

## SELF-ESTEEM LEVELS IN PREGNANT WOMEN BASED ON SOCIOECONOMIC STATUS

<sup>1</sup>Ummi Humaida Arfi, Widia Lestari, Yulia Irvani Dewi

Universitas Riau, Pattimura, Pekanbaru, Riau, Indonesia

Corresponding Author: [ummi.humaida0091@student.unri.ac.id](mailto:ummi.humaida0091@student.unri.ac.id)

### ABSTRACT

**Introduction:** The level of self-esteem in pregnant women can be influenced by socioeconomic status, where socioeconomic status can be reviewed through family income. Income will help pregnant women in overcoming difficulties that may occur during pregnancy, one example is when pregnant women are required to do routine checks. **Objective:** The purpose of this study was to determine the level of self-esteem of pregnant women based on socioeconomic status. **Methods:** This study used a descriptive research design, The sample in this study amounted to 71 respondents, taken using the total sampling technique. Data collected using the Rosenberg Self-esteem scale questionnaire which has been tested for validity and reliability, The analysis used univariate test. **Result:** The results obtained from this study indicate that the majority of respondents with low socioeconomic status with moderate self-esteem (52.1%), moderate socioeconomic status with moderate self-esteem (94.4%) and low socioeconomic status with high self-esteem (60%). **Conclusion:** Socioeconomic status is factor that can change the level of self-esteem of pregnant women.

**Keywords:** Pregnant women, self-esteem, socioeconomic status.

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### INTRODUCTION

Pregnancy is a very complex period, because there are psychological changes in pregnant women. One of the psychological changes that occur in pregnant women is emotional disturbance. Emotional changes in pregnant women are increasingly vulnerable due to adaptation to personality, lifestyle and status in the social environment (Bjelica et al., 2018 in Gultom et al., 2022).

Research conducted by Juliadilla (2017), states that pregnancy can change physiology such as increased breast mass, a larger stomach shape and weight gain. These physiological changes can make pregnant women uncomfortable and dissatisfied, so that their self-perception becomes negative. This negative perception can affect the mental health of pregnant women, where this condition will be related to how they can accept themselves which is called self-esteem (Ayodya & Jayanti, 2023).

Self-esteem can affect life in many ways. Every woman who is pregnant will have a different level of self-esteem. The level of self-esteem in pregnant women depends on how they assess and

evaluate themselves during pregnancy. The results of the evaluation or assessment of themselves can be positive or negative (Ayodya & Jayanti, 2023).

According to the Basic Health Research (Riskesdas) in 2019, the incidence of low self-esteem in Indonesia was 6.7%. The incidence of low self-esteem in Indonesia is in Bali and DI Yogyakarta. Bali shows a prevalence of low self-esteem of 11.1% and for DI Yogyakarta it is 10.4%. Research conducted by Fitri (2020) states that women are the largest gender experiencing low self-esteem (Rifah, 2021).

Pregnant women who have high self-esteem can be responsible for their role as mothers and can also overcome problems during pregnancy. For mothers who have low self-esteem, it will be difficult or even impossible to control the anxiety they experience, so that mothers who have low self-esteem can fail in carrying out their role as mothers (Utami et al., 2020). In addition, pregnant women who have low self-esteem will have a negative impact on their partners, their families and the growth and development of their fetuses (Fernandes et al., 2022).

To increase self-esteem in pregnant women, social support is needed such as advice, behavior, presence, care and support given to pregnant women from their surroundings, so that pregnant women feel cared for, appreciated and loved by their surroundings (Utami et al., 2020). Pregnant women who maintain harmony with family members, build trust with their friends can increase self-esteem and they will feel satisfied with themselves (Tudorel, 2022). Preventive measures or reducing factors that can affect mental status during pregnancy are very important so that pregnant women can face the changes that occur during pregnancy and can go through pregnancy healthily both physically and mentally (Maria et al., 2021). Tingkat harga diri pada ibu hamil dapat dipengaruhi oleh beberapa faktor salah satunya yaitu status sosial ekonomi (Kusumawati et al., 2021). Status sosial ekonomi adalah pengorganisasian atau pengelompokan masyarakat yang dapat ditinjau berdasarkan penghasilan atau pendapatan keluarga perbulan. (Atika & Rasyid, 2018).

