



Pregnant Mothers During Pandemic: Searching for Information Through Digital Communication Platforms

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Abstract. This study aims to find out how pregnant mothers utilize the digital media to fulfill their need of information and reduce their anxiety. This study used a qualitative method with a descriptive approach and motivated information management theory. This study uses in-depth interview as the data collection techniques, the data results are analyzed and validated using source triangulation test. The results showed that pregnant mothers are looking for information about Covid-19, such as daily cases, prevention and treatment, to the current Covid-19 trend. Pregnancy during the Covid-19 pandemic is a special condition that also affects the mental condition of the mothers. The emergence of digital information media provides an alternative for users to seek information. Social media, in addition to virtual interaction platforms, now makes it possible to share information about pregnancy. Pregnant mothers should make a selection of the information circulating about pregnancy in order to avoid hoaxes.

Keywords: Information · Digital · Pregnant · Covid-19

1 Introduction

1.1 A Subsection Sample

World Health Organization (WHO) stated that the world had entered the Covid-19 pandemic period on March 11, 2020 [1] after the discovery of the corona virus in Wuhan, People's Republic of China, at the end of 2019 (Page et. al, 2021). Before the WHO made the announcement, Indonesia found the first case in Depok, West Java on March 2, 2020 [2]. Soon after that, the Ministry of Health of the Republic of Indonesia (Kemenkes) announced that Indonesia had officially entered the Covid-19 pandemic.

The pandemic situation required people to limit social activities to suppress the spread of the virus. In addition, drugs and vaccines for Covid-19 had not yet been found within that period. Therefore, the government then implemented several policies such as Work

from Home (WFH), Large-Scale Social Restrictions (PSBB) and Community Activity Restrictions (PPKM) as some important things to do immediately. The pandemic has also had an impact on the Indonesian people in several sectors, such as health, social and economy. It also has an impact on the stress level of people, one of which is the pregnant mothers.

According to Mochtar [3] pregnant mothers have experienced anxiety since the first trimester due to adaptation to changes in body habits, such as uterine enlargement and breast changes. Anxiety continues until the third trimester and peaks in the three months before delivery due to perceptions of painful labor and the health risks experienced by the mothers during childbirth.

The Covid-19 pandemic situation has also increased the anxiety of those pregnant mothers. Not only the condition of fetal development, but pregnant mothers are also anxious about safety during the examination and the risk of Covid-19 which can infect the mother and affect the fetus. According to Nurhasanah (2021), other factors that influence the anxiety of pregnant mothers include the mother's readiness to face childbirth, social support from the family, the threat of the spread and impact of Covid-19, physical activity, health services, economic status and concerns about Covid-19 and the neighborhood related to the number of cases of Covid-19 patients [4].

Asmariyah et.al (2021) conducted a study on the anxiety level of pregnant mothers during the pandemic in Bengkulu City. The results showed that 39.8% of pregnant mothers experienced mild anxiety, 37% of them experienced moderate anxiety and 19.4% experienced severe anxiety. Only 3.7% of pregnant mothers do not experience anxiety [3]. A study conducted by Yuliani and Aini (2020) showed that 75% of pregnant mothers in Baturraden District, Banyumas, Central Java experienced anxiety on a mild-moderate to severe scale, with the majority of anxiety experienced on a mild-moderate scale [5].

Angesti (2020) examined 40 third-trimester pregnant mothers at the Benowo and Tenggilis Health Centers, Surabaya. The result showed that 57.5% of pregnant mothers had severe anxiety. The anxiety experienced affects their readiness to face the childbirth. Anxiety was caused by the fact that there was no cure and vaccine for Covid-19 yet. The more anxious the pregnant mothers, the less their readiness to undergo the childbirth [6].

The anxiety experienced by pregnant mothers can be reduced with health information, especially related to pregnancy and childbirth. This information can be obtained through antenatal care (ANC). ANC is the care of the mother and fetus during pregnancy [7]. In addition to reducing anxiety, ANC is important for pregnant mothers to know the development of the fetus and the health of the mother herself during pregnancy. The ANC can also provide education about pregnancy and preparation for delivery.

