

The Role of Family Support on Self Efficacy Recovery Pregnant Women Confirmed Covid-19

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ABSTRACT

Background: As much as 4.9% of Covid-19 sufferers are pregnant women. This shows that pregnant women are a vulnerable target group. One of the factors that affect the self-efficacy of recovery pregnant women with Covid-19 is family support. Family support is an important factor for the recovery of pregnant women. Pregnant women who have high self-efficacy will be more confident so they can withstand stress and anxiety which can affect the health of pregnant women and the fetus. The Aims of this study was to determine the role of family support in the self-efficacy of recovery pregnant women confirmed by Covid 19.

Subjects and Methods: The subjects of this study were 32 pregnant women who were confirmed covid-19 and their family members who lived in one house spread across the islands of Java and Kalimantan. Data collection used a scale of perceptions of family support (30 items, $\alpha = 0.806$) and a self-efficacy scale (20 items, $\alpha = 0.832$) which were tested on 18 covid-19 sufferers. Regression analysis was used to evaluate the data. The results show that there is $r_{xy} = 0.565$ with $p = 0.000$ ($p < 0.05$) which indicates a positive and significant relationship between family support and the self-efficacy of recovery pregnant women confirmed by Covid-19.

Conclusion: there is a significant relationship between family support in terms of emotional support, appreciation or assessment, informative and instrumental to the recovery of Covid-19 patients.

Keywords: Family Support, Self efficacy, Recovery, Women Pregnant, Covid-19

1. INTRODUCTION

Coronavirus-19 (Covid-19) is still a disease that affects many around the world. According to the world health organization (WHO) there are more than 150 million cases of Covid-19 in the world with 3,186,538 events that have resulted in death. Indonesia is the highest country in Southeast Asia with confirmed cases. In April 2021 there were 1,672,880 confirmed cases and 45,652 deaths that occurred due to covid-19^{1,2}.

Based on data from the Task Force for the Acceleration of Handling Covid-19 as of September 14, 2020, 4.9% of people confirmed that Covid-19 were pregnant, 3,4,5. This shows that pregnant women are a target group that is vulnerable to suffering from Covid-19. This increase in risk is accompanied by factors such as age, obesity, and medical conditions such as hypertension and diabetes⁶. The survey results show that there is an increase in the incidence of miscarriage and stillbirth, especially in the first trimester during the Covid-19 epidemic^{7,8}.

There is a division of criteria based on symptoms & clinical manifestations of covid-19 infection, namely asymptomatic or asymptomatic in which

the patient does not show any symptoms; mild pain, namely there are non-specific symptoms such as fever, cough, sore throat, nasal congestion, malaise, headache and muscle aches; moderate illness where there are clinical signs of pneumonia (fever, cough, dyspnea, rapid breathing) and no signs of pneumonia beat; severe illness where the patient has a fever or is under surveillance for respiratory tract infection plus the appearance of one of the other symptoms such as respiratory rate $> 30x / \text{min}$, severe respiratory distress or oxygen saturation (SpO_2) $< 90\%$ in room air and critically ill at new onset occurs or worsens within one week, chest imaging (chest CT scan or lung ultrasound), bilateral opacities, unexplained plural effusion, pulmonary collapse, lobe collapse and nodule^{9,10,11}. In antenatal care, pregnant women will be screened using the Modified Early Obstetric Warning Score (MEOWS), pregnant women with a suspected status of close contact with Covid-19 but without symptoms or mild symptoms can self-isolate at

home or in a specially designated place. However, pregnant women with suspected moderate or severe symptoms should be treated immediately in the special isolation room at hospital ⁶.

The period of pregnancy is a time when there are changes both physically and psychologically, this pandemic can affect the mother's psychology even though there are not many research results that report the relationship in detail ¹². During the Covid-19 pandemic there was a significant increase in anxiety in pregnant women as much as 59%⁸. The recovery of pregnant women who suffer from Covid-19 is influenced by several factors. Based on Skinner's theory in Notoadmodjo (2015), the patient's recovery is influenced by internal and external factors. Internal factors, namely gender, education, age, occupation, income, knowledge, attitudes and beliefs (self efficacy)¹³. External factors include the role of family / family support, the role of officers, the length of time taking medication, the effects of medication, availability of drugs and distance of residence. Family support is an important factor for the recovery of pregnant women. Family support according to Friedman (2010) is an attitude and action for family acceptance of family members in the form of emotional support, information support, appreciation support and instrumental support.¹⁴. Self-efficacy is a person's belief in his ability to exercise control within himself and his environment, the higher the self-efficacy one has, the higher the confidence and self-confidence.¹⁵. Pregnant women who have high self-efficacy will be more confident so they can withstand stress and anxiety and affect the health of pregnant women ¹⁶.

