



# Effectiveness of Sequmil (School of Quran for Pregnant Women) Education Program as a Coping Strategy for Mental Health Disorders of Pregnant Women

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**Abstract.** Pregnant women are vulnerable to mental health problems due to changes at various stages that affect their mental health. The preliminary study was conducted on 36 respondents and showed that 29 (80.6%) respondents experienced mental health disorders in pregnancy. This study aims to determine the effectiveness of Sequmil as a religious coping strategy for pregnant women's mental health disorders. This research method is qualitative retrospective with case study approach. The research informants were 22 women. Data collection technique using in-depth interview, observation, and documentation. The in-depth interview analysis result: 1) Pregnant women have 3 readiness categories of pregnancy that are ready, forced, and not ready. They tend to experience mental health disorders during pregnancy, including sadness, worry, emotional instability, discomfort, lack of confidence in pregnant, feeling alone, and disappointment. 2) Pregnant women's motivation joining sequmil that are seeking religious environment and strengthening spirituality, learning pregnancy and quranic science, interesting Sequmil's curriculum, persuaded by testimonies of alumnae, getting assistance during pregnancy. Their expectations of joining Sequmil that are getting calming and enjoyable pregnancy, better pregnant, better mood management, productive in pregnancy, programmed recitations and muraja'ah, get closer to quran. Their feelings during participating Sequmil that are calm, grateful and pleasure. 3) Pregnant women's mental changes before and after sequmil that are more ridho and tawakkal, calmer, can manage emotions, less physical complaints. The religious coping they got from sequmil such as increasing interaction intensity to Qur'an make calmer, increasing worship activities make more surrendered, tadabbur quran and pregnancy assistance reduces their worries. Through sequmil, pregnant women increasing knowledge and spirituality, quranic habit (tilawah, tadabbur, tahfizh), positive activity, and positive community. Conclusion: Sequmil is an innovation midwifery care programe, which is effective in overcoming mental disorders of pregnant women trough its religious coping inside. Sequmil could be use for completing maternity care in the term of increasing mental health of pregnant women.

Keywords: Sequmil, Religious Coping, Mental Health Disorders.

## 1. Introduction

Pregnant women are a group that is vulnerable to mental health problems due to changes experienced at various stages that affect their mental health. Pregnant women tend to experience increased anxiety which can lead to psychological disorders including anxiety, stress, insomnia, depression or post-traumatic stress disorder (PTSD). Psychological health disorders during pregnancy increase the risk to the fetus in the form of poor fetal development, premature birth, or LBW. The underlying factors are limited access to health services, lack of social support from various parties, and concerns for the health of themselves and the fetus if they contract a disease. Social support helps pregnant women deal with their life stressors [1].

The World Health Organization states that mental health is a condition of well-being that individuals are aware of, which includes the ability to manage stress, work productively and produce, and participate in the surrounding community. [2]

A study in China illustrated that 5.3% of pregnant women experienced symptoms of depression, 6.8% anxiety, 2.4% physical discomfort, 2.6% insomnia, and 0.9% Post-Traumatic Stress Disorder (PTSD) compared to non-pregnant women, women who are pregnant may have more opportunities for contact with health workers although it remains very limited in this pandemic.

Sequmil is an innovative informal midwifery education program, which has the aim of improving the health and welfare of mothers and fetuses both physically, mentally, spiritually, and socially, through the Qur'anic approach. Sequmil has several branches of activity: including fetal education since the womb, Tahsin quran (learning how to read Qur'an), talaqqi qur'an (learning the Qur'an by imitating the correct reading sound), and tadabur class. This program is intended for whom are preparing for pregnancy, Pregnant Women, Maternity, and Postpartum.

Sequmil has been running for 5 years (2019-present), with participants from various regions in Indonesia and even from abroad such as the Emirates, Poland, England, Egypt, Australia, and Malaysia. During these 5 years this program has fostered and graduated 501 participants (378 pregnant women, and 123 not pregnant), with details:

**Table 1.** Number of Sequmil Alumni Batch 1-10

Batch	Period	Participants (People)		Total
		Pregnant	Not Pregnant	
BATCH 1	May 26-August 26, 2020	25	0	25
BATCH 2	Sept 6, 2020 - April 10, 2021	32	8	40
BATCH 3	June 22 - Sept 11, 2022	29	10	39
BATCH 4	June 26 - Sept 25, 2021	33	18	51

Batch	Period	Participants (People)		Total
		Pregnant	Not Pregnant	
BATCH 5	Oct 14, 2021- Jan 30, 2022	22	14	36
BATCH 6	February 3 - May 22, 2022	28	14	42
BATCH 7	June 2 - Sept 11, 2022	46	20	66
BATCH 8	Oct 6, 2022 - Jan 22, 2023	66	18	84
BATCH 9	February 8-May 28, 2023	50	13	63
BATCH 10	June 7 - Sept 24, 2023	47	8	55
<b>TOTAL</b>		378	123	501

