

The Relation Between Religiosity and Anxiety Levels in Adolescent Expectant Mothers

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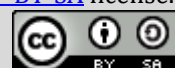
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ABSTRACT

Adolescence is a very important period in human life because during this period there are changes both physically, mentally, socially, and emotionally. In pregnant women who are teenagers, it has a big influence on psychology, one of which is anxiety. There are several other factors, one of which is religiosity which can affect a person's self-quality in understanding and practicing his religious values so understanding of religion needs to be explored further so that it can reduce anxiety, especially in teenage pregnant women. This research method uses quantitative research with an emphasis on numerical analysis. which will be measured and processed through statistical analysis with correlational research to determine the strength or relationship between design variables. The research design is an analytical survey using a cross-sectional approach. using the religiosity questionnaire and the Hamilton Rating Scale for Anxiety (HARS). with the level of anxiety in teenage pregnant women in Kec. Kersamanah Kab. arrowroot So it is necessary to have counseling or health education for pregnant women so that the level of anxiety can be reduced and it is hoped that pregnant women will always think about it and do positive things so that it can help reduce anxiety.

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Introduction

Adolescence is a very important period in human life because during this period changes occur both physically, mentally, socially, and emotionally [1]. According to the World Health Organization (WHO), adolescents are residents in the age range of 10-19 years [2]. Changes in adolescence put teenagers at risk of committing deviant behavior, namely criminal acts, pregnancy out of wedlock, and marriage as a teenagers. According to Hurlock, teenage pregnancy is a pregnancy that occurs before the age of 19 years. This pregnancy is usually unplanned and outside of marriage. In Indonesia, the number of cases of early marriage reaches 50 million people with an average age of marriage of 19.1 years. Based on national survey data conducted by the Central Statistics Agency in 2020-2022 in Indonesia, it shows that in all West Java provinces women aged 20-24 years who were married or living together before the age of 18 years in 2020 were 11.96%, in 2021 namely 10.09 and in 2022, namely 8.65% of teenage pregnancies are still seen as a social, economic, psychological and educational obstacle for pregnant women [3].

Teenage pregnant women have the potential to experience anxiety because it is influenced by physical and psychological readiness, according to Ref. [4] anxiety is a natural emotional disturbance that is characterized by feelings of deep fear or worry and the cause is unclear. The impact of anxiety on pregnant women is that it can result in premature birth for pregnant women, postpartum depression, Caesarean section, separation anxiety disorder, not wanting the baby to be born, behavioral disorders in children (baby blues), and the risk of giving birth to a low birth weight baby (LBW).

Several factors can influence a person's anxiety, one of which is the appreciation of religiosity. Religiosity is a condition that exists within a person that encourages him to behave according to the level of his devotion to religion. A person's anxiety comes from the will of Allah SWT, so the opposite of anxiety is calm, and this calm comes from the will of Allah or from Allah Himself who brings calm (QS Alfath: 4) [5]. High religiosity makes pregnant women feel safe and calm, by believing that Allah is the master of fate and death so that they are more resigned to facing pregnancy until delivery. If a pregnant mother does not have a good relationship with God, the mother will tend to blame herself, feel her burden increases, and feel afraid and anxious if the baby she is carrying will be born with spiritual and physical disabilities because of the sins she has committed.

Previous research conducted by Ref. [6] stated that there is a significant relationship between religiosity and anxiety in facing childbirth with a low strength of relationship. Supported by Ref. [7] states that there is a relationship between spiritual support and the anxiety level of third-trimester pregnant women in the COVID-19 Pandemic Era. Previous

research was conducted on pregnant women of all ages. There has been no research on whether pregnant women are teenagers.

