

THE RELATIONSHIP BETWEEN AGE AND ANXIETY LEVEL OF PREGNANT WOMEN TO GESTATIONAL HYPERTENSION AT THE BANJARMASIN HEALTH CENTER

Kiki Rezki Aulia¹, Mahrita²

^{1,2} Akdemi Kebidanan Banua Bina Husada Banjarbaru

ABSTRACT

Background: Gestational Hypertension occurs >20 weeks of Pregnancy without proteinuria with blood pressure >140/90 mm Hg. Factor causes of gestational Hypertension include age < 20 and > 35 years and level of worry, namely taste fear accompanied by a response. **Research Objectives:** To analyze the relationship between age and anxiety levels in pregnant mothers to gestational Hypertension at the East Ulin Foundation Health Center in Kota Banjarbaru Year 2022. **Research Methods:** *Analytical survey* research design with the *Cross approach sectional*. Sample study Mother pregnant Which check her Pregnancy in East Ulin Foundation Health Center as many as 36 respondents. Sampling with *Accidental Side* techniques using age questionnaires and measurements of anxiety level with a Likert scale adopted from HARS (*Hamilton Anxiety Rating Scale*) modified by Pupur Husada (2020), and recording of measurement results in TD on MCH book. **Research Results:** Most pregnant women are at risk of developing Hypertension gestational, as many as 18 respondents (75%), and most of the pregnant women with a level of worry currently experience Hypertension gestational seven respondents (35%) and 13 respondents (26%) did not experience Hypertension. Then there is a significant relationship between age and gestational Hypertension in pregnant women viz $pvalue \leq 0.05$. There is a connection between Which significant level of worry with Hypertension gestational in pregnant women, i.e., $pvalue \leq 0.05$.

Keywords: Age, level of anxiety, gestational Hypertension

INTRODUCTION

According to the *Federation of Obstetrics Gynecology International*, Pregnancy is the fertilization or union of spermatozoa And Ovum And next with nidation or implantation. Wrong one group Mother pregnant Which most easy experience disturbance health during Pregnancy is to change physique And psychological like feeling Afraid, stressed And worried. So that feeling worried Which experienced can result in blood pressure rises (Indriani, 2019).

Gestational Hypertension occurs after 20 weeks of Pregnancy without accompanied proteinuria. The number of incident cases of hypertension gestational by 6%. In some women (> 26%), gestational Hypertension can develop become eclampsia (Alatas, 2019). Hypertension Gestational occurs when the blood pressure is 140/90 mmHg or the pressure rises systolic 30 mm Hg And the pressure diastolic 15 mm Hg is on mark normal (Magee et al., 2017).

World Health Organization (WHO) year 2017, the prevalence of hypertension among pregnant mothers is equal to 40.1%. The prevalence in Africa is 57.1%, Europe is 25.1%, America is 24.1%, And Indonesia is 12.7%. From the results data, Indonesia has ordered fourth, i.e., 12.7% suffer from hypertension.

Based on data from Risekesdes (2017), one of the direct causes Deaths in pregnant women in Indonesia are caused by internal hypertension, Pregnancy 28%, eclampsia 24%, and bleeding 11%. In 2019 amount death Mother pregnant Which caused by Hypertension in Indonesia reached 1,062 cases, where the highest cases were in South Sumatra 18.0%, Java East 17.8%, West Kalimantan 17.4%, South Sulawesi 16.5%, Sulawesi West 16.0%, Nangore Aceh Darussalam (NAD) 14.8%, Riau 13.8%, Sulawesi Southeast 13.8%, Bengkulu 13.8%, Jambi 12.8%, Island Riau 12.7%, Java West 12.6%, Borneo Middle 12.2%, Nusa Southeast

East 12.1%, Lampung 12.1%, part Belitang 12.0%, Sumatra North 11.9%, Borneo South 11.5%, North Sulawesi 11.5%, DKI Jakarta 11.3%, East Kalimantan 11.2%, Maluku North 11.2%, Banten 9.6%, Gorontalo 9.1%, Papua 8.8%, Bali 7.8%, Maluku 7.7%, Java Middle 7.5%, Sumatra West 6.0%, IN Yogyakarta 5.3%, West Papua 4.9%. From the results of these data, it turns out that South Kalimantan's eighteenth order, i.e., 11.5%, suffered hypertension.

