

Relationship of Self Efficacy with Self Care Management in Pregnant Women Approaching Childbirth

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Abstract

Introduction: The process of pregnancy and childbirth, is estimated to be 85% normal and only 15% experience complications. Pregnant women with high self-efficacy are more confident in managing blood pressure, following the recommended diet, and complying with routine health check-up schedules, on the other hand pregnant women with low self-efficacy will experience stress, give up easily and do not believe in their abilities. **Objective:** The aim of this study was to determine the relationship between self-efficacy and self-care management in pregnant women approaching childbirth. **Method:** This study uses a quantitative research design with a cross-sectional approach. The population in this study were pregnant women in the third trimester. The sampling technique used purposive sampling with a total of 37 people. Data were collected through questionnaires. Data analysis was done univariately and bivariate using the chi-square test. **Result and Discussion:** Less than half of respondents (37.8%) Self-Care Management is lacking, more than half (62.2%) self-efficacy is certain, there is a relationship between Self Efficacy and Self Care Management in pregnant women approaching pregnancy at the Alai Health Center, Padang City in 2025 **Conclusions:** Self-efficacy plays an important role in self-care management in pregnant women approaching childbirth. Increasing self-efficacy can be an effective strategy to support maternal and infant health.

Introduction

Pregnancy is an important phase in a woman's life that requires special attention to physical and mental health. One of the challenges faced by pregnant women in delivering labor is their ability to manage self-care management. The process of pregnancy and childbirth, is estimated to be 85% normal and only 15% experience complications. According to the World Health Organization (WHO), around 75% of maternal deaths are caused by complications, and 99% of complications occur in developing countries. It is estimated that every day as many as 830 mothers in the world die from complications. (WHO, 2020)

Self-efficacy in pregnant women approaching labor plays an important role in self-care management. Pregnant women who have a good level of self-efficacy are more confident in managing self-care management such as compliance with antenatal check-ups, maintaining a healthy diet and implementing a healthy lifestyle that has a positive impact on preparation for childbirth and the health of the mother and baby. Self-efficacy is a mental resource that strengthens the belief in the ability to take action to improve and strengthen the health of pregnant women through healthy behavior in accordance with the purpose of the study, namely to analyze the effect of prenatal classes as an effort to increase the self-efficacy of pregnant women. By having high self-efficacy, a pregnant woman will have a higher life goal and be more committed to self-care during pregnancy until delivery. (Iwanowicz-Palus et al., 2022)

Development of educational programs that focus on increasing the knowledge and skills of pregnant women in self-care, as well as emotional support that can increase their self-confidence, the relationship between self-efficacy and self-care management in pregnant women approaching delivery. However, there is still a knowledge gap regarding the extent to which self-efficacy influences self-care management in pregnant women approaching delivery. Understanding the relationship between self-efficacy and self-care management is important for developing effective interventions to improve maternal and infant health. Low self-efficacy in pregnant women is caused by several factors including education, age, parity, previous birth methods and many more, this is in line with research conducted by. (Hosseini et al, 2016)

Pregnancy care is an important thing to prevent complications and problems both during pregnancy and childbirth. Pregnancy care that needs to be done includes self-care, pregnancy classes, adequate rest, regular pregnancy check-ups and nutritional intake needed by the mother. Important factors that influence pregnancy care are predisposing factors, supporting factors, and reinforcing factors. Some of these factors include knowledge about understanding how to care for pregnancy. Other factors that influence pregnancy care are age, education, occupation, parity, social support (husband, family, health workers), and economy. (Hasanah & Fitriyah, 2019)

High-quality prenatal care systems must develop the capacity to assess and treat the risk of depression and anxiety. Early screening efforts using validated screening tools, providing maternal mental health education, and being aware of the various medical, psychological, and complementary approaches to treating stress and anxiety are needed to guide and refer patients best. Use of these practices will improve the quality of life for pregnant women with depression and anxiety and may help reduce the likelihood of poor birth outcomes, postpartum mental health problems, and adverse effects on offspring. (Kusmiyati, 2010). The government program in caring for maternal health during pregnancy is the KI and K4 pregnancy visit program. The concept of self-care is one of the concepts of care carried out by individuals independently. Self-care is a manifestation

