



Original Article

FACTORS INFLUENCING ANTENATAL CARE (ANC) VISITS AT THE BABAH BULOH PUBLIC HEALTH CENTER, SUB-DISTRICT SAWANG, NORTH ACEH REGENCY IN 2025

Nilawati Nilawati*

Puskesmas babah Buloh, Kecamatan sawang, Kabupaten Aceh Utara

*Corresponding author: arsyilalfatinnila@gmail.com

ABSTRACT

Background: Pregnancy and childbirth complications, as the leading cause of maternal mortality, can be prevented through regular pregnancy check-ups known as antenatal care (ANC). In Indonesia, there are nearly 20,000 cases of maternal death due to complications during pregnancy and childbirth every year. The mortality rate for toddlers has reached the 2030 Sustainable Development Goal (SDG) target of 25 per 1,000 live births. The percentage of K4 in the North Aceh district in 2024 is 84.6%. The objective of this study is to find out the factors influencing visits to antenatal care (ANC) at the Babah Buloh Health Center, Sub-district Sawang, North Aceh Regency in 2025

Subjects and Method: This study is a quantitative, cross-sectional study. The sample in this study comprised all pregnant women who attended antenatal care visits at the Babah Buloh Health Center, Sawang District, North Aceh Regency, a total of 105 women.

Results: The results of the statistical test on the influence of knowledge, attitude, husband support, and health worker support on antenatal care (ANC) visits in pregnant women were obtained with p-value values = (0.007), (0.000), (0.000), and (0.000), which means that there is an influence on 4 independent variables on the dependent variables.

Conclusion: There is an influence between knowledge, attitudes, husband support, and health worker support on antenatal care (ANC) visits in pregnant women at the Babah Buloh Health Center, Sawang District, North Aceh Regency

Keywords: Antenatal care (ANC), Knowledge, Attitude, Husband Support, Health Worker Support.

Background

Antenatal care (ANC) is a health service provided to pregnant women during pregnancy to ensure a healthy and safe pregnancy. ANC is crucial for early detection of various pregnancy complications in both mother and fetus, as well as monitoring the progress of the pregnancy to ensure a smooth delivery. Routine and regular prenatal checkups can prevent maternal and infant deaths, making ANC a key component in reducing maternal mortality (MMR) and infant mortality (IMR). In ad-

dition to medical aspects, ANC also provides education to pregnant women on nutrition, pregnancy warning signs, childbirth preparation, and postpartum care, ensuring that mothers are physically and mentally prepared for childbirth and for caring for their babies ¹.

The Maternal Mortality Rate (MMR) is the number of maternal deaths that occur during pregnancy, childbirth, and postpartum due to complications related

to pregnancy, childbirth, and postpartum, excluding deaths due to other causes such as accidents, and is calculated per 100,000 live births. The MMR is used globally as an indicator of a country's health efforts. In Indonesia, the MMR in 2020 was 230 per 100,000 live births, a decrease from 305 deaths per 100,000 live births (in 2015). Despite the decrease, this figure is still far from the 2030 Sustainable Development Goals (SDGs) target of 70 deaths per 100,000 live births. Every year, there are nearly 20,000 maternal deaths due to complications of pregnancy and childbirth in Indonesia. Meanwhile, the Infant Mortality Rate (IMR) in 2017 was 24 per 1,000 live births. Indonesia has achieved the 2030 SDG target for infant mortality, set at 25 per 1,000 live births. Reducing maternal mortality and infant mortality remains a key focus of Indonesia's public health efforts ².

The 2024 Indonesian Health Profile shows that coverage of the fourth antenatal care (K4) visit has increased, though it has not yet reached the national target. Nationally, K4 ANC coverage is 74.1% to 86.5% in some areas. In North Aceh Regency, K4 coverage is 84.6%. K4 coverage at the Babah Buloh Community Health Center is 90%, and at the provincial level, it has reached 94.6%. Data from the Baba Buloh Community Health Center indicates that the first visit (K1) has reached 100%. The decline in K4 visits is influenced by factors such as the pregnant woman's age, parity, knowledge and education, access to health services, husbands' attitudes and support, and cultural preference for traditional healers for antenatal care.^{3,4}

