

# Degree of Emesis Gravidarum at Pregnant Women and Psychological Conditions: An Empirical Study at Midwife Independent Practice

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**Abstract:** Emesis gravidarum is a normal or common symptom in the first trimester of pregnancy. Excessive frequency of emesis gravidarum causes reduced body fluids, so that the blood becomes thick and blood circulation to the tissues is delayed. The objective of research is to determine the relationship between the socio-cultural and psychological conditions of pregnant women towards the degree of emesis gravidarum at PMB Dety Damayanti. This research is a descriptive research using a correlative method. In this study using a cross-sectional approach. The population studied was pregnant women in the first trimester at PMB Dety Damayanti as many as 45 respondents. The sample in this study used the slovin formula of 40 respondents. The results showed that three variables had a significant relationship with the degree of emesis Gravidarum at PMB Dety Damayanti in 2023, namely social conditions ( $p=0.023 < 0.05$ ) and an OR value of 11.000, cultural conditions ( $p=0.027 < 0.05$ ) and an OR value of 2.083 and the psychology of pregnant women ( $p=0.008 < 0.05$ ) and an OR value of 12.000.

**Keywords:** Emesis Gravidarum; Pregnant Women; Psychological Conditions

## Introduction

Emesis gravidarum is the main complaint that is most commonly experienced by pregnant women almost every year in the whole world (Carolin et al., 2020). Pregnancy that occurs causes hormonal changes in women because there is an increase in hormones (Tkachenko et al., 2014) on estrogen, progesterone and production of the hormone HCG (Human Chorionic Gonadotrophin), due to the hormone progesterone and estrogen increase during pregnancy causing lower penile muscle tone (Garcia, 2023). Evidently, so long as the motility of the game is intruded and gives rise to various complications from mild to severe, and there is a lack of air in the lungs, so the mother often feels nauseous and vomits (Andreone et al., 2023).

The incidence of emesis gravidarum in this case is at least 14% of all pregnant women in the world (Dean et al., 2018). The highest rate of emesis gravidarum in the

world is found in the country of Norway with a rate of 2.2%. The case of gravidarum disease which occurs in Indonesia is 50-85% of pregnant mothers (Utama et al., 2021). Results of research Elsa W & Pertiwi (2012) with the research title "Relationship Parity of Pregnant Mother Trim "Ester I and the Occurrence of Emesis Gravidarum in Terrace Community Health Center". it was found that 64% of pregnant women who were primigravidas experienced emesis gravidarum and 36% of pregnant women did not experience emesis gravidarum due to the happiness that mother feels. As many as 74% of multigravids don't have gravidarum due to experience and are used to monitor pregnancy, and as many as 25.8% of multigravid pregnant mothers experience gravidarum disorders due to psychological factors. I'm currently pregnant. Whether due to previous pregnancies, pregnancy is not a plan or a cause for concern. Pregnancy and childbirth previously.

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According to the Health Profile of Banten Province, the number of death cases in Banten Province in 2018 was 135 cases, in 2019 there were 215 cases and in 2020 there were 237 cases. This shows that the cases of maternal death in 2020 will increase from the previous year. A total of 237 cases of maternal death came from 76 cases of maternal death in pregnant women (Banten, 2021).

## Method

This research design uses an analytical survey research method (Christensen et al., 2011), namely survey or research that tries to explore how and why health phenomena that occur, then analyze the dynamics of the correlation between phenomena or between risk factors and effect factors. The fact of the effectiveness of the work of the state is the fact of the consequences of-adanuah the fact of resilience, the fact of resilience of the state is the fact of the work of the state of the phenomenon of the state is the fact of the effect of the occurrence effect (refluence). In the diagram can be described as the flow of research as follows Figure 1.

