Family Support, Knowledge and Mother Anxiety Facing COVID-19 Pandemic

[1]Gurdani Yogisutanti, [2]Yeusi Kezia Devi, [3]Neti Sitorus

[1,2,3]Public Health Study Program, Sekolah Tinggi Ilmu Kesehatan Immanuel Bandung, West Java, Indonesia
Coresponding author: Gurdani Yogisutanti, e-mail: gurdani@yahoo.com
Co-Author: FA: gurdani@yahoo.com, SA: yeusikeziadevi@gmail.com, TA: neti_sitorus@yahoo.com

Abstract: COVID-19 cases is a very important health problem to pay attention because in addition to causing physical health problems, this disease also causes problems in psychological health in the form of anxiety. Family support also plays a very important role in dealing with mature's anxiety facing the COVID-19 pandemic. In addition, the level of knowledge about COVID-19 will also affect the mature's level of anxiety. The goal to be achieved is to determine the relationship between knowledge and family support with maternal anxiety facing the COVID-19 pandemic in RW 13 Desa Lengkong . The research used quantitative research with analytical survey research method using a cross sectional approach. This study used accidental sampling where 70 mature were found as respondents. Data retrieval using a questionnaire with the results using a frequency distribution and Rank Spearman statistical test. The results showed that 34 (81%) respondents who had sufficient knowledge had mild anxiety and the spearman test was found to be $0.02 < 0.05$. And it was also found that 40 (83.3%) respondents with good family support turned out to have mild anxiety, the Spearman test was $0.01 < 0.05$, meaning that there was a relationship between family support and mature's anxiety facing the COVID-19 Pandemic in RW 13 Desa Lengkong. The suggestion is to organize a health promotion to increas maternal's knowledge about COVID-19, Family Support and Anxiety.

Keywords : Knowledge, Family Support, Anxiety

Introduction

Coronaviruses are a large family of viruses that cause disease in humans and animals. In humans it usually causes respiratory infections, ranging from the common cold to serious illnesses such as *Middle East Respiratory Syndrome* (MERS) and Severe Acute *Respiratory Syndrome* (SARS). A new type of coronavirus has been discovered in humans since the extraordinary event appeared in Wuhan, China. In December 2019, it was named Severe *Acute Respiratory Syndrome Coronavirus 2* (SARS-COV2), and caused Coronavirus Disease-2019/COVID-19 (Kemenkes, 2020). According to the Bandung Regency Information and Coordination Center which was updated regularly confirmed the latest data on April 16, 2021 COVID-19 there have been 11988 confirmed cases, 10818 cured and 226 died in Bojongsoang District itself there were 44 cases of confirmation of the treatment process and 3 suspected treatment processes.

Knowledge is a change in an individual's behavior that comes from the experiences that experienced by each individual, Another opinion describes knowledge as information that a person stores in the memory of his brain. People who have less knowledge related to COVID-19 will cause anxiety in the community itself the lack of individual knowledge on the prevention of COVID-19 can be caused by age, gender and education factors. These results are supported also in research that states that a person's knowledge related to the prevention of COVID-19 can be caused by age and gender (Daha, Alfianto, & Sediawan, 2021).

Family support obtained by age individuals will provide a more positive and calmer response in addressing a problem when facing the COVID-19 virus comfortably peacefully and conducively, conversely if the gestational age is less likely to get family support in dealing with the COVID-19 virus then the individual will give an unsettled response and cannot find the best solution when there is a problem in his health condition in dealing with this virus in the sense that there is a relationship between family support and anxiety facing the COVID-19 pandemic (Ristania, 2020).

In a study conducted by Prago the results showed that women are more prone to anxiety than men. This can't be separated from the role of women who undergo dual roles as housewives, and a worker who comes to make a living for her family. As a result of the COVID-19 pandemic, the government issued a large-scale social restriction policy (PSBB), consequently many people work from home, and children also learn from home (study from home). Thus various activities occur in one setting, namely home. This can certainly cause a mother to experience a higher increase in anxiety (Pragholapati, 2020).

Based on the description above it is seen that the number of COVID-19 cases is still high and is a very important health problem to note because in addition to causing problems in physical health, this disease also causes problems in psychological health in the form of anxiety. Family support is also very instrumental in dealing with maternal anxiety facing COVID-19. In addition, the level of knowledge about COVID-19 will also affect the level of maternal anxiety. Thus, this research is important to do.

Methods

This study aims to determine the factors associated with maternal anxiety during the COVID-19 pandemic. This research has received a certificate of ethical conduct from the Health Research Ethics Committee of Sekolah Tinggi Ilmu Kesehatan Immanuel Bandung, number 041/KEPK/STIKI/VI/2021.

