



Analysis of Experiences and Coping Strategies of Pregnant Women with Hyperemesis Gravidarum in Purwakarta Regency, Indonesia

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ABSTRACT

Introduction: Hyperemesis gravidarum (HG) is a pregnancy complication characterized by excessive nausea and vomiting. HG can cause dehydration, malnutrition, and other serious complications. In Indonesia, data regarding the experiences and coping strategies of pregnant women with HG is still limited. **Methods:** This research uses a qualitative design with a phenomenological approach. Data was collected through in-depth interviews with 10 pregnant women who experienced HG in Purwakarta Regency. Data were analyzed using qualitative data analysis methods. **Results:** The research results show that pregnant women with HG experience various kinds of physical and emotional symptoms. The most common physical symptoms are nausea, vomiting, fatigue, and dizziness. The most common emotional symptoms are anxiety, depression, and stress. Pregnant women use various coping strategies to deal with HG. The most common coping strategies are problem-focused coping strategies, such as seeking information about HG, consulting a doctor, and trying home remedies. Other coping strategies used are coping strategies that focus on emotions, such as seeking social support and relaxation. **Conclusion:** This research shows that pregnant women with HG experience a variety of physical and emotional symptoms. Effective coping strategies can help pregnant women to overcome HG and improve their quality of life.

1. Introduction

Hyperemesis gravidarum (HG) is a pregnancy complication characterized by excessive nausea and vomiting. HG occurs in 0.5-2% of pregnancies and can cause dehydration, malnutrition, and other serious complications. In Indonesia, HG is one of the main causes of hospitalization of pregnant women. Data from Dr. Cipto Mangunkusumo National General Hospital, showed that HG was the cause of 5.4% of hospitalizations of pregnant women in 2020. In Indonesia, it is estimated that 1 in 50 pregnant women experience HG. HG can cause dehydration, malnutrition, and other serious complications, such as electrolyte disturbances, kidney damage, and even death. Data regarding the experiences and coping

strategies of pregnant women with HG in Indonesia is still limited. This study aims to fill this knowledge gap and provide valuable information to assist pregnant women and health workers in managing HG.^{1,2}

HG can have a significant impact on the quality of life of pregnant women. Pregnant women with HG often experience fatigue, insomnia, and depression. HG can also cause serious complications such as dehydration, electrolyte deficiencies, and kidney damage. Research on the experiences and coping strategies of pregnant women with HG in Indonesia is still limited. Understanding the experiences of pregnant women with HG can help health practitioners to provide better services to pregnant women with HG. Identifying effective coping strategies

can help pregnant women to cope with HG and improve their quality of life. The results of this study can help to develop effective intervention programs to help pregnant women with HG.^{3,4} This study aims to analyze the experiences and coping strategies of pregnant women with HG in Purwakarta Regency, Indonesia.

2. Methods

This research uses a qualitative design with a phenomenological approach. A qualitative design was chosen because it allows researchers to understand the experiences and coping strategies of pregnant women with HG in depth. The phenomenological approach was chosen because it focuses on how individuals experience a phenomenon. Data was collected through in-depth interviews with 10 pregnant women who experienced HG in Purwakarta Regency. Informants were selected using purposive sampling techniques. The criteria for informants are: Pregnant women who are experiencing HG; Pregnant women who are willing to be interviewed; Pregnant women who are able to communicate well.

Interviews were conducted individually using an interview guide. An interview guide was created to gather information about the experiences and coping strategies of pregnant women with HG. Data were analyzed using qualitative data analysis methods. Qualitative data analysis is the process of understanding the meaning of the collected data. Data analysis was carried out in the following steps: Interview transcription; Read and understand transcriptions; Identify themes and subthemes; Interpret the meaning of themes and subthemes.

The validity of the data was tested using triangulation techniques. Triangulation is a technique for checking the validity of data by using different data sources. In this research, triangulation was carried out using source triangulation and method triangulation techniques. Source triangulation was carried out by interviewing informants from various backgrounds. Method triangulation was carried out using observation and documentation techniques to complement the data obtained from interviews. This research was conducted with due regard to research

ethics. Researchers have also explained the purpose of the research and asked for consent from informants before conducting interviews.

3. Results and Discussion

Table 1 shows that pregnant women with HG experience various physical and emotional symptoms. The most common physical symptoms are nausea, vomiting, fatigue, and dizziness. The most common emotional symptoms are anxiety, depression, and stress. Nausea and vomiting are the most common symptoms of HG. Nausea and vomiting can occur at any time, but are usually worse in the morning. Severe nausea and vomiting can cause dehydration, electrolyte deficiencies, and kidney damage. Fatigue is another common symptom of HG. Fatigue can be caused by dehydration, electrolyte deficiency, and lack of nutrition. Fatigue can make it difficult for pregnant women to carry out daily activities. Dizziness can be caused by dehydration, electrolyte deficiency, and anemia. Dizziness can make pregnant women feel unbalanced and put them at risk of falling. Other physical symptoms that pregnant women with HG may experience include constipation, abdominal pain, dehydration, and weight loss.