Based on Service Data Health, Borneo South showing Hypertension is number 2 of the ten biggest diseases. Prevalence of Hypertension the highest in the Banjarmasin area (18,730 sufferers), Tanah Laut (14,121 sufferers), Banjar (7,738 sufferers), New City (6,680 sufferers), Banjarbaru (3,958 sufferers), Tapin (3,085 sufferers) Barito Kuala (2,985 sufferers) And the rest range between 2,500 until in on 1000 person (Office of Health South Kalimantan, 2021). From the results of these data, it turns out that Banjarbaru has a sequence fifth, namely 3,958 patients with hypertension.

Based on data Department of Health Banjarbaru, in the year 2021 can Mother pregnant totaling 5,077 with Hypertension, as much as 2.97% of pregnant women, and in 2022 (January - July), there were 2,709 pregnant women with Hypertension 2.62% of pregnant women. Based on data from the East Ulin Foundation Health Center 2021, there will be 347 pregnant women. In 2022 (January - July), pregnant women amount 466 of 466 Mothers pregnant Which experienced Hypertension, as much as 31.11% of a pregnant mothers.

Factors causing gestational Hypertension according to Saputra (2019), factors causes of gestational Hypertension namely age, obesity, blood coagulation during Pregnancy, excessive consumption of caffeine, lack of exercise, consuming salt excessive, smoking, the habit of consuming drink alcohol, level of worry, excessive stress, lack of intake nutrition, own history chronic hypertension, have a disorder kidney and genetic factor.

Age is a very important part of reproductive status. This age is associated with increased or decreased body function, affecting a person's health status. Factors causing Hypertension in Pregnancy include pregnant

women under 20 years old or pregnant women aged over 35 years (Jamini, 2020).

Worry is something feeling No Relax Which faint – faint Because discomfort or fear accompanied by a response (causes not specific or unknown to the individual). Factors causing the mother to experience worry that is sociodemography (age, education, work), support of family, behavior health (smoke, drink – drink), And obstetric status (history of miscarriage, history of premature labor, history of labor)(Country, 2020).

The public health center of Banjarbaru City has a profile with an area of 4,413.6 Ha and mostly geographical conditions plain low part big other is area swamp And part big can in reach by using tool land transportation.

The public health center is Wrong One Public health center first-level health located in esk localization of petrification, where there are many bad health behavior patterns such as smoking and drinking - drinks that affect one's level of anxiety so that becomes Wrong One-factor reason incident hypertension, especially on period pregnancy.

Based on the study done by Country (2018) in The working area of the Jati Luhur Bekasi Health Center shows that the factors associated with the incidence of Hypertension were age (p value = 0.000) and study from Chabibah (2018) Which show that There is a connection Which significant among pregnant women who have a sense of anxiety, always think about fetal survival labor.

Based on the results of preliminary studies conducted by interviews Which who visited Public Health Centers with amount Mother pregnant as many as 10 people, it is known that pregnant women experience Hypertension as much 6 people (60%), And No hypertension as much 4 people (40%), Then Mother pregnant with age risky as much 5 people (50%) And not at risk as many as 5 people (50%), as well as pregnant women who were interviewed entirely experience anxiety as many as 10 people (100%).

Based on the data above, the writer wants to compile a work titled "Connection Age And Level Worry on Mother Pregnant Against Gestational Hypertension at the East Ulin Foundation Health Center in the City Banjarbaru Year 2022".

METHODS

This research includes *an analytic survey* using a *cross-sectional research design*. The population of this study was all pregnant women who visited the East Ulin Foundation health center, as many as 57 people. The sampling technique was *accidental sampling*, namely as many as 36 people using age and measurement questionnaires anxiety level with a Likert scale adopted from HARS (*Hamilton Anxiety Rating Scale*) modified by Pupur Husada (2020) and recording measurement results in TD on MCH book. This research was conducted at the East Ulin Foundation Health Center on 22-31 August 2022.

RESULTS AND DISCUSSION

The research was conducted at the East Ulin Foundation Health Center with a total number of respondents, 36 people.

The results of data collection found the age level of the respondents about Mother pregnant Hypertension gestational can be seen in the following table, that is :

Univariate analysis

Gastational Hypertension

Based on the results of research that has been done, obtained results distribution frequency respondents based on Hypertension gestational age in pregnant women at the East Ulin Foundation Health Center in Kota Banjarbaru Year 2022 as follows:

Table 1.1

Distribution Frequency Respondents Based on Hypertension gestational for pregnant women at the East Ulin Foundation Health Center in the City Banjarbaru Year 2022

No.	Hypertension gestational	Frequency (F)	Presentasi (%)
1.	Hypertension (TD \geq 140/90 mm Hg)	21	58.3%
2.	Not hypertensive (BP <140/90mm Hg)	15	41.7%
Total		36	100%

Based on Table 1.1, it can be seen that of the 36 respondents, most of the respondents experienced gestational Hypertension in pregnancy amount 21 respondents (58.3%), And No experience hypertension in pregnancy amount 15 respondents (41.7%).

