

<b>TITLE</b>	: <b>Stress and Coping of Pregnant Prostitutes in Resocialization of Gambilangu Mangkang Semarang</b>
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### ABSTRACT

Pregnancy is an important moment in women lives. In pregnancy, physical and psychological changes occur. Every change in life is a stress stimulator. Stress which happens to pregnant prostitutes in the Resocialization of Gambilangu Mangkang Semarang affects negatively on their pregnancy and may cause serious complication of pregnancy. The aim of this research was to explore the stress and coping of pregnant prostitutes in the Resocialization of Gambilangu Mangkang Semarang.

The method of this research was qualitative with phenomenological approach. Participants were four pregnant prostitutes in the Resocialization of Gambilangu Mangkang Semarang. The data were collected using in-depth interview with semi-structure interviewing.

The result of this research showed that there were physical and psychological changes in pregnant prostitute. The stress sources were anxiety and income decrease. Meanwhile, the coping sources were supports from husband, guardian, family, their friends, and sufficient economic factor. Prostitutes, therefore, used adaptive coping mechanisms such as seeking for pleasure out of home, being relaxed, and sharing. In addition, they also applied maladaptive coping mechanism. They only cried without trying to solve the problem they faced and tend to be alone.

The research recommends that pregnant prostitutes use adaptive coping mechanism.

**Keywords: Pregnancy stress sources, coping sources, coping mechanism**

### INTRODUCTION

Pregnancy is one crucial moment in women lives. It is one of occurrence chains.in human growth from birth to death. During their pregnancies, women will experience dramatic changes, either biological or psychological. Every change that occurs in life is a stressor for women, including stress. Prostitutes live under pressure from their families and neighborhoods. This will cause stress to pregnant prostitute.

Preliminary study which had been conducted toward pregnant prostitute in the Resocialization of Gambilangu Mangkang Semarang indicated that the prostitutes felt anxious on themselves and on their babies later. Stress phenomenon on pregnant prostitute becomes an interesting topic for researcher because stress on pregnant woman gives negative influence for the woman and the baby and may cause serious pregnancy complication.

The aim of this research is to explore the stress and coping of pregnant prostitutes in the Resocialization of Gambilangu Mangkang Semarang. In general, the research result can be used to enrich discussion in nursing science, especially about stress and coping of pregnant prostitute. This will also be valuable for nurses to develop their knowledge on maternity and mental state, which in this case is specialized on concepts of stress and coping of pregnant prostitutes. In particular, this research can be used as a suggestion for prostitutes to apply the best coping mechanism in facing life problems, especially on pregnancy period.

### METHOD

The method of this research was qualitative with phenomenological approach. Population was all pregnant prostitutes in the Resocialization of Gambilangu Mangkang Semarang Purposive sampling was conducted in this research. Informants were four pregnant prostitutes. The data were collected using in-depth interview with semi-structure

interviewing, which consisted of stress source, coping source, and coping mechanism of pregnant prostitutes.

## RESULTS

### Theme outline

Keywords	Category	Sub theme	Thema
1. My body weight was 46, now it is 53 2. Fat	Body weight increase	Physical changes on pregnancy	Changes on pregnancy
3. My skin gets darker here	<i>Chloasma</i>		
4. I feel so weak	Fatigue		
5. It feels like I want to eat this and that	<i>Ngidam</i>		
6. Morning sickness	Morning Sickness		
7. Restless 8. Confused 9. Afraid 10. Worried 11. Panic 12. Annoyed	Psychological respond	Psychological changes on pregnancy	
13. Afraid my family will know my condition	Anxiety on family	Anxiety during pregnancy	Stress sources
14. Feel pity my child will not get family card 15. Afraid I cannot take of my child	Anxiety on child		
16. My friend is envious to me	Anxiety on friends		
17. Afraid if he (prostitute's couple) leaves me	Anxiety on couple		
18. Not working as usual 19. Now, I am only a karaoke operator	Work Change	Less income (economic factor)	
20. My income now is less than before 21. Only can sing, the income is little	Less income		
22. The baby is taken care together 23. The couple is responsible	Couple's responsibility	Couple support	Coping sources
24. Don't kill our embryo 25. Grow him/her up	Couple respond		
26. Good couple 27. He supports me 28. He admits our child	Couple behavior		

