

The Impact of the Antenatal Care (ANC) Group Model on Pregnant Women's Readiness for Childbirth in the Working Area of the Samarang Health Center

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Abstract

Childbirth readiness involves the initial planning process and preparation for childbirth to help the mother be ready. The Antenatal Care Group is an ANC group that uses the WhatsApp messaging application. ANC sessions at the posyandu can be an alternative opportunity for pregnant women who rarely visit facilities, providing online classes to increase maternal readiness for childbirth sample consisted of 20 respondents per group, with the intervention administered in the intervention group for six days over a two-week period. The results obtained indicate a significant influence of the ANC group models on the readiness of delivery in pregnant women, with a p-value of $\leq \alpha = 0.05$ or $.000 \leq 0.05$. The ANC group models has a significant impact on improving childbirth readiness in the Samarang Garut Health Center work area. The Antenatal Care Group Models can be used as an alternative to increase pregnant women's readiness for childbirth.

Keywords: Antenatal care (ANC); readiness for labor; WhatsApp Group

INTRODUCTION

Childbirth readiness is crucial for improving health before labor and can facilitate immediate lactation. The mother's knowledge of pregnancy risks will affect the way the mother thinks to determine her attitude, behaves to prevent, avoid or overcome the pregnancy risk problem, and the mother has the awareness to make an ANC visit to check her pregnancy. So that if there is a risk during pregnancy, it can be handled early and appropriately by health workers. Pregnancy checks are very helpful

in preparing for risk control, especially if pregnant women do not do pregnancy tests, so it will not be known whether the pregnancy is going well or experiencing a state of risk high, and obstetric complications that can harm the mother and her fetus (Saifudin, 2009). Research indicates that the number of women deemed ready for childbirth remains low (Mutreja dan Kumar 2015; Bintara et al, 2015).

One factor that encouraged readiness was the ANC's visit. Antenatal care (ANC)

is a health screening service for pregnant women that diagnoses obstetric complications and provides information about lifestyle, pregnancy, and childbirth. (Backe et al, 2015). Many pregnant women are currently working to support their families financially (Rinata dan Dewi, 2015). Pregnant women who work often face difficulties accessing health services due to conflicting work hours. Most women experience delays in recognizing red flags, making decisions and late access to health facilities due to poverty and demographic factors (Kementerian Kesehatan RI, 2020).

WhatsApp media can be used as a tool to convey Health Education to the public and the public can also ask questions about the problems they complain about (Rathbone et al., 2020). This pregnant women through (WAG) class is a means to learn together for pregnant women in the form of texts, as well as audio visuals about an activity to convey health messages to pregnant women, to obtain good health knowledge. The antenatal care group utilizes WAG media for collaborative learning and discussions for mothers regarding pregnancy and childbirth, alongside routine pregnancy check-ups conducted at Posyandu. The ANC group model is used because people prefer to find information through social media, such as Instagram, Facebook, and especially the widely used WhatsApp application. The

ANC group model utilizes Posyandu as a health check-up resource for pregnant women. It also serves as an educational platform through WhatsApp Groups (WAG), where pregnant women can learn and share information. This platform provides text-based resources and audiovisual materials to convey important health messages, enabling pregnant women to acquire valuable health knowledge.

RESEARCH METHOD

This study employs a quasi-experimental design that divides the sample into two groups: the experimental group and the control group. In the experimental group, treatment was conducted through health education and discussions about pregnancy and childbirth via a WhatsApp group. In the control group, health education occurred during visits to the posyandu. The research was conducted in the service area of the Samarang Garut Health Center, focusing on pregnant women in their second and third trimesters within this health working area. The study involves a population of 216 pregnant women. In this study, purposive sampling was utilized, with a sample size determined through correlation analysis of two proportions, resulting in a total of 40 samples. The study utilized a questionnaire as its data collection method. The researcher provides informed consent documents to respondents to

signify their agreement to participate. Information regarding childbirth readiness will be shared through WhatsApp groups, presented via posters and audio-visual media, along with group discussions to address the doubts and anxieties of expectant mothers. The material to be presented will cover the following topics: preparation for childbirth, danger signs during pregnancy, danger signs during childbirth, factors that influence labor readiness, and signs of impending labor. This material will be covered over a period of approximately two weeks.