Socioeconomic status is an individual's position that can be assessed from their financial condition and social circumstances (Kasingku & Mnatow, 2022). Socioeconomic status is the organization or grouping of society that can be assessed based on similarities in work, income and education (Atika & Rasyid. 2018).

A study conducted by Cevic and Yenikkerem (2020) on 385 pregnant women in Turkey concluded that high employment status or family income would affect the increase in self-esteem of pregnant women. The study also stated that increasing educational status and employment or income would contribute to the level of self-esteem.

Another study conducted by Bien et al (2023) on 287 pregnant women at the Lublin Outpatient Clinic, Poland in the period April 2019-January 2021 stated that income is something that can affect the level of self-esteem of pregnant women, where self-esteem will increase when a person's income is high, this happens because income is able to overcome difficulties that may occur during pregnancy, such as when pregnancy

requires expenses for routine pregnancy check-ups and medicines.

Researchers conducted pre-research on November 22 at the Pekanbaru City Health Office, obtained data on the number of pregnant women in Pekanbaru City as many as 22,899 people. The largest number of pregnant women is in the Rejosari Health Center work area, namely 2,090 (City Health Office, 2021). The economic facilities in the Rejosari area, Tenayan Raya District, Pekanbaru City are dominated by shops and daily stalls/stalls, namely 57 (Pekanbaru City Central Statistics Agency, 2021).

So from the description above and the absence of research that describes the level of self-esteem of pregnant women based on socio-economic status, researchers are interested in conducting research on the description of the level of self-esteem in pregnant women based on socio-economic status using the Rosenberg self-esteem scale (RSES) instrument. RSES is used because it is a standard measuring instrument that has been used in international research (Rodrigues et al., 2019). The questions in the RSES measuring instrument are answered according to the situation and condition of the respondent, namely during pregnancy. This study aims to determine the level of self-esteem of pregnant women based on socio-economic status.

## **METHOD**

The design used in this study is a simple descriptive one. The population in this study were all pregnant women in the primigravida group in the period from January 2024 to June 2024 at the Rejosari Health Center, totaling 71 people. The sample is a small part of the population (Priadana, 2021). The sample in this study were pregnant women in the work area of the Rejosari Health Center, Pekanbaru City. The sampling technique in this study used Total Sampling. This study uses inclusion and exclusion criteria, where the inclusion criteria in this study are: subjects willing to be research respondents, primigravida mothers, pregnant women who have partners, can communicate well. While the exclusion criteria are pregnant women with complications and those who refuse to be respondents in this study.

This study was conducted at the Rejosari Health Center in Pekanbaru City. In this study, the data collection tool used a questionnaire sheet. The questionnaire used by researchers to collect data is a standard questionnaire from Morris Rosenberg, namely the Rosenberg Self-esteem Scale (RSES) which has been translated through the Ministry of Education, Culture, Research and Technology of the Riau Province Language Center. The Likert scale on this measuring instrument is unidimensional or only focuses on one dimension, namely the self-esteem dimension without combining other dimensions in the statement items.

Data collection was carried out in accordance with the criteria that had been designed. At the implementation stage, the researcher collected data using a questionnaire filled out by the respondents if the respondents were able to fill it out themselves while still explaining the intent and purpose of filling out the questionnaire. This study uses univariate data analysis. In this study, univariate analysis explains or describes the characteristics of the respondents including age, last education, occupation and income. After the data was collected, the researcher entered the data from the questionnaire results into a Microsoft Excel form. Then the researcher inputted the data into the SPSS application. The researcher took care of an ethical test letter at the Faculty of Nursing, Riau University which was used to conduct research with letter number: 1163 /UIN19.5.1.8/KEIPK.FKp/2024

## RESULTS

**Table 1 Frequency Distribution of Respondent Characteristics**

Respondent Characteristics	Frequency n= 71	Percentage (%)
<b>Age</b>		
≤20 years	8	11.3
21-35 years	59	83.1
>35 years	4	5.6
<b>Last education</b>		
Elementary School	2	2.8
Junior High School	27	38.0
High School	36	50.7
College	6	8.5

<b>Occupation</b>		
Unemployed	67	94.4
Self-employed	3	3.2
Scavenger	1	1.4
<b>Family income/month</b>		
Rp. <3,451,000	48	67.7
Rp. 3,451,000	18	25.4
Rp. >3,451,000	5	7.0
Total	71	100.0

This study found that out of 71 respondents studied, most respondents were aged 21-35 years old, 59 respondents (83.1%). Based on the last level of education, most respondents had a high school education/equivalent, 36 respondents (50.7%), with the majority of respondents working as housewives or not working, 67 respondents (94.4%). Based on income, most of the family income per month was Rp. <3,451,000, 48 respondents (67.7%).