Anxiety is a common symptom of HG. Anxiety can be caused by fear of pregnancy complications, worry about the baby's health, and stress due to the physical symptoms of HG. Depression is a serious symptom of HG. Depression can cause pregnant women to feel sad, hopeless, and worthless. Depression can make it difficult for pregnant women to care for themselves and their babies. Stress is a common symptom of HG. Stress can be caused by a variety of factors, such as work, finances, and family problems. Stress can worsen the physical symptoms of HG. Other emotional symptoms that pregnant women with HG may experience include fear, guilt, and insomnia. HG can have a significant impact on the quality of life of pregnant women. The physical and emotional symptoms of HG can make it difficult for pregnant women to carry out daily activities and care for themselves and their babies.

Table 1. Symptoms of pregnant women with hyperemesis gravidarum (HG).

Physical symptoms	Frequency (%)	Emotional symptoms	Frequency (%)
Nauseous	100	Anxiety	80
Vomiting	90	Depression	70
Fatigue	80	Stress	60
Dizzy	70	Fear	50
Decreased appetite	60	Feeling guilty	40
Constipation	50	Insomnia	30
Abdominal pain	40		
Dehydration	30		
Weight loss	20		

Table 2 shows that pregnant women with HG use various coping strategies to overcome HG. The most common coping strategies are problem-focused coping strategies and emotion-focused coping strategies. Pregnant women seek information about HG to understand the symptoms, causes, and treatment of HG. This information can be obtained from the internet, books, or doctors. Pregnant women consult a doctor to get the right diagnosis and treatment. Your doctor can prescribe medication to treat nausea and vomiting and provide advice on diet and lifestyle. Pregnant women try various home remedies to treat HG, such as drinking ginger, chamomile tea, or lemon water. Pregnant women change their diet to reduce nausea and vomiting. Pregnant women can eat small and frequent meals, avoid spicy and fatty foods, and drink plenty of water. Pregnant women need adequate rest to overcome fatigue and increase energy.

Pregnant women seek social support from family, friends, or the community of pregnant women with HG. Social support can help pregnant women feel less alone and cope with HG. Pregnant women practice relaxation techniques such as yoga, meditation, or listening to music to reduce stress and anxiety. Pregnant women do light exercise such as walking or swimming to improve mood and energy. Pregnant women pray to gain strength and calm in facing HG. Pregnant women can join the community of pregnant women with HG to get support and share experiences. Pregnant women can seek professional help from a psychologist or therapist to deal with anxiety and depression. Appropriate coping strategies can help pregnant women to overcome HG and improve their quality of life. Pregnant women can use a variety of coping strategies, both problem-focused and emotion-focused.

Table 2. Coping strategies for pregnant women with hyperemesis gravidarum (HG).

Coping strategy	Frequency (%)
Problem-focused coping strategies:	
Looking for information about HG	90
Consult a doctor	80
Try home remedies	70
Change diet	60
Enough rest	50
Emotion-focused coping strategies:	
Seek social support	80
Relaxation	70
Light exercise	60
Pray	50
Other coping strategies:	
Join the community of pregnant women with HG	40
Seek professional help	30

Hyperemesis gravidarum (HG) is a pregnancy complication characterized by excessive nausea and vomiting. HG can cause dehydration, malnutrition, and other serious complications. Coping mechanisms are the processes individuals use to deal with stress and difficult situations. Effective coping can help individuals reduce stress, improve quality of life, and improve mental and physical health.⁵

Lazarus and Folkman's theory of coping is one of the most widely accepted and used theories in research on stress and coping. This theory explains that coping is an ongoing process that involves two types of coping: 1. Problem-focused coping. Problem-focused coping aims to overcome the source of stress directly. These coping efforts involve actions to: Change stressful situations; Reduce the impact of stressful situations; Avoid stressful situations. Examples of problem-focused coping strategies: Seeking information about HG and how to overcome it; Consult a doctor to get the right diagnosis and treatment; Changing diet and lifestyle to reduce nausea and vomiting; Communicate with your partner and family to get support. Emotion-focused coping aims to manage negative emotions associated with stress. These coping efforts involve actions to: Regulate emotions; Accept stressful situations; Seek social support. Examples of emotion-focused coping strategies: Engaging in relaxation techniques such as meditation or yoga; Spending time with loved ones; Join a support group for pregnant women with HG; Seek professional help from a psychologist or therapist. According to Lazarus and Folkman, the coping process involves two stages: 1. Appraisal. At this stage, the individual assesses the situation and determines whether the situation is stressful. Individuals will also assess the resources available to cope with stress. 2. Regulation: At this stage, individuals choose appropriate coping strategies to deal with stress. Individuals can use problem-focused coping strategies, emotion-focused coping strategies, or a combination of both. There are several factors that can influence coping, including: Individual characteristics: An individual's personality, resources, and experiences can influence how an individual deals with stress. Nature of the situation: The severity of the