RESEARCH RESULT AND DISCUSSION

RESULT

The distribution of maternal childbirth readiness in the experimental and control groups is presented in the table below.

Table 1. Distribution of Maternal Readiness for Childbirth in the Experimental Group

Variabel	Mean	Sd	Min
Childbirth Readiness	58.80	5.012	53

Table 2. Distribution of Maternal Childbirth Readiness in the Control Group

Variabel	Mean	Sd	Min
Childbirth Readiness	54.35	6.434	36

According to the table above, the average score for childbirth readiness in the experimental group, after receiving the intervention, was 58.80. The scores ranged

from a minimum of 53 to a maximum of 72. In comparison, the control group had an average score of 54.35, with scores ranging from a minimum of 36 to a maximum of 67.

Table 3: Results of the Independent Sample Analysis of the Childbirth Readiness Test (n=20)

Group	Max	Min	Mean	Pv	95%	CI
Experiment	72	53	58.80	.000	0.758	8.42
Control	67	36	54.35			

The results of the bivariate analysis indicated a p-value of 0.000, which is less than 0.05. This allows us to reject the null hypothesis (H0), concluding that there is a significant difference in the readiness of the group utilizing the antenatal care model compared to the group using the antenatal care model at the posyandu.

DISCUSSION

In the control group, the mean value was 54.35, while in the experimental group, it was 59.80. Results from the bivariate analysis using the T-test show a p-value of 0.000, indicating a significant influence of the ANC Group model on labor readiness. Antenatal Care (ANC) consists of a range of health services provided to pregnant women to ensure the health of both the mother and baby during pregnancy. These services encompass routine check-ups, management of complications, health education, and preparation for delivery. With advancements in technology, Antenatal

Care (ANC) can now be provided not only through physical visits to health facilities but also via digital platforms like WhatsApp. The use of digital platforms like WhatsApp has proven effective as an educational tool. This application is widely utilized, easy to navigate, and offers a variety of features that are more engaging than those found in similar social media applications (Aisyah, 2024).

A study conducted by Sulistianingsih (2021) examined the impact of childbirth education delivered through a WhatsApp group on the knowledge of pregnant women preparing for childbirth. The results indicated a significant difference in the knowledge of participants before and after the education, with a p-value of less than 0.05. Maternal knowledge contributes to anxiety, and childbirth counseling via WhatsApp groups is an effective way to enhance knowledge through discussion and communication, ultimately aiming to reduce anxiety (Sunarmi et al., 2022). Rahmawati, D., & Astuti, P. (2019) conducted a study titled "Emotional and Social Support for Pregnant Women through WhatsApp Groups." The findings indicate that WhatsApp Groups effectively provide significant emotional and social support for pregnant women. This support helps them feel more prepared and supported during the lead-up to childbirth. In a study conducted by Hasan et al. (2018),

it was demonstrated that WhatsApp groups can enhance interpersonal communication and strengthen social support among pregnant women. Additionally, these groups can be utilized to share relevant health information, including physical and mental exercises to prepare for labor.

CONCLUSION

Based on the results of the research, analysis, and discussion, it can be concluded that the average level of maternal readiness for maternity in the group receiving antenatal care is high. The average maternal readiness for maternity in the group providing antenatal care through posyandu is at a moderate level. The ANC group model has a significant impact on maternal readiness for maternity.

RECOMMENDATION

Based on the results of the study regarding the influence of the antenatal care group model on maternity readiness, several recommendations can be made for maternity nursing services. It is suggested that antenatal care group model services be implemented for pregnant women. The WhatsApp group platform is utilized for community health promotion.

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