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Counseling Techniques Based on a Humanistic Approach in Antenatal Care Services on Anxiety Levels of Pregnant Women

^CEndah Yulianingsih¹, Puspita Sukmawaty Rasyid², Yusni Podungge³, Funco Tanipu⁴, Miranie Safaringga⁵

^{1,2,3}Department of Midwifery, Poltekkes Kemenekes Gorontalo, Indonesia

⁴Faculty of Social Sciences, Universitas Negeri Gorontalo, Indonesia

⁵Departement of Nursing, National Taipei University of Nursing and Health Sciences, Taipei, Taiwan

Corresponding Author Email (^C): endahyulianingsih@poltekkesgorontalo.ac.id
endahyulianingsih@poltekkesgorontalo.ac.id¹, puspitarasyid@poltekkesgorontalo.ac.id²,
yusnipodungge31@gmail.com³, funco@ung.ac.id⁴, miraniesafaringga@med.unand.ac.id⁵

ABSTRACT

The psychological condition of women who experience pregnancy tends to be unstable. Their mood changes quickly, their emotions and perceptions change, and they are sensitive and tend to behave excessively. Women who are not psychologically ready may experience unhappiness during pregnancy. The psychological impact of pregnant women is sensitive, and women become more sensitive, irritable, and irritable. This condition will affect the mother's anxiety during the pregnancy process. This study aims to analyze the effect of counseling based on a humanistic approach in antenatal care on the anxiety of pregnant women. This research method uses a quasi-experimental design with a control group. The results of the research are the Mann-Whitney U test, which shows a sig value (2-tailed) = 0.000 (<0.005), which means there is an influence of counseling based on a humanitarian approach on the anxiety level of pregnant women. It is hoped that the conclusions of this research can help solve the problems that pregnant women need in carrying out their pregnancy. The service methods produced in this research can be developed into teaching materials, especially midwifery care during pregnancy, to improve services for pregnant women—pregnancy and efforts to reduce maternal and child mortality.

Keywords: Anxiety; Counseling; Humanistic approach; Pregnancy

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Address :

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Email :

jurnal.fkm@umi.ac.id

Phone :

+62 82188474722

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INTRODUCTION

Pregnancy is an important event for a woman and her husband.⁽¹⁾ Pregnancy is a new experience for a woman; physical and psychological changes, as well as social changes, cause anxiety. Some women think that pregnancy is a normal thing that must be experienced, but others consider it an event that determines their future life.⁽²⁾ Changes primarily influence changes during pregnancy in the hormones estrogen and progesterone produced by the corpus luteum, which develops into the corpus gravidity and continues to be secreted by the placenta after it is fully formed.⁽³⁾

The psychological condition of women who experience pregnancy tends to be unstable. Their mood changes quickly, their emotions and perceptions change, and they are sensitive and tend to behave excessively. The condition of women who are not psychologically ready can experience unhappiness during pregnancy. The psychological impact on pregnant women is sensitive, and women become more sensitive, irritable, and easily angry. In its development, the psychological disorder that occurs in pregnant women is stress. Stress is negative thoughts and fears experienced by pregnant women. The impact of stress can even reach the baby in the womb. This anxiety disorder will affect inner stress.⁽⁴⁾ Based on the results of research by Puspita Sari et al. in 2020 regarding the description of anxiety of pregnant women, anxiety during pregnancy has an impact on the outcome of the fetus being born.⁽⁵⁾

The health of pregnant women is primarily determined by their mental health. Pregnant women react more strongly to every condition they face than men. Therefore, mature emotional and psychological development is necessary for someone wanting to have children.⁽¹⁾ The important thing regarding pregnant women is the importance of women taking care of their psychological factors. Currently, the role of midwives is very much needed. Midwives are the spearhead that supports government programs in providing leading midwifery services to achieve SDGs goals where the midwife profession is the health profession closest to mothers, children and families. Midwives have a strategic role in achieving the third target of the SDGs, namely healthy and prosperous living, especially the health of mothers and babies.⁽⁶⁾

Midwifery is a legal profession, as stated in the midwifery law. Midwives are a profession that continues to maintain its professionalism by continuing to follow the latest developments in science and technology. The competencies that a midwife must have are professional competence, clinical skills competence, and socio-cultural skills in supporting the implementation of midwifery services so that midwives are able to analyze, advocate, and empower in finding solutions and innovations to improve the welfare of women, families, and society.⁽⁷⁾