Age

Based on the results of research that has been done, obtained the results of the frequency distribution of respondents based on age in pregnant women at the East Ulin Foundation Health Center in Banjarbaru City in 2022 are as follows:

Table 2.1

Frequency Distribution of Respondents by Age in Pregnant Women In Base Health Center Ulin East City Banjarbaru Year 2022

No.	Age	Frequency (F)	Presentasi (%)
1.	Risky (< 20 – > 35 years old)	24	66.7%
2.	No risky (20 - 35 years old)	12	33.3%
Total		36	100%

Table 1.2 shows that of the 36 respondents, most of the age respondents at risk in Pregnancy amounted to 24 (66.7%), and the age who were not at risk in Pregnancy amounted to 12 (33.3%).

Anxiety Level

Based on the results of research that has been done, obtained the results of the frequency distribution of respondents based on the level of anxiety in pregnant women at the East Ulin Foundation Health Center in Banjarbaru City Year 2022 are as follows:

Table 1.3

Frequency Distribution of Respondents Based on Anxiety Levels for pregnant women at the East Ulin Foundation Health Center in the City Banjarbaru Year 2022

No.	Level Worry	Frequency (F)	Presentasi (%)
1.	Worried light	14	38.9%

2.	Moderate anxiety	20	55.6%
3.	Severe anxiety	2	5.6%
Total		36	100%

Based on Table 1.3, it can be seen that of the 36 respondents, part big respondent category worried light in the number of pregnancies, 14 respondents (38.9%), the category worried currently in pregnancy amount 20 respondents (55.6%), And category worried heavy in Pregnancy amounted to 2 respondents (5.6%).

Bivariate Analysis

Relationship of Age in pregnant women to Gestational Hypertension

Based on the results, analysis bivariate For variable age in pregnant women with Hypertension gestational Mother pregnant use *Chi-square* test can be seen in the following table:

Table 1.4
The Relationship Between Age in Pregnant Women and Gestational Hypertension at the East Ulin Platform Health Center Banjarbaru City in 2022

Age	Hipertensi Gestasional				Amount		<i>p value</i>
	Yes		No		N	%	
	N	%	N	%			Uji Chi Square
Risk	18	75%	6	25%	24	100%	<i>p value</i> 0,004
No Risk	3	25%	9	75%	12	100%	
Total	21	58,3%	15	41,7%	36	100%	

Based on Table 1.4, it is known that pregnant women who are risky with Hypertension gestational amount 18 respondents (75%) And No hypertension gestational amount 6 respondents (25%), whereas Mother pregnant Which age No risk Hypertension gestational amount three respondents (25%) And No hypertension gestational with a total of 3 respondents (25%). Based on the results statistical test with *Chi-square*, $p\text{ value} = 0.004$, p . This means $p\text{ value} \leq 0.05$ so that H_a accepted thereby so There is a connection between age with Hypertension gestational on Mother pregnant.

Relationship between anxiety levels in pregnant women and gestational Hypertension

Based on the results analysis, bivariate For variable level worry on Mother pregnant to Hypertension gestational use test *Chi - square* can be seen in the following table :

Table 1.5
Relationship Between Anxiety Levels in Pregnant Women Against Gestational Hypertension In Base Health Center East Ulin City Banjarbaru Year 2022

Anxiety Level	Hipertensi Gestasional				Amount		<i>p value</i>
	Yes		No		N	%	
	N	%	N	%			Uji Chi Square
Mild Anxiety	12	85,7%	2	14,3%	14	100%	<i>p value</i> 0,004
Moderate Anxiety	7	35%	13	65%	20	100%	
Seriously worried	2	100%	0	0%	2	100%	
Total	21	58,3%	15	41,7%	36	100%	

Based on Table 1.5, it is known that pregnant women are anxious light with Hypertension gestational amount 12 respondents (85.7%) and not gestational Hypertension amounted to 2 respondents (14.3%), mothers moderately anxious pregnant women with gestational Hypertension amounted to 7 respondents (35%) And No gestational hypertension amount 13 respondents (65%), while pregnant women with severe anxiety hypertension gestational amount 2 respondent (100%) And No gestational hypertension amount 0 respondent (0%). Based on the results statistical test with *Chi-square*, $p\text{ value} = 0.004$, p This means $p\text{ value} \leq 0.05$ so that H_a accepted with thereby makaada connection between level worry with Hypertension gestational in pregnant mothers.

