

Relationship of Spiritual Aspect with Hyperemesis gravidarum Incidence of Pregnant Women in Tinambung District in 2020

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ABSTRACT

Introduction: Nausea and vomiting is a common thing and physiological in early pregnancy. This condition can be severe if continued and causes a pregnancy disorder called *hyperemesis gravidarum*. Mothers with *hyperemesis gravidarum* based on data at the Tinambung Health Center in 2018 amounted to 47 people and in 2019 there were 58 people. The risk factor for *hyperemesis gravidarum* is associated with several factors, one of which is the spiritual aspect of the mother.

Methods: This type of research is an analytic survey using cross-sectional. Sampling from 344 populations with a purposive technique for 78 samples. Data analysis using Chi-Square test on SPSS program.

Results: The Majority of respondents had moderate and low spiritual aspects, namely 33 respondents (42.3%). The chi square test showed p-value = 0.042 (<0.05) so that the spiritual aspect significantly affected the status of hyperemesis gravidarum.

Conclusion: This study concludes that there is a significant relationship between the spiritual aspects of the mother with the occurrence of hyperemesis gravidarum in Tinambung District.

Keywords: Nausea Vomiting; *Hyperemesis gravidarum*; Risk Factors; Mother's Spiritual Aspect



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Introduction

Nausea and vomiting are common thing and physiological in early pregnancy (1–3). The Ministry of Health explained that more than 80% of pregnant women experience nausea and vomiting which can cause women to avoid certain foods and increase the risk to the mother and her fetus. (4) This condition can be severe if it persists and causes a pregnancy disorder called *hyperemesis gravidarum*.

Hyperemesis gravidarum is the most common complication in the first trimester of pregnancy. (4) This situation can be bad and interfere with daily activities until dehydration occurs. (1) Although hyperemesis gravidarum rarely causes death, its incidence is still very common in the community. 25% of patients with hyperemesis gravidarum are hospitalized more than once during pregnancy and sometimes mothers who experience this condition get depressed and even make them feel like terminating their pregnancy in extreme cases.(4)

The case of hyperemesis gravidarum is influenced by several risk factors, one of them being the spiritual aspect of the mother. Spirituality of pregnant women is a belief that comes from within pregnant women that connects them to the Creator or Allah SWT, themselves, and the surrounding environment. This factor is associated with the level of anxiety in pregnant women which can trigger excessive stress so that the mother experiences excessive nausea and vomiting as well (5)

The case of hyperemesis gravidarum based on data from the World Health Organization (WHO) reaches 12.5% of all pregnancies in the world. Meanwhile, for the incidence of hyperemesis gravidarum in Indonesia, based on research by Indrayani (2018), there are 14.8% of all pregnancies (6). Based on data from the West Sulawesi Provincial Health Office, the number of pregnancies complicated by hyperemesis gravidarum is 310 people (7). Pregnant women with *hyperemesis gravidarum* in Tinambung District, Polewali Mandar regency, West Sulawesi province based on data from the Tinambung Health Center in 2018 amounted to 47 people and in 2019 as many as 58 people (5).

Islam has also explained the condition of the mother during pregnancy to caring for the child, Allah SWT says in Q.S Luqman/31:14:

وَوَصَّيْنَا الْإِنْسَانَ بِوَالِدَيْهِ حَمَلَتْهُ أُمُّهُ وَهْنًا عَلَىٰ وَهْنٍ وَفِصَالَهُ فِي سَامِيٍّ أَنِ اشْكُرْ لِي وَلِوَالِدَيْكَ إِلَيَّ الْمَصِيرُ ١٤

Translation:

“And We command man (to do good) to his parents. His mother had conceived him in a state of increasing weakness and weaned him at the age of two years. Be grateful to me and both parents. Only to Me will you return”. (9)

Based on the data above, it can be seen that there has been an increase in the case of hyperemesis gravidarum in Tinambung District in the last two years and it is known that Tinambung District is one of the areas with high spiritual values, so the authors are interested in research to determine the relationship between

mother's spiritual aspects with the incidence of pregnant women with hyperemesis gravidarum in Tinambung District in 2020.

Methods

This research is an analytical survey research with a cross sectional approach and was carried out in Tinambung District, Polewali Mandar Regency, and West Sulawesi Province. The population in this study were 344 pregnant women who performed Antenatal Care (ANC) in the working area of the Tinambung Health Center in 2020 with a sampling technique, namely purposive sampling by setting certain criteria, namely pregnant women who performed Antenatal Care (ANC) at the Tinambung Health Center in 2020, pregnant Muslim, and willing to be a respondent so that the number of samples obtained is 78 respondents.

