Childbirth Fear in Primigravida Pregnant Women: Exploring the Role of Resilience, Social Support, and Childbirth Self-Efficacy

Eva Nur Rachmah
Doctoral Program of Psychology
Universitas Surabaya
S159122001@student.ubaya.ac.id

Evy Tjahjono
Doctoral Program of Psychology
Universitas Surabaya
evy_tjahjono@staff.ubaya.ac.id
(Corresponding author)

Monique Elizabeth Sukamto
Doctoral Program of Psychology
Universitas Surabaya
monique@staff.ubaya.ac.id

Abstract

This study examined a structural model of fear of childbirth (FOC) among primigravida pregnant women by investigating the roles of resilience and perceived social support, with childbirth self-efficacy as a mediating variable. Fear of childbirth is a significant psychological concern that may negatively affect maternal well-being and childbirth outcomes. A cross-sectional quantitative design using Structural Equation Modeling (SEM) was employed. Participants consisted of 420 primigravida pregnant women recruited from the Gerbangkertasusila region in East Java, Indonesia, through convenience sampling. The proposed model demonstrated a good fit to the data (CFI = 0.967, TLI = 0.957, RMSEA = 0.055, SRMR = 0.063). Childbirth self-efficacy showed a significant negative direct effect on fear of childbirth ($\beta = -0.503$, $p < 0.001$), indicating that higher self-efficacy was associated with lower fear levels. Social support and resilience did not show significant direct effects on fear of childbirth. However, social support had a significant indirect effect on fear of childbirth through childbirth self-efficacy ($\beta = 0.091$, $p < 0.01$). These findings suggest that the influence of social support depends on how it shapes maternal confidence and perceived autonomy. The study highlights childbirth self-efficacy as a central psychological mechanism underlying fear of childbirth and emphasizes the importance of empowering antenatal support interventions.

Keywords: fear of childbirth; primigravida; resilience; self-efficacy; social support.

Received 22 March 2026/Revised 23 April 2026/Accepted 20 May 2026 ©The Author all rights reserved

Introduction

Pregnancy is a major life transition that involves profound physical, emotional, and social changes. Although pregnancy is often perceived as a meaningful and positive event, it may also generate anxiety, uncertainty, and fear, particularly among women who have not previously experienced childbirth. In some cases, this fear may develop into fear of childbirth (FOC), also known as tokophobia, which refers to excessive fear, negative expectations, and psychological distress related to the childbirth process (Adams et al., 2012; Çıtak et al., 2021; Onchonga et al., 2020).

FOC is a global maternal mental health concern, with prevalence rates ranging from 4.8% to 25% across countries (Fenwick et al., 2015; Toohill et al., 2014). In Indonesia, approximately 69% of pregnant women have been reported to experience moderate levels of childbirth fear (Marcelina et al., 2019). This condition is clinically important because it may impair maternal psychological well-being and contribute to a preference for cesarean delivery without medical indication (Khosravi et al., 2022). Primigravida women are especially vulnerable because they lack previous childbirth experience and may rely heavily on information obtained from family members, peers, health professionals, and social environments. Such information may shape expectations about childbirth, including perceived risks, pain, and uncertainty (Beiranvand et al., 2017; Nilsson et al., 2018; Rondung et al., 2016). Psychological factors, including trauma, anxiety, and uncertainty, may further intensify childbirth-related fear (Arfaie et al., 2017; O'Connell et al., 2021).

Previous studies have identified several psychosocial factors associated with FOC. Resilience, as an internal psychological resource, may help individuals cope with stress, regulate emotional responses,

and adapt to threatening situations (Ma et al., 2019; Huang et al., 2021). Social support, as an external resource, may provide emotional security, informational guidance, and practical assistance during pregnancy (Wang et al., 2022; Buldum & Guner Emul, 2021). Childbirth self-efficacy is also a central factor because it reflects women's belief in their ability to cope with labor and childbirth. Higher childbirth self-efficacy has consistently been associated with lower levels of childbirth fear (Lowe, 1993; Salomonsson et al., 2013; Gürsoy & Karaca, 2025).

Although these factors have been widely discussed, previous findings remain inconsistent. Social support is generally expected to reduce FOC, yet its effect may vary depending on the source, quality, and meaning of support. Some studies suggest that partner support may be more influential than support from family or friends (Vakilian et al., 2019; Azimi et al., 2018). Other studies indicate that social support is not always directly related to childbirth self-efficacy or fear reduction (Vakilian et al., 2019). Similarly, although resilience has been shown to protect against anxiety and stress during pregnancy, its specific role in explaining FOC remains less clear (Huang et al., 2021). These inconsistencies suggest that FOC may not be explained adequately through direct relationships alone.

A further limitation of previous research is that many studies have examined resilience, social support, childbirth self-efficacy, and FOC separately, rather than integrating them into a comprehensive explanatory model. Existing studies have commonly tested bivariate relationships, such as social support and self-efficacy, or self-efficacy and FOC, without examining how internal and external resources may operate simultaneously through childbirth self-efficacy (Huang et al., 2021; Bilgin et al., 2024; SOH et al., 2020). Evidence regarding the mediating role of childbirth self-efficacy also remains limited and inconsistent (Khamseh et al., 2023). Therefore, a mediation-based structural model is needed to clarify whether childbirth self-efficacy functions as a psychological mechanism linking resilience and social support to FOC.

The present study is theoretically grounded in Bandura's Social Cognitive Theory and Beck's Cognitive Theory. Bandura's theory emphasizes that self-efficacy is shaped by mastery experience, vicarious experience, verbal persuasion, and emotional states. This perspective is highly relevant for primigravida women, who have no prior childbirth experience and therefore may depend strongly on indirect experiences and information from others. Beck's Cognitive Theory further explains how negative expectations, cognitive distortions, and perceived threat may contribute to anxiety and fear. Together, these theories suggest that childbirth fear may emerge not only from external information or support, but also from how women cognitively interpret childbirth and evaluate their own ability to cope with it.

In the Indonesian context, research on FOC among primigravida women remains important because local studies are still relatively limited in methodological scope and theoretical integration. Although childbirth fear has been studied in Indonesia, more comprehensive models are needed to examine how internal resources, external support, and self-efficacy jointly explain FOC. This is particularly relevant in collectivistic contexts, where family and social involvement in pregnancy may be substantial. Such involvement may provide emotional security, but it may also shape women's perceived autonomy and confidence in preparing for childbirth.

Based on these gaps, this study aims to examine a structural model of fear of childbirth among primigravida pregnant women by integrating resilience as an internal factor, social support as an external factor, and childbirth self-efficacy as a mediating variable. This study contributes to the literature by testing a theoretically grounded SEM model that explains how psychosocial factors are associated with FOC in the Indonesian primigravida population.

Based on this framework, the hypotheses are formulated as follows:
H1: Social support has a direct effect on fear of childbirth among primigravida pregnant women.
H2: Resilience has a direct effect on fear of childbirth among primigravida pregnant women.
H3: Childbirth self-efficacy has a direct effect on fear of childbirth among primigravida pregnant women.
H4: Social support has a direct effect on childbirth self-efficacy among primigravida pregnant women.
H5: Resilience has a direct effect on childbirth self-efficacy among primigravida pregnant women.
H6: Social support has an indirect effect on fear of childbirth through childbirth self-efficacy.
H7: Resilience has an indirect effect on fear of childbirth through childbirth self-efficacy.

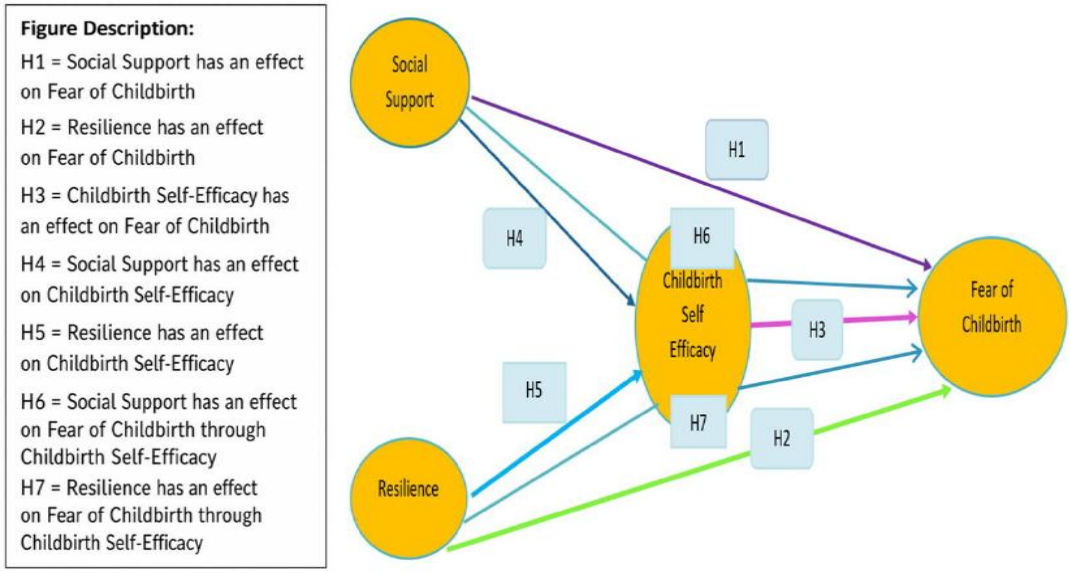


Figure 1 Description and explanation of the conceptual framework diagram

Method

Design

This study utilized a quantitative methodology with a convenience sampling design to investigate the structural relationships among resilience, social support, childbirth self-efficacy, and fear of childbirth in primigravida pregnant women. Convenience sampling is a non-probability sampling technique in which the researcher selects respondents based on ease of access, availability and proximity (Memon et al., 2025).

This research began with a preparation phase that included an evaluation of the conceptual definitions of the variables in relation to the target population, as well as a review of the content of the items in the measurement instruments used. The researchers also obtained permission to use the instruments from thei questionnaire developers. Subsequently, the researchers submitted an application for and received ethical approval from the research ethics committee.

Data collection was carried out in the Gerbangkertasusila region, which covers Gresik, Bangkalan, Mojokerto, Surabaya, Sidoarjo, and Lamongan. The sampling technique used was convenience sampling, involving primigravida pregnant women who were easily accessible to the researchers.

