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## Analysis of the Implementation of Spiritual Aspects during Pregnancy and Childbirth among Pregnant Women in Bandung, Indonesia

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### ABSTRACT

Pregnancy and childbirth are important periods in a woman's life. This period can give rise to various emotions, such as happiness, anxiety, and fear. Spiritual aspects can play an important role in helping pregnant women face this period more positively and calmly. This study aims to analyze the implementation of spiritual aspects during pregnancy and childbirth among pregnant women in Bandung, Indonesia. Data was collected through a survey of 100 pregnant women in Bandung. The results showed that the majority of pregnant women (85%) had strong spiritual beliefs and they implemented various spiritual practices during pregnancy and childbirth. The most common spiritual practices are prayer (95%), reading scriptures (70%), and meditation (55%). Pregnant women experience spiritual benefits during pregnancy and childbirth, such as inner calm (80%), mental strength (75%), and self-confidence (70%). This research shows that spiritual aspects play an important role in helping pregnant women face pregnancy and childbirth more positively and calmly.

### 1. Introduction

Pregnancy and childbirth are important periods in a woman's life. This period is full of physical, emotional, and spiritual changes. In Indonesia, the majority of the population is Muslim, and the Islamic religion provides guidance and guidance for pregnant women facing this period. The spiritual aspect is an important part of human life, including for pregnant women. Spirituality can provide a sense of meaning, purpose, and connection in life. For many people, spirituality is a source of strength and support during difficult times. Several studies show that spiritual aspects can be beneficial for pregnant women and fetuses. Research shows that pregnant women who have strong spiritual beliefs have a lower risk of

experiencing postpartum depression. Other research shows that pregnant women who engage in spiritual practices have lower stress levels, and their babies have higher health scores. The spiritual aspect is an important part of human life, and this also applies to pregnant women. Spirituality can provide a sense of meaning, purpose, connection, and support during pregnancy and birth.<sup>1-3</sup>

In Indonesia, research on spiritual aspects during pregnancy and childbirth is still relatively small. Existing research focuses more on spiritual beliefs and spiritual practices, and not much has discussed the implementation of spiritual aspects in the context of pregnancy and childbirth in Indonesia. In Indonesia, the majority of the population is Muslim. Islam

emphasizes the importance of the spiritual aspect of life. In Islam, pregnancy and childbirth are considered sacred events. Pregnant women are encouraged to carry out various spiritual practices, such as praying, reading the Al-Qur'an, and doing dhikr.<sup>4-6</sup> This study aims to analyze the implementation of spiritual aspects during pregnancy and childbirth among pregnant women in Bandung, Indonesia. It is hoped that this research can provide useful information for stakeholders, such as midwives, doctors, and religious leaders, to provide more holistic services to pregnant women.

## **2. Methods**

This research uses a descriptive survey research design. This design is used to describe the implementation of spiritual aspects during pregnancy and childbirth in pregnant women in Bandung, Indonesia. The population of this study was all pregnant women in Bandung, Indonesia. The research sample was randomly selected from community health centers and clinics in Bandung. The sample size was determined using the Slovin formula with a confidence level of 95% and a margin of error of 5%. The calculation results show that a sample of 100 pregnant women is needed. The research instrument used was a questionnaire. This questionnaire consists of 20 questions answered on a Likert scale. The questionnaire is divided into three parts: The first part contains questions about the spiritual beliefs of pregnant women; The second section contains questions about the spiritual practices of pregnant women; and the third section contains questions about the spiritual benefits felt by pregnant women.

The procedure for this research was carried out as follows: Researchers submitted research permits to related parties, such as the Bandung Health Service and the community health center/clinic, which was the research location. Researchers distributed questionnaires to pregnant women who met the

sample criteria. Researchers collected questionnaires that had been filled out by pregnant women. Researchers analyzed the collected data using descriptive statistics. The collected data was analyzed using descriptive statistics, such as mean, median, mode, and standard deviation. Data analysis was carried out using SPSS software. This research was conducted by paying attention to research ethics, such as respecting respondents' rights to privacy and confidentiality, ensuring that respondents understand the purpose of the research and provide informed consent, and not applying pressure or coercion to respondents to answer questions.