Pregnant mothers also require to know the information related to the pandemic situation. Information searching activity can be conducted online through valid and credible sources such as health sites, government agency sites, news portals, as well as social media accounts managed by health institutions, doctors and health experts. Information about regional to national daily cases, virus variants and their symptoms, risk of spreading per region, implementation of health protocols, to government policies can also provide education. Through education about Covid-19, it is expected to be able to reduce their anxiety as well as be a factor to support their decision to perform ANC. If the spread of Covid-19 is high, ANC can be conducted via clinical teleconsultation.

This alternative step applies as long as the condition of the pregnant mother does not experience or shows the signs of changes that endanger the mother and fetus.

Previous research has been conducted by Jacobs, et.al (2017) regarding Health information seeking in the digital age: "An analysis of health information seeking behavior among US adults". The difference between this study and previous research lies in the method and location of the study. This study is using qualitative methods in Indonesia, while previous studies used quantitative research in America.

Searching for information related to Covid-19 can be done anywhere and anytime as long as it refers to sources with high credibility. Based on Google Trends data [8] it shows an increase in search interest related to the Covid-19 disease and pandemic. The result of this study indicates that Google Trends can be used to monitor information about Covid-19 in Indonesia. Fulfillment of health information during pandemic can also be obtained through social media. Social media in the context of public health education plays an important role in distributing and disseminating information quickly and immediately. This cannot be separated from technological advances which have now become great facilitators. Social media can act as a teacher who is able to educate the public [9]. However, technology, information and communication (in this case is digital media and the Internet) can also produce hoaxes. Hoax is information engineering to cover up the actual information [10]. Hoaxes appear and spread because some Internet users really do the creation and spread of the false information.

Hoaxes on health are dangerous and must be watched out for. A survey by Ari Fahrial Syam (in Juditha, 2019) stated that more than 90% of health information had unclear and unaccountable sources. The findings of the Surveyor of the Indonesian Journalists Association (PWI) showed that most health hoaxes are circulating in the community [11]. According to Volsoughi et.al (2018), the dissemination of correct health information clarification by health organizations is actually no wider than the spread of hoaxes. The Ministry of Information and Communication (Kominfo) recorded 2161 hoaxes related to the Covid-19 issue in Indonesia from May 6, 2019 to April 4, 2022 at 06.00 AM WIB [10]. Even the corona virus hoax had appeared on the internet before the first case was found in Wuhan and the announcement of the Covid-19 pandemic by the WHO and the Ministry of Health of the Republic of Indonesia. The public is strongly required to anticipate the emergence of hoaxes in digital media. Based on We Are Social and Kepios (2022), there are 204.7 million or 73.7% of Internet users in Indonesia as of February 2022. A total of 191.4 million of them or 68.9% are active social media users. Still from the same survey, the average surfing-time of an Internet user is 8 h 36 min. For 3 h 17 min, users use social media. An average of 1 h 27 min, users read media, both online and printed. The most common reason for using the Internet is to search for information [12].

The survey above proves that the use of digital media and the Internet by the Indonesian people is quite high. Their biggest reason is to find information. This shows that digital media users are exposed to various information circulating online. There is always the possibility of hoax tucked away in hundreds, thousands, even millions of information circulating on the Internet. Thus, hoaxes are very likely to hit internet users. Roy and Junaidi (2020) found that there was an effect of 58.7% of Instagram hoax news as media exposure on the public opinion variable. 41.3% of them are influenced by other

unreliable research and factors. Thus, the cross-check process is important for every user to obtain information from digital media. Noviana et al. (2021) in her study found that there are four ways to filter hoax information: (1) paying attention to the title and content of the information; (2) double checking the source of information; (3) stopping the spread of hoax information; and (4) reporting hoaxes to the authorities. That way, users are not consumed by hoaxes and will also avoid spreading them [13].

Social media as a form of digital media in addition to a platform for socializing among Internet users can also be a forum for information, one of which is health. Initially, the use of digital media was limited to promoting health. Rahmatika and Rahman (2019) assessed that social media is effective in promoting health to increase knowledge, attitudes and reproductive health behavior for adolescents [14]. According to Leonita and Jalinus (2018), social media makes a positive contribution to health promotion efforts [15].