The research design used in this research is a quantitative research method of analytical survey research using a cross sectional approach. This study used accidental sampling where 70 mothers were obtained as respondents. The instruments used in this research for knowledge and family support have met the validity and reliability test, while for measuring anxiety was used *Beck Anxiety Inventory* (BAI). Data collection is done online by distributing questionnaires in the form of Google form results obtained will be processed presented in the form of frequency distribution and Spearman Rank statistical test to find out the relationship between variables.

Result

Data was collected with a total of 70 mothers as respondents. The results of the study were described through univariate analysis and bivariate analysis. The results of the analysis of the frequency distribution with the respondent's characteristics group as supporting data to describe the condition of the respondents, and the results of the univariate analysis describe the frequency distribution of knowledge, family support, and maternal anxiety. And the bivariate results aim to determine the knowledge and support of families with maternal anxiety facing the COVID-19 pandemic in RW 13 Lengkong Village. The results of the study can be seen in the following table.

Table 1. Distribution of Characteristics Respondents and Research Variables

Characteristic	Frequency	Percentage
Work		
Labour	3	4.3
Civil servants	6	8.6
Self-employed	7	10.0
Housewives	54	77,1
Age (years)		
20-40	21	30.0
41-50	16	22.9
51-60	26	37.1
>60	7	10
Education		
Junior high school	1	1.4
Senior High school	25	35.7
High Education	44	62.9
Knowledge		
Bad	13	18.6
Moderate	42	60
Good	15	21.4
Family Support		
Bad	6	8.6
Moderate	16	22.9
Good	48	68.6
Maternal's Anxiety		
Mild	57	81.4
Moderate	10	14.3
Severe	3	4.3
Total	**70**	**100.0**

Tabel 1 shows that the respondents were housewives 77.1%, and almost half of respondents aged 51-60 years as much as 37,1% and most of the respondents last education was graduating from college or high education as much as 62,9%. Almost the majority of respondents have enough knowledge as many as 42 people (60%), Good knowledge as many as 15 people (21.4%), and less knowledge as many as 13 people (18.6%). Family support provided is mostly good as many as 48 people (68.6%), a small percentage of family support is in moderate category as many as 16 people (22.9%), and family support is bad about 6 people (8.6%). Almost all mothers had mild anxiety as many as 57 people (81.4%), a small percentage experienced moderate anxiety 10 people (14.3%) and severe anxiety as many as 3 people (4.3%).

Table 2 shows the relationship between the variables of knowledge and family support with maternal anxiety at alpha 5%. Respondents with poor level of knowledge as many as 13 people, it turns out that 76.9% experience mild anxiety, while respondents with family support in moderate category as many as 42 people, it turns out that most of them are also included in the category of mild anxiety.

The results of statistical tests using the Spearman Rank correlation test obtained p-values of 0.02 for knowledge and 0.01 for family support, associated with maternal anxiety. The results showed that there was a relationship between knowledge and maternal anxiety and family support with maternal anxiety during the COVID-19 pandemic. The better the knowledge, the

lower the mother's anxiety, as well as family support. the better the family support, the lower the mother's anxiety in dealing with the covid-19 pandemic.

Table 2. Relationship between Knowledge, Family Support and Maternal Anxiety

Variables	Maternal Anxiety						*p value*
	Mild		Moderate		Severe		
	f	%	f	%	f	%	
Knowledge							
Bad	10	76.9	2	15.4	1	7.7	0.020
Moderate	34	81.0	8	19	0	0	
Good	13	0.0	0	0	2	13.3	
Family Support							
Bad	10	76.9	2	15.4	1	7.7	0.010
Moderate	34	81.0	8	19.0	0	0	
Good	13	0.0	0	0.0	2	13.3	
Total	**57**	**81.4**	**10**	**14.6**	**3**	**4.3**	

Discussion
Mother's Knowledge of COVID-19
Based on research conducted by most of the respondents have enough knowledge as many as 42 people (60%), good knowledge as many as 15 people (21.4%), and less knowledge as many as 13 people (18.6%). A highly educated person has high knowledge, but it does not mean that the poorly educated then the knowledge is low besides that for people who are insightful the better one's knowledge then the better the behavior (Sukesih, Usman, Budi, & Sari, 2020). Factors that affect one's knowledge include educational factors, work factors, experience factors, beliefs, socio-culture (Notoatmodjo, 2014). The results of research obtained from mothers living in the RW 13 lengkong village area have sufficient knowledge (60%), because the level of education of the majority of mothers studied is the completion of college (D3 / D4 / S1 / S2 / S3) as much as (62.9%). This is in line with research conducted by research conducted (Listiani, 2015) that affects a person's knowledge about the prevention of COVID-19 is the education taken.