Respondent recruitment was carried out both offline and online. For the offline recruitment, the researchers visited healthcare facilities (midwives' private practices, clinics, and community health centres) after obtaining permission, then provided an explanation of the research and requested written informed consent before the questionnaire was completed. For the online recruitment, the questionnaire was distributed via social media using Google Forms, beginning with a digital informed consent form and screening questions.

The study aimed to test a theoretically grounded model by investigating both direct and indirect effects, with childbirth self-efficacy as a mediating variable. To achieve this objective, Structural Equation Modeling (SEM) was utilized as the primary analytical technique, as it enables the examination of complex relationships among latent variables and provides a comprehensive evaluation of model fit.

This design was selected to ensure the robustness of the proposed model and to provide empirical evidence supporting the integration of internal (resilience) and external (social support) factors in explaining fear of childbirth among primigravida women.

Participants

The participants in this study were primigravida pregnant women who met the established inclusion criteria. A total of 420 participants were recruited from the Gerbangkertasusila region (Gresik, Bangkalan, Mojokerto, Surabaya, Sidoarjo and Lamongan) using convenience sampling. The inclusion criteria were: (1) first-time pregnant women (primigravida), (2) Pregnant women aged 18-35 years old, (3) Minimum gestational age of 28 weeks (third trimester), (4) Respondent lives with her husband who is still alive (not in a long-distance relationship), (5) Minimum education of junior high school, (6) Domiciled in Gerbangkertasusila (Gresik, Bangkalan, Mojokerto, Surabaya, Sidoarjo, Lamongan), and (7) willing to participate by providing informed consent. Exclusion criteria included respondents who has never given birth. To ensure data quality, a limit of one response per account was enforced, and duplication was verified based on respondent characteristics. The selection of primigravida pregnant women was based on the theoretical consideration that this group is more vulnerable to experiencing fear of childbirth as they have no previous experience of giving birth. The sample size was deemed adequate for Structural Equation Modelling (SEM) analysis, as it met the minimum recommended number for model estimation and statistical power.

Instruments

Childbirth Attitude Questionnaire (CAQ)

Childbirth fear was assessed using the Childbirth Attitude Questionnaire (CAQ) scale by Lowe (1993), which was adapted into Indonesian by Nur Rachmah (2024) and modified into an Indonesian version consisting of 15 items rated on a Likert scale (1 = never; 4 = very often). A higher total score indicates more severe FOC, which is classified into four levels based on the total score: low (score 15–26), mild (27–38), moderate (39–50), and severe (51–60). 1 (Never), 2 (Rarely), 3 (Often), 4 (Very Often). The total CAQ score ranges from 15 to a maximum of 60, with higher scores indicating higher fear of childbirth. The Cronbach's alpha of the Indonesian version is 0.916 and the Cronbach's alpha of each dimension is 0.678–0.853. The test-retest reliability of the questionnaire was 0.812–0.921, and the content validity index was 0.924. CFA, RMSEA =0,040 , CFI = 0,960. In this study, all items were positively correlated with their respective total scores ($p < 0.001$). Some examples of items used in this study, "I have fear of losing control of myself at the delivery", "I am really afraid of giving birth", "I have nightmares about the delivery". Answer option (1) Never, (2) Seldom, (3) Often, (4) Very often

Medical Outcomes Study Social Support Survey(MOS-SSS)

The Social Support Scale Questionnaire was first developed by Sherbourne and Stewart (1991) and adapted into Indonesian by Rachmah (2024). This scale aims to measure the level of perceived social support, consisting of four aspects, each representing a form of social support. Each aspect consists of emotional/informational support (8 items), tangible support (4 items), affectionate support (3 items), and positive social interaction (3 items), with a total of 18 items. One item (item 13) is not included in any subscale but is included in the summary index. The assessment form of this scale is a Likert scale with a rating range of 1 (none of the time) to 5 (all of the time) with a coefficient α for emotional/informational support of 0.96, tangible support α = 0.92, affectionate support α = 0.91, positive social interaction α = 0.94, and coefficient α for overall social support = 0.97. CFA, RMSEA =0,080 , CFI = 0,872. In this study, all items were positively correlated with their respective total scores ($p < 0.001$). Some examples of items used in this study, "Someone to help you if you were confined to bed", "Someone you can count on to listen to you when you need to talk", "Someone to give you good advice about a crisis ". Answer option (1) None of the Time, (2) A Little of the Time, (3) Some of the Time, (4) Most of the Time, (5) All of the Time.

Connor Davidson-RISC Scale

Resilience was measured using the Connor Davidson-RISC scale developed by Connor and Davidson (2003). The CD-RISC contains 10 questions. This instrument was previously psychometrically analyzed by Campbell-Sills and Stein (2007) and adapted to Indonesian by Nur Rachmah (2024). This instrument uses a Likert scale for each question item answer, which is given a score of 0 for the answer "not true at all" to a score of 4 "almost always true". The question items in the CD-RISC 10 come from the items in the CD-RISC 25 instrument, namely items number 1, 4, 6, 7, 8, 11, 14, 16, 17, 19. The total score is obtained by adding up each item starting from item number 1 to item number 10. The minimum score range of this scale is 0 and the maximum score is 50. In this study, researchers will categorize into five categories, namely very high (score 41-50), high (score 31-40), and medium (score 21-30), low (11-20), very low (0-10). Cronbach's alpha coefficient is 0.86. CFA, RMSEA =0.001 , CFI = 1.00. In this study, not all items were positively correlated with their respective total scores ($p < 0.001$). Some examples of items used in this study, "Able to adapt to change", "Can deal with whatever comes", "Tries to see humorous side of problems". Answer option (0) Not true at all, (1) Rarely true, (2) Sometimes true, (3) Often true, (4) True nearly all of the Time.

Childbirth Self Efficacy Instrument (CBSEI)

This instrument for measuring childbirth self-efficacy in women in labor is a modification by Ip et al. (2008) of the Childbirth Self-Efficacy Inventory (CBSEI) instrument developed by Lowe (1993) and adapted to Indonesian by the author. In this study, the most appropriate instrument was efficacy expectancy. In the context of primigravida pregnant women, efficacy expectancy (belief in one's own abilities) is the most important factor determining behavior and readiness for childbirth. This modified CBSEI scale is a short form of the CBSEI that has been tested for validity and reliability. The subscale for Childbirth Self-Efficacy Expectancy (EE-16) has a reliability value of 0.938. In this study, respondents were asked to rate items throughout the labor process by rating a 10-point Likert-type scale from '1 - not at all sure' to '10 - very sure' for the efficacy expectancy subscale (EE-16). Each subscale measure yields a scale score between 16 and 160. In each case, a higher score indicates a higher level of efficacy or expected outcome for delivery. CFA, RMSEA =0.032 , CFI = 0.972. In this study, all items were positively correlated with their respective total scores ($p < 0.001$). Some examples of items used in this study, "Relax my body", "Get ready for each contraction", "Use breathing during labour contractions". Answer option (1) Not at all sure, (10) Completely sure. The higher the number you choose, the more certain you are about the statement; the lower the number you choose, the less certain you are about the statement.

Procedures

This study began with a preparatory phase that involved evaluating the conceptual definitions of the constructs being measured and reviewing the suitability of the items in all research instruments in relation to the characteristics of the target population. The researchers also corresponded with the instrument developers to secure permission for using the measurement tools within the context of the study. Subsequently, the researchers submitted an application for and obtained ethical approval from the research ethics committee. After obtaining ethical approval, the researcher identified the research locations, which included several major cities in East Java, namely Gresik, Bangkalan, Kertosono, Mojokerto, Surabaya, Sidoarjo, and Lamongan. The researcher then secured permits from healthcare facilities, specifically midwifery practices, which served as the data collection sites. Data collection was conducted both in person and online. In person, the researcher visited midwifery practices with a research permit and recruited respondents who met the inclusion criteria. Online, the researcher distributed questionnaires via digital platforms such as Instagram, Facebook, and Twitter to reach a wider range of respondents.

Ethical Statement

This study was conducted in accordance with the ethical principles outlined in the Declaration of Helsinki. Ethical approval for this study was obtained from the Research Ethics Committee of Universitas Surabaya (Approval No. 180/EC/KEPK-FKUC/X2024). All participants were informed about the objectives, procedures, voluntary nature of participation, confidentiality of responses, and their right to withdraw from the study at any time without consequences. Written informed consent was obtained from all participants prior to participation. All data were collected anonymously and used solely for research purposes.

Data Analysis

Data were analysed using Confirmatory Factor Analysis (CFA) and Second-Order Structural Equation Modelling (SEM) with JAMOVI version 2.3.28. CFA was employed to assess the reliability and validity of the measurement instruments. Construct validity was evaluated in terms of convergent, discriminant, nomological, and face validity, while structural reliability was assessed using internal consistency criteria, with a minimum threshold of 0.70 (Hair et al., 2019). Furthermore, Second-Order SEM was conducted to examine the hypothesised relationships among latent variables by integrating both measurement and structural models within a single analytical framework. The adequacy of the model was determined based on its ability to reproduce the observed covariance matrix, as well as the magnitude and direction of the estimated parameters. Model evaluation involved assessing the significance and direction of path coefficients to determine whether the proposed relationships were supported. Model modifications, such as freeing specific parameters to improve model fit, were considered cautiously and required theoretical justification. Any substantial modifications were recommended to be validated using independent data (Hair et al., 2019).

Reliability was assessed using Composite Reliability (CR), with a threshold value of 0.70 considered acceptable (Bonett & Wright, 2015). The results of the reliability analysis for each variable are summarized in the following table.

Table 1
Reliability Analysis

Variable	Dimension	AVE	CR
Fear of Childbirth	Fear of Fetal Health	0.936	0.967
	Fear of Childbirth Process	0.867	0.963
	Medical Intervention	0.882	0.978
	Loss of Control During Childbirth	0.897	0.963
Resilience	Resilience	0.975	0.996
Social Support	Emotional Support	0.916	0.988
	Tangible	0.892	0.971
	Affectionate	0.921	0.972
	Positive Social Interaction	0.831	0.936
Childbirth Self-Efficacy	Childbirth Self-Efficacy	0.826	0.984

Result

This study's sample size was 420, representing the Gerbang Kertasusila area in East Java, with diverse demographic characteristics. A description of the sample subjects is summarized in the table below.