Relationship of Self Efficacy with Self-Care Management in Pregnant Women Approaching Childbirth

of behavior in maintaining life, health, development and life. The concept of self-care was introduced by Orem 2001 (Orem, 2001)

Some research results that support the improvement of maternal health, including research results in Iran showing that the ability of mothers to carry out self-care can reduce maternal mortality and can reduce health costs (Bakhshian & Jabari, 2009; Emamiasfshar, Jalilivand., Doaei., Aremikhan, & Motlagh, 2006). The results of other studies state that the involvement of pregnant women in carrying out their pregnancy care will raise awareness in maintaining their health so that it becomes a responsibility and need for the mother. The results of the study conducted Mahadew, Nadhiroh, & Heryana (2018) show that there is a relationship between the level of knowledge and maternal compliance in carrying out pregnancy care. The results of this study are reinforced by the results of the study Saragih et al (2018) that the source of information influences pregnancy care.

Based on the results of this study, it shows that pregnancy complications can be reduced by increasing the mother's ability to carry out pregnancy care, and the mother is able to detect complications early independently. The independence of pregnant women is very important, based on the pregnancy process is a complex event because it affects the health of the mother both physically and psychologically. In addition, the pregnancy process lasts for a long time and is at risk of complications. Therefore, this study aims to analyze the relationship between self-efficacy and self-care management in pregnant women approaching childbirth.

Method

This study used a quantitative research design with a cross-sectional approach. This design was chosen to analyze the relationship between self-efficacy and self-care management in pregnant women approaching childbirth in a certain period. The study was conducted at the Alai Health Center in Padang City from January to February 2025. The population in this study were pregnant women in the third trimester at the Alai Health Center in Padang City. The sampling technique used purposive sampling with a total of 37 people with the following inclusion criteria:

- 1) Pregnant women with a gestational age of ≥ 28 weeks
- 2) Able to read and write
- 3) Pregnancy without complications

Exclusion criteria:

- 1) Pregnant women do not experience depression
- 2) Only participate in activities ≤ 1 time.

Data were collected through a questionnaire designed to measure the level of self-efficacy and self-care management of pregnant women approaching pregnancy. Data analysis was carried out univariately and bivariate with the chi-square test.

Result and Discussion

1. Result

Univariate Analysis

Table 1

Frequency Distribution of Respondents Based on Self Efficacy in Pregnant Women Approaching Pregnancy

No	<i>Self-Efficacy</i>	f	%
1	Uncertain	14	37.8
2	Certain	23	62.2
Amount		37	100

Based on table 1, out of 37 respondents, 14 people (37.8%) had uncertain self-efficacy.

Table 2

Frequency Distribution of Respondents Based on Self Care Management in Pregnant Women Approaching Pregnancy

No	<i>Self-Care Management</i>	f	%
1	Good	12	32.4
2	Moderate	11	29.7
3	Less	14	37.8
Amount		37	100

Based on table 2, out of 37 respondents, many of them were less in Self Care Management, namely 14 people (37.8%).

Bivariate Analysis

Table 3

Relationship between Self Efficacy and Self Care Management in Pregnant Women Approaching Pregnancy

Self-Efficacy	Self-Care Management						Total		p value
	Good		Moderate		Less				
	f	%	f	%	f	%	f	%	
Uncertain	2	14.3	2	14.3	10	71.4	14	100	0.004
Certain	10	43.5	9	39.1	4	17.4	23	100	
Total	12	32.4	11	29.7	14	37.8	37	100	