Over time, the role of digital media in the health sector has grown. Not only for promotion, but digital media is also now being used as a platform for health services or telemedicine. Telemedicine allows patients to interact with doctors, conducts consultations related to health or patient complaints in two directions through a digital platform. Telemedicine is an alternative to conducting health consultations during the Covid-19 pandemic. Through telemedicine, patients and doctors do not need to meet face-to-face. Although telemedicine causes a limited space which affects specific diagnoses by doctors, it remains an option for the safety of the patients during the Covid-19 pandemic. Telemedicine helps people gain access to health services in the pandemic era [16]. According to Sitorus and Syakurah (2021), telemedicine is very likely to be applied in Indonesia as an effort to improve the quality of health services. They provide recommendations for the government as a stakeholder to issue regulations, connectivity and accessibility so that telemedical services can reach all regions in Indonesia and competent human resources [8].

During pandemic, online search for information about certain symptoms and treatments is often conducted. There was an increase in online search for health information by the public in Padang City at the beginning of the Covid-19 pandemic, during April-July 2020 [19]. Afifi, Weiner and their colleagues developed a motivated information management theory. This theory has been applied to a wide range of health topics, including organ donation, sexual health and end-of-life care. A total of 45 authors describe that there are three stages of active information seeking and avoidance (interpretation, uncertainty discrepancy and evaluation) prior to the decision stage. During the interpretation phase, a person looks at how much uncertainty they currently have about a particular health issue and how much uncertainty they want to be. If the discrepancy and uncertainty between current and desired levels is high, the discrepancy causes anxiety [20].

The next stage is the evaluation stage. This stage involves two elements that are influenced by social cognitive theory, outcomes and efficacy assessment. These judgments mediate a person's anxiety and his decision to seek or avoid information. Outcome assessment is an evaluation of the pros and cons, or benefits and costs, of a particular information-seeking strategy. Assessment of efficacy includes whether a person believes that they can carry out a particular strategy effectively or not. Assessment of efficacy mediates the effect of outcome expectations on information retrieval. For example, if

a person believes that a direct question strategy will be effective, he or she must also believe that he or she can ask questions effectively. Otherwise, the person will not use that strategy.

There are three specific types of efficacy assessments: (1) Coping efficacy, assessing whether people have the resources to deal with the information they receive; (2) Communication efficacy identifies whether people have the communication skills to carry out the strategy, and (3) Target efficacy addresses whether a person believes others have the willingness and ability to share the requested information. The last phase is the decision phase. In this phase, the person makes a decision whether to seek for the desired information or to avoid the topic. The decision also involves a specific strategy for seeking information—will it be a direct or indirect approach?

Ariestanti et.al (2020) conducted a study on the behavioral determinants of pregnant mothers doing antenatal care (ANC) during the Covid-19 pandemic. As a result, the Covid-19 pandemic is not a barrier for them to undergo ANC. In addition, there is a significant relationship between the behavior of pregnant mothers doing ANC with age, education, knowledge, attitudes and health facilities [7].

A study conducted by Aditya and Fitria (2021) showed that there was a relationship between the level of anxiety and knowledge of pregnant mothers with ANC visits and preparation for childbirth during the pandemic. 62.5% of respondents experienced severe anxiety, which of course affects delivery readiness. Studies on telemedicine have also been conducted [21]. Prawiroharjo stated that telemedical services provide an opportunity for practice that is not limited by distance but does not mean replacing face-to-face interactions between patients and doctors. Prawiroharjo believes that there must be regulations related to telemedical practices [22].

Research on the level of satisfaction of pregnant mothers who provide direct and telemedical assistance during the pandemic was conducted by Cahyati et.al (2021). The result showed differences in the level of satisfaction of pregnant mothers who provided direct and telemedicine assistance at the Semarang City Health Center. Pregnant mothers who underwent telemedicine were more satisfied than the direct mentoring model group. They considered the telemedical model assistance to be easier and more flexible than the direct mentoring model [23]. Research by Lathifah et.al (2021) found six information-seeking behaviors of pregnant mothers in their first pregnancy in Tembalang District, Semarang: (1) recognizing and planning the intended doctor or midwife for an obstetric checkup; (2) recording the points to be asked by the midwife during their visits; (3) receiving information related to pregnancy when interacting with coworkers who are also pregnant; (4) obtaining information about pregnancy from pregnancy applications; (5) mothers who experience their first pregnancy were obtaining information as a notification appeared on their cellphones regarding pregnancy information; and (6) pregnant mothers obtain information from the customer service of purchased dairy products [24]. Meanwhile, Yuliani found that the source of Covid-19 information for pregnant and postpartum mothers in Baturraden District came from television and social media. According to Yuliani, pregnant and postpartum mothers should access more sources of information and consider the truth in order to obtain factual, valid and relevant information [25].