The data collection in this study used secondary data in the form of patient medical records in the work area of the Tinambung Health Center in 2020 and primary data through filling out questionnaires and direct interviews with respondents. The data analysis method in this study used the Statistical Package for The Social Sciences (SPSS) computer program with univariate data analysis to describe each research variable and bivariate analysis to analyze the relationship between the dependent and independent variables. Data analysis used the chi square test in the X2 test to test the independence between the two variables arranged in the row and column table with $\alpha = 0.05$, meaning that the null hypothesis (H_0) is rejected if $p \text{ value} < \alpha$ which means there is a relationship between the dependent variable and the independent variable.

Result

Table 1
Frequency Distribution of Respondents Based on Mother's Spiritual Aspect In Tinambung District, Polewali Mandar Regency

Mother's Spiritual Aspect Level	Frequency	
	n	%
Very Low	7	9,0
Low	33	42,3
Moderate	33	42,3
High	5	6,4
Total	78	100

Primary Data, 2021

Based on table 1, it is known the frequency of the independent variables used. The spiritual aspect variable is known that the majority of respondents have spiritual aspects in the medium and low categories, namely as many as 33 respondents or 42.3%.

Table 2
Frequency Distribution of Respondents Based on Hyperemesis gravidarum Status in Pregnant Women in Tinambung District, Polewali Mandar Regency

Hiperemesis gravidarum Status	Frequency	
	n	%
Emesis Gravidarum	33	42,3

<i>Mild Hiperemesis gravidarum</i>	45	57,7
Total	78	100

Primary Data, 2021

Based on table 2, it is known that the majority of respondents have mild hyperemesis gravidarum status as many as 45 respondents or 57.7%. For Emesis gravidarum status as many as 33 respondents or 42.3%.

Tabel 3
Relationship Between Mother's Spiritual Aspect and Hyperemesis gravidarum in Pregnant Women in Tinambung District, Polewali Mandar Regency

Mother's Spiritual Aspect	Hiperemesis Status		P Value
	Emesis Gravidarum	<i>Hiperemesis gravidarum</i> Mild	
Very Low	4	3	0,042*
Low	8	25	
Moderate	19	14	
High	2	3	
Total	33	45	

Primary Data, 2021

Based on table 3, we can know the relationship of the independent variable given to the hyperemesis status variable as the dependent variable. The spiritual aspect variable is known that the majority of respondents have low spiritual aspects with mild hyperemesis gravidarum status, namely as many as 25 respondents.

The results of the chi square test indicate that the spiritual aspect variable has a significant effect on the status of hyperemesis gravidarum. It is known that the p value for this variable is less than 0.05, which means reject H0 so that there is a significant relationship between the spiritual aspect variable and the status of hyperemesis gravidarum.

Discussion

Most respondents who experienced hyperemesis gravidarum were at a low level of spiritual adaptation. This is following with research conducted by Miladina Nahar (2018). Spearman Rank Correlation (ρ) statistical test results show that there is a relationship between the spiritual aspect and the anxiety experienced by pregnant women (p value <0.05) with r value = -0.224. Where the higher the spiritual level obtained, the lower the level of anxiety experienced by pregnant women (7).

Anxiety can trigger stress in pregnant women which are considered as one of the factors causing hyperemesis gravidarum. Hyperemesis gravidarum is a manifestation of psychological disorders that are changed in the form of physical symptoms. Pregnant women under stress conditions can experience an increase in blood pressure and heart rate so that they can increase the hormone Human Chorionic Gonadotropin (HCG) which can stimulate nausea and vomiting (3,11,12)

Mental health is closely related to religious beliefs. The spiritual aspect is an essential part of one's overall health and well-being (13) Spiritual adaptation in one's life will create a sense of love, faith, hope, and trust. In spiritual principles, the thought of a thing is usually something that ends up happening. Pregnant women who do not get the touch of the value of Godhead, do not form a relationship with Allah SWT, are far from Allah, and the condition of their soul is not able to be bound to Allah, then their soul will be weaker and dry. The need for serenity to feel comfortable during pregnancy is the basis for the importance of spiritual adaptation, especially during the pregnancy (11)

Spiritual adaptation has two forms of implementation, relationship with God (habluminallah) and relationship with humans (habluminannas). A pregnant woman needs a good relationship between the two. The relationship with God will be a source of strength that comes from oneself, while the relationship with humans will lead to other forces that come from outside (14). As research conducted by Price (2007) with the conclusion that spirituality can build and maintain the respondent's relationship with God, which is also able to have a significant positive impact on the health of the respondents. In addition, spiritual adaptation is also needed by pregnant women because spirituality can bring calm which has a positive impact on fetal development (15)

Conclusion

There is a significant relationship between the incidences of hyperemesis gravidarum with spiritual aspects in pregnant women. Special attention is needed from primary level health services to minimize risk factors for the occurrence of hyperemesis gravidarum in pregnant women and other research is needed on risk factors that were not examined in this study.

Conflict of Interest

None

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