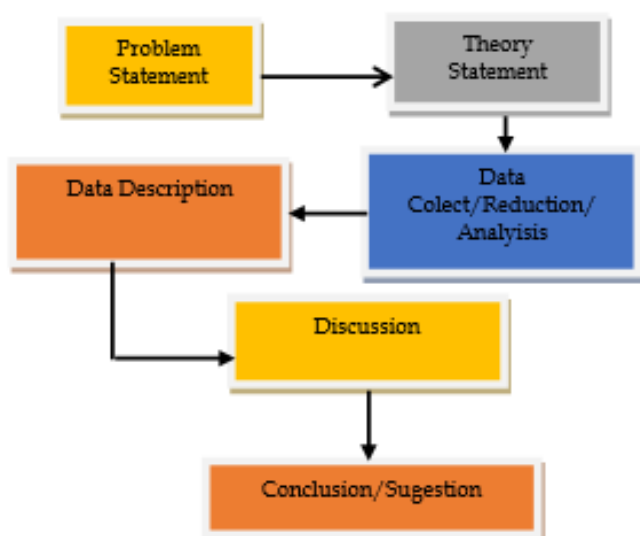


Figure 1. Logical Flow of Research

The research results are all research objects or money objects studied. The date of the renewal of the PMB of the Democratic Republic of Korea in 2023 is 45 days. Samrel is part of the amount and characteristics of money owned by this population (Sugiyono, 2019). The sample in this study were pregnant women in their first trimester who experienced Emesis Gravidarum according to the inclusion and exclusion criteria so that they were not landed. and the number of samples is 40 respondents. The sample size in this research on land was determined by the Slovin formula. Dated calculation According to Arikunto (2010), dated is the

result of a research report, whether money is facta or decreases in numbers. The money data used in this currency is in the primary and in the secondary.

In this research, rimer data was obtained from the respondents, namely from the results of filling out the money questionnaire filled in directly by the respondents. Meanwhile, secondary data was obtained from the documentation of the Seratan Public Health Service, which records the total number of pregnant women who came to PMB Detu Damayanti. Data processing using SPSS version 26 for windows and analyzed univariately to describe the independent and dependent variables in This research was continued with a range of bivariate data to see the relationship between the two variables.

## Result and Discussion

### *The Relationship Between Psychologically Pregnant Women with Emesis Degree Gravidarum*

Based on the results of the research, it is known that there is a relationship between the psychology of pregnant women and the degree of emesis gravidarum in pregnant women at PMB Detty Da mayanti, as evidenced by the value of  $\rho$  ( $0.008 < \alpha$  ( $0.05$ )). From the results of the analysis, it was obtained a Ratio Prevalence (RP) value of 12,000 with a CI of 95% = 2,018-71,357, which shows that pregnant women who are social conditions about 12,000  $\approx$  12 times have a mild degree of emesis gravidarum. The direction of the relationship shows a positive relationship, with the interpretation of a strong relationship so that the higher the stress level of the mother, the higher the degree of emotion mother.

These results reinforce previous research conducted by Syamsuddin et al. (2018), entitled The Relationship Between Gastritis, Stress, and Husband Support Patients with Emesis Gravidarum Syndrome found that there is a relationship between stress levels and emesis gravidarum. The results of this study are in accordance with those stated by Dolo & Rusmawati (2020) Psychological factors are very involved in the etiology of gold. is gravidarum and affects the duration and severity of existing symptoms. An unplanned pregnancy, or a work or financial burden will cause emotional suffering, ambivalence, and co-occurrence. The body's response to stress includes physical, mental, emotional, and chemical reactions (Zamkah et al., 2020). Scary, fun, dangerous events can cause stress. Certain stress is a natural thing and may be necessary for life, but stress that occurs continuously at a fairly high level can at has a bad influence on health. In pregnant women, it is known that stress can exacerbate nausea and vomiting (Reeder et al., 2011).

According to research results Rorrong et al. (2021) with the title *Psychological Relationship between Pregnant Women and Emesis Gravidarum* that patients with Emesis Gravidarum have low depression and anxiety scores. higher than patients in control cases who do not experience emesis gravidarum, research shows that an increase in anxiety and depression si may be involved in the occurrence of emesis gravidarum and additional psychological conditions needed during treatment and follow-up in emesis gravidarum patients.