Source : Secondary data (2023)

The preliminary study in this study was conducted on 36 respondents who had participated in the sequmil program, and the results obtained 29 (80.6%) respondents experienced symptoms of mental health disorders in pregnancy, and 7 (19.4%) did not experience it. This shows the high number of mental health problems experienced by pregnant women before joining this program. Here are the Symptoms of antepartum mental morbidities screened using the questionnaire:

**Table 2.** Preliminary Study of Mental Morbidity Symptom in Pregnant Women

No.	Symptom Mental Morbidity	n	n (%)
1	Depression	15	41,6
2	Depressive ideas	0	0
3	Irritability	1	2,7
4	Lack of concentration	4	11,1
5	Sleep problems	0	0
6	Worry about physical health	3	8,3
7	Worry	1	2,7
8	Fatigue	1	2,7
9	Somatic symptoms	2	5,5
10	Anxiety	2	5,5
<b>AMOUNT</b>		29	80,6

Source: Primary Data (2023)

This study aims to determine the effectiveness of the SEQUMIL (Pregnant Women's Quran School) program as a religious coping strategy for pregnant women's mental health disorders.

## 2. Methods

This research uses a qualitative descriptive method, with a case study design. Data collection techniques using planned-unstructured interview techniques using *indepth interview* guides, participant data observation, and documentation using recording *zoom meetings*, field notes, and interview transcripts. The determination of research informants was carried out by purposive sampling with the principles of appropriateness and adequacy. The informants (In) of this study were 22 women who had participated in the sequmil program until completion, were willing to fill out the research questionnaire, and were willing to conduct interviews within the specified data collection time limit.

## 3. Result

### 3.1. Informant Characteristics

**Table 3.** Informant Characteristics

No.	Age	Pregnancy History (Gravida)	Number of Children (Parity)
1	43	3	3
2	30	1	1
3	32	1	1
4	28	1	1
5	31	2	2
6	34	2	2
7	30	1	1
8	29	1	1
9	31	3	1
10	32	1	1
11	32	2	1
12	27	1	1
13	31	1	1
14	30	1	1
15	33	1	1
16	30	1	1
17	27	1	1
18	38	4	3
19	37	2	2
20	28	2	2
21	29	2	2
22	35	2	2

Source: Primary Data (2023)

**3.2. Interview Analysis Results**

**Mental state of pregnant women during pregnancy**

*Mother's readiness for pregnancy*

**Table 4.** Results of Interview Analysis of Mother's Readiness to Welcome Pregnancy

In	Axial Coding (Sub Theme)	Theme
1	Didn't prepare anything in particular because of the 11-year pregnancy gap with her teen.	Pregnant women have 3 readiness categories of pregnancy that are ready, forced, and not ready.
2	Mother is very ready (there has been an effort to promil)	
3	The mother is not ready for marriage and vaginismus, then prepares for pregnancy through maximum spiritual paths	
4	Unexpected / unplanned pregnancy	
5	Mom is very ready	
6	Unprepared because it was the 1st time living in UK during pregnancy	
7	Unprepared due to first pregnancy	
8	Start learning science of pregnancy	
9	Multiparous but still seeking pregnancy knowledge.	
10	Family's Pressure, especially mom, to get pregnant and start taking herbs.	
11	Moderately prepared due to husband's encouragement and help	
12	Prepared early because I joined sequmilo since I was not married.	
13	Have started to find out and learn about pregnancy	
14	Did not believe she would get pregnant due to history of Intestinal TB, did not focus on preparing for pregnancy due to previous history of the disease	
15	3 years of waiting for pregnancy by deepening health and knowledge	
16	Ready, but after pregnancy more worry and overthinking because health conditions are not favorable	
17	I am sincere because I have the same vision and mission as my husband with the mandate of pregnancy even though there are unfavorable stories from neighbors and relatives.	