Previously, researchers conducted a preliminary study in Kec. Nagreg District. Bandung but the population did not meet the criteria, therefore the researchers conducted a preliminary study on Sunday 29 January 2023 using short interviews with ten pregnant women and five teenagers in Kersamanah District, Garut, Indonesia. Several pregnant women said they felt anxious about their pregnancy because this pregnancy was their first, afraid that the baby they would give birth to would be disabled afraid of changes in the attitude their husband would give them because of physical changes, worried about whether they would be able to take care of their child. well, and some feel afraid that their children will not be accepted in their environment

The general aim of this research is to identify the relationship between religiosity and anxiety among teenage pregnant women in Kersamanah District, Garut. Specific objectives include more detailed things that must be achieved by researchers. The specific objectives of this research are as follows: Identifying the characteristics of respondents, namely teenage pregnant women, Identifying the level of religiosity in teenage pregnant women, and Identifying the level of anxiety in mothers. teenage pregnancy. Identifying the relationship between religiosity and anxiety in teenage pregnant women.

Method

This research method uses a quantitative type of research with emphasis on the analysis of numbers that will be measured and processed through correlational research statistical analysis to determine the strength or relationship between design variables [8]. The design of this research is an analytical survey using a cross-sectional approach. Where the relationship between independent variables and variables is dependent on a situation and the research subject is only measured once.

The sample for this research was 85 respondents selected using the Slovin formula from a population of 108 teenage pregnant women in the district. By using a purposive sampling technique. The inclusion criteria for this study were willing respondents, pregnant women aged 16-17, and Moslems. Meanwhile, the exclusions were pregnant women who were pregnant, and pregnant women who could not communicate well so that they could become respondents. This research used a religiosity questionnaire with a validity test value of 0.05 and a reliability of 0.9209 and the Hamilton Rating Scale for Anxiety (HARS) with a value of validity test 0.93 and reliability 0.97. The analytical tool used is the Spearman correlation test. The ethical clearance number is 560/KEP.01/UNISA-BANDUNG/IV/2023.

Results

Following are the results of the analysis of respondents' characteristics based on marital status, employment, age, level of anxiety, and religiosity.

Table 1. Marital status of teenage pregnant women

Marital status	N	%
Marry	80	94.1
Divorced	2	2.4
Death divorce	2	2.4
Not married	1	1.2
Total	85	100.0

Based on Table 1 above, the results of the research show that the characteristics of respondents based on the marital status of teenage pregnant women were mostly married, namely 80 people (94.1%), divorced status was 2 (2.4%), divorced status was 2 (2.4%). 2.4%) and unmarried 1 (1.2%).

Table 2. Employment status of teenage pregnant women

Work	N	%
Household	75	88.2
Labor	10	11.8
Total	85	100.0

Based on Table 2 above, research results show that the highest employment status among teenage pregnant women is housewives with several 75 (88.2%), and workers with several 10 (11.8%).

Table 3. Age of teenage pregnant women

Age	N	%
16 years	3	3.5
17 years	8	9.4
18 years	27	31.8
19 years	47	55.3
Total	85	100.0

Based on Table 3 above, the research results show that the respondents based on age are teenage pregnant women with the highest number, namely pregnant women aged 19 years with a total of 47 (55.3%) and secondly pregnant women aged 18 years with a total of 27 (31.8%), 17-year-olds with a total of 8 (9.4%) and 16-year-olds with a total of 3 (3.5%).

Table 4. Anxiety levels among teenage pregnant women

Anxiety level	N	%
No anxiety	15	17.6
Mild anxiety	23	27.1
Moderate anxiety	24	28.2
Severe anxiety	23	27.1
Total	85	100.0

Based on Table 4 above, research results show that the highest level of anxiety in teenage pregnant women is moderate anxiety with number 24 (28.2%) then the second is mild and severe anxiety with 23 (27.1%) and there was no anxiety with the number 15 (17.6%).

Table 5. Religiosity among teenage pregnant women

Religiosity	N	%
Low	63	74.1
Moderate	20	23.5
High	2	2.4
Total	85	100.0

Based on Table 5 above, research results show that religiosity among teenage pregnant women in the district. District cooperation. Garut was found to have low religiosity totaling 63 (74.1%), moderate religiosity 20 (23.5%), and high religiosity 2 (2.4%).