Table 2
Demographic Profile

Demographic Profile	Category	Participants Demographic Data (N=420)	(%)
Education Level	Master's Degree (S2)	16	3.81
	Bachelor's Degree (S1)	217	51.67
	Diploma (D3)	2	0.48
	Senior High School	167	39.52
	Junior High School	18	4.52
Residence	Sidoarjo	146	34.76
	Surabaya	135	32.14
	Mojokerto	63	15.00
	Bangkalan	35	8.33
	Gresik	21	5.00
	Lamongan	20	4.76
Current Age	31–35 years	47	11.19
	26–30 years	227	54.05
	21–25 years	146	34.76
Age at Marriage	31–35 years	3	0.71
	26–30 years	118	28.10
	21–25 years	286	68.33
	15–20 years	13	2.86
Time to First Pregnancy	1–2 years	225	53.68
	3-4 years	157	37.29
	5-10 years	33	7.84

Demographic Profile	Category	Participants Demographic Data (N=420)	(%)
	10 years	3	0.71
	Under 1 years	2	0.48
Participation in Childbirth Education Classes	Yes	344	81.90
	No	76	18.10
Employment Status	Employed	300	71.26
	Unemployed	120	28.74
Monthly Income	> 10,000,000 IDR	8	1.90
	8,000,000–10,000,000 IDR	15	3.56
	4,000,000–7,000,000 IDR	22	5.23
	1,000,000–3,000,000 IDR	238	56.77
	< 1,000,000 IDR	105	24.94
	No income	32	7.60
Living Arrangement	Living with husband	204	48.69
	Husband, Parents	200	47.27
	Husband, Parents in law	16	3.80
Planned Mode of Delivery	Vaginal delivery	360	85.75
	Cesarean section	32	7.60
	Undecided	28	6.65

In conclusion, as illustrated in Table 2, the findings indicate that majority of respondents were primigravida pregnant women in early adulthood, predominantly aged between 26 and 30 years, with most having attained a bachelor's level of education and residing in urban areas such as Sidoarjo and Surabaya. Most participants reported marrying at a relatively young age (21–25 years) and experiencing their first pregnancy within one to two years after marriage. Additionally, the majority were employed and had a moderate level of monthly income, suggesting a relatively stable socioeconomic background.

From the open-ended responses, childbirth was commonly perceived as a challenging experience**,** reflecting an awareness of the physical and psychological demands of labor. To cope with this challenge, respondents reported relying heavily on professional support**,** particularly through consultations with doctors and other healthcare providers, which also served as a primary strategy to enhance their confidence in facing childbirth.

Furthermore, family support, especially from parents, emerged as an important factor in shaping perceptions of childbirth and reducing fear. Many respondents reported engaging in discussions with their parents as a way to manage anxiety related to childbirth. Participation in childbirth education classes was also notably high, indicating a proactive effort among respondents to acquire knowledge and prepare for labor.

Overall, these findings suggest that both formal support systems (healthcare professionals and educational classes) and informal support systems (family, particularly parents) play a crucial role in influencing perceptions, enhancing self-efficacy, and reducing fear of childbirth among primigravida

women. This pattern highlights the importance of integrating psychosocial support and educational interventions in maternal healthcare to better prepare women for childbirth.

Results of the Major Hypothesis Test

Testing of the model of fear of childbirth in primigravid pregnant women, examined in terms of social support, resilience and self-efficacy regarding childbirth as mediators, was calculated using SEM techniques with the JAMOVI 2.3.28 software. The proposed model demonstrated a good fit to the data (CFI = 0.967, TLI = 0.957, NNFI = 0.957, RNI = 0.967, NFI = 0.942, RFI = 0.926, IFI = 0.967, PNFI = 0.736, RMSEA = 0.055, SRMR = 0.063), indicating that the model is supported by the empirical data. The results of the goodness of fit test can be seen in the following table:

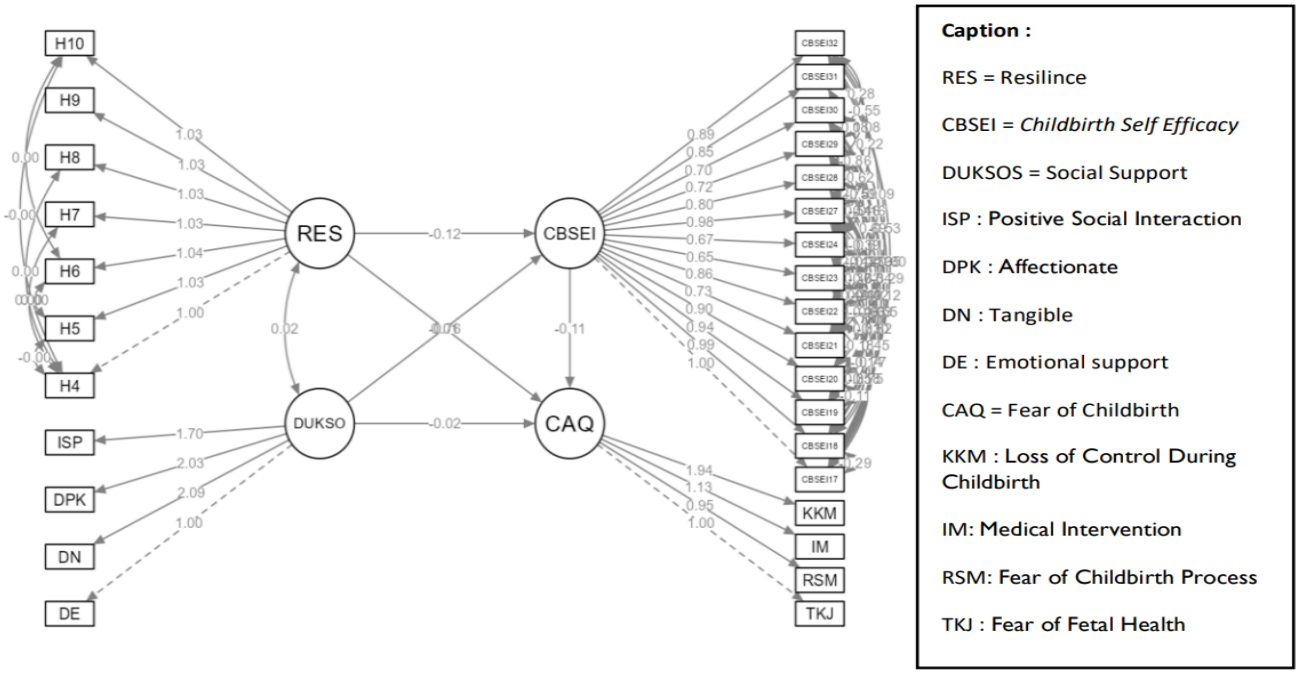


Figure 11 A Model of Fear of Childbirth in Primigravida Pregnant Women

Tabel 3

Goodness of Fit

Fit Indices	*Criteria*				
	Excellent Fit	***Acceptable Fit***	***Poor Fit***		
Absolute Fit Indices:					
RMSEA [95% CI]	≤ 0.05	0.05 - 0.08	> 0.08	0.055	*Excellent fit*
SRMR	≤ 0.05	0.05 - 0.08	> 0.08	0.063	*Acceptable fit*
GFI	≥ 0.95	0.90 - 0.95	< 0.90	0.996	*Excellent fit*
Relative Fit Indices:					
CFI	≥ 0.95	0.90 - 0.95	< 0.90	0.967	*Excellent fit*
TLI	≥ 0.95	0.90 - 0.95	< 0.90	0.957	*Excellent fit*

Results of the Minor Hypothesis Test

Table 4

Summary of Hypothesis Testing: Direct and Indirect Effects on Fear of Childbirth

	Estimate	SE	95% CI		β	z	P
			LL	UL			
1. DS→CAQ	-0.018	0.043	-0.103	0.066	-0.109	-0.423	0.672
2. RES→CAQ	0.007	0.020	-0.034	0.048	0.015	0.332	0.740
3.CBSEI→CAQ	-0.113	0.019	-0.151	-0.076	-0.503	-5.930	< 0.001***
4. DS→CBSEI	-0.758	0.212	-1.174	-0.343	-0.181	-3.578	< 0.001***
5.RES→CBSEI	-0.115	0.100	-0.311	0.080	-0.055	-1.151	0.250
6.DS→CBSEI→CAQ	0.086	0.027	0.032	0.140	0.091	3.138	< 0.002***
7.RES→CBSEI→CAQ	0.013	0.012	-0.010	0.036	0.028	1.133	0.257

R^2 : 0.2518; 0.0384. **p<0.01. ***p<0.001

Notes: CAQ = Fear of Childbirth; CBSEI = Childbirth Self-Efficacy Inventory; DS = Social Support; R = Resilience; LL = lower limit; UP = upper limit; R^2 = coefficient of determination.

Based on the results of the data analysis summarised in the table above, and taking into account the significance levels and the direction of the path coefficients, the results of the studies.

Hypothesis (H1) of this study, which states: "The structural model of Social support that influences fear of childbirth was not supported by the data, The coefficient was negative but not statistically significant". The β value = -0.109; z = -0.423; p = 0.672 (p > 0.01). In this study, social support was not found to have a direct significant effect on fear of childbirth among primigravida pregnant women.

Hypothesis (H2) of this study, which states: "The structural model of Resilience influences fear of childbirth", was not supported by the data, as evidenced by significant path coefficient The β value = 0.015; z = 0.332; p = 0.740 (p > 0.01) indicate that resilience was not found to have a direct significant effect on fear of childbirth among primigravida pregnant women.

Hypothesis (H3) of this study which formulated as follows: "The structural model of Childbirth self-efficacy influences fear of childbirth", was supported". The value of β = -0.503; z = -5.930; p < 0.001 indicated that childbirth self-efficacy had a direct, significant negative effect on fear of childbirth. The negative direction of the path coefficient indicated that the higher the level of self-efficacy, the lower the participants' fear of childbirth. Likewise, the lower the level of self-efficacy of childbirth, the higher the fear of childbirth in primigravida pregnant women.

