

EFFECT OF MENTAL HEALTH RESILIENCE SEMINAR ON SELF CONCEPT AMONG PREGNANT WOMEN IN CILACAP

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ABSTRACT

Background: Pregnancy and childbirth, as significant life events, are often associated with stress, which in turn is associated with poor perinatal outcomes. Resilience may mediate these outcomes, but there is limited research on how resilience changes during pregnancy. This study aimed to determine the effect of mental health resilience seminar on self-concept among pregnant women in Cilacap, Central Java.

Subjects and Method: This was a quasi-experiment (non-randomized) after only with control design conducted in Cilacap, Central Java from November to December 2018. A sample of 30 pregnant women was selected for this study, consisting of 15 pregnant women in the intervention group and 15 in the control group. The dependent variable was self-concept. The independent variable was mental health resilience seminar. The data were collected by observation and interview. The data were analyzed by Wilcoxon test.

Results: Percent of self-concept score in the intervention group was higher than the control group and it was statically significant.

Conclusion: Mental health resilience seminar is effective to improve self-concept among pregnant women.

Keywords: mental health, resilience, pregnant women

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