



THE CORRELATION BETWEEN AGE AND ANXIETY AMONG PRIMIGRAVIDA MOTHERS FACING CHILDBIRTH AT REKSA WALUYA HOSPITAL IN MOJOKERTO

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ABSTRACT	Keywords
Anxiety is a psychological response frequently experienced by primigravid women facing their first childbirth. The mother's age is one of the factors influencing emotional maturity and anxiety levels. Objective: This study aims to analyze the relationship between age and anxiety levels among primigravid women at Reksowaluyo Hospital in Mojokerto. Methods: This study employed a correlational design with a cross-sectional approach. The sample consisted of 40 primigravid women selected using total sampling. The research instrument was an anxiety level questionnaire. Data analysis was performed using the Pearson Product-Moment correlation test. The results showed that the majority of respondents experienced mild anxiety, specifically 27 respondents (67.5%). Statistical analysis revealed a correlation coefficient (r) of 0.568 with a significance level of $p = 0.000$ ($p < 0.01$). There is a significant, positive, and strong relationship between age and anxiety levels among primigravida mothers. As a mother's age increases during her healthy reproductive years, anxiety levels tend to rise, indicating that factors such as cognitive maturity and expectations play a role in mothers' perception of anxiety. It is recommended that healthcare providers provide personalized education and psychological support to help mothers adaptively manage their anxiety in preparation for childbirth.	Age, Anxiety, Primigravida, Childbirth.

INTRODUCTION

Primigravida pregnancy refers to a woman experiencing pregnancy for the first time, and as a result, she is often faced with significant physical and psychological changes (Boran et al., 2023; Khoiriah & Mariyam, 2020). Primigravida pregnant women are prone to difficulties in preparing for childbirth due to a lack of prior

experience (Fitri Yanti, 2024; Zhang et al., 2023). This lack of readiness for childbirth is often triggered by emotional instability resulting from physiological changes, a lack of knowledge, and limited social support. This lack of mental preparedness has a direct impact on the labor process (Suhermi & Amirasti, 2020; WANG et al., 2023), which, if not properly managed, can increase the

risk of complications and contribute to high maternal mortality rates (Buultjens et al., 2021; Callanan, Tuohy, Bright, & Grealish, 2022).

One of the primary determinants influencing the emotional stability and readiness of primigravida mothers is maternal age. Age serves as an indicator of an individual's mental and cognitive maturity in coping with life stressors, including childbirth (Suhelmi & Amirasti, 2020). Primigravid mothers in unhealthy reproductive age groups (adolescents <20 years or high-risk age group >35 years) tend to have higher anxiety levels compared to mothers in the healthy reproductive age group (20–35 years) (Pan, Lin, Kuo, Chiu, & Ling, 2023). Age-related maturity is

No	Age	Frequency (f)	Percentage (%)
1.	Ages 20–35	27	67,5%
2.	Ages < 20 and > 35	13	32,5%
Total		40	100%

positively correlated with a mother's coping ability in managing anxiety; mothers who are more mature in terms of age generally exhibit greater psychological resilience when facing the stages of normal labor, which typically last 12–14 hours (“Survei Kesehatan Indonesia (SKI) 2023,”).

Based on data from the 2023 Indonesian Health Survey (SKI), 70% of mothers in Indonesia give birth vaginally through the stages of cervical dilation, pushing, and placenta delivery. Given the complexity of this process, understanding the influence of age on anxiety levels is crucial for formulating preventive maternal and child health policies (Çankaya & Şimşek, 2021; Firrahmawati et al., 2025). This study aims to analyze the relationship between age and anxiety levels among primigravida mothers who are about to give birth at Rekso Waluyo Hospital in Mojokerto, as part of an effort to ensure appropriate psychological support for pregnant women according to their age groups.

This is important for mothers during pregnancy and to help them be better prepared for childbirth. This falls within the

field of midwifery, specifically prenatal care.

METHOD

This study was conducted from September 2025 to February 2026 using a cross-sectional design. The study population consisted of 52 respondents, with a sample size of 40 respondents. The sample consisted of pregnant women in their first pregnancy (primigravida), and sampling was conducted randomly. A questionnaire was administered to collect baseline data and to measure stress levels. The APAS (Amsterdam Preoperative Anxiety and Information Scale) was used to measure stress levels; this scale has been tested for reliability and validity

Data were analyzed using Spearman's Rho test.

