

## Effectiveness of Empowering Pregnant Women on Body Image During Pregnancy in the Working Area of Bunga Jadi Health Center

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### ABSTRACT

Psychological changes in pregnant women can become a mental health problem. In Indonesia, 75% are worried about body image during pregnancy and 20% are depressed about their body shape during pregnancy. Preliminary studies at the Bunga Jadi Health Center in January-November 2022 found 371 pregnant women and initial interviews with 5 pregnant women found that they experienced disturbances in body image changes. This type of research is quasi-experimental, non-equivalent control group design. The population is all pregnant women in the working area of the Bunga Jadi Health Center for January-November 2022 a total of 371 people. Lameshow formula, so that the sample of the intervention group is pregnant women who are given empowerment of pregnant women (mental health education 2 meetings within 3 weeks, pregnancy exercise class 2 meetings within 3 weeks and use of VCO 2 times a day after bathing as much as 2 ml for each topical within 3 weeks) and the control group, namely pregnant women from regular exercise classes, each numbering 41 people

## **INTRODUCTION**

Mental health problems during pregnancy and childbirth are major problems that need to be taken seriously. The prevalence of mental health problems in the world is 10% -20% of pregnant women experience mental illness during pregnancy and postpartum, in low and middle income countries. an average of 15.6%. In Indonesia, the prevalence of mental health problems during pregnancy and childbirth is 22.4% (Laila, 2020).

The prevalence of women who think that pregnant women's body image is negative during pregnancy in India shows that 63.3% of women have negative attitudes about their body image and 36.7% of the women have positive attitudes about their body image (Kaur, 2018).

Research in Indonesia with a prevalence of 75% is worried about body image during pregnancy, then as many as 20% of pregnant women are depressed by seeing their body shape during pregnancy (Kumalasari, 2022).

According to mothers, having a negative body image is associated with seeing certain body parts change, such as stretch marks, enlarged stomach, face full of acne, wider arms and cheeks, as well as the appearance of varicose veins in the legs, sagging breasts and buttocks (Juliadilla, 2017).

Empowerment can be a solution related to negative body image which can be reduced by distributing health information and education, or if it is really important, health workers can provide therapy (Daughter, 2018).

Rahmadhani (2018) shows that empowering pregnant women has an effect on ANC. Kumalasari (2022) there is self-esteem related to body image in women after giving birth. Era (2023) and the relationship between social support and body image. Haloho (2023) there is an increase in knowledge after providing health education.

Preliminary study on the work area Bunga Jadi Health Center from January to November 2022 there were 371 pregnant women. Through initial interviews with 5 pregnant women, it was found that they experienced disturbances in body image changes, namely feeling that during pregnancy it would have an impact on the type of clothing worn would no longer fit, worried that the size of the stomach and body getting bigger could not return to how it was before pregnancy, hair fell out easily, breasts decreased, has stretch marks all over his body, especially on the stomach, breasts, and thighs. They are worried that they will not be able to return to what they were before they were pregnant and their husbands will no longer be interested in them.

This phenomenon also occurs in the working area of the Bunga Jadi Health Center, where there are pregnant women with negative body image.

## **LITERATURE REVIEW**

### **Pregnancy**

Pregnancy as ovulation (cell maturation), the union of the egg (ovum) and sperm (sperm), fertilization and growth of the fertilized egg, implantation in the uterus, formation of the placenta, and the last stage of growth are all processes that take place during pregnancy (Manuaba, 2017).

### **Body Image**

Body image is a perspective on yourself because you experience many physical and psychological changes during pregnancy. This rapid change has a different response in pregnant women in the form of behavior that is very concerned about changes in body shape (Cash and Pruzinsky in Dephinto, 2016).

### **Empowerment of Pregnant Women**

Implementation of the midwife's role for pregnant women can be done through empowering pregnant women. Empowerment according to Awang (2018) is the giving of power or delegation of authority or authority to other parties, or the giving of power and authority.

### **Mental Health Education**

Mental health, as defined by the American Psychological Association (APA) (Chatham, 2017), is defined as emerging as a result of successful adaptation or lack of psychopathology, and is described as a state in which a person appears free from physical disturbances. mental, emotional, behavioral, social.

### **Pregnancy Exercise Class**

Pregnancy exercise is a fitness program for pregnant women. Therefore, pregnancy exercise has special exercise principles that are adapted to the condition of pregnant women. Pregnancy exercise is specifically designed to keep pregnant women healthy and fit, reduce discomfort that occurs during pregnancy, and help mothers prepare physically and mentally for childbirth (Ministry of Health RI, 2017).

### **Virgin Coconut Oil (VCO)**

Pure coconut oil (virgin coconut oil or VCO) is a typical Indonesian processed product in which fresh coconut meat is processed cold or without heat to preserve the essential components of the oil (Kumalasari, 2022).