Several factors have contributed to the decline in antenatal care (K4) coverage in Indonesia, including maternal age, parity, knowledge, education, and accessibility of health services. Husbands' attitudes and support also play a significant role, as does the persistently strong culture of entrusting antenatal care to traditional healers. Furthermore, antenatal care (ANC) visits have not been a top priority for some pregnant women. Mothers' lack of knowledge

about the importance of ANC, low levels of education, busy schedules, socioeconomic status, and lack of support from family members, especially husbands, are key obstacles. Inadequate health care facilities and limited access also contribute to low ANC visits. Environmental and cultural factors, as well as the community's preference for specialist medical treatment, also contribute to the low number of regular antenatal care visits at community health centers (Puskesmas). All of these factors make achieving ideal and standard ANC visits difficult, contributing to the high maternal and infant mortality rates in Indonesia ⁵.

Research in community health centers (Puskesmas) has identified several factors contributing to irregular antenatal care (ANC) visits, including maternal factors such as obstetric history, health history, knowledge, occupation, and education. Furthermore, socioeconomic and cultural factors also play a significant role. Facilities and infrastructure, such as the availability of information and health workers, and the distance of health services from the pregnant woman's residence, also significantly influence the regularity of ANC visits. Long distances to health facilities and a lack of personnel or inadequate facilities can reduce a mother's motivation to have regular antenatal care, while sociocultural factors, such as trust in traditional birth attendants (TBAs), also act as barriers to visits to the Puskesmas. Therefore, a combination of individual, social, cultural, and physical environmental factors contributes to the low regularity of ANC visits in the Puskesmas' work area ⁶⁻⁸.

Based on the background above, the research question is: What factors influence antenatal care visits at the Community Health Center? Therefore, the general objective of this study is to determine the factors influencing antenatal care (ANC) visits at the Babah Buloh Community Health Center in Sawang District, North Aceh Regency, in 2025.

SUBJECT AND METHOD

1. Study Design

This study used quantitative methods with a cross-sectional design. The study was conducted at the Babah Buloh Community Health Center in Sawang District, North Aceh Regency.

2. Population and Sample

The study population comprised all pregnant women who attended antenatal care visits at the Babah Buloh Community Health Center, Sawang District, North Aceh Regency, from February to June 2025, totaling 105 women.

3. Study Variables

The dependent variable in this study was the number of antenatal care visits. Meanwhile, the independent variables were: maternal attitudes toward ANC, maternal knowledge about ANC, husband's support for ANC, and support from health workers.

4. Operational Definition of Variables

- a. Dependent Variable: Antenatal Care Visits, which is the number of visits a pregnant woman makes to a health care facility for pregnancy check-ups.
- b. Independent Variables:
 - 1) Attitude (Pregnancy mother's response to ANC visits)
 - 2) Knowledge (Pregnant woman's understanding of the importance of ANC)
 - 3) Husband's support (What form of attention and assistance does a husband provide to his pregnant wife in attending ANC?)
 - 4) Health worker support (What form of attention or support does a health worker provide to pregnant women in increasing antenatal care visits)

5. Study Instrument

Questionnaire created by researchers

6. Data Analysis

- a. Univariate: Number of antenatal care visits, maternal attitude toward ANC, maternal knowledge about ANC, husband's support, and health worker support for ANC.
- b. Bivariate: Factors influencing maternal ANC visits at the Babah Buloh Community Health Center.

7. Research Ethics

Ethical clearance for this research was issued by the Health Research Ethics Commission (KEPK) of the Aceh Health Polytechnic in 2025.

RESULTS

1. Univariate Analysis

a. ANC Visit

Based on a study of 105 respondents, the majority of antenatal care visits for pregnant women were in the complete category (4 ANC visits), with 62 respondents (59%).

b. Maternal knowledge about ANC

The analysis showed that the majority of mothers' knowledge of ANC was good: 50 respondents (47.6%); 42 respondents (40%) had insufficient knowledge; and 13 respondents (12.4%) had sufficient knowledge.

c. Pregnant women's attitudes towards ANC

The majority of pregnant women have a positive attitude towards ANC, namely 69 respondents (65.7%).

