

LITERATURE REVIEW: MATERNAL ANXIETY AND PARTICIPATION IN INTEGRATED SERVICES POST DURING PANDEMIC COVID-19

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ABSTRACT

Background: The spread of the COVID-19 virus is a fairly big challenge and causes a lot of high anxiety in the community. Conditions from the pandemic also have an impact on various sectors, for example Integrated Services Post. **Purpose:** To analyze relationship between anxiety mothers and participation Integrated Services Post during pandemic COVID-19. **Methods:** This study was a literature review approach (literature review) by a narrative literature review which discusses the relationship between maternal anxiety and participation in the Integrated Services Post under five during the COVID-19 pandemic. The data source used secondary data in the form of journal-based articles obtained through the Google Scholar database. The inclusion criteria of this research were the year of publication in the range of 2020 to 2022, publication in Indonesian and English, and original research and full text. **Results:** All of the entire literature can prove that there was an association between maternal anxiety and participation in the Integrated Services Post under five during the COVID-19 pandemic. Maternal anxiety was caused by factors of community attitudes and the surrounding environment. **Conclusion:** The concern that occurs in mothers is caused by fear if the child or himself is exposed to Covid-19 during a visit to the Integrated Services Post, because even though they have implemented health protocols, the attitude of other visitors who do not comply with health protocols makes them feel unsafe. **Keywords:** integrated services post, COVID-19, maternal anxiety.

INTRODUCTION

In the end of 2019, on December 31, 2019, a pneumonia case was found, spreading rapidly in the Wuhan area, Hubei Province, within three days after the discovery of this case found in 44 people. After conducting research, it was discovered that this case of pneumonia was caused by the Severe Acute Respiratory Syndrome Coronavirus-2 (SARS-CoV-2) virus. This study's results determined that the name of this disease that spread very quickly was COVID-19 or Coronavirus disease (Verawati, Meiranny and Rahmawati, 2021). With this incident, WHO declared COVID-19 a state of emergency in the public health sector which worried the world. On March 11, 2020, COVID-19 declared a pandemic. It was due to its quick global spread, which indicated that many people had caught the illness. Indonesia, as one of the countries with high cases of COVID-19, is actively taking steps to prevent the spread of the virus, such as limiting crowds and travel, closing public facilities, and isolating and limiting public service regulations. The existence of a model of a virus system with a high transmission rate and the absence of a vaccine or similar medicine to control the spread of the COVID-19 virus is a significant obstacle in dealing with this pandemic (Zhai and Du, 2020). Therefore, the impact of this pandemic has caused much anxiety in society (Aritonang *et al.*, 2020).

The pandemic's conditions also impacted various sectors, for example, the Integrated Services Post. Integrated Services Post, whose role is to monitor and maintain the health of mothers and children through monitoring the health of newborns and helping to reduce mortality due to childbirth (Sidabuke, Parapat and Aritonang, 2022). As a result of the pandemic, Integrated Services Post such as immunization and child development monitoring cannot run properly. The Integrated Services Post must be implemented even in the COVID-19 pandemic situation. This is caused by the functions of the Integrated Services Post, which are complex (Sidabuke, Parapat and Aritonang, 2022). Ministry of Health of the Republic of Indonesia and UNICEF conducted a follow-up study in July 2020. It was discovered that 7.558 respondents, or nearly 50% of the total, did not visit healthcare facilities, including the Integrated Services Post, during the pandemic. This research has

aims to find descriptive and analysis about anxiety mother has babies or toddler in pandemic COVID-19. During Pandemic COVID-19, mothers who have children under five years old that have experienced anxiety go to healthcare facilities. This is due to the fear of contracting the SARS-CoV-2 virus.

The Integrated Services Post service could not be conducted smoothly during the pandemic due to anxiety and fear of bringing their children to the Integrated Services Post activities. The ignorance of parents about how to prevent the spread of COVID-19 is a cause of anxiety for parents (Aritonang *et al.*, 2020). Mother feels anxiety, she is afraid of her babies or toddler Sars - Co -V2 contamination, so mothers don't bring their babies to integrated service post, this causes their babies not to get immunized.