2. METHOD

This research is a quantitative study using an analytic observational approach with a cross-sectional approach. The sampling technique used was purposive sampling technique, because the number of samples was limited in accordance with the characteristics of the study. The subjects of this study were 32 family members who live in

one house with –Covid-19 confirmed pregnant women and 32 pregnant women who have recovered from Covid-19 spread across the islands of Java and Kalimantan.

The data collection instruments used questionnaires and interview sheets. The method of giving questionnaires to pregnant women via Google form and interviews using media zoom. The questionnaire test sample was tested on 30 people with $df = 30-2 = 28$, $r \text{ table} = 0.361$. The validity test of each question item was tested using the corrected item-total correlation with the validity limit of the correlation coefficient $(r) > r \text{ table}$. This means that the questionnaire question item is valid $(r \text{ corrected item } (0.466) > r \text{ table } (0.30)$. The reliability of the research instrument was tested using the Cronbach's Alpha coefficient formula. The higher the reliability coefficient that is close to one, the more reliable the measuring instrument used. Data analysis used in this study is simple regression.

3. RESULT

3.1 Characteristics of Women Pregnant and Family

The results showed that the age of the family members of pregnant women recovered from covid-19, most of them (40.63%) were > 40 years old. As for the age of pregnant women who recovered from Covid-19, most (46.88%) were aged 31-35 years. The last education category, for families of pregnant women, shows that most (25%) have a Diploma education, while for pregnant women who recovered from Covid-19, it shows that most (56.25%) have a Bachelor degree.

For the occupational category, most of the families of pregnant women have self-employed jobs (43.7%), and for pregnant women the majority (37.5%) work in the private sector. The last category is income, indicating that the family income of pregnant women is mostly (25%) 2-3 million and for pregnant women who recovered from Covid-19, most (71.87%) earn 2-3 million.

3.2 Family Support for Recovery of Pregnant Women confirmed by Covid-19

Table 1. Family Support For Pregnant Women Recovery

Family Support for Pregnant Women Recovery	Good Support		Bad Support		Total
	n	%	n	%	
Emotional support	30	93,7	2	6,25	32 (100%)
Award or appraisal support	28	87,5	4	12,5	32 (100%)
Informative support	30	93,7	2	6,25	32 (100%)
Instrumental support	26	81,2	6	18,7	32 (100%)

3.3 Results of Data Analysis and Interpretation

1. Normality Test

In the table below, the normality test of research data distribution using the Kolmogorov-Smirnov Goodness of Fit Test technique is presented. The complete results can be seen in Table 3.3 and Table 3.4

Table 2. Normality Test Of Family Support Data On Self-Efficacy Of Recovery For Pregnant Women Confirmed Covid-19

Family support for Self-recovery efficacy of pregnant women					Self-efficacy of recovery for pregnant women confirmed by Covid-19			
Mean	SD	Kolmogorov-Smirnov	Sign	p	Mean	SD	Kolmogorov-Smirnov	Sign
70.21	7.65	0.680	0.742	0.075	68.11	7.16	0.785	0.569

Table 3. Categorization Of Self-Efficacy For The Recovery Of Pregnant Women With Covid-19 Confirmed

Very Low	Low	High	Very High
0 (0%)	0 (0%)	22 (68.75%)	10 (31.25%)

2. Linearity Test

The following is a table for the Linearity Test of Family Support and Self-Efficacy

Table 4. Family Support Linearity Test And Self-Efficacy

F-Value	Sign	Probabilitas
18.328	0,000	0,035

3.3 Hypothesis Testing

Hypothesis testing is intended to determine the effect, strength, and direction of the relationship between the two research variables. Based on the scores obtained, an overview of the conditions of family support and self-efficacy is obtained in the sample studied. This study aims to determine whether or not there is an effect of family support on the self-recovery efficacy of pregnant women who are confirmed by Covid-19. The results of the research hypothesis test obtained the results of $r_{xy} = 0.565$ with $p = 0.000$ ($p < 0.05$).