In	Axial Coding (Sub Theme)	Theme
18	Shocked and worried because the distance was too close after the miscarriage (2 months), confused because I was still working and the other two children were "boys".	
19	Not mentally prepared even though I have given birth 6 times, worried if the delivery is not accompanied by my husband because of LDR, worried if the health worker is inexperienced or the waiting process is long, worried that I will not be able to carry out my role as a mother well.	
20	Ready and planning for VBAC	
21	Cyan and eagerly awaited	
22	Fear and unpreparedness for 3rd pregnancy due to trauma with previous pregnancy (fetal distress)	

### *Feelings of Pregnancy*

**Table 5.** Results of Interview Analysis of Feelings of Pregnancy Processes

In	Axial coding (sub theme)	Theme)
1	worried at first and became happy because God made it easy	Pregnant woman tend to experience mental health disorders during pregnancy.
2	Happy (waited 6 years)	
3	A little worried about having hyperemesis and take medication	
4	Enjoying second pregnancy more	
5	It was fun during pregnancy because I met the iiv midwife, and there was a private accompanying midwife asked to come house every week.	
6	Worrying more about preparing for childbirth due to moving to the UK	
7	Unstable mood in early pregnancy, sometimes anxious sometimes suddenly crying	
8	More sensitive about not being able to carry out duties as a wife, unable to take care of husband's needs, unable to take care of the house	
9	Always worried and like struggling alone because the environment is not supportive to be able to experience normal childbirth	
10	Worried about her child because of a previous history of illness	
11	Stress and fear before labor due to first child	

In	Axial coding (sub theme)	Theme)
12	More peace of mind because you already have the knowledge from before pregnancy	
13	Grateful to be pregnant, but in the 3rd trimester it is difficult to move and even difficult to sleep	
14	Doubt whether I can be a mother, not focused on pregnancy, 37 weeks baby had to be born because the placenta was underneath.	
15	Not yet able to manage stress during pregnancy	
16	Fear because of poor health (not explained health problems), did not expect to be given a child so soon, overthinking about her pregnancy related to health	
17	Too much overthinking consumed by content (if the baby does not twitch it will be dangerous) so often back and forth to the midwife	
18	Emotions fluctuate because other children are active, the burden of adapting from a career mom to an irt	
19	Many worries because of previous pregnancy experiences, afraid of not being able to maintain a mindset that affects the fetus.	
20	Disappointed, not as expected (already pregnant experience still experiencing complaints and concerns), this pregnancy is more drama than before (ldr, morning sickness), emotional ups and downs and often vent emotions to the child, irritability	
21	Feeling that this pregnancy is hard, experiencing acid reflux, sadness, helplessness because it is difficult to do activities as usual, moodswing and emotional easily crying and easily overflowing	
22	Distress due to trauma in previous pregnancies	

*Mental health disorders during pregnancy*

**Table 6.** Interview analysis of mental health disorders during pregnancy

In	Axial coding (sub theme)	Theme)
1	There are concerns because there is a corona pandemic and there are families who are isolated	Mental health disorders during pregnancy that are
2	Yes (mentally disturbed but unconscious)	sadness, worry, emotional
3	There are distractions and worries, then try to calm down by remembering the risks of the baby's condition.	instability, discomfort, lack of confidence in pregnant,

In	Axial coding (sub theme)	Theme)
4	If the religion is good, then problems like that might be somewhat minimized.	feeling alone, and disappointment.
5	Hardly any mental health problems because of direct reliance on God.	
6	Easily saddened by the condition of having to settle down to life in the UK, worried about thinking later when giving birth in the UK	
7	Mood volatility due to not being so ready for the first pregnancy, unstable mood so easily discouraged	
8	Anxious and worried because in the 1st trimester nutrition is not yet fulfilled	
9	Worried because the first and second child's pregnancy died	
10	Worried because of a previous history of illness	
11	An empty feeling in his soul	
12	Worrying because of other people's labor stories	
13	Worry from friends' labor stories	
14	Feelings of confusion, irritability, difficulty calming down, anxiety as labor approaches	
15	Uncomfortable because of internal problems with husband	
16	Lack of confidence due to first pregnancy and medical history	
17	Fear of preparing for childbirth due to financial condition not having bpjs	
18	Many worries cause frequent temper tantrums	
19	Very mentally affected because there was a big problem during pregnancy, no support from close family, the child had pneumonia, ldr with husband	
20	Disappointed because I had targeted vbac, had attended seminars about vbac but did not meet the requirements, sad and afraid of vbac preparation, could not control emotions.	
21	Often anxious and sad because you can't do your usual activities	
22	Fear, sadness, despair, feeling alone because husband takes care of sick in-laws	