Hypothesis (H4) of this study is formulated as follows: "The structural model of Social support influences childbirth self-efficacy", was supported. The β value = -0.181; z = -3.578; p < 0.001 indicated that social support had a direct, significant negative effect on childbirth self-efficacy: A negative coefficient indicated that higher levels of social support lead to lower childbirth self-efficacy in primigravida pregnant women. Conversely, lower levels of social support led to higher childbirth self-efficacy.

Hypothesis (H5) of this study stated: "The structural model of Resilience has an effect on self-efficacy in childbirth" ,was not supported. The β value = -0.055; z = -1.151; p = 0.250, p > 0.001. The result indicated that resilience was not found to have a direct significant effect on childbirth self-efficacy among primigravida pregnant women.

Hypothesis (H6) of this study stated: "The structural model of Social support has a positive and significant effect on fear of childbirth through the mediating role of childbirth self-efficacy". The results of the mediation test, which showed β = 0.091; z = 3.138; p < 0.002, were supported. Childbirth self-efficacy acted as a full mediator because social support influenced fear of childbirth only indirectly, through childbirth self-efficacy.

Hypothesis (H7) of this study states: "The structural model of Childbirth self-efficacy mediates the effect of resilience on fear of childbirth". This hypothesis was not supported. This is evident from the mediation test results, which show β = 0.028; z = 1.133; p = 0.257; p > 0.001. Childbirth self-efficacy did not act as a mediator between resilience and fear of childbirth in primigravida pregnant women.

Discussion

The findings of this study indicate that the proposed structural model partially explains fear of childbirth among primigravida pregnant women. Childbirth self-efficacy emerged as the strongest psychological factor associated with fear of childbirth. The model explained 25.18% of the variance in fear of childbirth and 3.84% of the variance in childbirth self-efficacy, suggesting that although the model provides meaningful explanatory value, additional psychological, interpersonal, and contextual factors may also contribute to fear of childbirth and maternal confidence.

The most consistent finding was the significant negative association between childbirth self-efficacy and fear of childbirth. Higher childbirth self-efficacy was associated with lower fear of childbirth (β = −0.503, p < 0.001). This finding supports the view that women who believe they are capable of managing labor and childbirth are less likely to experience intense childbirth-related fear. This result is consistent with previous studies showing that childbirth self-efficacy is an important protective factor against fear and anxiety during pregnancy (Lowe, 1993; Salomonsson et al., 2013). Recent findings also indicate that pregnant women with higher childbirth self-efficacy tend to report lower levels of fear, better coping capacity, and more positive childbirth expectations (Çiçek et al., 2025; Elsharkawy et al., 2024; Gürsoy & Karaca, 2025).

From a theoretical perspective, this finding is consistent with Bandura's Social Cognitive Theory, which emphasizes self-efficacy as a central cognitive mechanism in determining emotional responses and coping behavior (Bandura, 1986, 1997). In the context of childbirth, self-efficacy reflects women's perceived capability to cope with pain, uncertainty, and the demands of labor. For primigravida women, who have no prior childbirth experience, this belief may be especially important because they cannot rely on previous mastery experiences. Instead, their confidence may be shaped by information, verbal persuasion, observation of others' childbirth experiences, and emotional states. This also aligns with Beck's Cognitive Theory, which explains fear as being influenced by threat appraisal, negative expectations, and perceived inability to cope with a feared situation (Beck et al., 1985). Thus, childbirth self-efficacy may reduce fear by strengthening women's appraisal that childbirth is manageable rather than overwhelming.

According to Bandura's theory of self-efficacy, self-efficacy develops primarily through mastery experiences, vicarious experiences, verbal persuasion, and the interpretation of physiological and

emotional states (Bandura, 1997). Primigravida pregnant women have never experienced childbirth before; therefore, they may rely more heavily on information, advice, and stories from others in understanding the birthing process. When social support is provided in an overly dominant, directive, or overprotective manner, women may feel less able to make decisions or face childbirth independently. This situation may reduce their sense of personal control and weaken childbirth self-efficacy. Therefore, support may be beneficial only when it strengthens women's perceived competence, autonomy, and confidence in preparing for childbirth.

In contrast, social support and resilience were not directly associated with fear of childbirth. Social support showed a non-significant direct association with fear of childbirth ($\beta = -0.109$, $p = 0.672$), and resilience also showed a non-significant direct association ($\beta = 0.015$, $p = 0.740$). These findings suggest that general social support and general resilience may not be sufficient to explain childbirth fear through direct pathways. This differs from several previous studies reporting that perceived social support is associated with lower fear or anxiety during pregnancy (Azimi et al., 2018; Hassan et al., 2023; Hajihatamloo et al., 2025). However, the non-significant findings in the present study indicate that the relationship between psychosocial resources and childbirth fear may depend on more specific psychological mechanisms, particularly childbirth self-efficacy.

A notable finding in this study was that social support was negatively associated with childbirth self-efficacy ($\beta = -0.181$, $p < 0.001$), and its indirect association with fear of childbirth through childbirth self-efficacy was significant ($\beta = 0.091$, $p < 0.01$). This pattern should be interpreted carefully. Because this study measured perceived social support in general rather than specific forms of support such as autonomy-supportive, controlling, intrusive, or overprotective support, the finding should not be taken as direct evidence that social support itself reduces childbirth self-efficacy. Rather, it may indicate that the support perceived by some primigravida women was not necessarily experienced as empowering or confidence-enhancing.

This interpretation is supported by previous evidence showing that the effect of social support may vary depending on its source, quality, and meaning. Some studies have found positive associations between social support and childbirth self-efficacy among pregnant women (Gudeta et al., 2023; Kucukkaya & Basgol, 2023; Xing, 2025). However, other findings suggest that the association may not be uniform across parity groups. Schwartz et al. (2015) found that lack of partner support was associated with lower childbirth self-efficacy among multiparous women, but not among nulliparous women. Vakilian et al. (2019) also reported small negative but non-significant correlations between perceived social support and self-efficacy for childbirth fear. These findings suggest that the relationship between social support and childbirth self-efficacy may be more complex among women without prior childbirth experience.

One possible explanation is that, for primigravida women, some forms of support may be perceived as directive, excessive, or autonomy-limiting rather than empowering. Mazzoni et al. (2023) showed that oppressive support, characterized by excessive and overprotective involvement from relatives, was associated with less adaptive health-service use in pregnancy, whereas positive social support did not show the same effect. Although the present study did not directly measure oppressive support, this literature provides a plausible explanation for why perceived support may not always strengthen childbirth self-efficacy. When support emphasizes risk, dependency, or the woman's lack of readiness, it may weaken perceived competence and increase reliance on external guidance.

This interpretation is particularly relevant in collectivistic cultural contexts such as Indonesia, where pregnancy is often experienced as a shared family matter rather than solely an individual event. In

such contexts, strong family involvement may provide emotional security, but it may also increase external influence in pregnancy-related decision-making (Hamamura et al., 2010). For primigravida women, who lack previous labor experience, intensive advice or family involvement may sometimes be experienced as pressure rather than support. Empirical evidence consistently shows that first-time mothers are more vulnerable to fear, uncertainty, and anxiety during pregnancy because they have limited mastery experience regarding childbirth and tend to rely more heavily on external information and reassurance (Green et al., 2022; Nikpour et al., 2024). Similarly, Septiana et al. (2026) reported that fear of childbirth among primigravida women was closely associated with lower childbirth self-efficacy, highlighting the importance of confidence-building interventions during pregnancy. Therefore, the effectiveness of social support may depend not only on its availability but also on whether it enhances women's autonomy, confidence, and sense of control.

The non-significant role of resilience also deserves attention. Resilience was not significantly associated with fear of childbirth, nor was it significantly associated with childbirth self-efficacy. This finding may suggest that general resilience is less directly relevant to childbirth fear than childbirth-specific confidence. Fear of childbirth is a situational and domain-specific fear related to labor pain, medical procedures, fetal safety, loss of control, and uncertainty about childbirth. Therefore, a general capacity to cope with stress may not necessarily translate into confidence in managing childbirth. Previous studies have shown that resilience is related to anxiety and stress during pregnancy (Ma et al., 2019; Huang et al., 2021), but the present findings suggest that its role in childbirth fear may depend on other mechanisms, such as pregnancy-specific coping, emotion regulation, self-compassion, childbirth knowledge, or previous exposure to childbirth-related information.

Theoretically, these findings contribute to the literature by highlighting childbirth self-efficacy as a more proximal psychological mechanism than general resilience or general social support. In line with Bandura's framework, self-efficacy is most predictive when it is specific to the domain of behavior or threat being examined (Bandura, 1997). Therefore, childbirth self-efficacy may be more directly linked to FOC than broader psychosocial resources. At the same time, Beck's Cognitive Theory helps explain why women with lower childbirth self-efficacy may interpret childbirth as more threatening, uncontrollable, and difficult to manage (Beck et al., 1985). The integration of these theories suggests that FOC may be best understood through both cognitive appraisal and confidence in coping capability.

From a practical perspective, these findings suggest that maternal healthcare interventions should prioritize strengthening childbirth self-efficacy. Antenatal education should not only provide information about labor but also build practical coping skills, realistic expectations, and confidence in managing childbirth. Healthcare providers should use communication strategies that validate women's concerns while reinforcing their sense of competence and control. Family members and partners should also be involved in antenatal care, but their involvement should be guided toward autonomy-supportive behaviors, such as providing encouragement, balanced information, emotional reassurance, and respect for maternal decision-making.

These findings also suggest that support interventions should focus on quality rather than quantity. Simply increasing the amount of support may not be sufficient if the support is experienced as controlling, fear-inducing, or disempowering. Family-based counseling, partner education, and childbirth preparation programs may help families provide support that strengthens, rather than undermines, maternal self-efficacy. Such programs are especially important for primigravida women, who may be more dependent on external information and reassurance because they have no prior childbirth experience.

Several interpretive limitations should be acknowledged. First, the cross-sectional design prevents causal conclusions. Therefore, the significant indirect association should be interpreted as a possible explanatory pathway rather than evidence of causal mediation. Second, this study measured perceived social support in general and did not distinguish between empowering, controlling, intrusive, or overprotective forms of support. As a result, the negative association between social support and childbirth self-efficacy should be interpreted cautiously. Third, the model explained only a small proportion of variance in childbirth self-efficacy, indicating that other variables not included in this study may be more important predictors of maternal confidence. Future studies should examine the quality and source of social support, pregnancy-specific anxiety, childbirth knowledge, emotion regulation, self-compassion, and autonomy-supportive care. Longitudinal designs are also needed to clarify the temporal ordering among social support, childbirth self-efficacy, and fear of childbirth.