Table 1: Distribution of Antenatal Care (ANC) Visit Frequency for Pregnant Women at Babah Buloh Community Health Center in 2025

Number of ANC	Frequency	Percentage (%)
Incomplete	43	41
Complete	62	59
Total	105	100

Table 2: Level of knowledge of pregnant women regarding ANC

Level of Knowledge regarding ANC	Frequency	Percentage (%)
Good	50	47,6
Sufficient	13	12,4
less	42	40
Total	105	100%

Table 3: Attitudes of Pregnant women towards ANC

Attitude toward ANC	Frequency	Percentage (%)
Negative	36	34,3
Positive	69	65,7
Total	105	100%

d. Husband's support for ANC

The analysis shows that the majority of husbands support their wives in carrying out ANC, with 67 respondents (63,8%). The number of husbands who do not support their wives doing ANC is around 38 people or 36,2%

e.Support from health workers for mothers to carry out ANC

The analysis shows that the majority of health workers support pregnant women in completing ANC, with 70 respondents (66,7%)

Table 4: Husband's Support towards ANC

Husband's Support	Frequency	Percentage (%)
Does not support	38	36,2
Support	67	63,8
Total	105	100%

Table 5: Health workers' support towards ANC

Support from Health Workers'	Frequency	Percentage (%)
Does not support	35	33,3
Support	70	66,7
Total	105	100%

2. Bivariate Analysis

- a. The influence of pregnant women's knowledge on ANC at the Babah Buloh Community Health Center in 2025

Based on table 6 shows that the influence of pregnant women's knowledge on antenatal care visits, the results obtained are that pregnant women who have good knowledge mostly make their antenatal care visits complete, namely 29 respondents (72%), pregnant women who have sufficient knowledge generally make their antenatal care visits also complete, namely 8 respondents (69%) and pregnant women who have less knowledge make their antenatal visits complete, namely 25 respondents (40.5%). The statistical test yielded a p-value of 0.007 (< 0.05), indicating that H_0 is rejected and that knowledge influences antenatal care (ANC) visits among pregnant women at the Babah Buloh Health Center.

- b. The Influence of Pregnant Women's Attitudes on ANC at Babah Buloh Community Health Center

Table 7 shows that pregnant women's attitudes significantly influence the number of antenatal care (ANC) visits. Although mothers with negative attitudes toward ANC still attended ANC visits (83.3%), the majority with positive attitudes attended them (81%). The statistical test results showed a p-value of $0.000 < 0.05$, indicating rejection of the null hypothesis. This indicates that maternal attitudes do influence adherence to ANC visits.

- c. The Influence of Husband's Support on the Number of ANC Visits at Babah Buloh Community Health Center in 2025

The results of the bivariate analysis on husbands' support (Table 8) show that the majority of pregnant women who received support from their husbands to perform ANC, namely 40 respondents (81%). Conversely, pregnant women who did not receive support from their husbands had the majority of their ANC visits incomplete, namely 22 respondents (21.1%). The statistical test showed a p-value of 0.000 (< 0.05), indicating that H_0 was rejected and that the husband's support significantly influences ANC visits among pregnant women.

- d. The Influence of Health Worker Support on Antenatal Care (ANC) Visits

The results of the analysis show that pregnant women who do not receive support from health workers generally make fewer complete antenatal care visits (21 respondents, 20%), while those who receive support from health workers mostly make complete antenatal care visits (41 respondents, 58.6%). The results of the statistical test indicate that p-value = $0.000 < 0.05$, so H_0 is rejected, indicating that health worker support influences antenatal care (ANC) visits among pregnant women at the Babah Buloh Health Center.

Table 6: The Influence of the Level of Knowledge on ANC Visits by pregnant women

No	Level of Knowledge related ANC	The number of ANC				Total		P. value
		Incomplete		Complete				
		f	%	f	%	f	%	
1	Good	21	42	29	58	50	100	0,007
2	Sufficient	5	38,7	8	61,3	13	100	
3	Less	17	40,5	25	59,5	42	100	
Total		43	41	62	59	105	100	

Table 7: The Influence of Pregnant Women's Attitudes on ANC at Babah Buloh Community Health Center in 2025.