The attitude factor of other visitors towards health and environmental protocols. This was also explained by Sidabuke I (2020), where mothers' worries about the transmission of COVID-19 to their children contributed to the low number of Integrated Services Post visits during the COVID-19 pandemic when bringing their babies to the Integrated Services Post. This statement is also in line with research from (Aritonang *et al.*, 2020), where the worry mothers and toddlers feel are directly proportional to the decrease in visitors to the Integrated Services Post. Pregnant women are also classified as a group that is vulnerable to being infected with COVID-19, causing a deep sense of worry and fear during their pregnancy (Verawati, Meiranny and Rahmawati, 2021). Hence, the knowledge owned by each individual and always develops over time is one of the internal factors contributing to health services. Knowledge is an aspect of the domain that is very important for forming one's actions (Diharja, Syamsiah and Choirunnisa, 2020). This research was compiled to determine the relationship between maternal anxiety and the participation of the Integrated Services Post for toddlers during the COVID-19 pandemic in Indonesia. In pandemic of COVID-19, mother has toddler, is feel anxiety because fear SARS - Co-V2 Virus contamination, this influence brings their babies or toddler to the Integrated service Post.

METHOD

Literature Search Strategy

This study used a narrative literature review approach that discussed the relationship between maternal anxiety and the participation of Integrated Services Post for toddlers during the COVID-19 pandemic. The data source was secondary data from journal-based articles from the Google Scholar database with research locations in Indonesia. The inclusion criteria for this study were the year of publication in the range 2020 to 2022, Indonesian and English publications, and original research and full text. The keywords used for data collection in searching for articles in the journal database include (1) maternal anxiety, (2) Integrated Services Post, and (3) COVID-19. These keywords will be combined with the format "(1) AND (2) AND (3)" so that the keywords were "maternal anxiety AND Integrated Services Post AND COVID-19" or "mother anxiety

AND Integrated Services Post AND COVID-19".

The total literature obtained was 875 articles, then screening was carried out based on the title and abstract so that the articles matched the focus and inclusion criteria of the study. There were 35 articles remaining after articles that did not meet the inclusion criteria were removed. After the assessment, the final number of articles obtained, and which would be analyzed in the study was 8 articles.

RESULT

The identified publications present and examine the relationship between maternal anxiety and the participation of toddlers in the Integrated Services Post during the COVID-19 pandemic. The final journals collected through the screening and assessment stages of 8 articles will be extracted into the information presented in Table 1.

