

**PENGALAMAN IBU HAMIL SAAT TERPAPAR COVID-19  
SELAMA MASA PANDEMI DI WILAYAH PAMULANG:  
*STUDY PHENOMENOLOGY***

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**Abstrak**

Ibu hamil merupakan salah satu kelompok rentan terhadap suatu penyakit infeksi. Berdasarkan data Kemenkes RI pada tahun 2020, mencatat sebanyak 35.099 ibu hamil di Indonesia terinfeksi dan 24.591 bayi berusia 0-12 bulan terkonfirmasi COVID-19. Adapun gejala umum pada ibu hamil menyerupai dengan gejala pada populasi umum yaitu 91% demam, 67% batuk, 51% kelelahan, 30% dispnea. Tujuan penelitian ini yaitu mengeksplorasi pengalaman ibu hamil pada saat terinfeksi COVID-19 di masa pandemi dengan studi fenomenologi. Teknik sampel penelitian ini yaitu purposive sampling. Jumlah informan sekitar tiga responden dengan mempertimbangkan kriteria inklusi dan eksklusi. Hasil penelitian dikelompokkan menjadi delapan analisis tematik yaitu: (1) Perjalanan penyakit COVID-19 menginfeksi ibu hamil, (2) Respon emosional ibu pada saat terinfeksi COVID-19, (3) gejala yang ibu hamil alami saat positif COVID-19, (4) Aktivitas sehari-hari ibu selama terpapar COVID-19, (5) Minuman herbal sebagai tambahan pengobatan, (6) Penerapan 3M sebagai pencegahan yang ibu lakukan, (7) Kesiapan ibu hamil mengenai pemberian vaksin COVID-19 setelah terinfeksi COVID-19, (8) Harapan ibu terhadap pelayanan Kesehatan. Kesimpulan dari hasil penelitian yaitu seluruh responden memberikan respon penerimaan dan respon positif selama proses penyembuhan. Saran dari penelitian ini diperlukannya penelitian lebih lanjut dengan penelitian kuantitatif tentang pengaruh respon psikologis ibu terhadap tingkat keparahan gejala COVID-19.

**Kata Kunci:** Ibu Hamil, COVID-19, Pandemi, Fenomenologi

# **THE EXPERIENCE OF PREGNANT WOMEN WHEN ESPOSED TO COVID-19 DURING THE PANDEMIC IN THE PAMULANG AREAS: *PHENOMENOLOGY STUDY***

**Mahdina Maulani**

## **Abstract**

Pregnant women are one of the groups susceptible to an infectious disease. Based on data from the Indonesian Ministry of Health in 2020, it was recorded that 35,099 pregnant women in Indonesia were infected and 24,591 infants aged 0-12 months were confirmed to have COVID-19. The general symptoms in pregnant women are similar to symptoms in the general population, namely 91% fever, 67% cough, 51% fatigue, 30% dyspnea. The purpose of this study is to explore the experience of pregnant women when infected with COVID-19 during a pandemic with phenomenological studies. The sample technique of this research is purposive sampling. The number of informants is about three respondents by considering the inclusion and exclusion criteria. The results of the study were grouped into eight thematic analyzes, namely: (1) The course of the COVID-19 disease infecting pregnant women, (2) The emotional response of the mother when infected with COVID-19, (3) the symptoms that pregnant women experienced when they were positive for COVID-19, (4 ) Mother's daily activities during exposure to COVID-19, (5) Herbal drinks as an additional treatment, (6) Mother's application of 3M as prevention, (7) Preparedness of pregnant women regarding the administration of COVID-19 vaccine after being infected with COVID-19, (8) Mother's expectations of health services. The conclusion from the results of the study is that all respondents gave an acceptance response and a positive response during the healing process. Suggestions from this study are that further research is needed with quantitative research on the effect of maternal psychological responses on the severity of COVID-19 symptoms.

**Keywords:** Pregnant Women, COVID-19, Pandemic, Phenomenology