

THE RELATIONSHIP BETWEEN ANTENATAL CARE (ANC) VISIT COMPLIANCE AND SELF-EFFICACY AND ANXIETY AMONG PREGNANT WOMEN AT NGUDI WALUYO WLINGI HOSPITAL

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ABSTRACT

Background: Pregnancy involves physiological and psychological changes that require high levels of adaptation. Low self-efficacy and poor adherence to antenatal care (ANC) visits may increase anxiety among pregnant women. This highlights the importance of ANC adherence in improving maternal readiness for childbirth.

Objective: To determine the relationship between ANC visit compliance and self-efficacy and anxiety among pregnant women at Ngudi Waluyo Wlingi Hospital.

Methods: This study used a non-experimental quantitative design with a cross-sectional approach. A total of 91 pregnant women were selected through purposive sampling. The independent variable was ANC visit compliance, and the dependent variables were self-efficacy and anxiety. Data were collected using an ANC compliance observation sheet, the General Self-Efficacy Scale (GSES), and the Hamilton Anxiety Rating Scale (HARS). Data analysis included univariate analysis using frequency distributions, bivariate analysis using Spearman's correlation, and multivariate analysis using MANOVA. **Results:** Spearman's correlation showed a significant positive relationship between ANC compliance and self-efficacy ($r = 0.399$; $p < 0.001$) and a weak but significant relationship with anxiety ($r = 0.220$; $p = 0.036$). MANOVA confirmed that ANC compliance was significantly associated with self-efficacy ($p < 0.001$) and anxiety ($p = 0.040$). **Conclusion:** ANC visit compliance was significantly related to self-efficacy and anxiety among pregnant women at Ngudi Waluyo Wlingi Hospital. **Suggestion:** Future researchers are encouraged to include additional variables to enrich the understanding of psychological factors affecting pregnant women.

Keywords: pregnant women, antenatal care (ANC), self-efficacy, anxiety