The midwife's duty as an extension of the government means that midwives should look after the condition of pregnant women until they give birth, especially those related to maternal psychology. Midwives are expected to provide counseling and education to pregnant women. It is hoped that the information provided can reduce the adverse effects of anxiety and fear due to the influence of incorrect information about pregnancy and childbirth. In addition, counseling can have a strong positive impact

by providing mental support and explaining information about becoming a parent and the happiness of having the desired child.⁽⁸⁾

To reduce this anxiety, assistance, and assistance is needed, one of which can be through a guidance and counseling service process with a humanistic approach. Counseling with a humanistic approach is a learning-oriented process carried out in a social, one-to-one environment, where a counselor with a profession in the field of psychological skills and knowledge tries to help clients with methods. that matches the client's needs, in relation to the entire employment program, to learn better about themselves in a realistic way so that the client can become a happier and more productive member of society.⁽⁹⁾

Pregnancy can develop problems/risks or complications at any time, so it is necessary to monitor health during pregnancy through antenatal care (ANC). Most pregnant women (72%) in Indonesia make their first visit but stop before the four visits recommended by the Ministry of Health. About 16% of women (25% of rural women and 8% of urban women) never received antenatal care during their last pregnancy.⁽¹⁰⁾

Based on the data, these problems illustrate that midwifery services still need to improve the quality of midwifery care services through promotive and preventive efforts through various approaches, one of which is through counseling based on a humanistic approach in antenatal care towards changes in anxiety for pregnant women. Based on the problems above, researchers are interested in developing research titled "The Influence of Counseling Based on a Humanistic Approach in Pregnant Midwifery Care on the Quality of Antenatal Care Services."

METHOD

The type of research used in this study was quasi-experimental. The research involved providing treatment to the experimental group (pregnant women experiencing anxiety) and the control group (pregnant women experiencing anxiety) for comparison. The study was conducted from March to October 2021 at the Gorontalo City Health Center. The population included all pregnant women undergoing examinations at the health center. The sample, consisting of 72 participants, was selected using an accidental sampling technique. The sample was divided into 36 respondents for the experimental group and 36 for the control group.

Nonparametric statistical tests with SPSS were used to test the overall hypothesis. The Wilcoxon signed-rank test was utilized to measure the intervention's effect on the experimental group before (pre-test) and after (post-test) and to assess any change in anxiety scores. In the control group, the test compared the pre-test and post-test anxiety scores. This test served as the primary method to determine the intervention's impact on anxiety in pregnant women. Additionally, the Mann-Whitney U test was conducted to evaluate the difference in anxiety scores between the control and experimental groups before (pre-test) and after (post-test) the intervention.⁽¹¹⁾

RESULTS

Respondent Characteristics

Research results are the process of adequately organizing and grouping information about a research activity process that is based on facts through data collection in processing and analyzing research objects or topics systematically and objectively to solve a problem or test a hypothesis so that general principles or theories which are made as follows in table 1

Table 1. Distribution of Respondent Characteristics Based on Age

Criteria	Moderate Anxiety	Severe Anxiety	Percent
Experimental Group			
< 20 Years	0	6	6
20-35 Years	5	31	36
>35 Years	1	7	8
Amount	6	36	50
Control Group			
< 20 Years	0	6	6
20-35 Years	5	31	36
>35 Years	2	6	8
Amount	6	36	50

Based on Table 1, the results show that respondents aged < 20 years experienced mild anxiety in the experimental group, and the control group was six people. Respondents aged 20-35 years who experienced moderate anxiety in the experimental group and control group were five people. In contrast, those with severe anxiety in the experimental group and control group were 31 people. Respondents aged >35 years who experienced mild anxiety were one person in the experimental group and two people in the control group. In contrast, seven people experienced severe anxiety in the experimental group and six people in the control group.

Based on the theory, age is divided into two criteria. age not at risk or age at risk. The age of pregnant women who are not at risk is 20-35 years. The criteria for pregnancy risk groups are age <20 and >35 years. With the increasing age, people have become more mature in their decision-making. Another factor is individual experience. A high-risk maternal pregnancy can cause maternal anxiety during pregnancy, which can cause fetal disorders or abnormalities, which can trigger anxiety in the mother.⁽¹²⁾

Based on Table 2, the results show that 2 people in the experimental group in the primigravida parity category experienced mild anxiety, 16 people in the multigravida category, and 1 person in the multigravida category experienced light anxiety, while 23 people experienced severe anxiety.

Based on the results of research by Tarigan in 2018, it is stated that the anxiety experienced is influenced by the mother's parity. In general, primigravida mothers experience anxiety because they are experiencing their first pregnancy and have no experience of previous pregnancies. Meanwhile, during

the multigravida and grande-multi periods, pregnant women will feel excessive anxiety due to earlier experiences of trauma in previous pregnancies.