Table 1. Literature Review Results

No	Title, Author, Year	Subject	Method	Result
1.	Correlation Between Knowledge and Attitudes of Mothers with The Fulfilment of Toddler's Health Services During The COVID-19 Pandemic (Putri et al., 2022)	208.045 babies	Cross-sectional	Mothers' anxiety will increase their fear of contracting COVID-19, so they are reluctant to bring their babies or toddlers to the Integrated Services Post. Result of this research show that significant with $p = 0.000$ (knowledge); $p = 0.007$ (attitudes of mothers).
2.	Evaluasi Kunjungan Balita ke Integrated Services Post di Masa Pandemi COVID-19 di Puskesmas Totikum Kab. Banggai Kepulauan (Lahmadi, Multazam dan Kurnaesih, 2021)	1 village midwife, 3 cadres, and 6 mothers of toddlers	Experimental	There was a decrease in the enthusiasm of visitors to the Integrated Services Post during the pandemic due to public perceptions that they were afraid of contracting COVID-19
3.	Analisis Faktor yang Berhubungan dengan Keaktifan Integrated Services Post pada Era COVID-19 di Desa Pematang Pelintahan (Fithri, 2021)	39 mothers or toddlers	Cross-sectional	Mother's anxiety and fear appeared when dealing with health workers at the Integrated Services Post. This relationship is significant with $p = 0.00$.
4.	Studi Analisis Tingkat Kecemasan dengan Kepatuhan Kunjungan Integrated Services Post di Masa Pandemi COVID-19 (Sari dan Utami, 2020)	47 toddler mothers	Cross-sectional	The anxiety felt by mothers when visiting the Integrated Services Post during a pandemic was fear of contracting COVID-19 from health workers or other visitors.
5.	Compliance Analysis of Visit to Integrated Services Pos for Toddlers in the New Normal Era in the Working Area of the Tanjungpinang Health Center, Tanjungpinang (Damayanti et al., 2022)	93 toddler mothers	Cross-sectional	A mother's biggest worry when visiting the Integrated Services Post is the fear that her toddler and herself will contract COVID-19.
6.	Kunjungan Balita ke Integrated Services Post pada Masa Pandemi COVID-19 (Desty dan Wahyono, 2021)	114 toddler mothers	Cross-sectional	Limited information about mothers regarding efforts to prevent COVID-19 can make mothers worry about contracting COVID-19.
7.	Mother's Compliance with Toddler Visits to Integrated Service Post during the Pandemic (Febriyanti et al., 2022)	64 mothers of toddler	Cross-sectional	The anxiety experienced by mothers when visiting Integrated Services Post monitoring during a pandemic was fear that they and their children would be infected with COVID-19.
8.	Analysis of Mother's Anxiety Level with Compliance to Visit to Integrated Service Post in the COVID-19 Pandemic at the Tangkiang Public Health Center (Priyanto dan Mardjan, 2021)	30 mothers of infant or toddler	Cross-sectional	The anxiety that mothers felt when visiting the Integrated Service Post during a pandemic was the fear of contracting COVID-19 from health workers or other visitors.

All articles reviewed in the literature proved that maternal anxiety is related to the participation of toddlers in the Integrated Service Post during the COVID-19 pandemic. There were 2 out of 8 research articles from the results of a literature review that conducted statistical tests, namely research from (Fithri, 2021) and (Febriyanti *et al.*, 2022) stated that there was a relationship between maternal anxiety on the participation of toddlers in Integrated Service Post during the COVID-19 Pandemic. In addition, based on the results of research conducted by (Lahmadi, Multazam and Kurnaesih, 2021) on 1 village midwife, 3 cadres, and 6 mothers under five also stated that there was a decrease in the enthusiasm of Integrated Service Post visitors during the pandemic due to public perceptions that they were afraid of contracting COVID-19. The anxiety that mothers felt when visiting the Integrated Service Post during a pandemic was the fear of contracting COVID-19 from health workers or other visitors, because not all visitors to the Integrated Service Post have an attitude that adheres to health protocols (Priyanto and Mardjan, 2021). In addition, there was a limited information about mothers regarding efforts to prevent COVID-19 which can also cause anxiety for mothers if they are infected with COVID-19 (Desty and Wahyono, 2021).

DISCUSSION

Mother's Anxiety

Mothers have an important role in the success of a maternal and child health program, one of which is the Integrated Service Post (Integrated Services Post). A mother tends to be closer to her children and will instill habits and become a role model for future generations regarding knowledge, attitudes, and behavior (Efendi *et al.*, 2020). Mother's anxiety is one of the factors that can be related to the participation of toddlers in the Integrated Service Post during the COVID-19 pandemic. Anxiety is a feeling that is common in a person and a sudden feeling of fear and distrust appears (Trisnani dan Wardani, 2021).