RESULTS

Table 1. Frequency Distribution of Respondents Based on the Age of Primigravida Mothers at Rekso Waluyo Hospital in Mojokerto.

Table 1.1 shows that the majority of respondents were within the healthy reproductive age range, namely 27 respondents (67.5%). This is consistent with the theory that the 20–35 age range represents a healthy reproductive period because a woman's reproductive organs have fully developed and reached optimal physical maturity to undergo pregnancy and childbirth (Adhikari et al., 2021).

Table 2. Distribution of Anxiety Among Primigravida Mothers at Rekso Waluyo Hospital in Mojokerto.

No.	Anxiety Level	Amount (n)	Percentage (%)
1.	No anxiety	5	12,5
2.	Mild anxiety	25	62,5
3.	Moderate anxiety	5	12,5
4.	Severe anxiety	3	7,5
5.	Extreme anxiety	2	5,0
Total		40	100,0

Based on Table 2, the results of the study show that the majority of primigravida mothers at Reksowaluyo Hospital in Mojokerto experienced anxiety in the mild category, namely 27 respondents (67.5%) out of a total of 40 respondents. This finding is consistent with research indicating that primigravida mothers often experience anxiety because pregnancy is a new and first-time experience for them (Yıldırım & Alp Yılmaz, 2023)

Table 3. Frequency Distribution of Age and Anxiety Among Primigravida Mothers at Reksa Waluya Hospital in Mojokerto.

Variable	Age	Anxiety
Age	1	0,568**
Anxiety	0,568**	1

Based on the results of the Pearson correlation test, the correlation coefficient (r) was found to be 0.568 with a significance level (p) of 0.000. Since $p < 0.01$, it can be concluded that there is a significant and positive relationship between the respondents' age and their anxiety levels. The value of $r = 0.568$ indicates that the strength of the relationship between the two variables falls into the "strong" category, meaning that as the respondents' age increases, their anxiety levels tend to increase as well.

DISCUSSION

Anxiety in pregnant women, particularly primigravidas, is a complex psychological phenomenon. Based on these findings, age plays a decisive role in mothers' coping mechanisms. In accordance with the theory that the age range of 20–35 years constitutes the healthy reproductive age range, mothers in this age group are physically and mentally better prepared to accept the changes that occur during pregnancy. However, the finding of a positive correlation $r = 0.568$ in this study indicates that as a mother's age increases (within the healthy reproductive age range), her anxiety levels tend to rise. This may occur because older mothers tend to have

higher expectations regarding the perfection of their pregnancy and more detailed concerns about health risks and the labor process compared to younger mothers (Avalos et al., 2022; Boran et al., 2023).

Primigravida, or first pregnancy, is a critical period in a woman's life. Primigravida mothers are more prone to anxiety due to their lack of experience as mothers (Buultjens et al., 2021; Gong et al., 2021). Uncertainty about the labor process, fear of pain, and the new responsibilities they will shoulder trigger an anxiety response. The prevalence of mild anxiety among respondents (67.5%) indicates that although mothers feel anxious, they are still in the adaptive phase. At this stage, mothers still possess good perceptual abilities, resulting in heightened sensory sensitivity and making it easier to guide them toward effective stress management (Ishak, Surya, & Katili, 2025; Yıldırım & Alp Yılmaz, 2023).

The strong correlation found in this study confirms that age is not a standalone factor. The anxiety experienced by primigravida mothers is often exacerbated by a lack of knowledge and insufficient social support (Adhikari et al., 2021). Anxiety that is not properly managed in primigravid mothers risks escalating to a more severe level, which can clinically affect stress hormones (cortisol) and potentially inhibit cervical dilation during labor (Henriksen, Borgen, Risløkken, & Lukasse, 2020).

CONCLUSIONS

The mother's age is a determining factor in her level of anxiety regarding her first pregnancy; therefore, it is recommended that hospitals and healthcare providers offer age-appropriate education and psychological support to help her manage her anxiety adaptively and prepare for childbirth more effectively. The results of this study are consistent with previous research confirming that primigravida mothers have high psychological vulnerability due to their lack of experience, with age serving as a mediator in how mothers respond to the challenges of pregnancy. Psychological interventions must be conducted holistically, taking into

account the healthy reproductive age range, so that mothers receive not only clinical information but also appropriate emotional support to reduce the prevalence of severe anxiety and improve their readiness for childbirth.

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