29. Later he will be father of my child 30. He promised me to make it official	Certainty of relationship		
31. Mom (prostitute guardian) takes care of the baby 32. Mom always helps me 33. Mom gives me advice	Guardian responsibility	Guardian support	
34. Mom says I must maintain my womb	Guardian respond		
35. Mom says it is fine 36. Mom considers me her own daughter	Guardian attention		
37. My money is enough for my pregnancy 38. My couple pays everything 39. My karaoke income 40. My couple has savings 41. I also have savings	Sufficient economic factor		
42. Sometimes, my family asks me whether I have already consumed vitamin, visited doctor, or I haven't	Family attention	Family support	
43. My friends says it is fine 44. My friends support me	Friend's respond	Friend support	
45. My friends give advice 46. My friends remind me 47. My friends tell me what I have to know 48. My friends remind me to visit doctor	Friend's attention		
49. My faith: first son, much livelihood 50. Intend to be serious in future 51. Afraid I won't have any more child 52. Afraid of sin	Positive faith		
53. Check up to midwife 54. Check up to doctor	Medical check-up to medical staff	Ketepatan dalam perawatan kehamilan	
55. Monthly medical check-up	Medical check-up intensity		
56. Waking up early 57. Jogging 58. Simple exercise	Physical exercise		

59. Eat nutrition 60. Eat periodically, fewer but more often 61. Eat fruit 62. Drinking milk	Nutrition supply		
63. Seeking for pleasure 64. Watching bike show 65. Watching football game with my friend 66. Visiting my neighbor	Pleasure out of house		Adaptive coping mechanism
67. Sharing to my mom 68. Telling my couple 69. Sharing to my friend	Sharing		
70. Just forget it 71. Take it easy	Being relaxed		
72. Crying	Crying		Maladaptive coping mechanism
73. Staying alone inside my room 74. 'leave me alone'	Stay away from crowd		

## Discussion

### a. Theme 1: Changes on Pregnant Prostitutes

Four informants stated that the physical change happened during their pregnancy was body weight increase. Pregnant women tend to gain significant body increase because almost half of the increase is gradually growing embryo during pregnancy period. Body weight is also increased because of growing body tissue, blood volume, body liquid, and fat in the body (Administrator, 2010).

Three respondents informed that they got morning sickness when they are pregnant. Morning sickness occurs because of hormonal change influence during pregnancy, such as HCG and estrogen increase. This may cause over stimulation on neurological control of morning sickness which lies on the brain stalk of pregnant women (Prawesty, 2010).

Two participants stated that they felt fatigue, unpleasant and weak. This is happened because pregnant women's bodies work actively to run adaptation on the pregnancy itself, physically and emotionally (Rochman, 2010).

One informant said that there was a brownish line around her navel and face. Melanophone stimulating hormone caused hyper pigmentation and pigment deposit on skin. Furthermore, the change also indicates lack of folic acid (Prawesty, 2010).

One respondent informed that she wanted unusual food and wanted it to be served soon during their pregnancy (*ngidam* in Javanese). The theory says that *ngidam* is unstable emotion because of physical, psychical and hormonal changes on pregnant women. *Ngidam* is described as pregnant women's request on specific food beyond their usual food (when not pregnant). Physically, *ngidam* may serve as body signal to give specific food supply for embryo growth. However, psychically, this is also the women's code to get extra attention from her couple and environment (Prawesty, 2010).

Four participants stated that they felt anxious when they are pregnant. Psychological changes on pregnant women tend to fluctuate, including anxiety. Every change, in fact, is a stress stimulator in life which can cause anxiety. Anxiety is the feeling of being confused, afraid of something that will take place combined with restless and powerless feeling.

Anxiety often happens to pregnant women, especially to those who own labile emotion (Sunarti, 2009).

### **b. Theme 2: Stress Sources of Pregnant Prostitutes**

Three informants stated that they felt anxious because they were afraid if their families would know what they did. Profession of being a prostitute is a family norm breaker since it will damage family's prestige. This anxiety adds prostitute's anxiety during pregnancy (Syarifuddin, 2009).

