
IMAGE OF BODY IMAGE ON PREGNANT MOTHERS TRIMESTER
III
IN PRIVATE MIDWIFE PRACTICE, JELUPANG VILLAGE
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ABSTRACT

Background, In the third trimester of pregnancy, there are changes both physically, psychologically, sexually, and spiritually. And these changes will be interrelated, such as physical changes that can have an impact on psychological changes. Changes that occur in pregnant women if they can't adapt will be a problem. It was found that there were 12 women who experienced depression, besides that in Pondok Corn there were 6104 families with an average of 3 people per household with the assumption that each household only had 1 child. Objective, To find out the description of body image in third trimester pregnant women at BPM Anita Sihombing in the North Serpong District, South Tangerang City in 2021. Research Methods, This study used descriptive quantitative research methods. This study was conducted to determine the description of body image in third trimester pregnant women in Indonesia BPM Anita Sihombing. In this study, data were collected using questionnaires and open-ended questions to complete the previously obtained questionnaires. Research result, Based on the research obtained data regarding body image description in third trimester pregnant women with 100% positive body image. In conclusion, the body image of pregnant women in the third trimester who checked their pregnancy at the Midwife Anita Maternity Home showed that 8 pregnant women had a positive body image, while 0 pregnant women had a negative body image.

Keywords: Third trimester pregnant women, Body image, Aspects of body image

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Keywords : Third trimester pregnant women, Body image, 4 aspects of body image

PRELIMINARY

The third trimester of pregnancy occurs at the age of 28-40 weeks, where this pregnancy is often called the waiting period, the baby's movements and the enlargement of the stomach are two things that remind the mother of her baby. (Enggar, 2018).

In the third trimester of pregnancy, there are changes both physically, psychologically, sexually, and spiritually. And these changes will be interrelated, such as physical changes that can have an impact on psychological changes. Changes that occur in pregnant women if they can't adapt will be a problem.

Based on research conducted by Yusni Seftiani, Widia Lestari, Darwin Karim (2014) shows that there is a significant difference between primigravida and multigravida pregnant women, with 22 respondents (73.3%) having negative body image and 10 primigravidas. people (33.3%) in multigravida.

Based on research conducted by Erfiani Mail (2020) shows that of the 31 pregnant women in the second and third trimesters, most of the mothers' attitudes about physiological changes during pregnancy were in the attitude category of

not accepting as many as 19 people (61.3%). This study was taken based on a sample of 31 people who checked pregnancy at the Central Statistics Agency, Mojokerto.

Based on research conducted by Erfan Mail (2020) with a sample of 32 people, it shows that 10 pregnant women (32.3%) are not receptive to change, then pregnant women aged 25-35 years. ie 10 people (32.3%) are accepting of the physiological changes that occur. From these data it can be concluded that the age of pregnant women can affect body image during pregnancy.

RESEARCH DESIGN

This research design uses a descriptive quantitative method where the sample used is 8 samples at the Independent Practice Midwife Anita Sihombing in 2021. By using the Consecutive Sampling method, which is based on the existing inclusion criteria. This study uses a questionnaire that BIPS (Body Image Pregnancy Scale) compiled by Watson in 2016.

then modified by the researcher into 19 statements consisting of 2 statements that are favorable and unfavorable. This questionnaire uses a Likert scale consisting of SS (Strongly Agree), S (Agree), TS (Disagree), STS (Strongly Disagree). The value given for the favorable statement is SS (Strongly Agree) is given a value of 4, S (Agree) is given a value of 3, TS (Disagree) is given a value of 2, STS (Strongly Disagree) is given a value of 1.

The value given for the unfavorable statement is SS (Strongly Agree) is given a value of 1, S (Agree) is given a value of 2, TS (Disagree) is given a value of 3, STS (Strongly Disagree) is given a value of 4. So it can be concluded that the score is 19-47 images negative body Score 48-76 positive body image.

This research was conducted from 5 August – 10 August 2021. This research was carried out on 17 July – 24 July 2021. The data was collected using a

questionnaire and before collecting data, the researcher asked the respondents for permission to explain the purpose and objectives of this study. After the respondent agrees, the researcher will give the Inform Consent sheet to the respondent.