Mothers' anxiety during the COVID-19 pandemic can occur because they are facing new habits that can cause feelings of fear and anxiety, especially concerns for their own health and that of their families. This is in line

with research by (Brehl *et al.*, 2021) which states that worry about health is positively related to individual anxiety during the COVID-19 pandemic. In addition, according to research that has been conducted by (De Pietri and Chiorri, 2021) states that anxiety is felt not only for one's own health, but also for the people around them who they care about, such as mothers and children. Even though the Integrated Service Post and health workers have implemented health protocols in accordance with the procedures set by the government, anxiety regarding a mother's personal health during a pandemic can also be caused by attitude and environmental factors in the community. The attitude of the surrounding community that is not fully compliant with the health protocols that must be carried out. In addition, the surrounding environment with positive cases of COVID-19 which continues to spread causes mothers to feel anxious about the health of themselves and their children because they are in an environment with a high risk of transmission. (Putra and Apridawati, 2022).

The position of the mother in a family is the main support for the formation of a system in society, of course it will be closely related to the success of a program. The situation of mothers who are not ready to visit the toddlers' Integrated Service Post and bring their children to participate in these activities occurs because there is an understanding that the corona virus will more easily infect someone with a weak immune system, especially in infants or toddlers who are individuals who are susceptible to corona virus infection (Trisnani and Wardani, 2021). Mothers are worried that their children will be exposed to the corona virus when they are outside the house and interact with other people by being touched, hugged, or even kissed by other people outside the house who are not their family. In addition, the mother's anxiety occurs when the condition will take her child to travel outside the home, where she has to use a mask as a form of self-protection that not all babies or toddlers are used to with this new habit.

Differences in Integrated Service Post Visits Before and During the COVID-19 Pandemic

The increase in COVID-19 cases in various regions prompted the Government to stipulate Government Regulation number 21 of 2020 concerning Large-Scale National

Restrictions, so that there is also a guide that contains directions for health workers regarding toddler health services at the Integrated Service Post during a pandemic. Apart from having to implement the health protocol at the Integrated Service Post, areas that have implemented the Large-Scale Social Restrictions (PSBB) policy or have positive cases of COVID-19 are also required to postpone toddler health services at the Integrated Service Post by monitoring growth and development independently through the MCH book at home. Immunization services and administration of vitamin A must also make an appointment with the health worker on duty (Kementerian Kesehatan Republik Indonesia, 2020).

The difference in the frequency of visits to the Integrated Service Post before and during the pandemic can be caused by new habits which in the end can also affect a person's behavior to take action. Research by (Lahmadi, Multazam and Kurnaesih, 2021) which states that if there is a decrease in the enthusiasm of the Integrated Service Post visitors during a pandemic it can be caused by the perception of people who are afraid of contracting COVID-19. This is in line with research that has been conducted by (Diharja, Syamsiah and Choirunnisa, 2020) which states that visits to toddlers' Integrated Service Post have decreased sharply so that in 2019 only 64% of participants attended toddlers' Integrated Service Post activities. Research by (Amri, 2020) also said that when the COVID-19 pandemic began there was a decrease in visitors to Mother and Child Health (KIA) services, especially toddler weighing services at the Integrated Service Post, and in this study it was also known if there was a sharp decrease in the coverage of toddlers who came and were weighed (D/S) in April 2020 to 5.2% from 61.5% previously in March. This decrease was caused by the public's sense of shock and fear of the emergence of positive cases of COVID-19 in March 2020.

In areas that have imposed PSBB (Large-Scale Social Restrictions), services for babies and toddlers at the Integrated Service Post will be suspended for some time. Implementation of immunization in health care facilities also applies appointments which can later make mothers feel reluctant if they have to make an appointment beforehand when visiting the Integrated Service Post (Yulia *et al.*, 2021).

This will make the standard of child health services unattainable so that there will be risks both long term and short term in the health and development of children (Saepuddin, Rizal and Rusmana, 2018; Riawati and Ajeng Novita Sari, 2019).

The busyness of health workers dealing with COVID-19 patients or the large number of health workers who start positive for COVID-19 one by one can also cause the toddler monitoring program that is usually carried out routinely to go down because mothers are worried about coming and taking their children to health facilities or Integrated Service Post during the COVID-19 pandemic (Trisnani and Wardani, 2021). This is in line with research (PH *et al.*, 2020) which stated that there are many people who feel they choose not to use existing health facilities for treatment or immunization because of anxiety and fear of the spread of COVID-19/Positive mindsets and assumptions felt by the baby's mother can be caused by a lack of knowledge and understanding of the mother regarding the importance of implementing and administering immunization to infants.