Two informants said that the appearing anxiety was feeling afraid of not being able to take care of her child later. This kind of fear may cause anxiety to parents, especially to single parent. A prostitute who does not have husband will also feel the same (Administrator, 2010). One participant stated that she was afraid that her child cannot propose for a family card. A single parent who has child with no official marriage status will be anxious because it will be hard to propose birth certificate and family card from the government. In advance, lack of family card will make several civil registrations complicated (Syarifudin, 2009).

One respondent said that anxiety came because there was a friend who does not like her. A friend who turns to an enemy will become source of anxiety. This is because there is unpleasant specific purpose from the person (friend). One informant felt anxious if her couple left her. A couple should give support to his pregnant companion. Anxiety will be felt by pregnant woman if her couple is not loyal. The prostitute who gets couple from prostitution area will also feel anxious because automatically, her couple also runs sexual activity as his job and, hence, will reduce his loyalty (Administrator, 2010).

Three informants stated that economic factor became one of stress sources during pregnancy. They will have less income because of pregnancy. This may become stress source since less income will mean reduce in capability to get daily needs and extra need during pregnancy such as nutrition and pregnancy care. If one cannot control his/her mentality when facing life problems, including financial problem, he/she will be stressful (Administration, 2010).

### **c. Theme 3: Coping Sources of Pregnant Prostitutes**

Two informants stated that support from her couple during pregnancy became the coping source. Support and role of couple are proven to be able to increase woman's readiness to face pregnancy. A couple is the closest person, who is considered know most about pregnant woman (Administrator, 2010).

All four informants said that guardian is the coping source for pregnant prostitute. Procurer (prostitute guardian) usually provides all stuffs, including bed, chair, clothes, and cosmetics (Koentjoro, 2004). This serves as physical support from prostitute guardian. On the other hand, psychological support given by prostitute guardian consists of giving advice, guidance, and feedback (Administrator, 2010).

One respondent informed that the pregnancy coping source was family support. It is really needed for a pregnant woman, especially for woman who is pregnant for the first time. A woman will feel comfort and pleased by the presence of support and attention from family (Administrator, 2010).

All four informants stated that other coping source was support from friends. Friend's support will emotionally create relieved feeling for pregnant prostitute because she feels save, comfort, and protected. Friend's support is considered able to weaken stress influence and directly strengthen mental state of an individual (Administrator, 2010).

Three informants said that the coping source during pregnancy was positive thinking and faith from the prostitutes themselves. Faith becomes important psychological resources.

Positive faith will motivate individuals to do positive thing. Motivation is power or factor that can generate, move, and organize acts and behavior of human (Administration, 2009).

Four respondents stated that sufficient economic factor was a coping source during pregnancy. Economic factor includes money, stuffs, and affordable service (Redaksi, 2009). Sufficient economic factor can become coping source because when every need is already fulfilled, stress or anxiety during pregnancy will be reduced.

#### **d. Theme 4: Appropriateness in Care of Pregnant Prostitute**

Two informants stated that they ran medical check-up to medical staff for their pregnancy. Pregnancy check-up is advised to a medical staff because he/she has enough knowledge and skill to give correct care to pregnant woman. Pregnancy care is carried out not only for purpose of life continuity, but also for a better life quality for the woman and baby (Sudarmi, 2009). This pregnancy care includes control before child-bearing, information and education about pregnancy, physical or psychological preparation, and support to pregnant woman (Saputra, 2009).

Four respondents stated that they do pregnancy check-up once in a month. This refers to theory that antenatal care visit must be carried out at least 4 times during pregnancy. Control and care during pregnancy is aimed especially to embryo growth in womb, starting at the age of 1-40 weeks. Control is conducted to see whether everything is going normal or not, to detect and solve possible anomaly, and to anticipate every problem during pregnancy, child-bearing, and post natal period (Saputra, 2009).

Three informants said that they did physical exercise to maintain their pregnancies. Routine physical exercise prevents unpleasant feeling, increases power, and keeps the body healthy. Exercise will smooth blood circulation which will increase body vitality. Sufficient physical exercise means an effort to keep healthy and furthermore to increase life quality during pregnancy (Administrator, 2010).