RESULTS AND DISCUSSION
Subsection Results and Discussion

Table 1
Description of Respondents' Characteristics of Third Trimester Pregnant Women at Midwife Anita's Maternity Home in 2021

Characteristic	Frequency	Percentage (%)
Age		
<20	0	0%
20-35	7	87.5%
>35	1	12.5%
Total	8	100%
Education		
SD	1	12.5%
junior high school	4	50%
senior High School	3	37.5%
College	0	0%
Total	8	100%
Work		
Work	1	12.5%
Does not work	7	77.5%
Total	8	100%
Religion		
Islam	5	62.5%
Christian	1	12.5%
catholic	2	25%

Protestant	0	0%
Hindu	0	0%
Buddha	0	0%
Total	8	100%
Ethnic group		
Java	1	12.5%
Sunda	2	25%
Betawi	0	0%
Batak	0	0%
Etc	5	62.5%
Total	8	100%

Table 5.1 shows that the characteristics of pregnant women in the third trimester who check their pregnancy at the Midwife Anita Maternity Home, it is found that the majority of pregnant women with an age range of 20-35 years are 7 people (87.5%) and a small portion with a range of >35 are 1 people (12.5%). Then in the last part of education in the third trimester of pregnant women, namely junior high school there are 4 people (50.0%), with high school education there are 3 people (37.5%) and a small part that is elementary school 1 person (12.5%). Pregnant women who do not work as many as 7 people (87.5%) while those who work there are 1 person (12.5%). Most of the religions of pregnant women in the third trimester, namely Islam, are 5 people (62.5%), Catholics are 2 people (25.0%) and a small portion is Christian (12.5%).

Where respondents aged 35 years are more responsive but researchers must help such as reading out questions. In addition, respondents who are over 35 years old when they come to BPM for an examination are not accompanied by their family, but for those aged 20-35 years, there are some who are accompanied by their husbands or friends when doing the examination.

From the observations made by the researchers, the researchers found that for

mothers with elementary education there were some questions that were not understood so that researchers had to re-explain these questions. For those with junior high and high school education, only a few people do not understand some of the questions given, so researchers do not have to re-explain the questions given.

From the observations that the researchers made to the respondents, the researchers did not find too significant a difference, but for pregnant women who work revealed that they felt sore, especially in the legs, for now pregnant women who work have not taken leave but have thought of taking a vacation. paid leave.

From the observations made by the researchers, there was no significant difference between respondents who were Muslim, Christian, or Catholic. Pregnant women who are Muslim tend to wear looser and more closed clothes, while pregnant women of different religions, such as Christians and Catholics, use larger clothes and some wear elastic clothes and are seen wearing short-sleeved clothes.

From the results of observations made for pregnant women with Javanese, Sundanese and Lampung tribes are very good, open and easier to interact, then for pregnant women who come from the Flores and Assa tribes prefer to use a tone that is typical of the region, but can be understood because it uses Indonesian.

The Body Image of Pregnant Women in the Third Trimester

Body image can occur with four aspects, namely attitude, perception, appearance, and behavior. In the attitude aspect, the mother's feelings about her appearance during pregnancy are expressed by verbalization such as changes in body weight, body size, body shape, body function, and hyperpigmentation that occurs on the skin. Where if the verbalization response is negative, the pregnant woman will feel her body is no longer sexy, feel unattractive during her

pregnancy, while in the positive verbalization response the mother will feel happy, happy with her pregnancy including the changes that occur during her pregnancy both changes in her body and appearance.

For the aspect of perception is the mother's understanding of changes in body weight, body size, body shape, body function, and skin hyperpigmentation that occurs during pregnancy, where during pregnancy weight gain will be and to determine whether weight gain during pregnancy is still within the normal range can be seen of the body mass index of the pregnant woman to find out whether it is still in the normal range, exceeding or even less.

The appearance aspect is the mother's interpretation of her appearance during pregnancy, as well as the expectations that the mother wants of her appearance during pregnancy. Pregnant women can identify changes that occur in their bodies during pregnancy, and mothers can realize changes that occur during pregnancy are normal things during pregnancy.

This behavioral aspect is the mother's response to changes in appearance that occur during pregnancy, how to adapt to changes in body weight, body size, and mother's adaptation when interacting with her husband, friends, and siblings.

The four aspects will be measured using a questionnaire consisting of positive and negative statements. Where to find out this body image researchers use measuring tools in the form of choice questions and open questions. For this body image assessment, the researcher will separate it into positive statements and negative statements, where if the respondent's statement leads to positive then the statement is included in the category of positive body image and if the respondent's statement leads to negative then the respondent's statement will be included in the image category. negative body.