**Table 2 Frequency Distribution of Self-Esteem Levels Based on Social Status**

Social status	Self Esteem Level		
	Low	Currently	Tinggi
<b>Age</b>			
≤20 years	6 (75%)	2 (25%)	-
21-35 years	20	33 (55,9%)	6
>35 years	(33,9%)	2 (50%)	(10,2%)
	1 (25%)		1 (25%)
<b>Last education</b>			
Elementary school	2(100%)	-	-
Junior high school	10(26,3%)	24(63,2%)	4(10,5%)
High school	26(40%)	34(52,3%)	4(77%)
College	1(16%)	3(50%)	2(33,3%)
<b>Occupation</b>			
Housewife	26	35 (52,2%)	6 (9%)
Self-employed	(38,8%)	2 (66,7%)	1 (33,3)
Scavenger	-	-	-
	1 (100%)		

This study found that the majority of respondents' social status in the age category had a moderate level of self-esteem, namely, in the age range of 21-35 as many as 33 respondents (55.9%) and >35 years 2 respondents (50%). Social status in the last education category, the majority of respondents had a moderate level of self-esteem, namely, in the last education of junior high school as many as 24 respondents (63.2%), high school

level 34 respondents (52.3%) and college 3 respondents (50%). Social status in the occupation category, the majority of respondents had a moderate level of self-esteem, namely, in the occupation of housewives as many as 35 respondents (52.2%), self-employed 2 respondents (66.7%).

**Table 3 Frequency Distribution of Self-Esteem Levels Based on Economic Status**

Monthly Family Income	Self Esteem Level		
	Low	Currently	Tall
Rp. <3.451.000	23(47,9%)	25(52,1%)	-
Rp. 3.451.000	-	17(94,4%)	1(5,6%)
Rp. >3.451.000	-	2(40%)	3(60%)

This study found that those with socio-economic status of Rp. <3,451,000 or low, the majority of respondents have a moderate level of self-esteem, namely 25 respondents (52.1%). Socio-economic status of Rp. 3,451,000 or moderate, the majority of respondents have a moderate level of self-esteem, namely 17 respondents (94.4%). Socio-economic status of Rp. >3,451,000 or high, the majority of respondents have a high level of self-esteem, namely 3 respondents (60%).

## DISCUSSION

### Age

The results of the study found by researchers on 71 respondents were that the majority of respondents were aged 21-35 years with a total of 59 respondents (83.1%). In the age category, the majority of pregnant women were at a moderate level of self-esteem. The mother's age in this case is associated with the condition during pregnancy, so that the mother's age becomes a benchmark for the mother's health (Alfira et al., 2023). Research conducted by Rahayu (2022) states that individuals who are in early adulthood will respect themselves more, which will increase the individual's self-esteem, so that they will realize that what they have gone through so far has different stages and experiences in the side of life that they live. This is in line with research conducted by Santoso and Satwika (2019) which states that the older a person

is, the more life lessons they will get so that they will achieve psychological well-being.

### Education

The results of the study conducted by researchers on 71 respondents found that the majority of respondents had a high school education level, namely 36 respondents (50.7%). In the education category, the majority of pregnant women were at a moderate level of self-esteem. According to Utami et al., (2020) a person's level of education is closely related to their intelligence and high level of self-esteem. This is in line with Ginting's statement in Syafrizaldi and Pratiwi (2020) which stated that in his study there was a significant relationship between self-esteem and a mother's level of education towards self-acceptance. A similar statement is also found in a study conducted by Ghamri et al., (2024) which stated that the level of education is the strongest factor that can influence a person's level of self-esteem.