**3.3. Motivation of pregnant women to join the Sequmil Program**

**Motivation to join the Sequmil Program**

**Table 7.** Table 5 Interview Analysis Results Motivation to join the Sequmil Program

In	Axial coding (sub theme)	Theme)
1	Receive guidance, especially spiritual guidance, during pregnancy	Pregnant women’s motivation joining sequmil that are seeking religious environment and strengthen spirituality, learning pregnancy and quranic science, interesting Sequmil’s curriculum, persuaded by testimonies of alumnae, getting assistance during pregnancy.
2	Want to learn a lot to prepare for pregnancy	
3	The material is comprehensive and exactly what you are looking for	
4	Interested in the program which is ok	
5	The specs are right, and the material you want to learn is what you're looking for.	
6	Want a religious environment (to memorize the Qur'an and maintain psychological condition during pregnancy)	
7	Want to prepare for pregnancy, learn how to be a new mom, learn the verse of child education in the womb, the programmed recitation program is not for distraction.	
8	Wanted to give the best to the child, received a scholarship from the previous sequmil program	
9	Want to learn more about pregnancy according to Sharia law	
10	Want embedded Qur'anic habit	
11	Want to learn maternal and child health and religious values such as memorizing the Qur'an and practicing child education in the womb.	
12	Interested because there is interaction with Qur'an and also baby massage.	
13	The interest is because it is not only physical health but also strengthens the spirit, there is recitation and the material is complete.	
14	All programs are good, and can be applied directly to others (patients).	
15	Want to provide al quran education to children	
16	I need spiritual guidance regarding pregnancy because this is my first pregnancy and to strengthen my spirituality during pregnancy.	
17	The curriculum is not only one-way but 2-way, not only listening but also actively studying, the	

In	Axial coding (sub theme)	Theme)
	time is enough for almost 4 months, there are testimonials from alumni who are not just random, which means they have experienced the benefits of sequmil	
18	Fulfilling children's right to education from the womb, especially learning Qur'an, can learn tahsin and talaqqi.	
19	For an escape that can support the mother and her womb, improve experiences that are less than before, upgrade knowledge about pregnancy, educate children, process feelings, divert negative feelings or thoughts.	
20	Information related to the sequmi program on ig is interesting, there are targets that make enthusiasm	
21	Want to get assistance during pregnancy for mother and fetus, especially emotional management.	
22	Curious about the sequmil program	

### Expectations when joining the Sequmil Program

**Table 8.** Interview Analysis Results Expectations when joining the Sequmil Program

In	Axial Coding (Sub Theme)	Theme)
1	Happy, lots of knowledge, calmer	Pregnant woman
2	Being more calm because I feel that there is a community of pregnant women	expectations of joining Sequmil that are getting
3	Enjoy, follow almost the entire program, even relatively easy	calming and enjoyable pregnancy, better
4	Masyaallah very good, many things I don't know.	pregnant, better mood
5	Missed class due to pregnancy and severe nausea and vomiting but it fun.	management, productive in pregnancy,
6	Positive environment (to keep pregnant women feeling)	programmed recitations
7	Tilawah is programmed so that the benefits during pregnancy are more pronounced, there is tadabbur ayat2 quran that can manage moods that sometimes change.	and muraja'ah, get closer to quran.
8	more organized life, facilitated for murojaah, and of tadabbur, stimulation of children's education in the womb and monitoring of their worship, time is not wasted.	
9	Very complete material	

In	Axial Coding (Sub Theme)	Theme)
10	Not easily influenced by interventions, for example, babies must be given formula milk	
11	There are offline classes and online ones are still held	
12	Steadier readiness	
13	His widespread education has many benefits	
14	Partners are expanding	
15	There is a post-pregnancy program	
16	Learn physical and spiritual knowledge	
17	There is an advanced program for 0-2 years	
18	Join a pregnancy forum but also learn qur'an, especially talaqqi.	
19	Wanting the 6th pregnancy to be calming and enjoyable, looking for positive activities to be more productive and support pregnancy, wanting to get closer to the Koran because I want my child to be a quran expert, wanting to be a better mother and have a better pregnancy than before.	
20	Curious about the sequmi program	
21	Gaining knowledge about educating children in the womb and being able to do more	
22	Gaining applicable knowledge	

**Feelings when Participating in the Sequmil Program**

**Table 9.** Results of Interview Analysis of Feelings when Participating in the Sequmil Program

In	Axial coding (sub theme)	Theme)
1	Can be guided during pregnancy and even after delivery	Pregnant women’s feelings during participateSequmil that are calm, grateful and pleasure.
2	Gathering as much knowledge as possible about pregnancy	
3	The knowledge and practice routines programmed in sequmil are beneficial for her pregnancy.	
4	Very useful knowledge in accordance with the sequmil curriculum	
5	Want to prepare children to be a quranic generation	
6	Calm (there is reinforcement that the only helper is God, health workers are only intermediaries)	
7	There is no other word but gratitude	
8	Beyond expectations	
9	I am happy because there is a lot of material and it is complete, and I can practice child education in the womb.	
10	Glad there's a curriculum	