Purbaningsih and Hariyanti have identified several studies related to the use of telehealth for pregnant mothers. The result shows that there are six articles that focus and

are appropriate on the telehealth phenomenon [26]. Telehealth is useful in classifying high-risk pregnancies, care for high-risk pregnant mothers, maternal and child health care, and care for pregnant mothers and diabetic pregnancies. A community service aimed to meet the needs of pregnant mothers, breastfeeding mothers, adolescents and family planning acceptors regarding information that is in accordance with the characteristics of mothers via the Telehealth model online video consultation. This model is able to meet the information needs of pregnant mothers, breastfeeding mothers, adolescents, and family planning acceptors according to their characteristics [27]. Telehealth services can also reduce the spread of the corona virus for patients and health care providers. There were differences in adherence to virtual and nonvirtual antenatal care (ANC) visits for pregnant women during the Covid-19 pandemic. Virtual ANC has a different number of compliance visits. Telehealth is also needed to add ANC visits but not for replacing non-virtual ANC, given the importance of physical examinations [28].

2 Method

This research is descriptive and using qualitative methods. Descriptive research intends to describe and measure the value of one or more variables independently. Qualitative method is often called naturalistic method because the research is conducted in natural conditions [29]. This study attempts to provide an overview regarding the use of digital media by pregnant mothers during the Covid-19 pandemic in their search for information.

Data were obtained through interviews and documentation conducted during January to June 2022. There are two sources of data used in this study: primary sources and secondary sources. Primary sources are data sources that directly provide data to data collectors, while secondary sources do not directly provide data to data collectors [29]. Primary data was obtained from semi-structured interviews with 7 sources of pregnant mothers during the Covid-19 pandemic. Semi-structured interviews allow researchers to find problems faced by the pregnant mothers during the pandemic as they are more openly sharing their opinions and ideas. The age range of the informants is 25 to 35 years. Secondary data were taken from the literature relevant to the research topic and documentation. This data was obtained through various scientific journals and social media related to pregnant women.

The data that has been obtained by the researcher is also processed and analyzed. This study utilizes source triangulation as a data analysis technique. Source triangulation aims to obtain data from several different sources using the same technique. Susan Stainback argues that triangulation is not seeking the truth about some phenomena but rather to increasing research understanding of what has been found. Thus, the power of the data increases are more consistent, complete and certain [30].

3 Result and Discussion

3.1 Information Search of the Pregnant Mothers

Pregnancy is a new body condition for women, especially for women who are experiencing pregnancy for the first time. It is undeniable that pregnancy also affects a woman's

body, such as hormonal and physical changes. Instinctively, pregnant mothers take care of the condition of the body and fetus. There is at least one thing that causes anxiety because conditions change fairly quickly and information about pregnancy is still minimal. Pregnancy during the Covid-19 pandemic is a special condition that also affects the mental condition of the mothers. Some of the causes include limited space, a spike in cases and the lack of certainty about drugs and vaccines at that time. This has become a consideration in selecting health facilities for ANC.

The informants in this study explained that being pregnant during a pandemic made them afraid to choose a hospital. The consideration was about the high number of people affected by the Covid-19 virus and hospital facilities were limited and filled with Covid-19 patients. They decided to keep checking up the pregnancy and give birth at the doctor and chose a maternity clinic.

The rapid and widespread of the corona virus is another source of anxiety for pregnant mothers. They are anxious patients with the situation and condition of the health facility selected as the ANC location. This is in accordance with the results of research conducted by Nurhasanah (2021) that one of the factors that influence the anxiety of pregnant mothers is the spread and impact of Covid-19. Anxiety increases for pregnant mothers who also work outside the home.

KR (32 y.o) expressed her worries she has always felt since she was 3 months old pregnant, every time she left the house. NAR (30 y.o), one of the interviewees, also felt the same way. NAR was pregnant with her first child during the Covid-19 pandemic. Her job demanded mobility. She also increased her vigilance every time she worked to take care of herself and the baby. This shows that the experience of being pregnant during a pandemic is certainly quite worrying, especially when it is the first pregnancy. The majority of pregnant women become aware of social situations and work environments that require leaving the house and meeting many people.