The correlation coefficient indicates the influence of family support on self-efficacy. A positive value on the correlation coefficient indicates that the more positive family support is, the higher the self-efficacy of pregnant women. Conversely, the more negative family support is, the lower the self-efficacy. These results prove that the hypothesis which states that there is a positive and significant relationship between family support and the self-recovery efficacy of pregnant women who are confirmed by Covid-19 is acceptable.

4. DISCUSSION

Based on the results of the study, it is known that most pregnant women who recovered from Covid-19 are aged 26-35 years and have the latest diploma and bachelor's education. Self-efficacy is influenced by the level of education of pregnant women who are confirmed and recovered from Covid-19¹⁷. The results of this study indicate that most pregnant women who recovered from Covid-

19 have diploma and bachelor degrees. This is in accordance with research conducted by Lai Pao-Chin (2021) which states that people who have high school education and above have high self-efficacy.¹⁸

Someone who has a higher education will find it easier to understand information so that they have a better knowledge and understanding of something, including about covid-19. Good knowledge certainly affects a person's perceptions and adaptive responses to threats. Pregnant women who have good knowledge about Covid-19 have better healthy behaviors, namely by making efforts to prevent Covid-19¹⁹. If the pregnant woman has been confirmed with Covid-19, then the pregnant woman will try to seek help and try to prevent the severity of Covid-19 as optimally as possible. A person who has a higher level of education will also have broader knowledge. A pregnant woman who has a good knowledge of Covid-19 will try to seek help and protect herself from the dangers of COVID-19. This is in accordance with the "Protection Motivation" theory or protection motivation theory. In this theory, cognitive or knowledge is an important aspect in determining health-related behavior and actions¹⁸. The function of the cognitive process is to predict a person's motivation to carry out healthy behaviors, assess threats and overcome (coping) these threats. Threat assessment focuses on perceived vulnerability and severity whereas coping to

threats emphasizes self-efficacy and the factors that influence a person's adaptive response.¹⁹

The description of the self-efficacy category shows that the average patient has high self-efficacy, marked by the mother's feeling of being capable of the level of difficulty, stability in expectations, and the mother's mastery of herself. Covid-19 sufferers who have very high self-efficacy are associated with a strong belief in ability to make every effort to achieve recovery. Pregnant women feel they want to recover from this disease because they also think about the condition of the fetus they are carrying. Pregnant women like this are more likely to comply with all advice from health workers and their family members. Pregnant women continue to take medication as directed by their doctor, carry out independent isolation and carry out all recommended activities. The pregnant woman stated that she still wanted to take the medicine until she was declared cured at the next antigen swab examination. Various attempts have been made by pregnant women to recover from this virus, such as taking vitamins, consuming high protein food intake, sunbathing at least 30 minutes every day⁷.

Based on the results of the study, most pregnant women who recovered from Covid-19 had good family support. In detail, the types of support received by pregnant women recovering from Covid-19 are emotional support, appreciation, informative and instrumental. Family and social support is one of the factors that influence a person's perception and behavior. Informative support can be provided to pregnant women by explaining or sharing knowledge about Covid-19. Pregnant women can not only get knowledge and information from health workers, but also from family or people around them through sharing information they have. Mothers who have good knowledge about Covid-19 are expected to behave positively to prevent Covid-19 transmission. In other studies, it was found that family support had a significant effect on the knowledge of pregnant women. In addition, family support and knowledge of pregnant women will influence positive attitudes and behaviors, namely being more alert to danger signs in pregnancy²⁰.

Family support is also one of the factors that influence the self-recovery efficacy of pregnant women who have been confirmed for Covid-19. The results of this study are in accordance with previous research which explains that self-efficacy is the belief that a person has in his potential and ability to take an action to achieve the desired goal. Someone builds self-efficacy by

interpreting the information obtained from 4 sources and among them is by observing people around and positive support from others. Providing information, empathy and caring by the family is one form of emotional support that can be given to others¹⁹.

Positive family support can provide stronger confidence in pregnant women with confirmed COVID-19 to recover from Covid-19. In addition to family support, the presence of other people who have recovered from Covid-19 around pregnant women who have confirmed Covid-19 can also help pregnant women build self-efficacy. Pregnant women can also have higher motivation to recover by looking at the positive side of themselves and comparing them with people around who have recovered from Covid-19²⁰. This is one form of reward support received by pregnant women. According to other studies, perceptions of family support are positively related to self-esteem in dyslexic adults²¹. Self-esteem is a coping model for disease through cognitive adaptation. High self-esteem is related to one's self-confidence²². Positive self-assessment is in line with the belief that the individual is capable of achieving goals. Other factors that influence self-efficacy are physical and psychological conditions. Physical condition that is better after undergoing treatment can affect the belief that is owned. In addition, a person's emotional condition can affect a person's assessment of their self-confidence²².