In sum, this study shows that childbirth self-efficacy is a central psychological factor associated with fear of childbirth among primigravida pregnant women. Social support was not directly associated with lower fear, but it showed an indirect association through childbirth self-efficacy. This finding suggests that the role of support may depend on whether it strengthens or weakens women's confidence and perceived autonomy. Therefore, efforts to reduce fear of childbirth should focus on empowering support and childbirth-specific self-efficacy enhancement rather than on social support alone.

Conclusion

This study highlights childbirth self-efficacy as a central psychological mechanism associated with fear of childbirth among primigravida pregnant women. Childbirth self-efficacy was negatively associated with fear of childbirth, indicating that women with stronger confidence in their ability to cope with labor tended to report lower childbirth fear. Social support and resilience were not directly associated with fear of childbirth. However, social support showed a significant indirect association with fear of childbirth through childbirth self-efficacy, suggesting that the role of support may depend on whether it strengthens or weakens women's perceived confidence and autonomy.

These findings suggest that social support should not be understood only in terms of its availability or quantity, but also in terms of its quality and meaning for pregnant women. Support that is experienced as empowering may help strengthen childbirth self-efficacy, whereas support that is perceived as overly directive or autonomy-limiting may not provide the same benefit. Therefore, maternal healthcare interventions should prioritize childbirth self-efficacy enhancement through skills-based antenatal education, balanced childbirth information, emotional reassurance, and active maternal involvement in decision-making. Family members and partners should also be guided to provide autonomy-supportive forms of support.

Funding
This research received no external funding from any institutions or organization.

Ethical statement
The study followed the guidelines of the Declaration of Helsinki.

Informed Consent Statement
Informed consent was obtained from all persons involved in the study.

Acknowledgments
We would like to thank all the first-time expectant mothers who took part in this study.

Conflicts of Interest
On behalf of all authors, the corresponding author states that there is no conflict of interest.

Data availability
Data can be provided upon request to the first author.

References

Adams, S. S., Eberhard-Gran, M., & Eskild, A. (2012). Fear of childbirth and duration of labour: A study of 2206 women with intended vaginal delivery. *BJOG: An International Journal of Obstetrics and Gynaecology, 119(10), 1238–1246*. https://doi.org/10.1111/j.1471-0528.2012.03433.x

Arfaie, K., Nahidi, F., Simbar, M., & Bakhtiari, M. (2017). The role of fear of childbirth in pregnancy related anxiety in Iranian women: a qualitative research. *Electronic Physician, 9(2), 3733–3740*. https://doi.org/10.19082/3733

Azimi, M., Fahami, F., & Mohamadirizi, S. (2018). The relationship between perceived social support in the first pregnancy and fear of childbirth. *Iranian Journal of Nursing and Midwifery Research*, *23(3), 235–239*. https://doi.org/10.4103/ijnmr.IJNMR_170_16

Bandura, A. (1986). *Social foundations of thought and action: A social cognitive theory*. Prentice-Hall.

Bandura, A. (1997). *Self-efficacy: The exercise of control*. W. H. Freeman and Company.

Beck, A. T., Emery, G., & Greenberg, R. L. (1985). *Anxiety disorders and phobias: A cognitive perspective*. Basic Books.

Beiranvand, S. P., Moghadam, Z. B., Salsali, M., Majd, H. A., Birjandi, M., & Khalesi, Z. B. (2017). Prevalence of fear of childbirth and its associated factors in primigravidwomen: A cross- sectional study. *Shiraz E Medical Journal*, *18*(11). https://doi.org/10.5812/semj.61896

Bilgin, N. C., & , H Coskun , G Citak Tunc , M Boyuk, H. D. (2024). Predictive Power of Self-Efficacy on the Fear of Childbirth in Pregnant Women: Underlying Mechanisms of Social Support as a Mediator and the COVID-19 Fear as a Moderator. *Nigerian Journal of Clinical Practice*, *27*(Issue3), 330–337. https://doi.org/10.4103/njcp.njcp_471_23 PMID

Bonett, D. G., & Wright, T. A. (2015). Cronbach's alpha reliability: Interval estimation, hypothesis testing, and sample size planning. *Journal of Organizational Behavior, 36*(1), 3–15. https://doi.org/10.1002/job.1960

Buldum, A, & Guner Emul, T. (2021). The Fear of Childbirth and Social Support in Adolescent PregnaHuangncy. *Journal of Pediatric and Adolescent Gynecology*, *34*(6), 839–846. https://doi.org/10.1016/j.jpag.2021.06.005

Çıtak Bilgin, N., Coşkun, H., Coşkuner Potur, D., İbar Aydın, E., & Uca, E. (2021). Psychosocial predictors of the fear of childbirth in Turkish pregnant women. *Journal of Psychosomatic Obstetrics and Gynecology*, *42*(2), 123–131. https://doi.org/10.1080/0167482X.2020.1734791

Çiçek, Ö., Nur, N. A., Akbağ, N. A., & Durmazoğlu, G. (2025). The relationship between fear of childbirth and birth self-efficacy in low- and high-risk pregnant women. *BMC Pregnancy and Childbirth, 25*, 1181. https://doi.org/10.1186/s12884-025-08354-w

Elsharkawy, N. B., Alruwaili, M. M., Mohamed Elsayed Ramadan, O., Alruwaili, A. N., Ouda, M. M. A., Oraby, F. A., Mansy, A. M. A., & Abdelaziz, E. M. (2024). Prevalence and determinants of fear of childbirth among pregnant women in Egypt: A cross-sectional study. *Midwifery*, *136*(June), 104088. https://doi.org/10.1016/j.midw.2024.104088

Esmalian Khamseh, L., Ahamdi Tahor-Soltani, M., Shabani, A., & Erfani, N. (2023). The Relationship between Vaginismus, Dysmenorrhea, Social support, and Tokophobia with Mediating Role of Childbirth Self-Efficacy. *Journal of Basic and Clinical Health Sciences*, *7*(1), 75–83. https://doi.org/10.30621/jbachs.1060656

Fenwick, J., Gamble, J., Nathan, E., Bayes, S., & Hauck, Y. (2009). Pre-and postpartum levels of childbirth fear and the relationship to birth outcomes in a cohort of Australian women. *Journal of Clinical Nursing*, *18*(5). https://doi.org/10.1111/j.1365-2702.2008.02568.x

Green, G., Tesler, R., & Marques, A. (2022). Primiparous and multiparous women's mode of birth

and negative emotions. *International Journal of Environmental Research and Public Health, 19*(9), 5189. https://doi.org/10.3390/ijerph19095189

Gemeda Gudeta, T., Mengistu, G. T., Benti Terefe, A., Abebe Sori, S., & Muhamed, A. N. (2023). Perceived Childbirth Self-Efficacy and Its Associated Factors Among Pregnant Women in South-Central Ethiopia. *International Journal of Women's Health*, *15*, 1431–1442. https://doi.org/10.2147/IJWH.S423784

Gürsoy, B., & Palas Karaca, P. (2025). The relationship between fear of birth and prenatal attachment and childbirth self-efficacy perception in Primigravida women. *BMC Pregnancy and Childbirth*, *25*(1). https://doi.org/10.1186/s12884-025-07555-7

Hamamura, Takeshi. Xi, yu. K. bettache. (2010). *Individualism and Collectivism*. 365-382. https://doi.org/10.4135/9781526451200.n20

Hajihatamloo, H., Ebrahimi, M., Alinejad, V., & Bayrami, R. (2025). *Anxiety, self-compassion, perceived social support and resilience in two groups of primiparous pregnant women fully and not attending childbirth preparation classes*. *BMC Psychology, 13*(1). https://doi.org/10.1186/s40359-025-02723-y

Hair, J. F., Black, W. C., Babin, B. J., & Anderson, R. E. (2019). *Multivariate data analysis* (8th ed.). Cengage Learning.

Hassan, A. E. A. A., Shaban, H. T. E. M., & Mohamed, N. O. M. (2023). Perceived social support, quality of life, and anxiety of childbirth among primigravida women. *Egyptian Journal of Health Care, 14*(3), 1160–1175. https://doi.org/10.21608/ejhc.2023.328037

Huang, J., Huang, J., Li, Y., & Liao, B. (2021). The prevalence and predictors of fear of childbirth among pregnant Chinese women: a hierarchical regression analysis. *BMC Pregnancy and Childbirth*, *21*(1), 1–10. https://doi.org/10.1186/s12884-021-04123-7

Ip, W. Y., Chung, T. K., & Tang, C. S. (2008). The Chinese Childbirth Self-Efficacy Inventory: The development of a short form. *Journal of Clinical Nursing*, *17*(3). https://doi.org/10.1111/j.1365-2702.2006.01919.x

Khosravi, P., pirdadeh beiranvand, S., beiranvand, B., & Khalesi, Z. B. (2022b). Relationship between Primigravid women's awareness, attitude, fear of childbirth, and mode of delivery preference. *European Journal of Obstetrics and Gynecology and Reproductive Biology: X*, *14*. https://doi.org/10.1016/j.eurox.2022.100143

Kucukkaya, B., & Basgol, S. (2023). The effect of perceived spousal support on childbirth self-efficacy on pregnant women in turkey. *BMC Pregnancy and Childbirth*, *23*(1), 1–8. https://doi.org/10.1186/s12884-023-05508-6

Lowe, N. K. (1993). Maternal confidence for labor: Development of the childbirth self-efficacy inventory. *Research in Nursing & Health*, *16*(2), 141–149. https://doi.org/10.1002/nur.4770160209

Ma, X., Wang, Y., Hu, H., Tao, X. G., Zhang, Y., & Shi, H. (2019). The impact of resilience on prenatal anxiety and depression among pregnant women in Shanghai. *Journal of Affective Disorders*, *250*(August 2018), 57–64. https://doi.org/10.1016/j.jad.2019.02.058

Marcelina, L. A., Rachmawati, I. N., & Ungsianik, T. (2019). Dissatisfaction with the husband support increases childbirth fear among Indonesian primigravida. *Enfermeria Clinica*, *29*(Insc 2018), 379–383. https://doi.org/10.1016/j.enfcli.2019.04.047

