

**TINJAUAN NARATIF MASALAH KESEHATAN MENTAL PADA  
IBU HAMIL SELAMA PANDEMI COVID-19**



Skripsi

Diajukan ke Program Studi S1 Kebidanan Fakultas Kedokteran Universitas Andalas  
untuk Memenuhi Salah Satu Syarat Mendapatkan Gelar Sarjana Kebidanan

Oleh

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**Narrative Review of Mental Health Problems in Pregnant Women During the COVID-19 Pandemic**

xvi + 78 pages, 3 pictures, 1 appendices

**ABSTRACT**

**Background and Objectives**

Vulnerable groups such as pregnant women are at risk for mental health problems during the COVID-19 pandemic. The implementation of social restrictions decreases social support for pregnant women which can affect their mental health. This study aimed to analyze mental health problems in pregnant women during the COVID-19 pandemic.

**Method**

This type of research was a narrative literature review. The research was conducted from September to December 2021. The search for articles was accessed through the PubMed, ScienceDirect, and Google Scholar databases. Selected articles were based on inclusion and exclusion criteria.

**Result**

The analysis was carried out on 20 research articles. The results showed that the highest prevalence of mental health problems in pregnant women during the COVID-19 pandemic were anxiety and depression disorders, followed by Obsessive-Compulsive Disorder (OCD), and Post-Traumatic Stress Disorder (PTSD).

**Conclusion**

The prevalence of mental health problems in pregnant women is higher than in non-pregnant women during the COVID-19 pandemic. Interventions to mitigate their mental health problems and to promote preventive behaviors are highly warranted.

**References** : 109 (2012 - 2021)

**Keywords** : mental health problem, anxiety, depression, OCD, PTSD, pregnant women, COVID-19.

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**Tinjauan Naratif Masalah Kesehatan Mental pada Ibu Hamil Selama Pandemi COVID-19**

xvi+ 78 halaman, 3 gambar, 1 lampiran

**ABSTRAK**

**Latar Belakang dan Tujuan Penelitian**

Kelompok rentan seperti ibu hamil berisiko mengalami masalah kesehatan mental selama pandemi COVID-19. Pemberlakuan pembatasan sosial menurunkan dukungan sosial bagi ibu hamil yang dapat memengaruhi kesehatan mentalnya. Penelitian ini bertujuan untuk menganalisis masalah kesehatan mental pada ibu hamil selama masa pandemi COVID-19.

**Metode**

Jenis penelitian ini adalah *narrative literature review*. Penelitian dilakukan pada bulan September hingga Desember 2021. Pencarian artikel diakses melalui database PubMed, ScienceDirect, dan Google Scholar. Artikel yang dipilih didasarkan pada kriteria inklusi dan eksklusi.

**Hasil**

Analisis dilakukan terhadap 20 artikel penelitian. Didapatkan hasil prevalensi masalah kesehatan mental yang paling tinggi pada wanita hamil selama pandemi COVID-19 adalah gangguan kecemasan dan depresi, diikuti oleh gangguan obsesif-kompulsif, dan gangguan stres pascatrauma.

**Kesimpulan**

Prevalensi masalah kesehatan mental pada ibu hamil lebih tinggi dibandingkan pada ibu tidak hamil selama masa pandemi COVID-19. Intervensi untuk mengurangi masalah kesehatan mental mereka dan untuk mempromosikan perilaku pencegahan sangat diperlukan.

**Daftar Pustaka** : 109 (2012 - 2021)

**Kata Kunci** : masalah kesehatan mental, kecemasan, depresi, gangguan obsesif-kompulsif, gangguan stres pascatrauma, ibu hamil, COVID-19.