In	Axial coding (sub theme)	Theme)
11	More gratitude, always reminded of tawhid, there is a strengthening of the spirit.	
12	Helped by the al quran curriculum, there are friends who can share too, more positive activities	
13	I am happy because the curriculum is directed and there is nothing to lose in the activities, there are so many lessons learned and strengthening of the spirit.	
14	Happy to gain knowledge and be able to share it with others.	
15	Happy, grateful for having a good support system during pregnancy, so it's not easy to be lazy during pregnancy, challenged because there is a recitation target.	
16	Happy because not only learning the science of pregnancy but also how to take care of the baby, prayers become easier, so more grateful	
17	Many friends to share with, happy because someone reminds me to memorize the Qur'an, so I'm more excited.	
18	Grateful because many new things are obtained, especially preparing for pregnancy), can learn to recite the Quran not focused on yourself but also to the fetus, happy because although by online but systematic and coordinated programs, so enjoy pregnancy more because you get community support so you don't feel alone and negligent.	
19	More calm because pregnancy is filled with positive things and benefits, more diligent in reciting the Koran and memorization, very productive during pregnancy, busy with reciting the Koran and memorization	
20	Grateful for the increased insight, more empowered and more determined to do everything when based on knowledge, negative energy slowly disappeared, more spiritually filled, found friends who are equally struggling.	
21	Happy because the knowledge gained at sequmil is complete, not only for the mother but also for the fetus.	
22	Grateful that life's burdens can be shifted due to a busy curriculum	

### **3.4. Effectiveness of Sequmil Program in Overcoming Mental Disorders of Pregnant Women**

#### **Mental changes before and after sequmil**

**Table 10.** Interview Analysis Results Mental changes before and after sequmil

In	Axial coding (sub theme)	Theme)
1	Overcoming mah by bringing dri closer to allah, eliminating unfavorable prejudices.	Pregnant women's mental changes before and after attending sequmil include more ridho and tawakkal, calmer, can manage emotions, less physical complaints.
2	Because they feel that they are with God, the problems they face are not felt too much and are almost not even realized.	
3	More positive vibe after being with sequmil midwife	
4	Better mentally with knowledge and guidance	
5	Increased sense of surrender to allah with knowledge and deeds about surrendering to allah	
6	More surrender and trust in allah (because of the realization that the only helper is allah), calmer (because it becomes closer to the Qur'an), spiritually stronger.	
7	More able to manage negative feelings that arise such as anxiety and sadness, calmer because there is tadabbur verse.	
8	It's calmer because I've done my best nutritionally or in terms of worship activities, so I'm more trusting in God.	
9	I am more pleased with Allah because I have strengthened my tauhid and ruhiyah so I am not easily influenced by what people say.	
10	More spiritual and much calmer	
11	Be more calm in deciding things	
12	Calmer and more knowledgeable	
13	There is a sense of happiness and joy	
14	Emotional or negative feelings are more minimal and easy to manage	
15	Be calmer	
16	Can better control emotions	
17	The heart becomes calmer and involves allah more in everything.	
18	More calm, because in sequmil the focus is on learning qur'an so that worries about the condition of the fetus are reduced, so it is better able to condition emotions during pregnancy because it becomes more mindful about bonding mother to fetus.	
19	Calmer, less worries and fears because many topics are discussed including mental health and religion, also many friends who are pregnant (support community)	

In	Axial coding (sub theme)	Theme)
20	Physical complaints are reduced, recitation targets are able to reduce many negative emotions, there are targets that must be deposited so they don't delay, targets in sequmil help increase yaumi charity and eliminate negative emotions, good mood and become happy.	
21	Like a flower almost dry and suddenly watered, more productive because there is a target, more grateful because in sequmil met pregnant women with different conditions (still trying to get pregnant), more calmly enjoying pregnancy, from feeling helpless to being content,	
22	Easier to calm down, less panic, more resignation and tawakkal (trust).	

### Religious coping/strengthening spirituality from sequmil

**Table 11.** Results of Interview Analysis Religious coping/strengthening spirituality from sequmil

In	Axial coding (sub theme)	Theme)
1	The spiritual activities of the sequmil still continue, the simulation during the sequmil greatly improved the intelligence of this second child	The religious coping that pregnant women got from sequmil such as increasing interaction intensity to Qur'an make calmer, increasing worship activities make more surrendered, tadabbur quran and pregnancy assistance reduces their worries.
2	Increased worship and a form of submission to God.	
3	Being very sure of the provisions and decrees of Allah through al'quran	
4	More confident in the Koran after learning tadabbur Qur'an	
5	An increased sense of tawakkal	
6	The demands of increasing interaction with the Qur'an, the impact is calmer	
7	Tilawah and tadabbur of pregnancy verses have an impact on the emotional state, the practice of education of children in the womb about the sentence thayibah	
8	Worship activities and materials " nutrition that has been maximized so that it makes more surrendered	
9	There is a tilawah target so I feel there is a grip and close interaction with the Qur'an.	
10	The existence of communication with children in the womb, worship activities (prayer) so that the habit is more directed and easily monitored.	
11	From sequmil studies, there is tadabbur ayat so it is not easy to blame the doctor or the midwife.	