Pregnant mothers are looking for information about Covid-19, such as daily cases, prevention and treatment, to the current Covid-19 trend. When they find out about the development of Covid-19 in their environment, they can anticipate it as an effort to keep themselves and the fetus healthy. In addition, the information obtained can reduce anxiety. Not only Covid-19, pregnant mothers are also looking for information related to pregnancy. NAR, who has never been pregnant before, finds out a lot about the needs of pregnant mothers to post-delivery baby care.

The series of information searched by these pregnant women is about recommended vitamins, foods and drinks that should be consumed and avoided, safe skin care for pregnant women, health tests that must be taken by pregnant women, use of BPJS by pregnant women, to how to take care of a newborn.

Interviewee TA (26 y.o) underwent her first pregnancy during the Covid-19 pandemic. TA felt the need for general pregnancy information until she experienced an incidental condition. According to TA, her first pregnancy really required a lot of information, especially when experiencing mild contractions, what should not be consumed during pregnancy and what kind of harmful activities for the baby in the womb.

Even though she has experienced pregnancy twice, CAS (29 y.o) is still looking for information about the health of the fetus and pregnant mothers. In addition, she is also looking for information on the impact of Covid-19 on pregnant mothers. According

to CAS, information related to the health of the fetus and pregnant women during the pandemic is very important. Also, the related information of what to do if the pregnant mother is tested positive for Covid-19, as well as the impact of the Covid-19 virus on the fetus in the womb.

In addition to the risk of pregnancy, KR seeks to know the risks of diseases that arise during pregnancy such as pre-eclampsia, eclampsia and gestational diabetes. This is an effort to prevent the risks that come during pregnancy.

3.2 Digital Information Media

The emergence of digital information media provides an alternative for users to seek information, including for pregnant mothers. Ease of access and variety of platforms are options that pregnant mothers can use to find information during the Covid-19 pandemic, one of which is social media.

Social media, in addition to virtual interaction platforms, now makes it possible to share information about pregnancy. Some Obstetrics and Gynecology (Obgyn) specialists even provide education about pregnancy through the Instagram platform, such as dr. Ivander Utama, F.MAS, SpOG (@ivanderutama), dr. Ferry Darmawan, SpOG, MIGS (@dr.ferryd), dr. Yassin Yanuar M. Bintang, SpOG-KFER (@yassinstar), dr. Nisa Fathoni, SpOG, IBCLC (@nisaobgyn), and dr. Linda Lestari, SpOG (@lindalestarispog). CAS (29 y.o) admitted that Instagram was one of the sources of information about pregnancy that she was looking for because it was easily accessible.

Not only social media Instagram, CAS (29 y.o) also looks for pregnancy information through online news that is devoted to discussing pregnancy and children. NAR prefers pregnancy apps that she downloads from her cell phone to search for pregnancy information. NAR admitted that most of the information she got online was in the app. Even so, NAR will double-check it with her doctor.

As 90% of information is obtained online, the majority of the informants downloaded the application for pregnant women on the Google Store. Apart from the fact that the house is far from the city, sources often encounter myths that are not medically proven. Thus, it must always be confirmed with information submitted by doctors on the news or online pages.

NAR also followed the experiences of other pregnant mothers in the apps, but not all stories. NAR still selected which events the pregnant mothers experienced the most. This finding was in accordance with the results of research by Lathifah et.al (2021) that one of the sources of information used by pregnant mothers who experience their first pregnancy is through pregnancy applications.

Unlike CAS (29 y.o) and NAR (30 y.o), TA (26 y.o) used WhatsApp to find information about the pregnancy she was experiencing at that time. TA was connected online with her obstetrician. The maternity clinic chosen by TA had the facilities for online consultation and the doctor kindly provided a WhatsApp number for consultation regarding pregnancy.

Easy access to digital media is the main reason that pregnant mothers seek pregnancy information online. Moreover, digital media has several platforms that are options for pregnant mothers. These two things are a way out for pregnant mothers who live far from the location of health facilities. In addition to easy access, the presentation of

information about pregnancy on digital platforms is considered easy to understand, especially mothers with first pregnancy experience.