### Work

The results of the study conducted by researchers on 71 respondents showed that the majority of respondents did not work or were housewives, namely 67 respondents (94.4%). In the employment category, the majority of pregnant women were at a moderate level of self-esteem. The results of the study conducted by Aprilina et al., (2019) on 244 respondents who worked in the Palangka Raya City Government agency concluded that work greatly affects the level of self-esteem of a person who works. Research conducted by Wadhawan in Santoso and Satwika (2019) also produced a statement that the self-esteem of working women is higher than that of women who do not work. In the study of Santoso and Satwika (2019) it was stated that according to working women, the various positions they occupy while working can increase their self-esteem to withstand the pressure or tension that occurs in life (Iswanti et al., 2021).

### Income

The results of the study conducted by researchers on 71 respondents showed that the majority of monthly family income was IDR <3,451,000, namely 48 respondents (67.6%). In the income category,

the majority of pregnant women are at a moderate level of self-esteem. The social indicator theory put forward by Pelham (1995), Pelham and Swann (1989) and Rosenberg and Pearlin (1978) states that a person's socioeconomic status can be viewed through their income, from income can determine a person's level of self-esteem, where when a person's income increases, self-esteem will increase, while when income decreases, a person's level of self-esteem will also decrease.

Research conducted by Bleidorn et al., (2023) for 4 years on 4,000 adult respondents in the Netherlands found that there was a significant relationship between income or earnings and a person's level of self-esteem, where the study stated that individuals with high incomes have higher levels of self-esteem. Santoso and Satwika's (2019) research states that individuals with low incomes have low levels of self-esteem, which decreases their satisfaction in life. In line with this, research conducted by Adriansyah (2019) states that the higher the family's socioeconomic status, the higher the level of self-esteem, conversely, if the socioeconomic status is low, the level of self-esteem is also low.

### **Description of Pregnant Women's Self-Esteem Levels**

The results of a study conducted on 71 pregnant women in the Rejosari Health Center, Pekanbaru City in 2024 showed that the majority of pregnant women's self-esteem levels were at moderate levels, namely 44 pregnant women. Research conducted by Maria (2021) stated that self-esteem greatly affects a person's psychological condition, where someone who has high self-esteem tends to have a good mood and reduces the risk of depression, but conversely, if someone has a low level of self-esteem, their mood tends to worsen and the risk of depression is high. So it is important to increase self-esteem during pregnancy in order to maintain the mother's psychological condition because pregnancy is a condition that is susceptible to mental disorders. The above is in line with research conducted by Hasani (2021) in Meidatuzzahra et al., (2023) which states that during pregnancy, mothers who have low self-esteem will trigger psychological well-being and mental health

to deteriorate (Iswanti et al., 2018). One of the causes of low self-esteem in pregnant women is the lack of information related to pregnancy (Yustiari et al., 2023).

### **Self-Esteem Levels in Pregnant Women Based on Socioeconomic Status**

The results of the study conducted in the Rejosari Health Center work area of Pekanbaru City showed that out of 71 respondents who filled out the RSES questionnaire, based on their socioeconomic status, the results showed that those with low socioeconomic status were mostly at a moderate level of self-esteem, namely 25 respondents (52.1%). Meanwhile, those with moderate socioeconomic status were mostly at a moderate level of self-esteem, namely 17 respondents (94.4%). For those with high socioeconomic status, they were at a high level of self-esteem, namely 3 respondents (60%). This study is in line with research conducted by Cevic (2020) on 385 respondents who stated that high family income will affect the increase in self-esteem in pregnant women. In line with other research conducted by Maria (2021) which stated that the amount of family income per month will affect the level of self-esteem of pregnant women. Santoso and Satwika's (2019) research strengthens the picture of the level of self-esteem of pregnant women based on socioeconomic status obtained in this study, which states that individuals with low incomes have low levels of self-esteem, where they will judge themselves negatively such as not being able to meet their needs so that it can reduce satisfaction in their lives. Research conducted by Fassbender and Leyendecker (2018) states that socioeconomic status can affect how individuals judge

### **CONCLUSION**

The level of self-esteem of pregnant women in terms of their social and economic status show that the social and economic status which can be seen through the family's monthly income is a factor that can increase the level of self-esteem of pregnant women. This research can help nursing institutions in developing more holistic and personalized nursing practices for pregnant women, especially those belonging to groups with middle to lower



socioeconomic status. This research can also increase public awareness about the importance of mental health during pregnancy. The researcher realized that in this research there were still shortcomings, such as there being pregnant women who refused to respond to the research. However, the researcher was not impulsive and was always enthusiastic in searching for the response until the sample was completed.

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