Statement	Number of Answers	
	Positive	Negative
I wish when I was pregnant my body was smaller in size	8	-
I feel my body is not sexy when pregnant	5	3
I feel my body is unattractive when pregnant for my partner	5	3
I avoid looking at myself in the mirror	4	4
Happy with my weight while pregnant	8	-
Happy with my body shape when pregnant	8	-
Happy with my thigh size when pregnant	7	1
Happy with my breasts when pregnant	8	-
Happy with my arms when pregnant	8	-
Happy with the changes in my skin during pregnancy (acne, stretch marks, varicose veins)	3	5

Happy with my posture pregnant	when	8	-
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Based on the results of table 2 shows that the respondents' answers to body image statements in the attitude aspect that most respondents who have positive attitudes towards body image experienced during pregnancy, it can be seen from the respondents' answers to the questionnaire statement, as many as 8 respondents answered the statement that during pregnancy hope that the body is smaller with the answer disagree so that when the respondent answers disagree indicates that the mother accepts the changes that occur.

Then in the next statement it can be seen that the attitude of the respondents who felt unsexy during pregnancy there were 5 respondents who answered disagree where it can be concluded that 5 respondents did not agree and accepted the changes that occurred so that it could be interpreted that they had a positive attitude, but 3 respondents answered agree so that it can be interpreted that the respondent agrees that they feel no longer as sexy as before pregnancy.

Then in the next question as many as 4 respondents answered disagree with the statement avoiding observing themselves in the mirror, so it can be concluded that the respondents accepted and continued to pay attention to the changes that occurred during their pregnancy, but there were also 4 respondents who stated that they agreed with the statement so that it can be concluded that the respondent avoids observing the changes that occur during her pregnancy through a mirror.

As for the statement for feeling happy about changes in weight, shape, and body size during pregnancy where almost all respondents said they agreed with the statement in the three questions given, as many as 8 people said they agreed to feel happy about changes in body weight that occurred during pregnancy, so that it can be

interpreted that the respondent shows an attitude of acceptance with changes in body weight.

Likewise with changes in body shape during pregnancy where 8 respondents agreed so that it can be concluded that the statement happy with changes in body shape also shows a positive attitude.

For statements happy with changes in thigh size during pregnancy as many as 7 respondents agreed so that it can be interpreted that respondents accept changes in thigh size during pregnancy which can be concluded that respondents show a positive attitude, but there is 1 respondent who disagrees with statements happy with changes in thigh size during pregnancy. pregnancy, so it can be concluded that the respondents did not show a positive attitude.

Then for the statement of being happy with breasts during pregnancy, as many as 8 respondents agreed with the statement so that it could be interpreted that the respondent showed a positive attitude, for the statement that I was happy with my arm while pregnant, 8 respondents also agreed with the statement so that it could be interpreted that the respondent showed acceptance with the changes that occur in his arms.

Then for the statement that they are happy with the changes in the skin that occur during pregnancy, as many as 3 respondents stated that they agreed which means that the respondents had known and had an attitude of acceptance with the changes that occurred in their skin, but as many as 5 respondents stated that they did not agree with the statement which can be interpreted as respondents did not express an attitude of accepting changes in their skin.

Then for statements happy with body posture during pregnancy, as many as 8 respondents agreed so that it can be interpreted that respondents know and accept the changes that occur in their

posture which make respondents have an attitude that accepts these changes.

Statement	Number of Answers	
	Positive	Negative
During pregnancy, the body must be lean	8	-
A small body during pregnancy looks more attractive	5	3
The ideal body in pregnancy is thin with only a rounded belly	7	1
During pregnancy, there will be weight gain	7	1
During pregnancy, there will be changes in breast size and darker breast color	8	-
During pregnancy there will be an increase in the size of the upper arm	7	1
Breast shape changes to breastfeeding function	8	-
Posture changes to maintain body balance during pregnancy	8	-

Based on the results of table 3 shows that the respondents' answers to body image statements on the perception aspect that most respondents who have a positive perception of body image during pregnancy, it can be seen from the statement that during pregnancy the body must be slim.

Where as many as 8 respondents stated that they did not agree so that when the respondents stated that they did not agree, it showed that pregnant women were aware of the changes that occurred in pregnancy, namely enlargement of their body size.

Then for the statement that a small body during pregnancy will look more attractive, as many as 5 respondents stated that they did not agree, where this was supported by the mother's understanding of the changes that occurred during her pregnancy, so it can be said that the respondent had a positive perception, but as many as 3 respondents answered agree. where these respondents can be categorized into negative perceptions of the changes that occur during pregnancy.

Then for the statement that the ideal body in pregnancy is thin with only a rounded stomach, as many as 7 respondents disagreed where this indicates that the respondent understands the changes that occur in his body shape, where it can be said that the respondent has a positive perception of the changes, but there is 1 respondent's statement that agrees with the statement, then the respondent can be categorized towards a negative perception of the changes that occur in her pregnancy.

Then there is also a statement for the mother's understanding of weight gain, increased breast size, and an increase in the size of the upper arm circumference that occurs in pregnancy. positive perception where respondents know the changes that will occur in their body weight during pregnancy, but as many as 1 respondent disagrees which leads to negative perceptions.

