

## THE RELATIONSHIP OF PREGNANT PRIMIGRAVID KNOWLEDGE ON PSYCHOLOGICAL CHANGES ON TRIMESTER III WITH INSOMNIA OCCURANCE IN DEBY CLINICAL MEDAN

Eva Ratna Dewi<sup>1</sup>, Nur Azizah<sup>2</sup>, Rida Warni Tanjung<sup>3</sup>

evaratna.dewi87@gmail.com  
STIKes Mitra Husada Medan

### ABSTRACT

#### Aim/Objective:

*According to data from the National Sleep Foundation Survey (2014), 78% of pregnant women in the United States experience sleep disorders. While the research results Karger (2013) in France, stated that 75% of pregnant women experience sleep disturbances, most pregnant women experience sleep disturbances, and only 1.9% who did not wake up at night during the third trimester of pregnancy. From the initial survey conducted in Clinic Deby there were 10 pregnant women primigravidae of third trimester, seven pregnant women were less knowledgeable about the psychological changes and three pregnant women who are knowledgeable both about the psychological changes. This study aims to determine the relationship Knowledge About Pregnancy primigravid Psychological Changes In he tird Trimester with Insomnia occurrence in Clinical of Deby Medan*

#### Material and method:

*This research is an analytic cross sectional approach to find out the Relations Knowledge About Pregnancy primigravid on Psychological Changes in the third trimester with insomnia Genesis Clinic Deby, data capture used the total population with a total population of 32 respondents*

#### Results :

*This study used primary data and secondary data by using chi-square The results were obtained from 32 respondents by the level of knowledge of the majority of less knowledgeable as much as 20 respondents (62.5%), and the majority who have insomnia as many as 20 respondents (62.5%), According to the test results used chi-square statistic showed that a connection between knowledge primigravida pregnant women about the psychological changes in the third trimester with an incidence of insomnia evidenced by the value of  $p = 0.028 < 0.05$  was found.*

#### Conclusion:

*It can be concluded that there is a relationship primigravida pregnant women knowledge about the physiological changes in the third trimester with an incidence of insomnia, it is recommended to health workers of Deby to increase knowledge and understanding about the mothers psychological changes pregnant mothers through counseling*

**Keywords:** *Knowledge, Insomnia, Pregnancy*

### INTRODUCTION

Women are social persons, namely psychophysical persons who need physical and psychological relations with other human beings. Women also want to be loved, want to be valued and recognized, want to be counted and get status in their groups. In this connection, women are always concentrating on themselves.

Women portray themselves as emotional, surrender, passive, subjective and physically weak and have a sex drive that changes. Hormonal instability that affects women's feelings and emotions has become a stereotype that has been developed in society so far that women are weak and unstable (Kartini, 2013).

Factors causing changes in the behavior of pregnant women is the increased production of the hormone progesterone. The hormone progesterone affects the psychological condition. But not always the influence of the hormone progesterone is the basis of psychological changes, but also the vulnerability of one's psychic power or better known as personality (Herri, 2012).

In the third trimester is often called the waiting period with full vigilance. In this period the woman begins to realize the presence of the baby as a separate being, so she becomes impatient waiting for the presence of the baby. There are feelings of anxiety remembering the baby can be born at any time. This makes him watch while watching and waiting for signs and symptoms of labor to appear (Elisabeth, 2015).

According to data from the National Sleep Foundation survey (2014), 78% of pregnant women in America experience sleep disorders. While the results of Karger's study (2012) in France, stated that 75% of pregnant women experience sleep disorders. 97% of pregnant women in the third trimester experience sleep disorders. Sleep disorders that are often experienced by pregnant women are a decrease in sleep duration. Most pregnant women experience sleep disorders and only 1.9% do not wake up during the night during the third trimester of pregnancy. Sleep disturbance in pregnant women is caused by anxiety related to changes in parental responsibilities.

Sarma and Franco, in Santiago said that 97% of pregnant women in the third trimester had sleep disorders. Sleep disorders that are often experienced by pregnant women are a decrease in sleep duration. Most pregnant women experience sleep disturbance, only 1.9% who do not fly at night during the third trimester of pregnancy. Sleep disturbance in pregnant women is caused by anxiety related to changes in the responsibilities of a parent (Franco, 2014).

Based on previous research conducted by the results of research by Luluk Mukhoiyaroh (2014) about the Relationship of Primigravida Pregnant Women's Knowledge About Psychological Changes in Trimester III with the incidence of insomnia in Hj Clinic. Dermawati Nasution Medan showed that from 46 respondents who were well informed as many as 10 respondents (20.8%), were well-informed as many as 8 respondents (16.7%) and were less well-informed as many as 28 respondents (58.3%) based on research there was a knowledge relationship. primigravida pregnant women about psychological changes in the third trimester with insomnia (Mukhoiyaroh, 2014).

Based on the initial survey conducted at Deby Clinic, 10 primigravida trimester III pregnant women obtained, there were 3 pregnant women who were well-informed about a psychological changes in trimester III and 7 people who lacked knowledge of psychological changes. Insomnia (insomnia) is caused due to discomforts such as excessive anxiety without cause, emotional disturbances, anxiety before delivery because the mother has never experienced pregnancy and childbirth before.

Based on the description above, the authors are interested in conducting research with the title "Relationship Knowledge of Primigravida Pregnant Women About Psychological Changes in the Third trimester with the incidence of Insomnia in Deby Medan Clinic in 2020.

## **MATERIAL AND METHODS**

The design of this study used an analytical survey method with a cross sectional approach. In this study, the relationship between the independent variables (knowledge of primigravida trimester III pregnant women) with the dependent variable insomnia incidence (Muhammad 2015)

The study was conducted at the Deby Clinic in Badar Street, Medan City District in 2020. The reasons for the research at the Deby Medan Clinic are: The population is

sufficient to be sampled. Based on the initial survey it turns out that the mother's knowledge about psychological changes in the third trimester is still lacking, the research location at the Deby Clinic no one has researched the same title yet. Population is the whole object of research or the object under study.

The population in this study were all trimester III primigravida pregnant women in the Deby Clinic in 2020, totaling 32 people. The collected data is presented in the form of a frequency distribution variable. Bivariate analysis is used to determine the relationship (correlation) between the independent variable (independent variable) with the dependent variable (dependent variable). To prove that there is a significant relationship between the dependent variables used in the Chi-square analysis, at the significance of the calculation of the variable p Value (0.05), it is said (Ho) is rejected, meaning that the two variables have a significant relationship (Muhammad, 2015).

## RESULT

From the results of the study entitled Primigravida's Knowledge of Pregnancy Relationship About Psychological Changes in Trimester III With the Incidence of Insomnia in the Deby Clinic in Medan in 2020 with a sample of 32 people. After being collected, then the data is processed and analyzed, the results obtained are as follows.

**Tabel 4.1.1 Frequency Distribution of Primigravida Pregnant Knowledge of Psychological Changes in Trimester III With the Incidence of Insomnia in Deby Clinic Medan**

No	Pengetahuan	F	%
1	Baik	12	37,5
2	Tidak Baik	20	62,5
<b>Jumlah</b>		<b>32</b>	<b>100</b>

Based on table 4.1.1 above, it can be concluded that the distribution of knowledge frequency in Primigravida

Pregnancy About Psychological Changes in Trimester III in Deby Clinic in 2020 towards 32 respondents, the most respondents were examined that the knowledgeable were not good 20 respondents (62.5%) , and the smallest who have good knowledge are 12 respondents (37.5%).

**Table 4.1.2 Frequency Distribution of Respondents by Age of Primigravida Pregnant Women About Psychological Changes in Trimester III With the Incidence of Insomnia in Deby Medan Clinic in 2020**

No	Usia	F	%
1.	16-20 Tahun	11	34,4
2.	21-25 Tahun	16	50
3.	25-30 Tahun	5	15,6
<b>Total</b>		<b>32</b>	<b>100</b>

Based on table 4.1.2 above, it was concluded that the frequency of respondent characteristics based on age in Primigravida Pregnancy About Psychological Changes in Trimester III in Deby Clinic in 2020 against 32 respondents Most respondents aged 21-25 years were 16 respondents (50%), and the Smallest respondents 25-30 years old as many as 5 respondents (15.6%)

**Table 4.1.3 Frequency Distribution Based on Primigravida Pregnant Women's Education About Psychological Changes in Trimester III With the Incidence of Insomnia in Deby Medan Clinic in 2020**

No	Pendidikan	Jumlah	
		F	%
1.	SMP	17	53,1
2.	SMU	12	37,5
3.	PT	3	9,4
<b>Total</b>		<b>32</b>	<b>100</b>

Based on table 4.1.3 above, it can be concluded that the characteristics of respondents based on education in Primigravida Pregnant women About

Psychological Changes in Trimester III in Deby Clinic in 2020 of 32 respondents. PT-educated as many as 3 respondents (9.4%)

**Table 4.1.4 Frequency Distribution Based on the Work of Primigravida Pregnant Women About Psychological Changes in Trimester III With the Incidence of Insomnia in the Deby Clinic Medan in 2020**

No	Pekerjaan	F	%
1.	IRT	20	62,5
2.	Wiraswasta	2	31,3
3.	Karyawan	10	6,3
<b>Total</b>		<b>32</b>	<b>100</b>

Based on table 4.1.4 above it can be concluded that the characteristics of respondents based on work in Primigravida Pregnant Women About Psychological Changes in Trimester III in Deby Medan Clinic in 2020 against 32 respondents Most respondents worked as IRTs as many as 20 respondents (62.5%), and the Most small respondents work as employees as many as 10 respondents (6.3%).

**Tabel 4.1.5 Distribusi Frekuensi Berdasarkan Informasi Responen Ibu Haml Primigravida Tentang Perubahan Psikologis Pada Trimester III Dengan Kejadian Insomnia Di Klinik Deby Medan Tahun 2020**

No	Sumber Informasi	F	%
1	Media Cetak	14	43,8
2	Media Elektronik	10	31,8
3	Tenaga Kesehatan	8	25
<b>Total</b>		<b>32</b>	<b>100</b>

Based on table 4.1.5 above it can be concluded that the characteristics of respondents based on sources of information on primigravida pregnant women about psychological changes in the third trimester at the Deby Medan clinic in 2020 against 32 respondents, where the largest number of print media was 14

respondents (43.8%), and the smallest were 8 respondents (25%).

**Tabel 4.1.6 Distribusi Frekuensi Ibu Hamil Primigravida Di Trimester III Dengan Kejadian Insomnia Di Klinik Deby Medan Tahun 2020**

No	Insomnia	F	%
1	Ya	20	62,5
2	Tidak	12	37,5
<b>Total</b>		<b>32</b>	<b>100</b>

Based on Table 4.2. Of the 32 respondents studied, it was found that the majority of primigravida pregnant women in the third trimester were the largest with insomnia, as many as 20 respondents (62.5%), and the smallest primigravida pregnant women in the third trimester who did not experience insomnia were 12 respondents (37, 37, 5%)

#### 4.2 Bivariate Analysis

**Table 4.1.7 Frequency Distribution of Primigravida Pregnancy Knowledge Relationships About Psychological Changes in Trimester III with the Incidence of Insomnia in Deby Medan Clinic in 2020**

No	Pengetahuan	Kejadian Insomnia				Total	P Value	
		Ya		Tidak				
		F	%	f	%			F
1.	Baik	1	3,1	11	34,4	12	37,5	0,000
2.	Tidak Baik	19	59,4	1	3,1	20	62,5	
<b>Total</b>		<b>20</b>	<b>62,5</b>	<b>12</b>	<b>37,5</b>	<b>32</b>	<b>100</b>	

Data Source: 2020 Research Data Processing Results

Based on Table 4.1.7 known from 12 respondents who have good knowledge, mothers who answered the occurrence of insomnia with Yes answers were 1 respondent (3.1%), and those who answered No Insomnia were 11 respondents (34.4%), while from 20 respondents those who did not know well were known to mothers who answered insomnia with Yes answers to 19 people (59.4%), and those who answered No Insomnia were 1 respondent (3.1%). Chi-square test is a statistical test conducted on two variables that are thought to be

related. To find out whether there is a relationship between these two variables. In the study, a chi-square test was performed with chi-square personnel. Based on the results of bivariate analysis, Chi-square test results obtained above with a confidence level of 95%  $\alpha = 0.05$  obtained P-value (0,000)  $< \alpha$ -value (0.05) then  $H_a$  is accepted. Thus it can be concluded that there is a Relationship between Primigravida Pregnant Women's Knowledge About Psychological Changes in Trimester III with Insomnia in Deby Medan Clinic in 2020.