Table 2. Distribution of Respondent Characteristics Based on Parity

Criteria	Moderate Anxiety	Severe Anxiety	Total
Experimental Group			
Primigravida	2	16	18
Multigravida	3	23	26
Grandemulti	1	5	6
Amount	6	44	50
Control Group			
Primigravida	3	15	18
Multigravida	4	22	26
Grandemulti	0	6	6
Amount	7	43	50

When a mother experiences anxiety, it will be a risk factor for her pregnancy and the birth process later if it is not appropriately handled.⁽¹³⁾

Table 3. Univariate Analysis of Distribution of Respondents' Anxiety Levels Before Counseling in the Experimental and Control Groups at the Gorontalo City Health Center

Anxiety Level	n	Percent
Experimental Group		
Moderate anxiety	6	12
Severe anxiety	44	88
Amount	50	100
Control Group		
Moderate anxiety	7	14
Severe anxiety	43	86
Amount	50	100

Based on the results obtained in Table 3, it can be seen that the experimental group showed 12% moderate anxiety and 88% severe anxiety. In comparison, the control group experienced 7% moderate anxiety and 86% severe anxiety. Anxiety in pregnant women is due to hormonal changes during pregnancy. This also affects emotional changes that cause insecurity, lack of concentration, and constant dizziness. As a result of these changes, the mother feels uncomfortable and experiences stress during pregnancy, which indicates that the mother is feeling anxious. Emotional disorders during pregnancy in the form of stress or depression affect fetal development, and other complications include growth retardation or low birth weight.⁽³⁾

Based on the results of Table 4 show that pregnant women in the intervention group experienced a decrease in anxiety levels after being given counseling using a humanistic approach with no anxiety by 82%. In contrast, pregnant women in the control group did not experience changes in anxiety levels. In the control group, there were 79% who experienced anxiety heavy.

Anxiety in pregnant women is experienced because the mother's perception is inaccurate regarding the perception experienced by pregnant women about this problem. Several things can trigger

anxiety in pregnant women, and this is one of the factors that pregnant women fear, causing anxiety during pregnancy.

Table 4. Univariate Analysis of Distribution of Respondents' Anxiety Levels after Counseling in the Experimental and Control Groups at the Gorontalo City Health Center

Anxiety Level	n	Percent
Experimental Group		
No anxiety	41	82
Mild anxiety	7	14
Severe anxiety	2	4
Amount	50	100
Control Group		
No anxiety	2	4
Mild anxiety	1	2
Moderate anxiety	8	16
Severe anxiety	39	79
Amount	50	100

The reduction in anxiety in pregnant women after following counseling with a humanistic approach occurred because, during counseling, pregnant women were able to express all disturbing feelings and felt relieved, creating a relaxed condition for pregnant women. It is hoped that by relaxing, both the body and mind can trigger the release of hormones that will help reduce anxiety.⁽⁸⁾

Table 5. Bivariate Analysis of Anxiety Levels Before (Pretest) and After (Posttest) in The Intervention Group and Control Group

	n	Rankings Mean	Number of Ratings	Z Asymp. Sig. (2-tail)
Pre Test				
Negative Rating	48a	24.50	1176.00	-6.467
Counseling - Post Test Counseling				
Positive Rating	0b	.00	.00	0.000
Tie	2c			
Total	50			
PreTest Control - Post Test Control				
Negative Rating	8d	6.38	51.00	-1.706
Positive Rating	3e	5.00	15.00	0.088
Tie	39f			
Total	50			

Based on the results in Table 5, the results obtained using a non-parametric test with the Wilcoxon signed rank test, in the intervention group, a p-value of 0.000 ($p < 0.005$) was obtained, which means that there was a difference in scores before the intervention was given and after the intervention was given in the form of counseling with a humanistic approach. and in the control group, a p-value of 0.088 ($p < 0.005$) was obtained, which means there was no change in scores before and after.

The results of the pretest measurements in the experimental group were obtained = 24.50, then based on the posttest measurements, it showed a decrease of = 1176.00. In the control group, the pretest measurement results obtained = 6.38 and increased = 51.00. This shows that the experimental group experienced a decrease in average after being given the intervention (treatment). From these data, it can be concluded that there is an effect of providing counseling interventions based on a humanistic

approach to reducing anxiety in pregnant women in the experimental group. Group therapy with a humanistic counseling approach invites respondents to develop themselves to do positive things. This humanistic approach looks at everyday events that happen to respondents, so it is the right way.⁽¹³⁾

Table 6 Test analysis of differences between the intervention group and the control group using the Mann-Whitney test

	Group	n	Rankings Mean	Number of Ratings	Mann-Whitney U	Asymp. sig.(2-tailed)
Results	Intervention	50	29.00	1450.00	175.000	0.000
	Control	50	72.00	3600.00		
	Total	100				

Based on Table 6 shows the test results with the Mann-Whitney U test showing a sig value (2-tailed) = 0.000 (<0.005). In the intervention group, the mean value was obtained = 29.00, while in the control group, the mean value was obtained = 72.00. The average value of the experimental group was lower than the average value of the control group. This shows that treatment or intervention in the form of counseling with a humanistic approach affects reducing the anxiety level of pregnant women.