3.3 Credible Source of Information for Pregnant Mothers

The credibility of the source of information is an important factor to consider when someone is looking for certain information. Likewise with pregnant mothers before seeking information. They need to consider the credibility of existing sources of information. The credibility of the source of information will affect the attitude of pregnant women. Obstetrics and Gynecology (Obgyn) specialists are the preferred source of information for pregnant mothers. The education and experience of Obgyn specialists is evidence that the sources of pregnancy information from doctors are credible. Pregnant mothers also put their trust in doctors as a source of information that can help them go through their pregnancies with a sense of security.

CAS (29 y.o) also seeks information from Obgyn doctors every time she does the pregnancy check-up. The consideration is the accuracy of the source of information and the presentation of information that is easy to understand and relates to the condition of her pregnancy.

Doctors' credibility is not affected by the method of delivering information, including online, through digital media. The media only acts as a liaison channel between patients and doctors, both in delivering and exchanging information. This is evidenced by the presence of health sites such as Halodoc and Alodokter. These sites provide a variety of information about health, including pregnancy and fetal health. Both of them also provide telemedical services so that they allow patients to consult with doctors according to their conditions, even though diagnoses via telemedicine are still not comparable to diagnoses during direct ANC.

Instagram is also an alternative platform for pregnant mothers to find pregnancy information. Some doctors share information about pregnancy and fetal health on accounts they manage personally. Even though they don't provide online or telemedicine consultations, doctors' personal Instagram accounts can provide the education.

3.4 Discussion

Someone is motivated to seek or avoid information from others based on the level of uncertainty, anxiety, efficacy and expectation of the outcome. Anxiety is also experienced by pregnant mothers during the pandemic. Sianipar et.al (2021) in his research suggests that pregnant mothers seek for information about safe pregnancies so that they can change the anxiety during the pandemic. Information is a key element for managing risk and helping determine the right course of action [17]. According to the theory of motivated information management developed by Afifi, Weiner, and colleagues, there are three stages of active information seeking and avoidance: interpretation, uncertainty mismatch, and evaluation. At the interpretation stage, pregnant mothers see how much uncertainty they face related to the condition of their pregnancy. Furthermore, pregnant mothers also determine how much uncertainty they want. Basically they want as little uncertainty as possible. So they also seek as much information as possible regarding the condition of the pregnancy that is being experienced in order to have more certainty. In

this way, the level of discrepancy and uncertainty between the present and the desired is low. Anxiety is reduced, and vice versa if the level of uncertainty is high then anxiety increases.

Then the pregnant mothers evaluate the interpretation and discrepancy of the uncertainty that previously existed. They assessed the pros and cons and benefits of online and offline pregnancy information seeking strategies. Research by Syam concluded that there are five factors related to pregnant mothers' decision making in seeking health service information: knowledge, health facilities, personal autonomy, social support, and access to information.

When looking for information online, pregnant mothers can do it anytime and anywhere but they need to find sources that are credible and accountable. In addition, the search for information is limited by space. Searching for information through offline ANC allows pregnant mothers to obtain more, valid, and appropriate information because the source of information comes from doctors who clearly have competence. However, pregnant mothers need to come to health facilities such as hospitals and clinics and face the risk of spreading Covid-19 during the ANC during the pandemic.

People often seek for information about certain health problems and illnesses they are currently experiencing. Prasanti (2018) found that teenage girls who study in the health sector choose research journals as a source of health information, while girls who study in other fields look for health information on health sites and social media such as WhatsApp, Instagram, and Facebook [18].

Furthermore, pregnant mothers assess which method provides the highest efficacy, which information searching method they believe is effectively able to provide information according to their expectations and needs. When they find pregnancy information online, offline or both are reliable, then pregnant mothers will access them. This phase is called the decision phase. Not only seeking information, pregnant mothers can also decide to avoid certain topics.

4 Conclusion

Pregnant mothers use digital media to find information and reduce anxiety. They seek information about Covid-19, such as daily cases, prevention and treatment, to the current Covid-19 trend. Obstetrics and Gynecology (Obgyn) specialists are the preferred source of information. Searching for information through social media is an alternative source of information for pregnant women. Instagram is also an alternative platform for pregnant mothers to find pregnancy information. Some doctors share information about pregnancy and fetal health on accounts they manage personally. The credibility of the source of information is an important factor to consider when someone is looking for certain information. Pregnant mothers should select the information circulating about pregnancy in order to avoid hoaxes. They can choose credible sources of information so that the information obtained can provide clarity and not cause anxiety.

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