No	Pregnant Women's Attitudes on ANC	The number of ANC				Total		P. value
		Incomplete		Complete		F	%	
		f	%	f	%			
1	Negative	15	41,7	21	58,3	36	100	0,000
2	Positive	28	40,6	41	59,6	69	100	
Total		43	41	62	59	105	100	

Table 8: The Influence of Husband's Support on the Number of ANC Visits at Babah Buloh Community Health Center in 2025

No	Husband's Support	The number of ANC				Total		p. value
		Incomplete		Complete				
		f	%	f	%	f	%	
1	Does not support	16	78,9	22	21,1	38	100	0,000
2	Support	27	19	40	81	67	100	
Total		43	41	62	59	105	100	

Table 9: The Influence of Health Worker Support on Antenatal Care (ANC) Visits at Babah Buloh Community Health Center in 2025.

No	Health Worker Support	The number of ANC				Total		p. value
		Incomplete		Complete				
		f	%	f	%	f	%	
1	Does not support	14	13,3	21	20	35	100	0,000
2	Support	29	41,4	41	58,6	70	100	
Total		43	40,9	62	59,1	105	100	

DISCUSSION

Knowledge significantly influences antenatal care (ANC) visits among pregnant women, as it is the primary foundation for shaping attitudes and behaviors toward health. Pregnant women with good knowledge of the benefits, goals, schedules, and procedures of ANC tend to be more aware of the importance of regular prenatal checkups for early detection of risks and complications. According to the Health Belief Model, the higher a person's level of knowledge, the more likely they are to take preventive measures, including attending ANC visits as recommended. Knowledge also influences a mother's ability to make informed decisions regarding her own health and that of her unborn child. Therefore, increasing pregnant women's knowledge through targeted education and counseling is an important strategy for increasing compliance with complete and timely ANC visits ⁹

A study conducted at the Perumnas Community Health Center in Kendari City involving 85 pregnant women found that pregnant women's knowledge level significantly influences adherence to ANC visits. The analysis revealed that the better the knowledge regarding the purpose, benefits, and schedule of ANC, the higher the frequency of visits to health facilities. This finding confirms that increasing knowledge through health education can be an effective strategy to improve pregnant women's adherence to standard antenatal visits ⁷.

The results of this study indicate that pregnant women's attitudes toward ANC and their ANC visits have a significant influence. Pregnant women's attitudes are a crucial factor in increasing the frequency of ANC visits.

Attitudes strongly influence health behaviors, including antenatal care (ANC) visits among pregnant women. Attitude is an individual's response or tendency to act in response to an assessment

of an object or situation, shaped by knowledge, emotions, and prior experiences. In the context of pregnancy, a pregnant woman's positive attitudes toward ANC, such as trust in health professionals, belief in the benefits of prenatal care, and readiness to receive medical services, will encourage her to attend regular and complete visits ¹⁰.

According to the theory of Reasoned Action, a positive attitude toward an action will strengthen a person's intention and tendency to perform it. Therefore, developing and maintaining positive attitudes in pregnant women through educational approaches, social support, and empathetic communication is crucial to increasing adherence to ANC visits and ensuring a healthy, safe pregnancy ¹¹.

Pregnant women's attitudes strongly influence antenatal care (ANC) visiting behavior at the Babah Buloh Community Health Center. Pregnant women with positive attitudes toward ANC—such as feeling that prenatal care is important, trusting health care providers, and being open to information—tend to attend visits more regularly in accordance with the recommended schedule. Conversely, negative attitudes, such as the belief that visits are necessary only when there is a complaint, distrust of health facilities, or discomfort during examinations, can reduce mothers' motivation to attend ANC. These attitudes are usually shaped by personal experiences, environmental influences, and social support. Therefore, fostering positive attitudes through effective communication, friendly service, and family involvement in the educational process can increase pregnant women's adherence to regular ANC visits.¹²

The statistical test results for the relationship between husband's support and ANC visits showed a P-value of 0.000 (<0.05), indicating a significant effect. Husband's support, whether emotional, physical, or informational, signif-

icantly motivates pregnant women to attend regular prenatal checkups, making the husband's role crucial to the success of ANC visits.

Husband's support includes emotional support, information, motivation, and practical assistance such as driving the mother to health facilities and helping with nutritional needs and childbirth costs. This support will increase the mother's motivation to attend regular prenatal checkups, thus positively influencing the completion of ANC visits. Therefore, it is important to involve husbands in education and prenatal classes so they can play an optimal role in supporting maternal and fetal health during pregnancy.¹³.