[The Relationship between Mother Anxiety and Toddlers' Integrated Service Post Participation During the COVID-19 Pandemic](#)

All the articles identified in the literature review can prove that maternal anxiety is related to the participation of toddlers in the Integrated Service Post during the spread of COVID-19. The decline in the participation of toddlers in the Integrated Service Post during the COVID-19 pandemic can be caused by high levels of maternal anxiety. As stated in the research results of the literature review from the article (Fithri, 2021) that there is a significant relationship between maternal anxiety and the activity of the Integrated Service Post during the COVID-19 pandemic ($p < 0.05$). This is in line with research by (Febriyanti *et al.*, 2022) which proved that there is a relationship between mother's anxiety and obedience of toddler visitors to the Integrated Service Post during the COVID-19 pandemic ($p\text{-value}=0.002$). In addition, previous research conducted by (Sari and Utami, 2020) also stated that mothers who do not experience anxiety or with a mild level of anxiety will obediently visit the Integrated Service Post. Meanwhile, mothers with high levels of anxiety tend not to visit or bring their

children to the Integrated Service Post. This is in line with research (Damayanti *et al.*, 2022) which stated that a mother's biggest worry when visiting an Integrated Service Post is the fear that her toddler and herself will contract COVID-19.

Mothers who are worried about the transmission of COVID-19 will not comply with the routine visits of toddlers every month to the Integrated Service Post, especially during a pandemic (Sari and Utami, 2020). Anxiety regarding a mother's personal health during a pandemic is also caused by attitude and environmental factors in society. The attitude of the surrounding community that is not fully compliant with the health protocols that must be carried out. In addition, the surrounding environment with positive cases of COVID-19 which continues to spread causes mothers to feel anxious about the health of themselves and their children because they are in an environment with a high risk of transmission (Putra and Apridawati, 2022).

This can be overcome by making follow-up efforts in the form of providing motivation to all Integrated Service Post participants, especially mothers and providing a sense of security to the Integrated Service Post visitors by ensuring that Integrated Service Post services comply with applicable health protocols.

Research Limitation

No research quality tests were carried out on the journals used so as to allow for bias in the research. In addition, the differences in research methods from each of the article results can also cause the appearance of various results. It aims to obtain broad information on topics and research objectives with the limitations and diversity of studies. However, the data collection process carried out is in accordance with the method to be used, namely through the PRISMA flow chart (Page *et al.*, 2021) covering the screening to assessment stages, so as to obtain valid data.

CONCLUSION

All of the articles reviewed can prove that there is a relationship between mothers' anxiety and the participation of toddlers in the Integrated Service Post during the COVID-19 pandemic. Mothers with high levels of anxiety tend to be disobedient in bringing their children

to the Integrated Service Post. The worry that occurs to mothers is caused by fear if their children or themselves are exposed to COVID-19 when visiting the Integrated Service Post, because even though they have implemented health protocols, the attitude of other visitors who do not comply with health protocols as a preventive effort makes them feel insecure.

SUGGESTIONS

Mothers of babies or toddlers need to be given an understanding of the importance of Integrated Service Post, especially during a pandemic. It can also carry out capacity building with stakeholders ranging from the community, government, academics, to the information media. Family support is very important in reducing mothers' anxiety, namely by calming mothers and correcting misunderstandings mothers may have during the COVID-19 pandemic.

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CONFLICT OF INTEREST

The author has no conflict of interest.

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AUTHOR CONTRIBUTION

The author Griseld Adiel Farahita oversees conceptualization, methodology, data analysis. The author Lucia Yovita Hendrati oversees writing-reviewing, editing and supervision.

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