In	Axial coding (sub theme)	Theme)
12	Teaching children in the womb the hijaiyah letters by their father, there are worship activities that are routinely carried out	
13	Qur'an memorization and tadabbur verse program	
14	Qur'an memorization program	
15	The closeness of pregnant women to God	
16	Prayers before labor, worship activities, and morning and evening dhikr	
17	Not only close to the Qur'an but also taught dhikr so that every action prioritizes the mind rather than the ego."	
18	Reciting the Koran is not just reciting because I know how to communicate with the fetus, being more tawakkal, considering having a miscarriage in the previous pregnancy.	
19	Spiritual health has improved because it continues to be facilitated, such as mentoring and demands for daily reporting (worship etc.) make mothers consistent and have an impact on their worries less.	
20	More resigned and not ambitious for vbac anymore	
21	The existence of the reporting method, increased worship encouragement, closer to the Qur'an so that moodswing is reduced, can do activities again and has taken another job in the community.	
22	Returning problems to the Koran and Sunnah, worship becomes organized, feel more comfortable living life, more tawakkal and closer to God, relying on everything on God.	

**Effectiveness of sequmil**

Table 12. Interview Analysis Results of the Effectiveness of Sequmil as a Religious Coping Strategy to Overcome Mental Health Disorders of Pregnant Women

In	Axial coding (sub theme)	Theme)
1	Very effective	Through sequmil,
2	Very effective	pregnant women
3	Effective, by increase knowledge and spirituality	increasing knowledge
4	Effective, plus if there is faith and guidance	and spirituality, quranic
5	very good but may need to be supplemented interactive activities.	habit (tilawah, tadabbur, and tahfizh),
6	Very effective	

In	Axial coding (sub theme)	Theme)
7	Very effective because there is a habit of recitation, tadabbur, and memorizing the Qur'an.	positive activity, and positive community.
8	Very effective because there are positive activities, there are friends to share with, there are facilitators who are ready to assist 24 hours.	
9	Very effective, the assistance is not only zoomed in but also out of zoom.	
10	Quite effective. it is not only the mother who plays a role but also her husband.	
11	Very effective because the literacy level of Indonesian individuals is low so this program is very helpful.	
12	Very effective because the habitat is directed to be close to the Qur'an and done in congregation.	
13	Very effective because the time is quite long, almost 4 months	
14	Very effective	
15	Very effective because of the good curriculum system	
16	Effective if participants are really active	
17	Very effective. it always prioritizes Allah and the Qur'an as medicine.	
18	Very effective if the mom can focus on the activities and materials.	
19	Effective because negative thoughts are successfully distracted by focusing more on the busyness of studying at sequmil, providing reinforcement from the mental side that the mother's mentality affects the fetus, many reinforcements in it make pregnancy more ridho with all the ketepannya.	
20	Very effective because it re-strengthens the mother's mentality through activities and targets. Because pregnant women are prone to mental damage, especially from what the neighbors say.	
21	effective, the programs always remind us to straighten our intentions, take advantage of the time during this short pregnancy, programmed activities and a definite schedule.	
22	Very effective because it can overcome mental trauma, mentally become healthier again, happy when getting assignments feels like school again.	



## **4. Result**

### **4.1. Condition of the pregnant women's mental health during pregnancy**

#### **Mother's readiness for pregnancy**

The results of the analysis of interviews with informants obtained a theme that there are several categories of pregnant women in their readiness to welcome early pregnancy, namely not ready to get pregnant, forced to get pregnant, and ready to get pregnant.

In each of these categories there are several contributing factors, including: 1) not ready to get pregnant, because the pregnancy was not planned, the first pregnancy, did not expect to get pregnant (there is a history of disease), not mentally ready even though multigravida (G7), the condition of "working" and other children are still small, previous pregnancy trauma (fetal distress), 11 years pregnancy distance 2) Forced to get pregnant because of parents' insistence 3) Ready to get pregnant because she prepared since she was not married, had studied pregnancy science, had husband's support, waited for years, had planned for VBAC delivery method.

According to the Ministry of Health of the Republic of Indonesia (2014), an ideal pregnancy is a pregnancy that is planned, desired and maintained its development properly, while an unwanted pregnancy is pregnant outside of marriage, old age of the mother, failure / drop out of family planning, not using family planning. Oktalia (2016) outlines that healthy pregnancy planning must be done before pregnancy. A well-planned pregnancy process will have a positive impact on the condition of the fetus and the physical and psychological adaptation of the mother to be better. [3]

Based on the description above, the mother's readiness to welcome pregnancy is an important thing that needs to be done to realize an ideal pregnancy, and can prevent the adverse effects of unplanned pregnancy, both physically and psychologically.