The results of this study are also in line with the results of the study by Bazarganipour et al. (2015) m concluding that there is a relationship between the severity of nausea Regardless of the level of stress, research shows that women with severe nausea and vomiting experience have a high level of stress. Hariwijaksono (2023), stated that the psychological relationship of mothers is very close to the occurrence of emesis gravidarum, when mothers feel happy and happy, in the blood will release the neurotransmitter of pleasure substances so that it will cause comfort and the baby in the womb will also feel sick nang. On the other hand, if the mother feels pressured, burdened, anxious, and stressed, she will release substances in her blood that contain an uncomfortable feeling. so that it can exacerbate the occurrence of nausea, vomiting.

Another study conducted by Suhaid et al. (2022) on emesis gravidarum and the risk of emotional disturbances during and after pregnancy It was found that women with emesis gravidarum had higher emotional pressure than women without emesis gravidarum. Mujayati et al. (2022) stated that emesis gravidarum is caused by various factors, one of which is a psychological factor. Psychological changes that occur in pregnancy include, namely, the mother feels unwell and often hates her pregnancy. Many mothers feel disappointment, rejection, anxiety, and sadness. Often times usually in early pregnancy, mothers wish not to get pregnant. Nearly 80% are disappointed, refuse, anxious, depressed, and moody, mental disorders by 15% in pregnant women. The stress that occurs in pregnant women can exacerbate the occurrence of nausea and vomiting (Azizah et al., 2022).

Depressive disorders, stress and anxiety in emesis gravidarum, it was found that women with moderate depression and severe anxiety have a relatively high risk of suffering from emesis gravidarum (Balik et al., 2015). Depression and anxiety are more common in women with emesis gravidarum who have weak social relationships, low education and high levels of at low income. There was a lot of pressure from psychologists is in women who experience acute emesis gravidarum, attention to women with emesis gravidarum should focus on relief of nausea and vomiting (Alameddine et

al., 2021; Elkins et al., 2022; Hussein, 2020; Maslin et al., 2021).

The psychological condition of pregnant women can be caused by various causes or sources, in terms that are more commonly called stressors. Stressors are circumstances or situations, objects or individuals that can cause stress. Stressors can be divided into three, namely physical, social and psychological stressors. Stress during pregnancy can also affect the mother's mood so that the mother feels irritated, full or you are sad, and other problems can also cause depressed mothers (Jahan et al., 2021).

So it can be concluded that the psychological level is related to the degree of emesis gravidarum, so emesis gravidarum can be reduced by maintaining so that the psychological condition is always stable, and think positive and accept pregnancy as something very happy so that you don't there is a psychic burden during pregnancy (Feijen-de Jong et al., 2022).

According to the assumptions of the researchers, emesis gravidarum occurred because the respondents were in the first and early second trimesters, where in at that time, there was an increase in the level of the hCG hormone which caused nausea and vomiting (Fejzo et al., 2019; Liu et al., 2022). Besides that, the nausea and vomiting that occurred was compounded by the psychological factors of stress and poor nutritional status of the mother. Misaroh & Proverawati 2011)said that increasing levels of progesterone, estrogen, and human chorionic gonadotropin (hCG) can increase being a trigger factor for nausea and vomiting, this is exacerbated by the presence of other causes related to endocrine, psychological, metabolic factors, spiritual, environmental and sociocultural.

## Conclusion

The frequency distribution of 40 pregnant women respondents in the category of high majority social conditions as many as 23 people (74.2%), in the category of high majority cultural conditions as many as 25 respondents (80.6%), Psychological category of Pregnant Women as many as 20 respondents (64.5%) mild Emesis Gravidarum Degree. It is known that there is a relationship between the level of Social Conditions l The culture and psychology of pregnant women regarding the degree of emesis gravidarum is shown by having a mild emesis gravidarum at PMB Detty Damayanti, Pregnant women who have a good psychological understanding of emesis gravidarum have a 12,000 ~ 12 times chance of having a mild degree of emesis gravidarum.

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### Conflicts of Interest

In this research, there is no tug of interest and or hidden interests among the researchers. In addition, this research is also not an order from any funder because it is an independent research, or in other words, the research team itself plays a role in preparing proposals, selecting topics, conceptualizing problems, collecting data, analyzing problems, drawing conclusions until the publication stage in this journal.

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