### **Related Research**

1. Nurul Husnul Lail (2020) The NURUL model for promoting the mental health of pregnant women in independent midwifery practices in Bogor district. Nurul's model is effective for increasing the self-esteem and self-efficacy of pregnant women as an effort to promote the mental health of pregnant women carried out by PMB in Bogor Regency.
2. Ajeng Yunita Kumalasari (2022) Self Esteem and Body Image in Adult Women after Childbirth. There is a positive relationship between self-esteem and body image in postpartum women.
3. Asfin Novia Rahmadhani (2018) The effect of empowering pregnant women on antenatal care. There is an effect of empowering pregnant women on antenatal care.

4. Sarah M. Coyne (2017). The Effect of Media on Body Image in Pregnant and Postpartum Women. There is influence of the media on the body image of the mother during pregnancy and childbirth.
5. Claire Galea. (2022). Body image in pregnancy: A qualitative study in Malta. On body image specifically for pregnancy, it emphasizes the importance of midwives educating and assessing pregnant women about their perceptions of their changing pregnant bodies.

## METHODOLOGY

This type of research is quasi experiment with design *non-equivalent control group design*. The population is all pregnant women in the working area of the Bunga Jadi Health Center for January-November 2022 totaling 371 people. Determination of sample size according to the Lameshow formula, so that the sample of the intervention and control groups is 41 people each.

The intervention group ie pregnant women who are given empowerment of pregnant women (mental health education 2 meetings within 3 weeks, pregnancy exercise class 2 meetings within 3 weeks and use VCO 2 times a day after bathing as much as 2 ml each top up within 3 weeks) totaling 41 people. As for the control group, namely pregnant women from regular gymnastics classes, each numbered 41 people.

Sampling technique with purposive sampling. Data analysis using the Wilcoxon Signed Rank Test.

## RESULTS

### 1. Characteristics of Respondents

Table 1. Characteristics of Respondents

No	Characteristics of respondents	Intervention Group		Control Group	
		N	%	N	%
1	<b>Age</b>				
	20-35 years	41	100	41	100
2	<b>Parity</b>				
	≤ 1 child	27	65,9	28	68,3
	2-3 children	14	34,1	12	29,3
	> 3 children	0	0	1	2,4
3	<b>Education</b>				
	Graduated from elementary school	5	12,2	7	17,1
	Middle school graduate	12	29,3	11	26,8
	Graduated from high school	23	56,1	19	46,3
	College Graduate	1	2,4	4	9,8

#### 4 Work

IRT	38	92.7	35	85.4
Private sector employee	0	0	3	7,3
Self-employed	3	7,3	2	4,9
Farmers/Fishermen	0	0	1	2,4
<b>Total</b>	<b>41</b>	<b>100</b>	<b>41</b>	<b>100</b>

Source: Primary Data, 2023

Overall, the intervention group was aged 20-35 years with the majority being parity  $\leq 1$  child, most of them graduated from high school and became housewives. Likewise the control group aged 20-35 years with parity  $\leq 1$  child, most of them graduated from high school and became housewives.

### 2. Univariate Analysis

Table 2. Body Image before Being Given Empowerment

Group	Means	Median	SD	Min-Max
Intervention	18,27	20	6,675	9-27
Control	17,49	19	5,568	7-26

Source: Primary Data, 2023

The average score of body image before empowering pregnant women in the intervention group was 18.27 and the control group was 17.49.

Table 3. Body Image after Being Given Empowerment

Group	Means	Median	SD	Min-Max
Intervention	23.76	24	3,645	17-29
Control	19.39	21	5.014	9-26

Source: Primary Data, 2023

The average score of body image after being empowered by pregnant women in the intervention group was 23.76 and the control group was 19.39.

### 3. Bivariate Analysis

Table 4. The Effectiveness of Empowering Pregnant Women on Body Image

Group	Means $\pm$ SD	Different Means	Positive	ties	Z	p value
<b>Interv</b>	18.27 $\pm$ 6.675	5,49	41	0	5,595	0.000
<i>Pre-test</i>	23.76 $\pm$ 3.645					
<b>contr.</b>	17.49 $\pm$ 5.568	1,9	27	14	4,577	0.000
<i>Pre-test</i>	19.39 $\pm$ 5.014					

Source: Primary Data, 2023

The intervention group had a mean difference between body image during pregnancy before being empowered and after empowering the mother of 5.49 and a p value of 0.000 <0.05, namely the effective empowerment of pregnant women on body image during pregnancy in the working area of the Bunga Jadi Public Health Center.

Table 5. Comparison of the Effectiveness of Empowering Pregnant Women on Body Image

Group	Mean±SD	Different Means	F	p value
Pre Intervention	18.27±6.675	0.78	5,746	0.019
Control	17.49±5.568			
Post Intervention	23.76±3.645	4.37	9,018	0.004
Control	19.39±5.014			

Source: Primary Data, 2023

The mean difference in body image during pregnancy in the control group and the intervention group before being given empowerment was 0.78 and the p value was 0.019 <0.05, which means there were differences in body image during pregnancy in the control group and the intervention group before being given empowerment in pregnant women. the working area of the Bunga Jadi Health Center.

## DISCUSSIONS

### Body Image before Being Given the Empowerment of Pregnant Women

The results of the study showed that the total average score of body image during pregnancy before giving pregnant women empowerment in both the intervention group and the control group was still low.