Discussion

Connection Age on Mother Pregnant To Hypertension Gestational

Based on the results analysis bivariate from 36 respondents, most were pregnant women of at-risk age with gestational Hypertension totaling 18 respondents (75%), and no gestational hypertension, 6 respondents (25%). *Chi-square* test results obtained $p\text{ value} \leq 0.05$ that H_0 was rejected And H_a accepted. It means There is a significant connection between age on Mother pregnancy against

gestational Hypertension at the East Ulin Foundation Public Health Center City Banjarbaru Year 2022.

Research assumes that pregnant women who have a risky age, it turns out that many suffer from Hypertension. This is because at the age of <20 years, most of them use *gadgets* without limiting time, which causes sleep disturbances such as *insomnia* due to different sleep patterns. Bad can raise disturbance balance physiological And psychological somebody, Which can raise Hypertension. Besides, the excess heavy body can also happen Because of too much consumption of *junk food*. This is a factor that causes Hypertension in Pregnancy. Whereas > 35 years Because consume unhealthy foods such as salty and fatty or high cholesterol, thus causing Hypertension.

The results of this study are in line with research conducted by Desi Evitasari And Rina Nuraeni (2020) in UPTD Public health center DTP Sumberjaya Majalengka Regency with the title "Factors - Factors that Associated with the Incidence of Gestational Hypertension in Pregnant Women". Based on the results, test statistics *within-square* obtained mark ρ value < 0.05 so that H_a is accepted; thus, a relationship exists between age and incident hypertension gestational in a pregnant mother. Matter: Maternal age < 20 years and > 35 years are risk factors for hypertension Because of the pattern of life risk. There is a disease of hypertension, like smoking, drinking coffee, and others.

This is in line with the theory of Rusdi and Isnawati (2019) that the aged mother during Pregnancy is one of the internal factors that play a role important in Pregnancy. Age Mother Which risky for pregnant is < 20 years or > 35 years. Age < 20 years can pose a risk are at greater risk of developing Hypertension in Pregnancy because they can raise complications during pregnancy And tool reproduction Mother pregnant immature, while age > 35 years can cause Hypertension due to natural changes in the body that affect decreased elasticity of blood vessels and decreased endurance, getting older because of the aging process that causes it someone is vulnerable to disease And risk hypertension the taller.

According to the sofa Roshifanni (2018), factor reasons for hypertension are age, smoking, the pattern of Sleep, drinking coffee, consuming *junk food*, stress, laziness exercising, excess heavy body, And drinking alcohol so which can cause Hypertension, especially during Pregnancy.

Matter This No following a study done by Yani Marlina, Heru Santisi, And Asima Sirait (2021) in Region Work Public health center Padang Panyang, Kuala Pesisir District, Nagan Raya Regency with the title "Factors Associated with Gestational Hypertension in Pregnant mother". The analytic test results stated no relationship between age and incident hypertension in mothers pregnant ρ value > 0.05. This is because the incidence of Hypertension can attack pregnant women without seeing if age is risky or Not. Mother pregnant Which No own age risky it turns out Also have opportunity big For suffering Hypertension.

Based on the theory, it is not appropriate, according to Imaroh *et al* . (2018), that age is not something indicator For ensuring health somebody specifically Mother pregnant, Mother pregnant Which No own age risky it turns out many also suffer from Hypertension; this is because pregnant women do not take care health patterns such as activity patterns, rest patterns, sleep patterns and patterns consumption of food so that even though it is still young or old but pregnant women experience Hypertension in Pregnancy.

Connection Level Worry on Mother Pregnant To Hypertension Gestational

Based on the results analysis bivariate from 36 respondents, that big part respondent majority category Mothers were pregnant with worried. In comparison, gestational Hypertension amounted to 7 respondents (35%), and no hypertension gestational totaling 13 respondents (65%). *Chi-square* test results obtained ρ value ≤ 0.05 that H_0 was rejected and H_a accepted. It means there is a significant relationship between anxiety levels in pregnant women about gestational Hypertension in Puskesmas Base East Ulin Banjarbaru City Year 2022.