A study conducted at the Tanjung Selayar Community Health Center in Kotabaru Regency concluded a significant relationship between husband's support and adherence to ANC visits ($p=0.001$). These findings confirm that the husband's active involvement—through emotional, economic, and practical support—has a significant impact on mothers' motivation to undergo regular and complete prenatal care.^{14,15}

Husbands' support has been shown to significantly influence antenatal care (ANC) visits among pregnant women at the Babah Buloh Community Health Center in Sawang District, North Aceh Regency. Husbands who provide support, whether emotional, financial, or through direct assistance to health facilities, can increase the motivation and confidence of pregnant women to undergo regular prenatal care. Conversely, a lack of a husband's support is often a barrier, especially in areas with limited access and a strong patriarchal culture, where decisions regarding family health are heavily influenced by the husband's role. Pregnant women who feel cared for and supported tend to be more concerned about their own and their fetus's health. Therefore, husbands' involvement in health education programs and ANC services is crucial for increasing the cover-

age and quality of ANC visits in these areas.

The statistical test results for the effect of health worker support on ANC visits showed a P-value of 0.000 (<0.05). This indicates a significant influence of health worker support on ANC visits. Health worker support, in the form of information, education, motivation, and friendly, professional service, plays a crucial role in encouraging pregnant women to attend regular prenatal care. Therefore, health workers play a crucial role in increasing adherence to ANC visits to support maternal and fetal health during pregnancy.

Based on the results of this study, the researchers concluded that health worker support significantly influences pregnant women's adherence to antenatal care (ANC) visits. Health worker support, through clear communication, a friendly attitude, and responsive service, is a crucial factor in encouraging mothers to attend regular antenatal care. Therefore, improving the quality of service and the interpersonal approaches of health workers is crucial to increasing pregnant women's adherence to complete and timely ANC visits.

Health worker support significantly influences antenatal care (ANC) visits for pregnant women, as health workers are a trusted source of information, motivation, and medical services for mothers during pregnancy. Based on social support theory and health service theory, positive interactions between health workers and pregnant women, including effective communication, friendly attitudes, clear education, and prompt responses to complaints, can increase maternal confidence and comfort in accessing ANC services. When mothers feel supported and valued by health workers, they tend to be more compliant with routine and complete prenatal checkups. Conversely, a lack of empathy or poor service can decrease a mother's motivation to attend ANC. Therefore, the professionalism and humanistic approach of

health workers are crucial for increasing pregnant women's participation in antenatal care programs ⁷.

A study was conducted to examine the relationship between husband and health worker support for antenatal care (ANC) visit standards (K6) among pregnant women in the Pinang Jaya Community Health Center (Puskesmas) in Bandar Lampung City in 2023, conclude that health worker support significantly correlated with adherence to the standard six ANC visits (K6), with a p-value of 0.008 and an odds ratio of 3.872. This indicates that mothers who received good support from health workers were almost four times more likely to complete the visit than those who received less support ¹⁵.

Furthermore, a study conducted at the Cikalong Community Health Center in Tasikmalaya also concluded that health worker support significantly influenced ANC visit coverage ($p = 0.000$). These findings confirm that the active role of health workers through effective communication, clear education, and empathetic presence plays a significant role in increasing maternal adherence to complete and timely ANC visits ¹⁶.

Health worker support. Health factors significantly influence antenatal care (ANC) attendance among pregnant women at the Babah Buloh Community Health Center in Sawang District, North Aceh Regency. Health workers who provide services with a friendly, informative, and communicative attitude can increase pregnant women's comfort and confidence in prenatal care. When mothers feel valued and given easy-to-understand explanations about the importance of ANC, they tend to be more motivated to make regular visits. Conversely, unresponsive or unfriendly service can create reluctance and distrust, leading mothers to avoid returning for checkups. Therefore, improving the interpersonal competence and professionalism of health workers is essential to building positive

relationships with pregnant women to support their well-being.

CONCLUSION

The results of the study, conducted on 105 respondents in July 2025, concluded that:

- a. There is an influence between knowledge and antenatal care visits at the Babah Buloh Community Health Center.
- b. There is an influence between attitudes and antenatal care visits at the Babah Buloh Community Health Center.
- c. There is an influence between husband's support and antenatal care visits at the Babah Buloh Community Health Center.
- d. There is an influence between health worker support and antenatal care visits at the Babah Buloh Community Health Center.

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CONFLICT OF INTEREST

There is no conflict of interest in this research.

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