Mazzoni, D., Amadori, R., Sebri, V., Tosi, M., Pregnolato, S., Surico, D., & Pravettoni, G. (2024). Health anxiety and oppressive support: Their impact on decisions for non-urgent use of the emergency department of obstetrics and gynecology. *Current Psychology, 43*, 10904–10913. https://doi.org/10.1007/s12144-023-05198-5

Memon, M. A., Thurasamy, R., Ting, H., Chuah, F., & Cham, T. H. (2025). Convenience sampling: A review and guidelines for quantitative research. *Journal of Applied Structural Equation Modeling, 9*(2), 1–19. https://doi.org/10.47263/JASEM.9(2)01

Nikpour, M., Alijanpour, M., Behmanesh, F., Abaszadeh, R., & Faramarzi, M. (2024). Comparing fear of childbirth and labor pain intensity among primiparous and multiparous women: A cross-

sectional study. *Women and Birth, 37*(5), e563–e569. 10.22038/jmrh.2024.75434.2219

Nilsson, C., Hessman, E., Sjöblom, H., Dencker, A., Jangsten, E., Mollberg, M., Patel, H., Sparud-Lundin, C., Wigert, H., & Begley, C. (2018). Definitions, measurements and prevalence of fear of childbirth: A systematic review. *BMC Pregnancy and Childbirth*, *18*(1), 1–15. https://doi.org/10.1186/s12884-018-1659-7

O'Connell, M. A., Khashan, A. S., & Leahy-Warren, P. (2021). Women's experiences of interventions for fear of childbirth in the perinatal period: A meta-synthesis of qualitative research evidence. *Women and Birth*, *34*(3), e309–e321. https://doi.org/10.1016/j.wombi.2020.05.008

Onchonga, D., MoghaddamHosseini, V., Keraka, M., & Várnagy, Á. (2020). Prevalence of fear of childbirth in a sample of gravida women in Kenya. *Sexual and Reproductive Healthcare*, *24*(March), 100510. https://doi.org/10.1016/j.srhc.2020.100510.

Rachmah, E. N., Tjahjono, E., and Sukamto, M. E. (2024) *The Effect of Psychoeducation on Fear of Childbirth: A Literature Review*. In: Proceeding of International Conference on Healthy Living (INCOHELIV), May 29-30, 2024, Universitas Surabaya.

Rondung, E., Thomtén, J., & Sundin, Ö. (2016). Psychological perspectives on fear of childbirth. *Journal of Anxiety Disorders*, *44*, 80–91. https://doi.org/10.1016/j.janxdis.2016.10.007

Salomonsson, B., Gullberg, M. T., Alehagen, S., & Wijma, K. (2013). Self-efficacy beliefs and fear of childbirth in nulliparous women. *Journal of Psychosomatic Obstetrics and Gynecology*, *34*(3), 116–121. https://doi.org/10.3109/0167482X.2013.824418

Schwartz, L., Toohill, J., Creedy, D. K., Baird, K., Gamble, J., & Fenwick, J. (2015). Factors associated with childbirth self-efficacy in Australian childbearing women. *BMC Pregnancy and Childbirth, 15*, 29. https://doi.org/10.1186/s12884-015-0465-8

Septiana, Y. C., Maulida, L. F., Nurhidayati, S., Nurinasari, H., & Maulina, R. (2026). *Positive Expressive Writing , Fear of Childbirth and Childbirth Self-Efficacy : A Preliminary Study*. *13*(2), 96–104. https://doi.org/10.32668/jitek.v13i2.2346

Sherbourne, C. D., & Stewart, A. L. (1991). *The MOS sosial support survey*. *Sosial Science & Medicine, 32*(6), 705–714. https://doi.org/10.1016/0277-9536(91)90150-B

SOH, Y. X., Razak, N. K. B. A., CHENG, L. J., & LAU, Y. (2020). Determinants of childbirth self-efficacy among multi-ethnic pregnant women in Singapore: A structural equation modelling approach. *Midwifery*, *87*, 102716. https://doi.org/10.1016/j.midw.2020.102716

Toohill, J., Fenwick, J., Gamble, J., Creedy, D. K., Buist, A., Turkstra, E., & Ryding, E. L. (2014). A Randomized Controlled Trial of a Psycho-Education Intervention by Midwives in Reducing Childbirth Fear in Pregnant Women. *Birth*, *41*(4), 384–394. https://doi.org/10.1111/birt.12136

Vakilian, K., Zarin, F., & Zaraj, H. (2019). The Relationship Between Perceived Social Support in Pregnancy and Self-Efficacy for Childbirth Fear - A Cross-Sectional Study in Arak City, 2017. *The Open Public Health Journal*, *11*(1), 546–551. https://doi.org/10.2174/1874944501811010546

Wang, L., Luo, J., Li, Y., Zhou, Y., & Wang, W. (2022). Social support, anxiety, and depression in patients with prostate cancer: complete mediation of self-efficacy. *Supportive Care in Cancer*, *30*(8), 6851–6856. https://doi.org/10.1007/s00520-022-07065-8

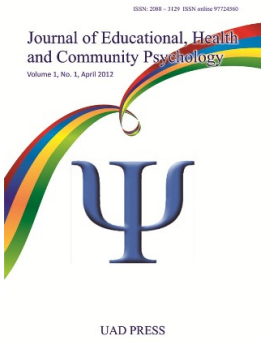
Xing, D.-X., Li, F.-F., Li, J.-N., Chen, J., & Yang, X.-C. (2021). Factors influencing childbirth self-efficacy and vaginal delivery rates in Chongqing: An observational study. *Medicine, 100*(40), e27404. http://dx.doi.org/10.1097/MD.0000000000041382

4

Journal of Educational, Health and Community Psychology
E-ISSN: 2460 8467

About the Journal

Journal title	**JOURNAL OF EDUCATIONAL, HEALTH, COMMUNITY PSYCHOLOGY**
Initials	**JEHCP**
Abbreviation	***J Educ Health Community Psychol***
Frequency	**4 issues per year | March June September December**
DOI	**Prefix 10.12928/jehcp**
ISSN	**E-ISSN: 2460 8467**
Editor-in-chief	Associate Prof. Triantoro Safaria, Ph.D.
Publisher	**Universitas Ahmad Dahlan**
Citation Analysis	**Google Scholar | Sinta**



Journal of Educational, Health, and Community Psychology (JEHCP) is an **open-access, peer-reviewed** journal that publishes **rigorous and ethically conducted** research in **educational psychology, health psychology, and community psychology**. The journal welcomes contributions that advance psychological science and practice through sound theory, robust methods, and clear implications for education, health, and communities in diverse cultural and societal contexts.

JEHCP publishes **original empirical studies** (quantitative, qualitative, and mixed-methods), **experimental and survey research**, **intervention and program evaluation studies**, **systematic reviews and meta-analyses**, as well as **theoretical, methodological, and measurement** papers that strengthen research and practice in psychology.

Scope of Topics

Educational Psychology. JEHCP considers studies on learning and instruction, educational interventions and their effectiveness, classroom and school processes, motivation and self-regulated learning, assessment and measurement in education, cognitive development (e.g., problem-solving, language and literacy), socio-emotional development, identity and self-concept, teacher and student wellbeing, and the social psychology of schools and educational organizations.

Health Psychology. The journal welcomes research on health-related attitudes and behaviors, stress and coping, resilience, quality of life and wellbeing across health conditions, psychological factors in prevention and health promotion, illness adjustment and chronic disease management, behavioral medicine, health communication, and psychological interventions relevant to physical and mental health.

Community Psychology. JEHCP publishes work on human behavior in community contexts, community needs assessment, program development and evaluation, prevention and intervention

at the community level, youth and family development, parenting and social support, community mental health, empowerment and participation, and group/community processes. The journal also considers community-based approaches related to safety, rehabilitation, and reintegration, provided they are grounded in psychological theory and evidence.

ISSN: 2088-3129 (Print) | 2460-8467 (Online)

REAKREDITASI JEHCP SINTA 2

2026-07-28

Alhamdulillah kami panjatkan ke hadirat Allah SWT atas rahmat dan inayah-Nya. Kami juga menghaturkan terima kasih kepada para editor dan reviewer atas kontribusinya.

Berdasarkan KEPUTUSAN DIREKTUR JENDERAL SAINS DAN TEKNOLOGI KEMENTERIAN PENDIDIKAN TINGGI, SAINS, DAN TEKNOLOGI REPUBLIK INDONESIA NOMOR 355/DST/D.D1/HM.01.01./2026 TENTANG PERINGKAT AKREDITASI BARU JURNAL ILMIAH PERIODE 3 TAHUN 2025, reakreditasi Jurnal JEHCP dinyatakan tetap di Sinta 2 hingga Vol 19 No 1 tahun 2030.

https://drive.google.com/file/d/1RvSAJ4oTqxT5klURm2mS00A4lS5k1Wnn/view?usp=sharing

Read More ›

Journal of Educational, Health and Community Psychology
E-ISSN: 2460 8467

Editorial Team

Editor in Chief

- Triantoro Safaria. PhD., Ahmad Dahlan University, Indonesia

Editorial Board

- Dr. Ghouwa Ismail, Dr. Ghouwa Ismail Institute for Social and Health Sciences University Of South Africa (UNISA), South Africa
- Dr. Khaoula MAMMAD, Ibn Tofail university, Morocco
- Dr. Nyuiemedi Agordzo Edoh-Torgah, University of Education, Winneba Ghana, Ghana
- Prof. Dr. Mohammad Nubli, Faculty of Human Science University Pahang Malaysia Malaysia, Malaysia
- Prof. Dr. Elli Nur Hayati, Faculty of Psychology Universitas Ahmad Dahlan Yogyakarta, Indonesia
- Dr Siti Urbayatun. MSi. Psikolog, Fakultas Psikologi Universitas Ahmad Dahlan, Indonesia
- Prof. Dr. Mandy Morgan, School of Psychology Massey University, New Zealand
- Prof. Dr. Adrian A Kaptein, Medical School Leiden University Medical Center Netherland
- Prof. Dr. Yasuyuki Fukukawa, School of Humanities and Social Sciences School of Psychology Waseda University Japan
- Dr. John Michael Del Rosario Aquino, Laguna State Polytechnic University, Philippines
- Dr. Nikita Khatri, Faculty of Psychology University of British Columbia, India
- Dr. Absar Ahmad, Giri Institute of Development Studies, Aliganj Sector O, Lucknow,226024, India
- Dr. Vahid Momtaz, Department of Human Development and Family Studies, Faculty of Human Ecology, Universiti Putra Malaysia, Malaysia