In accordance with the results of previous research conducted Rahmadhani (2018), ANC for pregnant women is not optimal because the model of care does not yet provide care that includes psychology. This is shown in the low acceptance of the mother's body image during pregnancy because during ANC the health workers did not emphasize self-acceptance of body changes during pregnancy to the puerperium.

Pregnant women also experience fear of gaining weight and feel unprepared for the changes in their weight (Juliadilla, 2017).

Body image is a perspective on oneself because experiencing many physical and psychological changes during pregnancy causes feelings of lack of self-confidence, low self-esteem, and negative perceptions during pregnancy and the puerperium (Cash and Pruzinsky in Definto, 2016). Pregnant women who have a negative body image during pregnancy are associated with seeing certain body parts that change, such as stretch marks, acne, varicose veins and feel the fear of changing their weight (Juliadilla, 2017).

The conclusion that can be drawn that body image during pregnancy before being given empowerment is still lacking due to negative perceptions that make mothers not visit health facilities which makes mothers less informed about pregnancy.

### **Body Image after Being Given the Empowerment of Pregnant Women**

The results showed that the total average score of body image during pregnancy after being given empowerment in the intervention group experienced a higher increase than the control group.

The results of this study are in accordance with the results of previous studies conducted Rahmadhani (2018) shows that the ANC of pregnant women increases after being given the empowerment of pregnant women. Study Laila (2020) shows that pregnant women's self-esteem and self-efficacy increase after empowering pregnant women. Study Kumalasari (2022) shows that body image in women increases after being given self-esteem.

Self-efficacy in this study comes in the form of teaching pregnant women to improve body image during pregnancy causing individual assessment of what can be achieved by carrying out the behavior. Husband's support as a form of care and affection in the form of husband's attention, even when experiencing changes and changes in the body of a pregnant wife. Family support in the form of information and emotional appreciation of changes in the body image of pregnant women during pregnancy. Support from friends of pregnant women including social support is the level of support given to individuals, especially when it is needed by those who have a close emotional relationship with them.

The conclusion that can be drawn that Body image during pregnancy after being given empowerment increased because during empowerment the mother received mental health education for pregnant women which was also supported by carrying out pregnancy exercise classes and using VCO.

### **The Effectiveness of Empowering Pregnant Women on Body Image During Pregnancy**

The results showed that the empowerment of pregnant women was significantly effective on body image during pregnancy in both the intervention and control groups.

This could be due to the fact that there were more college graduates in the control group than the intervention group, while there were more senior high school graduates in the intervention group than the control group and there was an exchange of information and between groups in one work area. In accordance with the Laila (2020) stated that the interaction of the intervention for empowering pregnant women that was given made body image increase, as well as in the control group, although they did not get empowerment, body image also experienced an increase.

This information made them aware of the actions taken by pregnant women in the intervention group mental health education about body image, pregnancy exercise classes and the use of Virgin Coconut Oil (VCO). This motivated them to seek information about mental health education about body image, pregnancy exercise classes and the use of Virgin Coconut Oil (VCO) from the internet, mass media and other health workers.

The limitations of this study were not equating education levels in the intervention group with the control group and the sample was taken in one work area.

### **Comparison of the Effectiveness of Empowering Pregnant Women on Body Image During Pregnancy**

The results of the study showed that there were differences in body image during pregnancy in the control group and the intervention group before empowerment was given. So after being empowered so empowerment is more effective increase body image during pregnancy in the working area of the Bunga Jadi Health Center.

According to research Laila (2020), there are differences in the self-esteem and self-efficacy of pregnant women between those who get the Nurul model (self-esteem, self-efficacy, support from husband, family, friends of fellow pregnant women and midwife support) compared to those who do not get it. Where self-efficacy in this study comes in the form of teaching pregnant women to improve body image during pregnancy. Families also motivate pregnant women during pregnancy by providing information about positive body changes during pregnancy, to improve body image in pregnant women. Support from friends such as forming a group of pregnant women who give each other positive input during pregnancy. Midwife support such as providing information about pregnancy and childbirth.

The conclusion that can be drawn is that there are differences in body image during pregnancy in pregnant women who receive empowerment with higher scores than pregnant women who only take regular exercise classes.

## CONCLUSIONS AND RECOMMENDATIONS

Body image during pregnancy before empowerment was given, both in the intervention group and the control group was still low. Whereas after being given empowerment pregnant women experienced an increase.

Empowerment of pregnant women is effective for body image during pregnancy, because counseling regarding mental health education for pregnant women; provision of pregnancy exercise classes; provision of education related to the use of VCO and administration of VCO.

There were differences in body image during pregnancy in the control group and the intervention group before empowerment was given. So as after being empowered so empowerment is more effective increase body image during pregnancy.

Recommended for Bunga Jadi Community Health Center increase empowerment by means of counseling and involving the family so that pregnant women get support from the surrounding environment. Pregnant women seek information about pregnancy, especially regarding the changes that occur in the body during pregnancy.

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