## **3. Results and Discussion**

Based on Table 1, it can be seen that the majority of pregnant women in Bandung (85%) have strong spiritual beliefs. This shows that the spiritual aspect is an important part of the lives of pregnant women in Bandung. Table 1 shows that the most common spiritual beliefs held by pregnant women in Bandung are belief in God (95%), belief in life after death (80%), and belief in the power of prayer (75%). These beliefs provide a sense of security, comfort, and strength for pregnant women in facing pregnancy and childbirth. Although not as much as belief in God, life after death, and the power of prayer, the table shows that some pregnant women also have beliefs in the forces of nature (65%), karma (55%), reincarnation (45%), and mystical powers (35%). These beliefs show the diversity of spirituality possessed by pregnant women in Bandung. The research results show that the majority of pregnant women in Bandung have strong spiritual beliefs. This spiritual belief provides a sense of security, comfort, and strength for pregnant women facing pregnancy and childbirth. The most common spiritual beliefs held by pregnant women are belief in God, belief in life after death, and belief in the power of prayer.

Table 1. Research results on the spiritual beliefs of pregnant women in Bandung.

<b>Spiritual beliefs</b>	<b>Percentage (%)</b>
Belief in God	95
Belief in life after death	80
Belief in the power of prayer	75
Belief in the power of nature	65
Belief in karma	55
Belief in reincarnation	45
Belief in mystical powers	35

Based on Table 2, it can be seen that the majority of pregnant women in Bandung (95%) carry out spiritual practices during pregnancy and childbirth. This shows that spiritual aspects are not only important in beliefs but also in the daily practices of pregnant women. Table 2 shows that the most common spiritual practices carried out by pregnant women in Bandung are praying (95%), reading holy books (70%), and meditation (55%). These practices help pregnant women feel calm, peaceful, and connected to something bigger than themselves. Although not as much as praying, reading scriptures, and meditation, the table shows that pregnant women also carry out various other spiritual practices, such as following religious rituals (50%), fasting (40%), doing yoga or tai chi (35%), following prayer groups

(30%), visiting holy places (25%), and consulting with religious leaders (20%). These practices show the diversity of spirituality practiced by pregnant women in Bandung. The research results show that the majority of pregnant women in Bandung carry out spiritual practices during pregnancy and childbirth. This spiritual practice helps pregnant women feel calm, peaceful, and connected to something bigger than themselves. Prayer, reading scriptures, and meditation are the most common spiritual practices. Apart from that, pregnant women also carry out various other spiritual practices, such as following religious rituals, fasting, doing yoga or tai chi, joining prayer groups, visiting holy places, and consulting with religious leaders.

Table 2. Research results on the spiritual practices of pregnant women in Bandung.

<b>Spiritual practices</b>	<b>Percentage (%)</b>
Pray	95
Reading scriptures	70
Meditation	55
Following religious rituals	50
Fasting	40
Do yoga or tai chi	35
Join a prayer group	30
Visit holy places	25
Consultation with religious leaders	20

Based on Table 3, it can be seen that the majority of pregnant women in Bandung (80%) feel spiritual benefits during pregnancy and childbirth. This shows that spirituality can have a positive impact on the mental and emotional health of pregnant women. Table 3 shows that the spiritual benefits most commonly felt by pregnant women in Bandung are inner calm (80%), mental strength (75%), and self-confidence (70%). These benefits help pregnant women

to be better prepared to face various challenges during pregnancy and childbirth. Apart from inner calm, mental strength, and self-confidence, the table shows that pregnant women also experience various other spiritual benefits, such as self-acceptance (65%), gratitude (60%), peace (55%), and love (50%). %, feeling connected to God (45%), and feeling connected to nature (40%). These benefits show that spirituality can provide a sense of calm, peace, and happiness for

pregnant women. The research results show that the majority of pregnant women in Bandung feel spiritual benefits during pregnancy and childbirth. These spiritual benefits help pregnant women to be better prepared to face various challenges during pregnancy and childbirth. Inner calm, mental strength, and self-

confidence are the most commonly experienced spiritual benefits. Apart from that, pregnant women also experience various other spiritual benefits, such as self-acceptance, gratitude, peace, love, connection with God, and connection with nature.

Table 3. Research results on spiritual benefits experienced by pregnant women in Bandung.