Assistant Editor

- Diana Putri Arini, Universitas Katolik Musi Charitas, Indonesia

Deputy Chief Editor

NEW APC FEE

2024-01-03

CITATION IN SCOPUS DATABASE

2022-03-11

Current Issue

VOL 15 NO 2 JUNE 2026

Published: 2026-05-31

Articles

Balancing Dual Roles: Emotional Regulation and Telepressure Impacts on Public Employees' Work-Family Balance

Arina Zahro Khoerunisa[(1)]★, **Talitha Lintang Pertiwi**[(2)]

(1) Department of Psychology Universitas Negeri Semarang

(2) Department of Psychology Universitas Negeri Semarang

PDF

Abstract : 0 PDF : 0

DOI 10.12928/jehcp.vi.31884 479-490

Comparative Analysis of School Climate Perceptions in Public and Private Junior High School in Indonesia

Elfitra Lutfiah[(1)], **Tina Hayati Dahlan**[(2)]★, **Nandang Budiman**[(3)], **Anne Hafina**[(4)]

(1) Universitas Pendidikan Indonesia

(2) Universitas Pendidikan Indonesia

(3) Universitas Pendidikan Indonesia

(4) Universitas Pendidikan Indonesia

PDF

Abstract : 0 PDF : 0

DOI 10.12928/jehcp.vi.31999 491-504

"Do different personalities, different seats lead to different interactions?": Personality Traits, Students' Seating Location Preference and Student Engagement among Undergraduate Students

Lisa Desi Arimbi[(1)]★, **Rose Mini Agoes Salim**[(2)]

(1) Faculty of Psychology, Universitas Indonesia
(2) Faculty of Psychology, Universitas Indonesia

PDF

Abstract : 0 PDF : 0

DOI 10.12928/jehcp.vi.32101 505-521

The Moderating Role of Anxiety in the Relationship between Differentiation of Self and Filial Piety among Emerging Adults

Najwa Safira[(1)]★, **Fikrotul Hanifah**[(2)]
(1) Faculty of Education and Psychology, Universitas Negeri Semarang
(2) Faculty of Education and Psychology, Universitas Negeri Semarang

PDF

Abstract : 0 PDF : 0

DOI 10.12928/jehcp.vi.31938 522-536

Trust in Leader as a Mediator of the Relationship Between Member and Leader Machiavellianism and Work Engagement in Student Organizations

Najwa Haq Filhal[(1)], **Siti Nuzulia**[(2)]★
(1) Faculty of Education and Psychology, Universitas Negeri Semarang
(2) Faculty of Education and Psychology, Universitas Negeri Semarang

PDF

Abstract : 0 PDF : 0

DOI 10.12928/jehcp.vi.32106 537-548

Multidimensional Organizational Culture and Innovative Work Behavior in Indonesian Startup Organizations

Siti Nuroniah Magreth Febriola Haryanto[(1)]★, **Pundani Eki Pratiwi**[(2)]
(1) Faculty of Education and Psychology Universitas Negeri Semarang
(2) Faculty of Education and Psychology Universitas Negeri Semarang

PDF

Abstract : 0 PDF : 0

DOI 10.12928/jehcp.vi.31880 549-562

Beyond Childhood Comfort: Dolls as Transitional Objects in Adaptive Emotion Regulation in Early Adulthood

Ceziasynita Guneralmedwal Jonas[(1)]★, **Rulita Hendriyani**[(2)]
(1) Faculty of Education and Psychology Universitas Negeri Semarang
(2) Faculty of Education and Psychology Universitas Negeri Semarang

PDF

Abstract : 0 PDF : 0

DOI 10.12928/jehcp.vi.31876 563-575

Mindfulness-Based Interventions for Parents of Children with Neurodevelopmental Disorders: A Systematic Literature Review

Tiara Minnatul Maula(1)★, **Sri Redatin Retno Pudjiati**(2)

(1) Faculty of Psychology Universitas Indonesia

(2) Faculty of Psychology, Universitas Indonesia

PDF

Abstract : 0 PDF : 0

DOI 10.12928/jehcp.vi.31919 576-609

Snacking Is Not Just Hunger: Do Emotional Eating and Gender Associated with Snacking Habits?

Syifa Raihani Lubis(1), **Anna Undarwati**(2)★

(1) Psychology Department, Universitas Negeri Semarang

(2) Psychology Department, Universitas Negeri Semarang

PDF

Abstract : 0 PDF : 0

DOI 10.12928/jehcp.vi.32033 610-620

The Role of Psychological Capital on Work Readiness Among Final-Year University Students

A. M. Farhan Rifqi(1)★, **Lukman** (2), **Andi Nasrawati Hamid**(3)

(1) Faculty of Psychology, Universitas Negeri Makassar

(2) Faculty of Psychology, Universitas Negeri Makassar

(3) Faculty of Psychology, Universitas Negeri Makassar

PDF

Abstract : 0 PDF : 0

DOI 10.12928/jehcp.vi.32023 621-633

Thematic Analysis of Parental Perception in Choosing Bimba as Early Childhood Education Compared to Kindergarten

Kezia Revina Kusumaningrum(1)★, **Sulfani Nur Mawaddah**(2), **Zetamilla Qayyima**(3), **Indri Hapsari**(4)

(1) Faculty of Psychology, Universitas Indonesia

(2) Faculty of Psychology, Universitas Indonesia

(3) Faculty of Psychology, Universitas Indonesia
(4) Faculty of Psychology, Universitas Indonesia

PDF

Abstract : 0 PDF : 0

DOI 10.12928/jehcp.vi.32062 634-648

Eternal Perspective: Christian Leadership as an Antidote to Greed and Organizational Deviance

Hoga Saragih(1)★, **Tan Lie Lie** (2), **Janto Chandra**(3)

(1) Theology Department, STT Anugrah Indonesia
(2) Theology Department STT Anugrah Indonesia
(3) Theology Department STT Anugrah Indonesia

PDF

Abstract : 0 PDF : 0

DOI 10.12928/jehcp.vi.32278 649-667

Preliminary Evidence on Guided Imagery and Music (GIM) for Reducing Pain Intensity in Women with Primary Dysmenorrhea

Mutiara Nur Jasynda(1)★, **Ahmad Ridfah**(2), **Novi Yanti Pratiwi**(3), **Jasman** (4)

(1) Faculty of Psychology, Universitas Negeri Makassar
(2) Faculty of Psychology, Universitas Negeri Makassar
(3) Faculty of Psychology, Universitas Negeri Makassar
(4) Faculty of Engineering, Universitas Muhammadiyah Parepare

PDF

Abstract : 0 PDF : 0

DOI 10.12928/jehcp.vi.31978 667-676

Students' Meaning-Making of REBT Counseling in Reducing Aggression

Dinda Rachma Aulia Agustine(1), **Desi Maulia**(2)★, **Ellya Rakhmawati**(3)

(1) Guidance and Counseling, Faculty of Education, Universitas PGRI Semarang
(2) Guidance and Counseling, Faculty of Education, Universitas PGRI Semarang
(3) Guidance and Counseling, Faculty of Education, Universitas PGRI Semarang

PDF

Abstract : 0 PDF : 0

DOI 10.12928/jehcp.vi.32099 677-692

How Long-Married Couples Stabilize Relationship Crises: A Phenomenological Study of Self-Managed Relational Processes

Nadia Ismoyorini[(1)]★, **Pradipta Christy Pratiwi**[(2)]

(1) Faculty of Education and Psychology Universitas Negeri Semarang

(2) Faculty of Education and Psychology Universitas Negeri Semarang

PDF

Abstract : 0 PDF : 0

DOI 10.12928/jehcp.vi.32094 693-712

Psychological Well-Being in the Sandwich Generation: The Role of Gratitude and Self-Compassion as Resources

Indah Nuraini[(1)]★, **Diana Rahmasari**[(2)], **Hermien Laksmiwati**[(3)]

(1) Psychology Department, Universitas Negeri Surabaya

(2) Psychology Department, Universitas Negeri Surabaya

(3) Psychology Department, Universitas Negeri Surabaya

PDF

Abstract : 0 PDF : 0

DOI 10.12928/jehcp.vi.32091 713-731

Followers Work Engagement Under The Shadow of Narcissism: With Resilience as The Moderating

Renatta Fayza Alam [(1)]★, **Siti Nuzulia** [(2)]

(1) Faculty of Education and Psychology Universitas Negeri Semarang

(2) Faculty of Education and Psychology Universitas Negeri Semarang

PDF

Abstract : 0 PDF : 0

DOI 10.12928/jehcp.vi.32115 732-746

The Role of Social-Emotional Skills in Promoting Subjective Well-Being Among Primary School Children: A Systematic Literature Review

Intan Baiduri[(1)]★, **Farida Kurniawati** [(2)], **Tjut Rifameutia** [(3)]

(1) Faculty of Psychology, Universitas Indonesia

(2) Faculty of Psychology, Universitas Indonesia

(3) Faculty of Psychology, Universitas Indonesia

PDF

Abstract : 0 PDF : 0

DOI 10.12928/jehcp.vi.31610 747-762

Cultural Value and Psychological Empowerment on Innovative Work Behavior: The Moderating of Business Duration in Women MSME Entrepreneurs

Mery Atika[(1)]★, Vidya Nindhita[(2)], Fatimatuz Zahro[(3)], Mochamad Raka Erlangga[(4)], Ahmad Rosyad Hilmi[(5)]

(1) Department of Psychology Universitas Trunojoyo Madura
(2) Department of Psychology Universitas Trunojoyo Madura
(3) Department of Psychology Universitas Trunojoyo Madura
(4) Department of Psychology Universitas Trunojoyo Madura
(5) Department of Psychology Universitas Trunojoyo Madura

PDF

Abstract : 0 PDF : 0

DOI 10.12928/jehcp.vi.31675 763-776

The Role of Mindful Parenting, Parental Income, and Maternal Anger with Early Children

