

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

¹² Lecture Nursing, STIKes Kota, Pinang Kabupaten Labuhan Batu Selatan

ARTICLE INFO**Keywords:**

Knowledge,
Attitude,
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 © 2019 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, sensitivi-

ty, 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 (Zamriati, 2013).

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, pregnant women should not allow these unstable psychological changes to overwhelm them (Rahmawati Lisa, 2017).

The World Health Organization (WHO) in 2020 estimates that worldwide about 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 primi-gravida 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 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

Science Midwifery

journal homepage: www.midwifery.iocspublisher.org

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

2. Method

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 about 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 psychological changes in the first trimester in the Work Area of the Pinang City Health Center, Labuhan Batu Selatan Regency in 2021.

2.3. Research sites

This research is located in the area of the Puskesmas Kota Pinang, South Labuhan Batu Regency. The reason for choosing the research location is because at the Kota Pinang Health Center, Labuhan Batu Selatan Regency, many first trimester pregnant women feel anxious about pregnancy and the condition of the fetus, especially in the first pregnancy. This is due to lack of sleep or rest, nausea and vomiting, stress and depression. In addition, this first trimester pregnant woman does not know the psychological changes that occur in herself and she complains that she is not confident about her physical changes, as a result, she tries to abort her pregnancy. . In addition to research locations that are easily accessible, at the Kota Pinang Health Center no research has been conducted on the relationship between knowledge and attitudes of pregnant women about trimester psychological changes I.

2.4. Research time

This research will be conducted in May - August 2021, which is presented in Table 3.1 below

TABLE 1
DISTRIBUTION OF RESPONDENTS

Activity	Time	Mei				Juni				Juli				Agustus				September				Oktober				
		1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	
Access Title		█																								
Sending Research Survey Letters			█																							
Initial Survey				█																						
Proposal Preparation					█																					
Guidance and Proposal Seminar						█																				
Proposal Revision							█																			
Research Implementation								█																		
Data processing									█																	
Guidance And Thesis Session										█																
Thesis Revision											█															

3. Results and Discussion

3.1 Analisis Univariat

a. Karakteristik Responden

Univariate analysis was conducted to find out a description of the characteristics of the 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.

TABLE 1
FREQUENCY DISTRIBUTION OF CHARACTERISTICS OF RESPONDENT PREGNANT WOMEN IN TRIMESTER I IN PUSKESMAS KOTA PINANG, LABUHAN BATU SELATAN, 2021

Characteristics of Respondents	F	%
Age		
20 – 35 Tahun	45	86,5
> 35 Tahun	5	13,5
Education		
SD	2	3,8
SMP	5	9,6
SMA	29	55,8
Perguruan Tinggi	16	30,8
Work		
IRT	29	55,8
Pegawai Swasta	15	28,8
PNS	6	11,5
Wiraswasta	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%).

b. 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 1
FREQUENCY DISTRIBUTION BASED ON KNOWLEDGE OF PREGNANT MOTHERS TRIMESTER I IN KOTA PINANG PUSKESMAS, LABUHAN BATU SELATAN DISTRICT, 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.

c. Attitudes of Pregnant Women About First Trimester Psychological Changes

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.

TABLE 3
FREQUENCY DISTRIBUTION BASED ON ATTITUDE OF PREGNANT MOTHERS TRIMESTER I IN KOTA PINANG PUSKESMAS, LABUHAN BATU SELATAN DISTRICT IN 2021

Knowledge	F	%
Positive	23	44,2
Negative	29	55,8
Total	52	100

Based on Table 4.3, it can be seen that of the 52 respondents who were pregnant in the first trimester, the majority had a negative attitude as many as 29 people (55.8%) and 23 people with a positive attitude (44.2%).

3.2 Bivariate Analysis Research

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 below.

TABLE 4
FREQUENCY DISTRIBUTION BASED ON ATTITUDE OF PREGNANT MOTHERS TRIMESTER I
IN KOTA PINANG PUSKESMAS, LABUHAN BATU SELATAN DISTRICT IN 2021

Knowledge	Attitude of Pregnant Women				Quantity		Pvalue
	Positif		Negatif				
	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 Puskesmas Kota Pinang, Labuhan Batu Selatan Regency in 2021.

3.3 Discussion

a. 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 Eisnberg (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.

b. 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 someone 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.

c. 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.

d. 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

Science Midwifery

journal homepage: www.midwifery.iocspublisher.org

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 Puskesmas Kota Pinang, Labuhan Batu Selatan Regency in 2021.

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 should not let feelings of restlessness, anxiety and confusion overwhelm her (Indiarti, 2013).

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. This period needs the support of husbands, families and midwives.

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 psychological changes of unstable 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.

3.4 Research Limitations

At the time of the study, there were some respondents who did not focus on filling out the questionnaire sheet, such as when pregnant women felt like vomiting, the way to overcome this, the researcher helped the pregnant woman go to the toilet and of course calmed her down so she didn't feel sick and the vomiting felt sick and the mother was more focused on fill QUESTIONER. Inaccuracy of answers can occur because of the respondent's lack of understanding of the questions submitted by researchers during interviews. Therefore, the researcher accompanies the respondent when the respondent fills out the questionnaire.

4. 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. The age characteristics of pregnant women are mostly 20-35 years old, have high school education, work as housewives (IRT). The frequency distribution of 52 pregnant women respondents, the majority have sufficient knowledge and the majority have negative attitudes. Statistical test results 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 Puskesmas Kota Pinang Regency South Labuhan Batu in 2021.

