

ABSTRAK

Latar Belakang: Pandemi Covid-19 menimbulkan risiko bagi kesehatan, termasuk kesehatan mental wanita hamil. Hal ini dapat menyebabkan efek psikologi kehamilan yaitu *mood swings*, cemas dan depresi. Penting untuk tidak mengabaikan pengaruh dan keterlibatan emosional pada kehamilan selama masa pandemi Covid-19, karena kesehatan mental wanita hamil dapat dikaitkan dengan berbagai risiko jangka pendek dan panjang.

Metode: Metode dalam penulisan artikel ini adalah tinjauan *literature review* yang didapatkan dari database ProQuest, PubMed, Science Direct, dan Google Scholar dalam satu tahun terakhir 2020-2021. Pencarian artikel menggunakan strategi PICOS dengan instrumen penilaian menggunakan metode JBI (*Joanna Briggs Institute*).

Hasil: Hasil studi *literature review* melalui database menemukan 14 artikel yang relevan dengan topik. 13 artikel menunjukkan peningkatan kejadian cemas dan depresi, dan sisanya menjelaskan *mood swings*. Penilaian hubungan antara pandemi Covid-19 terhadap psikologi wanita hamil dengan resiko kecemasan ialah 1,65, dan depresi 1,08. Peningkatan gejala *mood swings* meningkat 13,5% pada awal kehamilan terkait dengan dampak psikologi namun belum tampak nyata keterkaitan *mood swings* terhadap kejadian pandemi Covid-19.

Kesimpulan: Covid-19 berdampak signifikan pada kesehatan psikologi wanita hamil yaitu meningkatnya kecemasan dan depresi. Namun *mood swings* sebagai dampak psikologi tidak terlihat secara signifikan terhadap pandemi Covid-19, dikarenakan batasan dalam pencarian artikel yang belum banyak melakukan penelitian keterkaitan moodswings dengan kejadian pandemi Covid-19. Studi penelitian selanjutnya dengan beberapa poin penilaian akan diperlukan untuk lebih memahami psikologi terutama *mood swings* pada wanita hamil selama masa pandemi Covid-19.

Kata Kunci: *Prenatal Stress OR Antenatal Stress AND Psychological Impact OR Psychological Stress OR Pschoogical Well Being AND SAR-Cov OR COVID-19*

ABSTRACT

Background: The Covid-19 pandemic poses risks to health, including the mental health of pregnant women. This can cause psychological effects of pregnancy, namely mood swings, anxiety and depression. It is important not to overlook the impact and emotional involvement of pregnancy during the COVID-19 pandemic, as a pregnant woman's mental health can be associated with various short- and long-term risks.

Methods: The method in writing this article is a literature review obtained from the ProQuest, PubMed, Science Direct, and Google Scholar databases in the last year 2020-2021. Search articles using the PICOS strategy with an assessment instrument using the JBI (Joanna Briggs Institute) method.

Results: The results of a literature review study through the database found 14 articles that were relevant to the topic. 13 articles showed an increased incidence of anxiety and depression, and the remainder described mood swings. The assessment of the relationship between the Covid-19 pandemic on the psychology of pregnant women with the risk of anxiety is 1.65, and depression is 1.08. The increase in symptoms of mood swings increased by 13.5% in early pregnancy related to the psychological impact, but there is no real correlation between mood swings and the occurrence of the Covid-19 pandemic.

Conclusion: Covid-19 has a significant impact on the psychological health of pregnant women, namely increasing anxiety and depression. However, mood swings as a psychological impact are not seen significantly in the Covid-19 pandemic, due to limitations in the search for articles that have not conducted much research on the relationship between mood swings and the occurrence of the Covid-19 pandemic. Further research studies with several assessment points will be needed to better understand psychology, especially mood swings in pregnant women during the Covid-19 pandemic.

Keywords: Prenatal Stress OR Antenatal Stress AND Psychological Impact OR Psychological Stress OR Pschoogical Well Being AND SAR-Cov OR COVID-19