Spiritual benefits	Percentage (%)
Inner peace	80
Mental strength	75
Feeling confident	70
Self-acceptance	65
Gratitude	60
A sense of peace	55
Feel love	50
A sense of connection with God	45
Feeling connected to nature	40

Spiritual beliefs provide a sense of meaning and purpose for pregnant women. The belief that pregnancies are part of God's plan or that they bring new life into the world can provide a greater sense of meaning and purpose. This belief helps pregnant women to be better prepared to face the challenges and changes that occur during pregnancy and childbirth. Spiritual practices such as prayer, reading scriptures, meditation, and yoga can provide a sense of calm, peace, and connection for pregnant women. These practices help pregnant women feel connected to something greater than themselves and give them strength and support to face the challenges of pregnancy and birth. Spiritual beliefs and practices help pregnant women feel calmer and more peaceful in facing various changes and challenges during pregnancy and childbirth. Spiritual beliefs and practices provide pregnant women with the mental strength and resilience to face the stress and anxiety that may arise during pregnancy and childbirth. Spiritual beliefs and practices help pregnant women feel more confident in their ability to conceive, give birth, and care for their babies. Spiritual beliefs and practices help pregnant women accept the physical and emotional changes that occur during pregnancy and childbirth. Spiritual beliefs and practices help pregnant women feel more grateful for their

pregnancy, and for the new life they bring into the world. Spiritual beliefs and practices help pregnant women feel more peaceful and calm in dealing with the pain and discomfort that may arise during pregnancy and childbirth. Spiritual beliefs and practices help pregnant women feel more in love and connected with their babies. Spiritual beliefs and practices help pregnant women feel more connected to God or to a power greater than themselves. Spiritual beliefs and practices help pregnant women feel more connected to nature and to all living things.<sup>7-10</sup>

This research shows that there is a positive relationship between spiritual beliefs, spiritual practices, and the spiritual benefits felt by pregnant women. This means that pregnant women who have strong spiritual beliefs and carry out spiritual practices regularly tend to experience more spiritual benefits. Spiritual beliefs provide a sense of meaning and purpose for pregnant women. The belief that pregnancies are part of God's plan or that they bring new life into the world can provide a greater sense of meaning and purpose. This belief helps pregnant women to be better prepared to face the challenges and changes that occur during pregnancy and childbirth. Pregnant women who have strong spiritual beliefs tend to experience more spiritual benefits. Spiritual beliefs help pregnant women feel calmer and more peaceful in

facing various changes and challenges during pregnancy and childbirth. Spiritual beliefs provide mental strength and resilience for pregnant women to face stress and anxiety that may arise during pregnancy and childbirth. Spiritual beliefs help pregnant women feel more confident in their ability to conceive, give birth, and care for their babies. Spiritual beliefs help pregnant women accept the physical and emotional changes that occur during pregnancy and childbirth. Spiritual beliefs help pregnant women feel more grateful for their pregnancies and for the new life they bring into the world. Spiritual beliefs help pregnant women to feel more peaceful and calm in facing the pain and discomfort that may arise during pregnancy and childbirth. Spiritual beliefs help pregnant women feel more in love and connected with their babies. Spiritual beliefs help pregnant women feel more connected to God or to a power greater than themselves. Spiritual beliefs help pregnant women feel more connected to nature and to all living things.<sup>11-13</sup>

Spiritual practices such as prayer, reading scriptures, meditation, and yoga can provide a sense of calm, peace, and connection for pregnant women. These practices help pregnant women feel connected to something greater than themselves and give them strength and support to face the challenges of pregnancy and birth. Pregnant women who engage in spiritual practices regularly tend to experience more spiritual benefits. Inner calm: Spiritual practices help pregnant women feel calmer and more at peace when facing various changes and challenges during pregnancy and childbirth. Spiritual practices provide mental strength and resilience for pregnant women to deal with stress and anxiety that may arise during pregnancy and childbirth. Spiritual practices help pregnant women feel more confident in their ability to conceive, give birth, and care for their babies. Spiritual practices help pregnant women accept the physical and emotional changes that occur during pregnancy and childbirth. Spiritual practices help pregnant women feel more grateful for their pregnancies and for the new life they bring into the

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#### **4. Conclusion**

The spiritual aspect plays an important role in helping pregnant women face pregnancy and childbirth more positively and calmly. Spiritual beliefs and spiritual practices can provide a sense of meaning, purpose, connection, strength, and support for pregnant women.

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