Table 6. Relationship between Religiosity and Anxiety Levels in Pregnant Teenage Women

Anxiety	Religiosity			p-value
	Low	Moderate	High	
No	9	5	1	0.045
Low	15	8	0	
Moderate	20	3	1	
High	19	4	0	
Total	63	20	2	

Based on the output, the sig (2-tailed) value is 0.045 because the sig. smaller than 0.05 means there is a significant relationship between the variables religiosity and anxiety. This shows that H_0 is rejected and H_a is accepted, so it can be concluded that there is a significant and unidirectional relationship between religiosity and anxiety levels in teenage pregnant women.

Discussion

Based on correlation analysis, it was found that there was a relationship between religiosity and anxiety levels in teenage pregnant women ($p\text{-value} = 0.045$). This shows that there is a relationship between religiosity and the level of anxiety in teenage pregnant women

in Kersamanah District, Kab. Garut. This research is supported by several previous studies in several areas conducted by Ref. [6] stating that there is a significant relationship between religiosity and anxiety in facing childbirth with a low strength of relationship. Health workers and families are expected to provide spiritual support and moral support to pregnant women, both during ANC and at other times.

Based on the research findings, the majority of pregnant women experience mild anxiety 27.1%, moderate anxiety 28.2% and severe anxiety 27.1% which when added up becomes 82.4% of 100% of the anxiety value in teenage pregnant women . which is based on the level of anxiety according to which it is said to be anxiety if disturbing feelings arise so that people feel worried which can affect a person's pattern of focusing attention. This can be influenced by the young age of the pregnant woman and several factors including internal psychological factors in the form of hormonal changes during pregnancy and external factors in the form of experiences, emotional disturbances, family support, husband's support, and religiosity [9].

During pregnancy, there is an increase in the hormone progesterone which causes emotional disturbances and makes the mother tired quickly, thus having an anxious effect on pregnant women. The hormone adrenaline also increases, causing dysregulation of the body's biochemistry, resulting in physical tension in pregnant women, such as irritability, restlessness, inability to concentrate thoughts and anxiety [10].

Based on the data obtained on the religiosity of teenage pregnant women, a low religiosity value was obtained with a value of 74.1%. This can occur because the dimension of religiosity in pregnant women is low according to Ref. [11]. Religiosity is the rules and ways of serving God that are collected in the holy books which must be understood and have binding properties for humans because religion binds humans to God. The aspect of religiosity is very important in overcoming how a person can accept everything that happens to a person, both positive and negative. When someone has faith in religion and God, then that person will be more able to accept what happens to their life. One form of religion is the habit of *dhikr*. When pregnant women get used to *dhikr*, pregnant women will feel close to Allah SWT, therefore their level of self-confidence, feelings of security, and peace will increase so that the anxiety felt by pregnant women will decrease.

Anxiety is a mental condition that is almost always felt by other people. This often arises, especially when someone faces serious problems or stressful situations, resulting in anxiety, panic, confusion, unease, and so on. When a pregnant woman gets used to *dhikr*, she will feel that she is close to Allah, under His care and protection, the *dhikr* sentences used are the stiffer sentences: *Astagfirullahal'azhiim* (I ask forgiveness from Allah the Almighty) and

shalwar. These dhikr sentences are said repeatedly to be a learning and training process to build effort and sincerity to achieve pleasure, love, and encounter with Allah SWT [12].

In this study, all respondents were teenage pregnant women. Several factors can influence a person's anxiety, one of which is the appreciation of religiosity according to Ref. [13]. A person's anxiety comes by the will of Allah SWT, so the opposite of anxiety is calm, and this calm comes by the will of Allah or from Allah Himself who brings calm (QS Alfath: 4) and it is necessary to know that the way to get someone's mental and inner peace humans who are servants of Allah always remember Allah (QS area's: 28) therefore religiosity is indirectly related to anxiety. The role of religiosity in pregnant women is very important for their lives.

Conclusions

This research shows that there is a relationship between religiosity and anxiety levels in teenage pregnant women. So there is a need for counseling or health education for pregnant women so that anxiety levels can be reduced and it is hoped that pregnant women will always do dhikr and do positive things related to religion so that they can help reduce anxiety and bad thoughts about pregnancy.

Conflict of Interest

The authors declare that there is no conflict of interest.

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