DISCUSSION

Pregnancy is a natural condition desired by mothers and their husbands. The mental health of pregnant women means that women react more strongly to every condition they face than men. Therefore, maturity in emotional and psychosexual development is essential for someone who wants to have children.⁽¹⁾ Physiological changes during pregnancy are influenced by the growth and development of the fetus in the womb. The physiological changes that occur often cause discomfort in each trimester of pregnancy. If not handled properly, the pain felt by pregnant women will result in prolonged anxiety and depression.⁽¹⁴⁾

Anxiety is an emotional reaction that is influenced by the individual's subconscious towards individual judgments that are influenced by past security or unclear information. During the process of pregnancy, most pregnant women often experience anxiety. Every pregnant woman has a different level of anxiety and it depends on the extent to which the mother perceives her pregnancy.⁽⁸⁾

Based on the results of previous research in Indonesia, it was found that pregnant women who experience high levels of anxiety can increase the risk of premature birth and even miscarriage. Other supporting research shows that pregnant women with high anxiety during pregnancy will increase the risk of hypertension in pregnancy. The risk of hypertension can include stroke, seizures, and even death for the mother and fetus. If this is left unchecked, mortality and morbidity rates in pregnant women will increase.⁽²⁾

The midwife's duty as a mother's companion is to protect the mother's physical and psychological condition from pregnancy to postpartum. Midwives are expected to provide counselling and education to pregnant women. It is hoped that the information provided can increase the mother's experience in

avoiding feelings of anxiety and fear due to the influence of scary stories about pregnancy and childbirth. In addition, counseling can strengthen positive effects by providing mental support and explaining the happiness of having the desired child.⁽⁸⁾

Based on the results of this research, it was found that there was an effect of providing counseling based on a humanistic approach on the anxiety of pregnant women using the Mann-Whitney u test, which showed a sig value (2-tailed) = 0.000 (<0.005). The results of this research are supported by the results of research conducted by Dharma in 2020, which shows that Existential-Humanistic counseling is effectively used to help increase respondents' self-confidence. The humanistic, existential counseling process helps respondents change less confident behavior to become more confident behaviorally, emotionally, and spiritually, and respondents become active in asking and answering questions. Emotionally, respondents began to worry less.⁽¹⁵⁾ Other research also supports the results of this study, which found that the humanistic counseling model effectively reduced respondents' anxiety at SMAN 7 Semarang with a statistical significance value (Sig.2-tailed) of 0.002 at a significance level of 50%.⁽¹⁶⁾

Researchers assume that this approach prioritizes attitudes that emphasize understanding of humans. This approach focuses on the nature of the human condition, which includes the ability to be self-aware, free to choose to determine one's destiny, freedom, and responsibility, anxiety as an essential element, and the search for unique meaning, in a world of meaninglessness, solitude and contact with others, limitations, and death, and the tendency to self-actualize. Counseling based on a humanistic approach is practical in dealing with client anxiety because it focuses on client openness and presence, liberating the client, building self-awareness, client responsibility, and recognizing that the final decision and choice is in their hands. Client's hands.

In this research, humanistic-based counseling techniques emphasize the humanistic approach to the counseling process, which aims to help clients realize their existence and potential for a close relationship between counselor and client. The therapeutic relationship is significant to the therapist. Emphasis is placed on human encounters and shared journeys rather than techniques influencing clients. The content of the therapy meeting is the client's current experience.

CONCLUSIONS AND RECOMMENDATIONS

Based on the results of this research, it can be concluded that there is a very significant relationship between humanistic-based counseling techniques and anxiety levels in pregnant women. Counseling based on a humanistic approach is practical in dealing with client anxiety because it focuses on client openness and presence, liberating the client, building self-awareness, client responsibility, and recognizing that the final decision and choice is in their hands. Client's hands.

Suggestions for health workers are that counseling techniques based on a humanistic approach will be able to help reduce maternal anxiety during pregnancy and can also improve the quality of midwifery services.

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