Family Support
Based on research conducted family support provided mostly has been good as many as 48 people (68.6%), family support is enough as many as 16 people (22.9%), and family support is less than 6 people (8.6%). Almost all respondents felt good family instrumental support (85.7%), Nearly half of the respondents felt enough emotional support (27.1%) and a small percentage of respondents felt less information support (17.1%).
The results of research conducted to mothers that family support obtained by mothers have mostly been good as many as 48 people (68.6%). This is because of the level of education of mothers who mostly graduated from college. The higher the education the higher the support provided to the family because emotional, instrumental, judgmental and reward and informational support can be felt by the mother completely.

Mother's Anxiety Facing COVID-19 Pandemic
Based on the results of almost all of the mothers have mild distress as many as 57 people (81.4%), moderate anxiety 10 people (14.3%) and severe anxiety as many as 3 people (4.3%) Anxiety is an unpleasant emotional reaction to a real danger or imaginer accompanied by

changes in the autonomic nervous system and subjective experiences such as anxiety, pressure, and fear (Retnoningtyas, Atmaja, Inten, & Rahayu, 2017).

Factors that affect anxiety in mothers include age, education and knowledge level, family support, health behaviors, sources of information (Winarsih & Sukarno, 2020). Mild anxiety is related to tension in everyday life causing a person to become alert and increase his perception. Anxiety in mothers often occurs when facing various problems, especially health problems (Ria, Sidabukke, & Siregar, 2020).

The results of research conducted to mothers the majority of mothers have mild anxiety (81.4%) this is due to the COVID-19 pandemic, various activities occur in one setting, namely home and mothers with doubles in addition to working, taking care of households and also accompanying school children. In addition, the amount of news circulating on social media can certainly cause a mother to experience a higher increase in anxiety in line with research conducted on pandemic COVID-19 (Khoiri Oktavia & Muhopilah, 2021).

Relationship between knowledge and maternal anxiety Facing COVID-19 Pandemic

Based on the results of research conducted it is known that there was a relationship between mother's knowledge and the anxiety felt during the COVID-19 pandemic. Based on the results of the study, there is a relationship between knowledge and maternal anxiety facing the COVID-19 pandemic this is in line with research that anxiety is triggered by various factors, one of which is knowledge. There is a relationship between knowledge and anxiety, where the higher the knowledge, the lower the anxiety level (Suwandi & Malinti, 2020).

Knowledge is the basis of one's actions, so it stimulates one to do something. Because the family is the first smallest group unit known and trusted by the mother, the role of the family in increasing maternal knowledge is very important. Based on the findings obtained by researchers, maternal knowledge about the COVID-19 pandemic is mostly knowledgeable. And for his own anxiety experienced mild anxiety. Factors that affect anxiety include knowledge levels, sources of information, and health behaviors. The mother's education and knowledge can affect anxiety. Maternal knowledge is enough to be seen from the last education taken, most of which is college graduation, so that maternal anxiety is mild because they already have enough knowledge about the COVID-19 pandemic.

Relationship between Family Support and Maternal Anxiety Facing COVID-19 Pandemic

Family support was no less important in influencing maternal anxiety. The results showed hat there was a significant relationship between the level of knowledge and maternal anxiety. Goog family support from family is very important because if mother already feels trust, attention, listening and listening, it will decrease the level of anxiety. Emotional support involves expressions of empathy, attention, encouragement, personal warmth, love, or emotional help, getting financial needs, eating, drinking, and rest (instrumental support), guiding and mediating problem solving (assessment or reward support), getting advice, suggestions, information that can be used to express a problem (informational support). Which results in mild anxiety, because the factors that affect anxiety one of them is family support (Adipo, Jumaini, & Damanik, 2017).

Based on the results of research that has been obtained results that there is a relationship between family support and maternal anxiety facing the COVID-19 pandemic this is in line with research that family support can make feeling calmer, more motivated to reduce the pressure that is being felt. With the acceptance of support from the closest people, especially the family, the individual will be healthier physically and psychologically than individuals who

do not receive support so that it affects the decrease in anxiety levels (Saragih, Silitonga, Sinaga, & Mislika, 2021).

Conclusion

Based on the analysis of data and discussions described in the previous chapter, the author concludes as follows: maternal knowledge was obtained by almost most of the respondents with moderate level. Family support provided mostly falls into the good category. Most of respondents felt good family instrumental support. Nearly half of the respondents felt enough emotional support and a small percentage of respondents felt less information support. Maternal anxiety almost entirely falls into the category of mild anxiety. Results of this study is proven that there is a relationship between knowledge and Maternal Anxiety Facing the COVID19 pandemic, there is a relationship between family support and Maternal Anxiety Facing the COVID-19 Pandemic. Suggestions recommended for this study are to provide education to cadres about COVID-19 knowledge, socialization about forms of family support in the form of informational support and maternal anxiety.

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