#### **Feelings of Going Through the Pregnancy Process**

The results of the analysis of interviews with informants obtained the theme that pregnant women experienced mental health problems in pregnancy before joining the Sequimil program. The feelings experienced by pregnant women include worry, mood swing, more sensitive, feeling alone, fear and stress, discomfort, overthinking, disappointment, helplessness. But there are also mothers who are happy and sincere in carrying out pregnancy.

In each of these categories, there are several contributing factors, including: worry about experiencing hyperemia, past health history, and preparation for childbirth, an unsupportive environment, and even still not being ready to become a new mother. But there are also those who feel depressed because of previous pregnancies.

Pregnancy is generally considered a time of happiness and emotional well-being for a woman. However, for many women, pregnancy and motherhood increase their vulnerability

to psychiatric conditions such as depression, anxiety disorders, eating disorders and psychosis. [4]

Based on the description above, there are feelings that arise during pregnancy that are closely related to the mental health of pregnant women. This is important to be considered by pregnant women in carrying out their pregnancy so that the pregnancy process can run happily and no emotional disturbances occur.

### **Mental Health Disorders During Pregnancy**

The results of the analysis of interviews obtained themes, namely mental health disorders experienced by mothers during pregnancy, including sadness, worry, emotional instability, discomfort, lack of confidence in being pregnant, feeling alone, and disappointment.

In each of these categories there are several contributing factors, including : Worried that there are families affected by Corona, easily saddened because they have to adapt to the environment, worried because there is a history of the first and second children dying, and there is a feeling of irritability, even anxiety because they cannot do their activities as usual. There is also fear and sadness because they feel alone and there is no support from their family.

Satyanarayana (2011) Factors of mental health status of pregnant women include feeling different in the perinatal period, marital satisfaction, in-law relationship, friend relationship, underlying disease, and use of birth control pills. To ensure a smooth pregnancy and improve the physical and mental health of pregnant women, psychological examinations and psychological intervention measures should be strengthened.

Based on the description above, mental health disorders in pregnant women can be influenced by several factors such as the environment, past medical history, no support from the family, and even disappointment in something that is not as desired.

## **4.2. Motivation of Pregnant Women to Participate in Sequmil**

### **Mothers' Motivation to Join the Sequmi Program**

The results of the analysis of interviews with informants obtained the theme that the Pregnant women's motivation joining sequmil that are seeking religious environment and strengthening spirituality, learning pregnancy and quranic science, interesting Sequmil's curriculum, persuaded by testimonies of alumnae, and getting assistance during pregnancy.

Continuous support provided by integrated mental health services through multidisciplinary maternal and child health services in the community can make women's mental health better in the postpartum period and help women and their children receive more health services from public health nurses. [5]

Prayer and other faith-based practices, including reading Qur'anic passages, reciting the Invocation, and listening to audio recordings of prayers are all effective in reducing anxiety,

depression, stress, pain and fear in Muslim women during pregnancy, during childbirth, during unexpected caesarean sections, and when experiencing infant loss. [6]

Based on the description above, it can be concluded that support from the environment and health services make mental health better.

### **Expectations of Sequmil Program**

The results of the analysis of interviews with informants obtained the theme that pregnant women have certain expectations when going to the sequmil program, including : get a positive environment, programmed recitations, mood management through tadabbur verses of the Koran, get muraja'ah facilities, get spiritual knowledge, learn talaqqi, want the 6th pregnancy to be calming and enjoyable, look for positive activities to be more productive and support pregnancy, want to get closer to the Koran because want their children to be quran experts, want to be a better mother and get pregnant better than before, get knowledge about educating children in the womb, get applicable knowledge.

Explains that there is a significant relationship between spiritual well-being and maternal and fetal attachment in pregnant women. This shows that mothers who are spiritually good will improve their health and optimize fetal growth and development. [7]

The Sequmil program is specifically designed to provide knowledge and righteous deeds throughout pregnancy. The program is designed to enhance the spiritual well-being of pregnant women during pregnancy. It can be seen from the results of the study that pregnant women pass their days with ruhiyah activities, and hope that everything makes wasilah to give birth to a righteous generation and optimal growth and development.

### **Mother's Feelings Following the Sequmil Program**

The results of the analysis of interviews obtained the theme that the feelings of pregnant women when participating in sequmil are divided into several categories, including: calm, grateful, and happy. The other hand they also felt touched, more grateful for have friends sharing, calmer, get community support, more excited, happy because they know how to take care of the baby, happy because the curriculum is directed, and become calmer in passing the pregnancy period.