Then as many as 8 respondents agreed with the statement that in pregnancy there will be changes in breast size and breast color that is darker, so that the respondents can be said to know the changes that occur in their breasts and can be categorized into positive perceptions.

Then for the statement that pregnancy will increase the size of the upper arm, as many as 7 respondents agreed with the statement which can be assumed that the respondent understands the changes that occur in their pregnancy and can be categorized as a positive perception. But as many as 1 person stated that he did not agree with the statement so that the respondent could be categorized towards a negative perception.

There is also a statement for respondents' understanding of changes in body functions such as the question of breast shape changing function for breastfeeding, where as many as 8 respondents agreed, where it can be concluded that respondents know and have an understanding of some body parts that change function during pregnancy and respondents accept these changes so that leads to positive perceptions.

And there is also a statement about changing body posture to maintain balance during pregnancy as many as 8 respondents agreed so that it can be concluded that respondents know and understand the changes that occur to adjust to pregnancy, where respondents are aware and accept these changes and can be categorized towards positive perceptions. to changes in body function during pregnancy.

Based on the explanation of the statement above, it can be seen that the respondents' answers to each item from the aspect of perception can be concluded that third trimester pregnant women who have a good understanding and view of the changes and accept it during pregnancy, so it can be seen that most of the third trimester pregnant women who lead to the perception positive ones.

Overview of Body Image on Appearance Aspek

From the results of open-ended questions that have been given, respondents answered about their appearance during pregnancy, namely they felt that their appearance had only slightly changed, they felt the changes that occurred, they felt the enlargement that occurred in their abdomen, and some felt that they looked duller due to laziness. to make-up.

Overall, respondents feel and know about the changes that occur in their appearance during pregnancy. And from the results of open questions about expectations for appearance during pregnancy, respondents answered that they hoped that they would always be given health, facilitated delivery, they also expected a normal appearance like pregnant women in general, there were also respondents who answered that they did not really care about their appearance. , but more concerned with the health and the fetus.

There are also those who hope that not too many changes will occur, and there are also respondents who answer that they really want to gain weight, and in accordance with all of the respondents' statements, all of the respondents' expectations have been achieved. And overall the respondents' statements on this aspect of appearance all respondents still have optimism and look good to respond to the changes that occur during their pregnancy.

Overview of Body Image on Behavioral Aspects

From the results of open questions that have been given, respondents answered about their behavior during pregnancy to adapt to changes that occur, namely respondents answered how to adapt to changes in body weight, body size, they answered that they would try to remain patient and grateful, they did exercise to reduce changes. their body size, they will

maintain their nutritional intake, they will also get more rest, and they will pay more attention to changes in body size by doing regular check-ups. So that it can be categorized into responses that lead to positive behavior.

As for the way respondents adapt to the surrounding environment, respondents answered that they would remain confident, they would behave as usual, look like they usually did, they would often communicate with others about the changes that had occurred to them, they would ask questions more often about the changes that had occurred during their lifetime. her pregnancy. So it can be concluded that the respondent's statement leads to a positive direction which can be categorized into positive behavior.

As for the respondents' answers to how to respond to changes that occur, they will respond calmly, they will not mind the changes that occur, they don't think too much about it because they are afraid it will affect the fetus, they will respond with pleasure and continue to carry out regular checks, and they will try to stay calm and maintain a healthy lifestyle. Overall, all respondents stated that they still have optimism and good behavior to respond to the changes that occur during their pregnancy.

CONCLUSIONS AND SUGGESTIONS

1. The characteristics of pregnant women in BPM Anita Sihombing are 20-35 years old with an average education level of junior high school, where the majority of respondents are Muslim, act as housewives and come from ethnic groups outside Java.
2. In the attitude aspect, it can be concluded that the respondents showed an attitude of acceptance

and knowing the changes that occurred during their pregnancy, especially changes in body weight, body size, body shape, body functions, and skin hyperpigmentation that occurred during pregnancy.

3. In the aspect of perception, it can be concluded that respondents know the changes that occur, both changes in body size, weight gain, changes in pigmentation, even changes in body functions, so that respondents tend to show positive perceptions during their pregnancy.
4. In the overall appearance aspect, respondents feel and know about the changes that occur in their appearance during their pregnancy. This shows that pregnant women in the third trimester show a positive appearance on their body image during pregnancy and have a good acceptance of the physical changes that occur during pregnancy.
5. On the behavioral aspect Overall, all respondents stated that they still have optimism and good behavior to respond to the changes that occur during their pregnancy.

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