

## Relationship between Family Support and the Anxiety of Pregnant Women During the COVID-19 Pandemic

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**Abstract.** Anxiety is one of the most common psychiatric disorders that occur during pregnancy. The situation of the Covid-19 pandemic increases the anxiety of pregnant women, not only worrying about the condition of the fetus but also worrying about whether the mother and fetus of Covid-19 are safe or not during pregnancy check-ups during the pandemic. This study aims to determine the relationship between family support and the anxiety of pregnant women during the Covid-19 pandemic in the Batu-Batu Health Center, Soppeng Regency. This research used cross sectional study from March – May 2021. The data was collected using a questionnaire Hamilton Anxiety Rating Scale (HARS) to 41 pregnant women using a proportional stratified random sampling technique. Data analysis used the chi-square test with a significance level of  $\alpha < 0.05$ . The results showed that 48,8 % pregnant women with good family support and pregnant women with severe anxiety 39%. The conclusion of this study is that there is a relationship between family support and the anxiety of pregnant women during the COVID-19 pandemic ( $p$ -value = 0.018). It is recommended that families increase their support for pregnant women both physically, psychologically, spiritually and economically so that pregnant women are more relaxed before giving birth.

**Keyword:** anxiety, family support, COVID-19