Pregnancy brings many changes for pregnant women, both physiological physical changes and psychological changes. The mental health of pregnant women that sometimes color pregnant women ranging from *mood swings*, anxiety, worry to emotions that tend to be unstable make pregnant women will go through heavy pregnancy periods.

The Mind Body Intervention Spiritual hypnoprenatal program showed that pregnant women who received training and counseling could increase their knowledge and skills in overcoming anxiety during pregnancy. [8]

The Sequmil program is a comprehensive 15-week program, which is structured with a good curriculum including daily and weekly activities and tasks that aim to improve and optimize ruhiyah activities, in addition to learning about general health.

#### **4.3. The Effectiveness of Sequmil as Religious Coping in Overcoming Mental Health Disorders of Pregnant Women**

Mental changes before and during sequmil The results of analyzing interviews with informants obtained themes, namely mental changes before and after attending sequmil, including more ridho and tawakkal, calmer, can manage emotions, less physical complaints.

This is in line with Fauziah's research (2023), that religious coping education conducted by midwives can create calmness and increase a sense of trust so that it can reduce the anxiety of grande-multigravida both towards the condition of their pregnancy, and existing social stereotypes related to grande-multigravida. [9]

Religious coping applied in Sequmil has the potential to overcome maternal mental health disorders, resulting in changes between mental conditions before and during Sequmil Education.

##### **Religious coping/strengthening spirituality from sequmil**

The results of the analysis of interviews obtained themes, namely religious coping or strengthening of spirituality obtained by pregnant women and the impact of which are, the demands of increasing the intensity of interaction with the Qur'an make mothers calmer, increasing worship activities make pregnant women more surrendered, tadabbur quran and pregnancy assistance in sequmil programs reduces the worries of pregnant women.

Based on each of these categories, there are several things related to religious coping / spiritual strengthening from Sequmil such as: stimulation during sequmil greatly increases the intelligence of the second child, becomes more increased worship and a form of submission to God, more confident in the Koran after learning tadabbur qur'an, an increased sense of tawakkal, communication with children in the womb, worship activities (prayer) so that the habit is more directed and easily monitored. In addition, there are sequmil studies, teaching children in the womb hijaiyah letters by their father, memorizing the Qur'an and tadabbur programs, adding prayers before childbirth, worship activities, and morning and evening dhikr.

Depression is higher among Pakistani women in the UK (31.0%) than white European women (12.9%). According to Islam, health is maintained through a balance between the mind (Aql), body (Jism), self (Nafs) and spirit (Ruh). It is important to separate cultural beliefs from religious beliefs. Islam teaches that having a strong faith is rewarded with good health, hence the stigma associated with mental illness. [10]

Based on the description above, it can be concluded that religious coping or spiritual strengthening for pregnant women greatly affects the mental health of pregnant women during their pregnancy. Daily activities and worship of pregnant women become directed, strengthening the relationship between parents and children in the womb. And what is most widely felt is that this spiritual strengthening makes pregnant women calmer so that it is hoped that the labor process can be carried out calmly and become one of the efforts to strive for normal labor.

### **Effectiveness of Sequmil Education Program as a Religious Coping Strategy for Mental Health Disorders of Pregnant Women**

The results of analyzing interviews obtained a theme: through sequmil, pregnant women increasing knowledge and spirituality, quranic habit (tilawah, tadabbur, and tahfizh), positive activity, and positive community.

The level of literacy of Indonesian individuals is low so this program is very helpful, the abstinence is directed to be close to the Qur'an and is carried out in congregation, the time is quite long almost 4 months, the curriculum system is good, prioritizes Allah and the Qur'an as medicine, diverts negative thoughts and can overcome mental trauma.

Islamic intervention play the vital role for lowering the level of anxiety among woman and the depression among men. [11] The greater the production that contributes to the achievement of the goal, the more effective the organization, program or activity is. Effectiveness is the ability to select appropriate goals and achieve them. Thus, effectiveness refers to the relationship between the outputs or results achieved or actually achieved between the objectives or results set or expected in the plan. An organization is said to be effective if the output produced meets the expected objectives.

## **5. Conclusion**

The conclusions that can be obtained from this research: sequmil is an innovation midwifery care program, which is effective in overcoming mental disorders of pregnant women trough its religious coping inside. Sequmil could be use for completing maternity care in the term of increasing mental health of pregnant women.

## **Authors' Contributions**

I.H.C and E.N.F. discuss the topics of research. E.N.F. arrange the research outlines and lead the research. I.H.C supervised the work. I.H.C, E.N.F., and A.M doing indepth interview and discussed the results. All authors contributed to the final manuscript.

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