Ika Cucu Kartika [(1)]★, Fivi Nurwianti [(2)]

(1) Faculty of Psychology, University of Indonesia
(2) Faculty of Psychology, University of Indonesia

PDF

Abstract : 0 PDF : 0

DOI 10.12928/jehcp.vi.32103 777-785

Beyond Bullying: Unpacking The Psychological Toll of Peer Victimization in Higher Education

Moh Fakhri[(1)]★, Muhammad Mugni Assapari[(2)]

(1) Department of Islamic Guidance and Counseling Universitas Islam Negeri Mataram
(2) Department of English and Education Universitas Islam Negeri Mataram

PDF

Abstract : 0 PDF : 0

DOI 10.12928/jehcp.vi.32202 786-798

Women's Vulnerability on Social Media: The Relationship Between Sexism and Self-Esteem

Annisa Karkata[(1)]★, Intan Rahmawati[(2)], Sumi Lestari[(3)]

(1) Faculty of psychology, Unversitas Brawijaya
(2) Faculty of Psychology, Universitas Brawijaya
(3) Faculty of Psychology, Universitas Brawijaya

PDF

Abstract : 0 PDF : 0

DOI 10.12928/jehcp.vi.32137 799-814

Vocational Identity and Career Decision-Making Difficulties among Students in Bonded Scholarship Programs

Aurelia Hayfa Rayna[(1)]★, **Talitha Lintang Pertiwi**[(2)]

(1) Faculty of Education and Psychology, Universitas Negeri Semarang

(2) Faculty of Education and Psychology, Universitas Negeri Semarang

PDF

Abstract : 0 PDF : 0

DOI 10.12928/jehcp.vi.32173 815-826

The Role of Calling on Work Engagement Through Job Crafting Mediation among Guidance and Counseling Teachers

Holisane Angela Keliat[(1)]★, **Rahmi Lubis**[(2)], **Ummu Khuzaimah**[(3)]

(1) Master's Program in Psychology Universitas Medan Area

(2) Faculty of Psychology, Universitas Medan Area

(3) Master's Program in Psychology Universitas Medan Area

PDF

Abstract : 0 PDF : 0

DOI 10.12928/jehcp.vi.32175 827-837

Psychosocial Determinants of Quality of Life in Patients with Type 2 Diabetes Mellitus: A Scoping Review

Januarso Setiawan[(1)]★, **Fadli delian Pangaribawa**[(2)], **Besar Tirto Husodo**[(3)]

(1) Faculty of Public Health, Diponegoro University

(2) Faculty of Psychology, Diponegoro University

(3) Faculty of Public Health, Diponegoro University

PDF

Abstract : 0 PDF : 0

DOI 10.12928/jehcp.vi.32213 838-849

Coping After Disaster: Socially Embedded Coping Among Landslide-Affected Communities in Indonesia

Firli Sunaryoko[(1)]★, **Eleonora Martins**[(2)], **Gesang Satriatama**[(3)], **Dina Ruslanjari**[(4)], **Sri Rum Giyarsih**[(5)], **Retnadi Jatmiko**[(6)]

(1) Magister of Disaster Management, Universitas Gadjah Mada

(2) Master of Disaster Management, Graduate School, Universitas Gadjah Mada, Indonesia

(3) Master of Disaster Management, Graduate School, Universitas Gadjah Mada, Indonesia

(4) Master of Disaster Management, Graduate School, Universitas Gadjah Mada, Indonesia

(5) Faculty of Geography, Universitas Gadjah Mada, Indonesia

(6) Faculty of Geography, Universitas Gadjah Mada, Indonesia

PDF

Abstract : 0 PDF : 0

DOI 10.12928/jehcp.vi.31725 850-869

Perceived Social Support as a Predictor of Parental Self-Efficacy among Mothers of Preschool Children

Chici Firdha Azzahra Rusdyawan(1)★, **Fivi Nurwianti** (2)

(1) Faculty of Psychology, Universitas Indonesia

(2) Faculty of Psychology, Universitas Indonesia

PDF

Abstract : 0 PDF : 0

DOI 10.12928/jehcp.vi.32161

Self-Regulation Interventions for Enhancing Self-Care Outcomes in Patients with Coronary Heart Disease: A Systematic Review

Israh Israh(1)★, **Tuti Herawati**(2), **Muhammad Adam**(3)

(1) Master's Program in Nursing, Faculty of Nursing, Universitas Indonesia

(2) Master's Program in Nursing, Faculty of Nursing, Universitas Indonesia

(3) Master's Program in Nursing, Faculty of Nursing, Universitas Indonesia

PDF

Abstract : 0 PDF : 0

DOI 10.12928/jehcp.vi.31615 882-894

Childbirth Fear in Primigravida Pregnant Women: Exploring the Role of Resilience, Social Support, and Childbirth Self-Efficacy

Eva Nur Rachmah(1), **Evy Tjahjono**(2)★, **Monique Elizabeth Sukamto**(3)

(1) Doctoral Program in Psychology, Universitas Surabaya

(2) Doctoral Program in Psychology, Universitas Surabaya

(3) Doctoral Program in Psychology, Universitas Surabaya

PDF

Abstract : 0 PDF : 0

DOI 10.12928/jehcp.vi.32195 895-912

Habituating The Heart: The Role of Early Volunteerism in Developing Psychological Traits of Christian Leadership

Tan Lie Lie(1)★, **Janto Chandra**(2), **Warren Chandra**(3)

(1) Department of Theology, STT Anugrah Indonesia

(2) Department of Theology STT Anugrah Indonesia

(3) Independent Researcher

PDF

Abstract : 0 PDF : 0

DOI 10.12928/jehcp.vi.32263 927-939

Unity In Diversity: The Psychological Role of Teamwork in Fostering Compassion and Broadening Perspective in Christian Leadership

Kevin Thomas Marlietama[(1)]★, **Janto Chandra**[(2)], **Warren Chandra**[(3)]

(1) Departmen of Theology, STT Anugrah Indonesia
(2) Department of Theology, STT Anugrah Indonesia
(3) Independent Researcher

PDF

Abstract : 0 PDF : 0

DOI 10.12928/jehcp.vi.32266 941-953

Physical Activity and Academic Procrastination in college students: Self-Efficacy as a Mediator

Isna Asyri Syahrina[(1)]★, **Sari Rahmadani**[(2)]

(1) Faculty of Psychology, Universitas Putra Indonesia YPTK Padang
(2) Faculty of Psychology, Universitas Putra Indonesia YPTK Padang

PDF

Abstract : 0 PDF : 0

DOI 10.12928/jehcp.vi.31303 954-969

Social Support, Family Communication Patterns, Coping Strategies, and Quarter-Life Crisis among Fresh Graduates

Adisa Salsabilla Putri Darmawan[(1)]★, **Tin Herawati**[(2)], **Defina** [(3)]

(1) Faculty of Human Ecology, Institut Pertanian Bogor University, Indonesia
(2) Faculty of Human Ecology, Institut Pertanian Bogor University, Indonesia
(3) Faculty of Human Ecology, Institut Pertanian Bogor University, Indonesia

PDF

Abstract : 0 PDF : 0

DOI 10.12928/jehcp.vi.32227 971-987

Smoking-Related Disciplinary Violations as Maladaptive Coping among Cadets in a High-Discipline Boarding School

Cica Selfiana Ismelda[(1)]★, **Mimbar Oktaviana**[(2)]

(1) Faculty of Psychology, Undergraduate Program in Psychology Universitas Negeri Surabaya
(2) Faculty of Psychology Universitas Negeri Surabaya

PDF

Abstract : 0 PDF : 0

DOI 10.12928/jehcp.vi.32159 987-1002

Psychometric Evaluation of the Indonesian Version of the Character Scale in Adolescents

Devi Lusiria (1)★, **Mario Pratama** (2), **Fidia Oktarisa** (3), **Puan Maharani**(4)

(1) Department of Psychology, Universitas Negeri Padang
(2) Department of Psychology, Universitas Negeri Padang
(3) Department of Psychology, Universitas Negeri Padang
(4) Department of Psychology, Universitas Negeri Padang

PDF

Abstract : 0 PDF : 0

DOI 10.12928/jehcp.vi.32279 1003-1018

Cross-Cultural Adaptation and Psychometric Evaluation of the Child and Adolescent Social Support Scale in Indonesian Adolescents

M. Ahkam Alwi(1)★, **Ririn Mamiek Wulandari**(2), **Sigit Nugroho**(3), **Atikah Haira Bagawan**(4)

(1) Faculty of Psychology, Universitas Negeri Makassar
(2) Faculty of Psychology, Universitas Negeri Makassar
(3) Faculty of Psychology, Universitas Islam Riau
(4) Faculty of Psychology, Universitas Islam Riau

PDF

Abstract : 0 PDF : 0

DOI 10.12928/jehcp.vi.32201 1019-1934

A Pilot Study of Emotion Regulation Strategies Training: Enhancing Mothers' Understanding in Low-SES Families

Sulfani Nur Mawaddah(1)★, **Rose Mini Agoes Salim** (2)

(1) Faculty of Psychology Universitas Indonesia
(2) Faculty of Psychology Universitas Indonesia

PDF

Abstract : 0 PDF : 0

DOI 10.12928/jehcp.vi.31795 1035-1048

Psychometric Validation of the Indonesian Career Engagement Scale: Evidence from Private University Lecturers

Florentina Yuni Apsari(1)★, **Seger Handoyo**(2), **Suryanto** (3)

(1) Graduate School of Human Resources Development, Airlangga University, Surabaya Widya Mandala Catholic University Surabaya
(2) Faculty of Psychology, Airlangga University Surabaya
(3) Faculty of Psychology, Airlangga University Surabaya

PDF

Abstract : 0 PDF : 0

DOI 10.12928/jehcp.vi.32268 1049-1063

Marital Adjustment and Husband Support among Post-Mastectomy Breast Cancer Survivors: Systematic Literature Review

Tri Sejati Dewi[(1)]★, **Warsiti** [(2)], **Yuni Purwati**[(3)], **Mamnuah** [(4)]

(1) Faculty of Health Sciences, Nursing Study Program, Master of Nursing 'Aisyiyah Yogyakarta University
(2) