

Tingkat kecemasan dan aktifitas fisik ibu hamil selama Pandemi COVID-19 = Anxiety levels and physical activity of pregnant women during the COVID-19 Pandemic

Fanny Rahma Sary, author

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Abstrak

Ibu hamil merupakan populasi yang beresiko tinggi selama masa pandemi COVID-19. Penelitian ini bertujuan untuk mengidentifikasi tingkat kecemasan dan aktifitas ibu hamil selama masa pandemi COVID-19. Penelitian ini merupakan online survey yang melibatkan 124 ibu hamil di Pulau Jawa. Instrumen yang digunakan pada penelitian ini yaitu terjemahan Coronavirus Pandemic Anxiety Scale–15 (CPAS-15) dan Pregnancy Physical Activity Questionnaire (PPAQ). Hasil penelitian ini menunjukkan sebanyak 43,5% ibu hamil mengalami kecemasan berat. Aktifitas ibu hamil selama pandemi mencakup aktifitas rumah tangga, aktifitas okupasional, dan aktifitas olahraga atau latihan fisik. Berdasarkan penilaian kuesioner aktifitas fisik didapatkan nilai tengah intensitas minimal (Median 49.35) , intensitas ringan (Median 79.62) , dan intensitas sedang (Median 23.62). Penelitian ini menunjukkan perlunya penelitian lebih lanjut yang menggali lebih jelas tentang kecemasan dan aktifitas fisik ibu hamil selama pandemi.

.....Pregnant women are a high-risk population during the COVID-19 pandemic. This study aims to identify the level of anxiety and activity of pregnant women during the COVID- 19 pandemic. This study is an online survey involving 124 pregnant women in Java. The instruments used in this study were the translation of the Coronavirus Pandemic Anxiety Scale–15 (CPAS-15) and the Pregnancy Physical Activity Questionnaire (PPAQ). The results of this study showed that as many as 43.5% of pregnant women experienced severe anxiety. Activities of pregnant women during the pandemic include household activities, occupational activities, and sports activities or physical exercise. Based on the physical activity questionnaire, the median intensity was minimal (median 49.35 MET), mild intensity (median 79.62 MET), and moderate intensity (median 23.62 MET). This study shows the need for further research that explores more clearly about the anxiety and activities of pregnant women during the pandemic.