References

- Ardila A, 2020. Hubungan Pengetahuan Ibu Hamil Tentang Perubahan Psikologi Trimester I Dengan Sikap Ibu Hamil Dalam Menghadapi Masa Kehamilan Di Wilayah Kerja Puskesmas Langsa Lama. *Jurnal Edukes*, Vol.3, No.2, September 2020
- Arikunto, S. 2015. *Prosedur Penelitian : Suatu Pendekatan Praktik*. Edisi Revisi. Jakarta : Rineka Cipta.
- Azwar, Saifuddin. 2013. *Sikap Manusia Teori dan Pengukurannya*. Yogyakarta : Pustaka Pelajar.
- Bartini, I. 2015. *Asuhan Kebidanan Pada Ibu Hamil Normal*, Yogyakarta, Nuha Medika.
- Budiman dan Riyanto A. 2016. *Kapita Selekta Kuisisioner Pengetahuan dan Sikap dalam Penelitian Kesehatan*. Jakarta : Salemba Medika.
- Dinkes, S. 2017. *Pegangan Fasilitator Kelas Ibu Hamil*.
- Eisenberg, E, dkk. 1995. *Apa Yang Anda Hadapi Bulan Perbulan*. Penerbit Arcan. Jakarta
- Fitriahadi, 2017. *Buku Ajar Asuhan Kehamilan (Cetakan I)*. ISBN:978-602-61757-7-9 Universitas 'Aisyiah Yogyakarta
- Hapsari & Sudarmiati. *Sexual experience in pregnant woman at pondok aren tangerang health center*. 2011;76-85.
- Harahap, D. 2008. *Pengetahuan Dan Sikap Ibu Hamil Terhadap Perubahan Fisik Dan Psikologis Pada Masa Kehamilan Di Klinik Siti Khadijah*.
- Indiarti, M. 2013. *Bahagia Menjalani Kehamilan Sehat Panduan Bagi Para Ibu Dan Calon Bayi*, Yogyakarta, Pegasus.
- Irianto, 2016. *Kesehatan Reproduksi*. Alfabeta Bandung.
- Iskandar. 2009. *Psikologi Pendidikan Sebuah Orientasi Baru*. Ciputat: Gaung Persada (Gp) Press.
- Jannah, N. 2012. *Buku Ajar Asuhan Kebidanan Kehamilan*, Yogyakarta, Andi.

Science Midwifery

journal homepage: www.midwifery.iocspublisher.org

- Ladewig, PW. 2006. Asuhan Keperawatan Ibu- Bayi Baru Lahir. EGC: Jakarta
- Lumongga Lubis, 2015. Psikologi Kespro Wanita & Perkembangan Reproduksi. Jakarta. Kencana Prenada Media Group
- Manuaba, dkk. 2013. Memahami Kesehatan Reproduksi Wanita. Jakarta : EGC.
- Muhammad, I. 2016. Pemanfaatan Spss Dalam Penelitian Sosial Dan Kesehatan, Bandung, Cita Pustaka Media Perintis.
- Notoatmodjo, 2016. Metodologi Penelitian Kesehatan Edisi Revisi. Jakarta : Rineka Cipta.
- _____. 2015. Ilmu Perilaku Kesehatan. Jakarta: Rineka Cipta.
- _____. 2013. Promosi Kesehatan dan Perilaku Kesehatan. Jakarta : Rineka Cipta.
- Nur Intan, 2016. Gambaran Pengetahuan Dan Sikap Ibu Hamil Primigravida Terhadap Perubahan Fisiologis Tubuh Yang Terjadi Selama Masa Kehamilan Di Wilayah Kerja Puskesmas Rejosari Pekanbaru. Jom FK Volume 3 No. 2 Oktober 2016.
- Prawiroharjo, S. 2012. Ilmu Kebidanan. Jakarta : PT. Bina Pustaka.
- Rahmawati, L. 2017. Gambaran Pengetahuan Ibu Hamil Tentang Perubahan Psikologis Kehamilan Di Wilayah Kerja Puskesmas Pariaman.
- Ramadani & Sudarmiati, 2013. Perbedaan tingkat kepuasan seksual pada pasangan suami istri dimasa kehamilan.
- Riduwan, 2005. Skala Pengukuran Variabel-Variabel Penelitian. Alfa Beta, Bandung
- Riskesdas 2017. Hasil Riskesdas 2018. (2018). Yoong, W. Anxiety and depression levels among pregnant women with COVID-19. (2020).
- Rukiah 2013. Asuhan Kebidanan I (Kehamilan), Jakarta, Tim.
- Sugiyono. 2016. Metode Penelitian Kuantitatif, Kualitatif dan R&D. Bandung: PT Alfabet.
- Suyanto 2013. Bagaimana Menjadi Calon Guru Dan Guru Profesional, Yogyakarta, Multi Pressindo.
- Varney, Helen. 2014. Buku Ajar Asuhan Kebidanan (Edisi 6). Jakarta : EGC.
- Wawan 2015. Teori & Pengukuran Pengetahuan, Sikap, Dan Perilaku Manusia, Yogyakarta, Nuha Medika.
- WHO. Depression A Global Public Health Concern. (2020).
- Winarsih, N. 2006. Pendidikan Kesehatan (Perubahan Psikologis Ibu Hamil).
- Yulizawati, dkk. 2017. Asuhan Kebidanan Pada Kehamilan. ISBN 978-602-6506-69-6. Penerbit Erka. CV. Rumahkayu Pustaka Utama
- Zamriati, W. O. 2013. Faktor-Faktor Yang Berhubungan Dengan Kecemasan Ibu Hamil Menjelang Persalinan Di Poli KIA Pkm Tuminting.
- 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.