The support provided by the family is in the form of intervention for pregnant women that can provide a sense of comfort in undergoing medical therapy. The intervention given by the family is advice and assistance to the mother in undergoing therapy. This support can influence pregnant women in facing challenges and obstacles in the treatment period. The results of Tezel's (2011) study show that there is a negative relationship between perceptions of social support from family and depression in patients undergoing hemodialysis in Turkey. Perceptions of positive family support can improve the psychological well-being of patients in the face of hemodialysis. Good psychological conditions can affect self-efficacy in recovery²³.

Emotional support is support by providing care and empathy for others. Pregnant women will feel loved and cherished when they have a family that cares and has empathy for the conditions experienced by pregnant women. If the pregnant woman is confirmed positive for Covid-19, this emotional support will encourage pregnant women to recover because they feel loved and

wanted by their family. Giving appreciation support aims to increase self-esteem by comparing the positive side in him with others. Providing reward support can help a person reduce stress²⁴. When pregnant women who are confirmed to have Covid-19 see the same conditions in their families, the expected response is that the pregnant women can compare the positives they have. For example, pregnant women have family members who have recovered from Covid-19, this can trigger pregnant women to have the desire and confidence to recover from Covid-19²⁵.

In addition, support that can be provided to pregnant women is instrumental support. Instrumental support is support in the form of facilities or material assistance²⁶. During the Covid-19 pandemic, restrictions on community activities to prevent transmission were imposed. This has an impact on the economic aspect, namely the existence of workers who must be laid off and also the difficulty of mobilizing to make ends meet due to restrictions^{27,28,29}. In a study conducted by Barbosa-Leiker (2021), it was stated that the Covid-19 pandemic and less social support increased stress on pregnant women with ethnic minorities and low income status³⁰. Therefore, it is also important to provide support in the form of facilities or materials to pregnant women so that the Covid-19 pandemic conditions do not increase stress and affect the mental health of pregnant women.

4 CONCLUSION AND SUGGESTION

There is a positive effect of family support on the self-recovery efficacy of pregnant women who have been confirmed for Covid-19. This means that the more positive family support for the recovery of pregnant women, the higher the self-efficacy of pregnant women in dealing with their situation.

Suggestions for pregnant women who are confirmed by Covid-19, are expected to be able to establish good self-efficacy, namely by always updating knowledge about Covid-19, adhering to recommended Health protocols, taking the drugs given and always optimistic that they can recover from Covid-19.

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AVAILABILITY OF DATA AND MATERIALS: All data generated or analyzed during this study are not included in any previously published articles. The data set used and/or analyzed during the current study is available from the authors who conducted the data collection directly on the research subjects. Data collection was carried out by conducting direct interviews with pregnant women and their families

ETHICS APPROVAL AND CONSENT TO PARTICIPATE: This research has received approval from the Health Research Ethic Committee of Brawijaya University, No: 197/EC/KEPK/11/2020

PATIENT CONSENT FOR PUBLICATION: The research subjects agreed to provide information to the researcher by filling out and signing the informed consent form before conducting the study. All research subjects have also agreed to the results of this study to be published

INFORMED CONSENT: Written informed consent was obtained from pregnant women and the patient's family who were legitimate and anonymized for the purposes of publication in this article. This manuscript does not contain any individual data in any form.

SIGNIFICANCE FOR PUBLIC HEALTH: The period of pregnancy is a time when there are changes both physically and psychologically, this pandemic can affect the mother's psychology even though there are not many research results that report the relationship in detail. During the Covid-19 pandemic there was a significant increase in anxiety in pregnant women as much as 59%⁸. The recovery of pregnant women who suffer from Covid-19 is influenced by several factors. The patient's recovery is influenced by education, age, occupation, income, knowledge, attitudes and beliefs (self-efficacy). Family support is an

important factor for the recovery of pregnant women. Self-efficacy is a person's belief in his ability to exercise control within himself and his environment, the higher the self-efficacy one has, the higher the confidence and self-confidence. Pregnant women who have high self-efficacy will be more confident so they can withstand stress and anxiety and affect the health of pregnant women. Data collection was carried out in September-November 2020.

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