Table 3 can be seen from 14 respondents with self-efficacy not sure higher with Self Care Management less which is 10 (71.4%) compared to Self-Care Management moderate 2 (14.3%) Self-Care Management good 2 (14.3%) In pregnant women approaching pregnancy at Alai Health Center, Padang City in 2025. The results of the chi-square test obtained a p-value of 0.004 <0.05 so it was concluded that there was a relationship between Self Efficacy and Self Care Management in pregnant women approaching pregnancy at Alai Health Center, Padang City in 2025

2. Discussion

Self-Efficacy in Pregnant Women Approaching Childbirth

Based on table 1, out of 37 respondents, 14 people (37.8%) had uncertain self-efficacy. Self-efficacy, namely an individual's belief in their ability to perform certain tasks, plays an important role in self-care management behavior. Individuals with high self-efficacy are more consistent in following a health care plan. (Iwanowicz-Palus et al., 2022)

Self-efficacy in pregnant women is one of the psychological factors and valuable frameworks that predict maternal behavior and increase self-confidence and abilities during pregnancy. Self-efficacy is influenced by four basic levels of information, namely performance achievements such as previous pregnancies, experiences from other pregnant women, verbal encouragement from others, and physiological responses such as fatigue, stress, anxiety, and sleep disturbances (Hosseini et al, 2016)

Pregnant women with high self-efficacy are more confident in managing blood pressure, following the recommended diet, and complying with routine health check-up schedules, while pregnant women with low self-efficacy will experience stress, give up easily and not believe in their abilities. (Sriwenda & Yulinda, 2017)

This study is supported by research Fitrianiingsih (2021) which states that there is an influence of the antenatal care (SEA Care) self-efficacy model on reducing pregnancy and childbirth complications. Another study that is in line with this is research Mardiana et al (2018) which reveals that good self-efficacy can be used to manage individual health and pregnancy. Self-efficacy is an important determining factor in increasing a mother's confidence in carrying out activities or actions that are believed to be able to help achieve goals and provide the right solutions if there are problems in her pregnancy

Self-efficacy can affect the smoothness of the delivery process, affect the health of the fetus and the health of the pregnant woman herself. Self-efficacy influences the mental strength of pregnant women to face the delivery process. Pregnant women who are able to maintain good self-control can reduce the impact of pain during labor, and pregnant women who have high self-efficacy show a better level of satisfaction in undergoing the pregnancy process towards themselves, as well as towards nurses, midwives and doctors and reduce the level of anxiety they experience (Christiaens, Verhaeghe, & Bracke, 2010).

High self-efficacy encourages the formation of a mindset to achieve the expected results and thinking to achieve the expected results will give rise to real expectations, but this must be supported by good goal conformity. Self-efficacy can describe an assessment of how well someone can do an action in various situations. In this case, pregnant women who have self-efficacy will try to realize what they want, such as giving birth to a baby in a healthy and safe condition, so that the mother can calmly, accurately and easily carry out her pregnancy check-up without any burden.

Self-Care Management for Pregnant Women Approaching Childbirth

Based on table 2, out of 37 respondents, many of them were less in Self Care Management, namely 14 people (37.8%). Self-Care Management is the performance or practice of individual activities to take the initiative and shape their behavior in maintaining life, health, and well-being. Pregnancy care is one of the factors that need to be considered to prevent complications and death during pregnancy and childbirth, in addition to the growth and health of the fetus. Pregnancy care that needs to be considered

Relationship of Self Efficacy with Self-Care Management in Pregnant Women Approaching Childbirth

is self-care (skin, teeth, mouth, nail care) breasts, immunization, pregnancy exercises, pregnancy check-ups, and nutrition for fetal development. (Saragih et al, 2018)

Motivation is needed for pregnant women to encourage mothers to carry out pregnancy care. Pregnant women have a strong drive to change their behavior so that pregnancy health can be maintained. Motivation will stimulate someone to act, so that pregnant women who have high motivation will have the ability to care for themselves. (Winardi, 2016)

