feel confused about the unpredictable changes in the feelings of pregnant women.

According to the researcher's assumptions, the results of the analysis of the answers given are that there are still many respondents who do not have a good understanding of the impact of psychological changes during pregnancy. There are still many respondents who have sufficient knowledge because they rarely consult with health workers or exchange opinions with people who have experience in pregnancy, both about pregnancy health or about the changes that occur during pregnancy. In addition, the work factor of mothers who are busy taking care of the household also causes them to be less active in participating in counseling or seeking information on their own about pregnancy.

3. Conclusion

Based on the results of research that has been carried out with the title "The Relationship of Knowledge with Pregnant Women's Attitudes About First Trimester Psychological Changes at the Kota Pinang Health Center, Labuhan Batu Selatan Regency in 2021" the following conclusions can be drawn. (1) The characteristics of the age of the majority of pregnant women are aged 20-35 years old, has high school education, works as a housewife (IRT). (2) Frequency distribution of 52 pregnant women respondents, the majority have sufficient knowledge and the majority have negative attitudes. (3) The results of the statistical test obtained a p value of $0.006 < 0.05$, meaning that there is a relationship between knowledge and attitudes of pregnant women about the psychological changes in the first trimester at the Puskesmas Kota Pinang, Labuhan Batu Selatan Regency in 2021. Suggestions, (1) For Research Sites, The results of this study are expected to be able to improve health promotion efforts through counseling to pregnant women, distribution of health brochures and the provision of integrated counseling activities intended for all pregnant women who want to consult their pregnancy. (2) For the Hajj University of North Sumatra. This research is expected to be used as a reference source, a source of information for future research, and as reading material in the library. (3) For further researchers, the results of this study are expected to be used as reference material to deepen further research. (2) For the Hajj University of North Sumatra. This research is expected to be used as a reference source, a source of information for future research, and as reading material in the library. (3) For further researchers, the results of this study are expected to be used as reference material to deepen further research. (2) For the Hajj University of North Sumatra. This research is expected to be used as a reference source, a source of information for future research, and as reading material in the library. (3) For further researchers, the results of this study are expected to be used as reference material to deepen further research.

References

- Ardila A, 2020. The Relationship between Knowledge of Pregnant Women About Psychological Changes in the First Trimester and Attitudes of Pregnant Women in Facing Pregnancy in the Work Area of the Langsa Lama Health Center. *Journal of Education*, Vol.3, No.2, September 2020
- Arikunto, S. 2015. *Research Procedure: A Practical Approach*. Revised Edition. Jakarta : Rineka Cipta.
- Azwar, Saifuddin. 2013. *Human Attitude Theory and Its Measurement*. Yogyakarta: Student Library.
- Bartini, I. 2015. *Midwifery Care for Normal Pregnant Women*, Yogyakarta, Nuha Medika.
- Budiman and Riyanto A. 2016. *Capita Selecta Knowledge and Attitude Questionnaire in Health Research*. Jakarta: Salemba Medika.
- Dinkes, S. 2017. *Hands of the Class Facilitator for Pregnant Women*.
- Eisenberg, E, et al. 1995. *What You Face Month By Month*. Publisher arcan. Jakarta
- Fitriahadi, 2017. *Textbook of Pregnancy Care (Print I)*. ISBN:978-602-61757-7-9 University of 'Aisyiah Yogyakarta
- Hapsari & Sudarmiati. *Sexual experience in pregnant woman at Pondok Aren Tangerang Health Center*. 2011;76-85.
- Harahap, D. 2008. *Knowledge and Attitudes of Pregnant Women Towards Physical And Psychological Changes*

- During Pregnancy At Siti Khadijah Clinic.
- Indiaarti, M. 2013. Happy to Have a Healthy Pregnancy A Guide for Mothers and Prospective Babies, Yogyakarta, Pegasus.
- Irianto, 2016. Reproductive Health. Bandung Alfabeta.
- Alexander. 2009. Educational Psychology A New Orientation. Ciputat: Echoes of Persada (Gp) Press.
- Jannah, N. 2012. Textbook of Pregnancy Midwifery Care, Yogyakarta, Andi.
- Ladewig, PW. 2006. Mother-Newborn Nursing Care. EGC: Jakarta
- Lumongga Lubis, 2015. Psychology of Women's Health & Reproductive Development. Jakarta. Kencana Prenada Media Group
- Manuaba, et al. 2013. Understanding Women's Reproductive Health. Jakarta : EGC.
- Muhammad, I. 2016. Utilization of SPSS in Social and Health Research, Bandung, Pistaka Media Pistaka Cita.
- Notoatmodjo, 2016. Health Research Methodology Revised Edition. Jakarta : Rineka Cipta.
- _____. 2015. Behavioral Health Sciences. Jakarta: Rineka Cipta.
- _____. 2013. Health Promotion and Health Behavior. Jakarta : Rineka Cipta.
- Nur Intan, 2016. An Overview of Knowledge and Attitudes of Primigravida Pregnant Women Towards Physiological Changes in the Body That Occur During Pregnancy in the Work Area
- Rejosari Health Center Pekanbaru. Let's FK Volume 3 No. October 2, 2016.
- Prawiroharjo, S. 2012. Midwifery Science. Jakarta : PT. Library Building.
- Rahmawati, L. 2017. An overview of pregnant women's knowledge about the psychological changes of pregnancy in the work area of the Pariaman Health Center.
- Ramadani & Sudarmiyati, 2013. Differences in the level of sexual satisfaction in married couples during pregnancy.
- Riduwan, 2005. Measurement Scale of Research Variables. Alpha Beta, Bandung
- Riskesdas 2017. Results of Riskesdas 2018. (2018). Yoong, W. Anxiety and depression levels while pregnant women with COVID-19. (2020).
- Rukiah 2013. Midwifery Care I (Pregnancy), Jakarta, Tim.
- Sugiyono. 2016. Quantitative, Qualitative and R&D Research Methods. Bandung: PT Alfabeta.
- Suyanto 2013. How to Become a Prospective Teacher and Professional Teacher, Yogyakarta, Multi Pressindo.
- Varney, Helen. 2014. Textbook of Midwifery Care (6th Edition). Jakarta : EGC.
- Wawan 2015. Theory & Measurement of Knowledge, Attitudes, and Human Behavior, Yogyakarta, Nuha Medika.
- WHO. Depression A Global Public Health Concern. (2020).
- Winarsih, N. 2006. Health Education (Psychological Changes in Pregnant Women).
- Yulizawati, et al. 2017. Midwifery Care in Pregnancy. ISBN 978-602-6506-69-6. Erka Publisher. CV. Main Library
- Zamriati, WO 2013. Factors Related to Anxiety in Pregnant Women Ahead of Delivery at the Kia Pkm Tuminting Poly.
- Zhao, S. et al. (2020) 'Preliminary estimation of the basic reproduction number of novel coronavirus (2019-nCoV) in China, from 2019 to 2020: A data-driven analysis in the early phase of the outbreak', International Journal of Infectious Diseases. International Society for Infectious Diseases, 92, pp.214–217.