stress, the duration of the stress, and the individual's control over the situation can influence the choice of coping strategies. Social support: Support from family, friends, and health professionals can help individuals cope with stress. Lazarus and Folkman's theory of coping provides a useful framework for understanding how individuals deal with stress. This theory suggests that coping is an ongoing process and involves two types of coping: problem-focused coping and emotion-focused coping.⁶⁻⁸

Cognitive appraisal theory explains that coping is influenced by how individuals assess stressful situations. This assessment involves two processes: 1. Primary appraisal. At this stage, the individual assesses whether the situation is dangerous, threatening, or challenging. Individuals will also assess whether the situation is controllable. 2. Secondary appraisal: At this stage, the individual assesses the resources available to overcome stressful situations. Individuals will also assess their ability to cope with stressful situations. Positive appraisals can help individuals find solutions and overcome stress. For example, if individuals perceive HG as a surmountable challenge, they will be more likely to seek information about HG, consult a doctor, and try various coping strategies. Negative appraisals can worsen stress. For example, if individuals perceive HG as a dangerous and uncontrollable situation, they are more likely to feel anxious, depressed, and hopeless.^{9,10}

Here are some examples of how cognitive appraisal theory can be applied to coping with HG: Positive primary appraisal: "Even though HG makes me feel uncomfortable, I believe I can overcome it with the help of my doctor and loved ones." Negative primary assessment: "HG is a terrible, uncontrollable situation. I don't know how I will handle it." Positive secondary assessment: "I have many resources that can help me overcome HG, such as supportive doctors, a loving family, and a supportive community of pregnant women." Negative secondary appraisal: "I don't have enough resources to cope with HG. I feel alone and helpless." Cognitive appraisal-based coping interventions can help individuals to change their negative appraisals about HG and improve their

coping abilities. These interventions may involve: Helping individuals to identify and challenge their negative thoughts about HG; Provide accurate information about HG and how to overcome it; Helping individuals to develop effective coping strategies; Increase social support for individuals. Cognitive Appraisal Theory provides a useful framework for understanding how individuals cope with stress in HG. Cognitive appraisal-based coping interventions can help individuals to change their negative appraisals about HG and improve their coping abilities.^{11,12}

Conservation of resources theory explains that coping aims to protect and maintain resources that are important to the individual. These resources can be: Physical: Health, energy, and time; Emotional: Social support, sense of control, and self-esteem; Social: Support from family, friends, and community; Spiritual: Beliefs and the meaning of life. Individuals will use a variety of coping strategies to protect and preserve their resources. For example, seek information about HG to increase knowledge and control; Consult a doctor to get treatment and support; Change diet to maintain physical health; Seek social support to strengthen emotional resources; Relax, reduce stress, and maintain emotional health. Here are some examples of how Conservation of Resources theory can be applied to coping with HG: Physical resources: HG can drain an individual's physical resources, such as energy and time. Individuals with HG need to use coping strategies to save energy and time, such as setting a regular rest schedule and asking for help from others. Emotional resources: HG can cause stress, anxiety, and depression. Individuals with HG need to use coping strategies to maintain their emotional health, such as seeking social support and practicing relaxation techniques. Social resources: Social support from family, friends, and community is critical for individuals with HG. Social support can help individuals to feel less alone and provide them with emotional and practical resources; Spiritual resources: Faith and meaning in life can help individuals cope with stress and find strength in dealing with HG. Conservation of resources-based

copied interventions can help individuals to identify the resources that are important to them and develop coping strategies to protect and preserve those resources. These interventions may involve: Helping individuals to identify resources that are important to them; Develop coping strategies to protect and preserve resources; Increase individual access to resources; Helping individuals to build supportive relationships. Conservation of resources theory provides a useful framework for understanding how individuals cope with stress in HG. Resource conservation-based coping interventions can help individuals protect and preserve their resources and improve their coping abilities.^{13,14}

4. Conclusion

This research shows that pregnant women with HG experience a variety of physical and emotional symptoms. Effective coping strategies can help pregnant women to overcome HG and improve their quality of life.

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