Two respondents stated that they had consumed milk during pregnancy. Pregnant woman is advised to drink milk to fulfill nutrition need during pregnancy. Milk contains necessary substances such as lipid, protein, carbohydrate, sodium, potassium, vitamin A, vitamin B1, vitamin B2, vitamin B3, vitamin B6, vitamin B12, vitamin C, vitamin D, vitamin E, folic acid, calcium, phosphorous, magnesium, iron, and zinc (Administrator, 2010). One informant stated she eats fewer but in more eating time period when she was pregnant. This is done to fulfill calorie of pregnant woman which is more than previous supply before pregnancy (Prawesty, 2010).

#### **e. Theme 5: Adaptive Coping Mechanism of Pregnant Prostitute**

Four informants stated that walking around out of home for pleasure became their adaptive coping mechanism to relieve stress. Walking around is easy, simple, and economical. Seeking for pleasure in the city park, coast, or just walking around the neighborhood can reduce fatigue. This can also refresh people's minds and relieve stress because brain releases substances that can smother pressure on muscle and reduce anxiety. This adaptive coping also helps someone manage stress simulator effectively and minimize distress (Sudarmi, 2010).

One informant said that relaxing is effective adaptive coping mechanism to relieve stress. Being relaxed will calm her mind and reduce anxiety and stress. This can be done easily by taking a deep breath. Relaxed condition will make body metabolism run well so that one's condition will be stabile. This condition also causes positive effect on pregnancy because embryo inside the womb will also be calm so that its growth can run smoothly (Administrator, 2010).

Three respondents stated that sharing with guardian became adaptive coping mechanism to relieve stress. Sharing means telling problems to other people by purpose that one will get advice or solution of the problems he/she has. Sharing is one of psychological supports that can be given by prostitute guardian. The guardian may give advice, hint, motivation, or feedback based on problems the prostitute tells. Two informants said that they did share to their friends. Good friend will give suggestion, advice or ideas or at least act as a good listener (Andina, 2010). One informant stated that she shared with her couple. Support and role of couple in problem solving really means a lot for pregnant woman. Couple as the closest person is hoped to pay much attention and run a good relationship and communication. By means of discussing together, sharing is one of the choices when problems come (Administrator, 2010).

#### **f. Theme 6: Maladaptive Coping Mechanism of Pregnant Prostitute**

One informant said that she cried when she was stressful. She felt that she was incapable of facing anxiety constructively so that she could only cried continuously without any problem solving. Crying will never always be the cure in several conditions if it is not followed by trying to solve the problems. Therefore, in some chances, crying does not seem to give any influence at all. On the other hand, it must be evitable. Crying, furthermore, will be considered as a form of weakness and surrender (Sudarmi, 2010).

Two informants stated that they tended to be alone, went apart from surrounding when they were stressful. Staying inside room is maladaptive coping mechanism because it is a form of self-extraction. Individual who feels anxious uses several coping mechanisms to relieve stress. His/her incapability to face anxiety constructively is the main cause of pathological behavior. Reaction of person who applies maladaptive coping shows apathetic, self-isolation, uninterested, and frightened manner (Sunarti, 2010). Incapability to relieve long-term anxiety will cause mental problem that can interrupts pregnancy (Sunarti, 2010).

### **CONCLUSION**

1. Physical changes that happened to pregnant prostitutes in Resocialization of Gambilangu Mangkang Semarang were body weight increase, morning sickness, fatigue, and *ngidam*. Meanwhile, anxiety is the psychological change they had.
2. Stress sources of the pregnant prostitutes were anxiety during their pregnancy period and less income due to their pregnancy.
3. Coping sources of the pregnant prostitutes were supports from their couples, families, guardians, friends, and sufficient economic factor.
4. Pregnancy cares run by the pregnant prostitutes were monthly medical check-up, physical exercise, and sufficient nutrition supply.
5. The adaptive coping mechanisms taken by the pregnant prostitutes were going out of the house for pleasure, being relaxed, and sharing.
6. The pregnant prostitutes also applied maladaptive coping mechanisms by crying without trying to solve problems they faced and tending to be alone.

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