The results of the study in Zhianian et al (2015) showed that the mother's ability to perform self-care can improve the mother's quality of life and protect the baby she is carrying. The results of the study Kordi et al (2017) showed that self-care affects the mother's ability to manage stress management, nutrition, supplements, physical activity and routine pregnancy checks. Other studies show that stress factors and physical activity play a role in the implementation of self-care by pregnant women during their pregnancy (Alwashali et al, 2018). Predictors of self-care in pregnant women are determined by self-efficacy (self-ability or self-confidence), satisfaction, social support, knowledge. The ability of pregnant women's self-care behavior will not just appear but needs to be preconditioned through the process of providing knowledge and skills. Based on the results of the study, factors that influence self-care management include knowledge, perceived benefits and self-efficacy. (Puspita et al, 2019)

It is expected that with good self-care management skills in pregnant women, it will form and increase the independence of mothers in carrying out care and maintaining their health. In addition, it is expected that pregnant women are able to develop themselves and are able to prevent disorders that threaten during pregnancy, and are able to take appropriate action in conditions of deviations or health deviation self-care requisites.

Relationship Of Self Efficacy with Self-Care Management in Pregnant Women Approaching Childbirth

The results of the chi-square test obtained a p-value of 0.004 <0.05 so it was concluded that there was a relationship between Self Efficacy and Self Care Management in pregnant women approaching pregnancy at Alai Health Center, Padang City in 2025.

Women's low perceived self-efficacy, or belief in their own ability to cope with a given situation, is another important reason for their desire to undergo a cesarean section. People with high self-efficacy visualize success, whereas people with low self-efficacy visualize failure and focus on what might go wrong (Soltani et al, 2017)

As a well-known factor in labor satisfaction, high self-efficacy makes women satisfied with their performance. Perceived self-efficacy may be an important factor in a woman's ability to cope with labor, and self-efficacy and FOC appear to be interrelated (Salomonsson, 2013).

Pregnant women with severe FOC and low self-efficacy are at greater risk for psychological challenges. Encouraging mothers who are afraid of labor to verbalize their thoughts about the upcoming birth may reveal the individual's need for appropriate care. Social support, especially from family and friends, is an important factor in self-care management. Strong family support can improve adherence to health care and disease management. (Brown et al, 2018)

Pregnant women who receive emotional and practical support from their environment tend to be more motivated to follow medical recommendations and maintain their health well. This support helps pregnant women feel more confident and motivated in implementing necessary lifestyle changes. Strong social support from partners and

Relationship of Self Efficacy with Self-Care Management in Pregnant Women Approaching Childbirth

family contributes to motivation, stress management, and adherence to treatment, all of which support positive self-care behaviors (Amanda Smith, 2021)

Good self-care management behaviors in pregnant women can improve quality of life through optimal physical and mental health management. Light physical activity, such as pregnancy gymnastics or regular walking, helps improve blood circulation and control weight. In addition, checking blood pressure regularly and following doctor's recommendations in managing hypertension as well as stress management techniques such as meditation, yoga, or breathing therapy can have a positive effect on quality of life. The results of this study indicate that respondents who have implemented optimal physical and mental health management have a better quality of life. Supported by previous research that stress and self-efficacy of pregnant women improved after being given education (Putri et al, 2023)

Conclusion

Based on the results of research and data analysis from 37 respondents about the relationship between Self Efficacy and Self Care Management in pregnant women approaching pregnancy at the Alai Health Center in Padang City in 2025 with the conclusion: Less than half of respondents (37.8%) Self-Care Management is lacking, More than half (62.2%) self-efficacy sure, There is a relationship between Self Efficacy and Self Care Management in pregnant women approaching pregnancy at the Alai Health Center in Padang City in 2025.

Self-efficacy plays an important role in self-care management in pregnant women approaching childbirth. Increasing self-efficacy can be an effective strategy to support maternal and infant health. By understanding this relationship, health workers can design better interventions to help pregnant women feel more confident and able to manage their health, so that they can improve health outcomes during pregnancy and childbirth. Further research is needed to explore other factors that may influence self-efficacy and self-care behavior in pregnant women

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