Studies assume that every pregnant mother will experience fear, anxiety, and various other emotions that arise due to

psychological changes in pregnant women caused by pregnant women. No Again can freely move so that flavor worried Which experienced can result in pressure blood go on. Besides, The pattern of behavioral health in the ex-localization environment is not as good as the style lives with the existence of some individuals who consume drinking - drink alcohol, smoke, etc. Using alcohol can raise disturbance mentally, emotionally, And Social Because alcohol influences center emotion so that cause worry And depression. This is one factor that influences the occurrence of hypertension, especially during the gestation period.

Results study This is in support by Nelly Augustine, Liliek Pratiwi, And Leya Indah Permatasari (2019) in the Work Area of the Susukan Health Center Subdistrict Susukan Regency Cirebon with the title "Connection Level Worry with Incident Hypertension on Mother Pregnant". Results test *Spearman* obtained ρ value < 0.05 , thereby showing that H_0 is accepted, meaning that there is a relationship between anxiety and events hypertension in pregnant women. This can be caused by anxiety in antenatal care associated with increased excretion of vasoactive hormone risk of Hypertension; it also triggers changes in blood vessels and enhancement uterine artery resistance.

The results of this research support Ita Amalia (2019) in the Public health center Manggeng Regency Aceh West Power with the title "Factor Which Associated with Gestational Hypertension". Test results *Chi-square* obtained ρ value < 0.05 . It means There is a connection between style life and the occurrence of gestational Hypertension in pregnant women because someone with an Unhealthy lifestyle can trigger gestational Hypertension during Pregnancy. This becomes the quality of life of somebody becomes decrease.

Matter This is in line with the theory according to Tobing in Chabibah (2018), in pregnant women suffering from gestational Hypertension, the anxiety felt can affect the mother's psychological condition, even fetal condition. This is to Eisenberg's opinion in Chabibah (2018) that pregnant mothers with Hypertension have anxiety and always think about the fetus's survival to period labor.

According to Safri et al (2017), this aligns with the theory that style life is a picture for everyone who wears it and describes how much a person behaves in society. Besides, a style of life Also influences vulnerability, especially a lack of physical activity. As a result, frequent illnesses arise, including diabetes mellitus, heart disease, Hypertension, and cancer. To create a healthier life, everything we do No can be excessive Because the matter of the No becomes better but, on the contrary, will worsen circumstances.

Matter This No in accordance with the study done Fatwas Ruffa'ida (2019) at the Kalijudan Health Center in Surabaya City titled "Connection Status Work, Status Gravida And Worry with Incident Hypertension on Mother Pregnant". Results test *Chi-square* show mark ρ value > 0.05 , Meaning there is no connection between worry and incident hypertension in pregnant mothers. Matter This Because worry about Mothers pregnant hypertension is matter Which reasonable Because changes sudden on period – period pregnancy.

According to Ningsih (2018), the theory is unsuitable because of the mother. Pregnant women are vulnerable to interference health, so that experience changes in physique And psychological like flavor Afraid, stressed, And feel worried. Matter This is Also No supported by Marmi's theory (2019), namely the factors that cause gestational Hypertension is not only the level of worry However also can be influenced by age, obesity, coagulation, blood moment pregnancy, too deep consuming caffeine, lack of exercise, consuming excessive salt, smoking, habits consuming drink alcohol, stress excessive, lack of intake nutrition, own history hypertension chronic, have a disorder kidney.

CONCLUSION

Based on the results of research with the title Relationship between Age and Level Anxiety in Pregnant Women Against Gestational Hypertension at the Health Center City Banjarbaru Year 2022 on month July until September from 36 research respondents can conclude that that is :

1. Based on gestational Hypertension, pregnant women who experienced Hypertension gestational age in Pregnancy

amounted to 21 respondents (58.3%), and those who did not experience Hypertension in Pregnancy amounted to 15 respondents (41.7%).

2. Based on age, Mother pregnancy is age risky in pregnancy amount to 24 respondents (66.7%), and that age is not at risk in pregnancy amount 12 respondents (33.3%).
3. Based on the level of anxiety of pregnant women, namely the category of mild anxiety in Pregnancy amounted to 14 respondents (38.9%); in the category of worried currently in Pregnancy, there were 20 respondents (55.6%), and the anxiety category heavy in Pregnancy amounted to 2 respondents (5.6%).
4. There is a connection between the age of the Mother pregnant and gestational hypertension *chi-square* test. The value of ρ value = 0.004 is obtained, meaning ρ value ≤ 0.05 .

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