## 4.2 Discussion of Research Results

After conducting research on 32 respondents namely Knowledge of Primigravida Pregnant Women About Psychological Changes in Trimester III With the Incidence of Insomnia in the Deby Clinic Medan in 2020 can be discussed as follows

### 4.2.1 Relationship of Mother's Knowledge Hamil Primigravida About Psychological Changes in Trimester III With the Incidence of Insomnia in the Medan Medan Clinic in 2020

Based on Table 4.1.7 known from 12 respondents who have good knowledge, mothers who answered the occurrence of insomnia with Yes answers were 1 respondent (3.1%), and those who answered No Insomnia were 11 respondents (34.4%), while from 20 respondents those who did not know well were known to mothers who answered insomnia with Yes answers to 19 people (59.4%), and those who answered No Insomnia were 1 respondent (3.1%). Based on the results of the chi-square test showed that significant or Pearson chi-square 0,000  $< 0.05$  then  $H_a$  was accepted and  $H_o$  was rejected which states that there is a relationship of knowledge of primigravida pregnant women about psychological changes with the incidence of insomnia in the Deby Clinic Medan in 2020.

According to the authors with research conducted and the results obtained, that pregnant women who experience insomnia

due to anxiety or feeling uneasy, worries before delivery because for these mothers pregnancy and childbirth the first, difficulty sleeping often occurs in pregnant women for the first time, especially if the stomach mother had enlarged so it was difficult to find a comfortable position. and insomnia can be prevented by sleeping as needed, having a regular and rational sleep schedule, not working when going to sleep, a comfortable bedroom, reducing noise, reducing light, not sleeping in a hungry condition, balanced healthy nutrition, relieving anxiety. Insomnia experienced by third trimester pregnant women often occurs due to fears before delivery so that mothers find it difficult to find a comfortable sleeping position for mothers, discomfort is the cause of reduced hours of sleep.

## CONCLUSION

After conducting research on the Relationship of Primigravida Pregnant Knowledge About Psychological Changes in Trimester III With the Incidence of Insomnia in Deby Medan Clinic in 2020, the following conclusions can be drawn:

Based on the knowledge of the majority of good knowledgeable mothers as many as 12 respondents (37.5%), poor knowledge of 20 respondents (62.5%). Based on the incidence of insomnia in Primigravida pregnant women about psychological changes, that the majority of pregnant women who experienced insomnia were 20 respondents (62.5%) and the minority who did not have insomnia were 12 respondents (37.5%). Based on the results of the chi-square test with a value of  $p = 0,000 < 0.05$  shows there is a relationship between the knowledge of the mother with the incidence of insomnia in the Deby Clinic Medan in 2020.

It is expected that this Scientific Writing can be used as an evaluation material for educational institutions especially the STIKes Mitra Husada Medan and can be a reference material for further researchers. Suggestions To Future Researchers With this research it is hoped

that it can add reading material as a comparison for the research to be conducted.

## REFERENCE

1. Asrinah, 2015 *Asuhan Kebidanan Masa Kehamilan*. Yogyakarta: Graha ilmu
2. Bartini I, 2012 *asuhan kebidanan pada kehamilan normal*. Yogyakarta: Selembah Medika
3. Dr. Yekti Susilo AW, 2014. *Cara Jitu Mengatasi Insomnia*. Yogyakarta: Offset
4. Dr. Taufan Nungroho M, 2014 *Asuhan Kebidanan I (kehamilan)*. Yogyakarta: Nuha Medika
5. H.S R, 2012 *Pedoman dan perawatan kehamilan yang sehat & menyenangkan*. Bandung: CV Nuansa Aulia
6. Herri Zan Pieter S.Psi dll Ms. 2012 *Pengantar psikologi kebidana*. Jakarta: Kencana
7. Iqbal W, 2012 *Promosi Kesehatan Untuk Kebidanan*. Gresik: Salembah Medika
8. Janiwarty, 2013 *Pendidikan psikologis untuk bidan*. Yogyakarta: Kencana
9. Muhammad I, 2015 *Panduan Penyusunan Karya Tulis Ilmiah Bidang Kesehatan*. Bandung: Cita Pustaka Media Perintis
10. Notoatmojo, 2012 *Promosi Kesehatan dan Prilaku Kesehatan*. Jakarta: PT Rineka Cipta
11. Rukiyah AY, 2014 *asuhan kebidanan pada ibu hamil & menyusui*. Jakarta Timur: CV. Nuansa Aulia
12. Subiyanto VP, 2012 *Cara Sehat dan Aman Menghadapi Persalinan*. Klaten: Cable book
13. Wetriningsih, 2012 *Buku Ajar Kebidanan*. Yogyakarta: Andi Offset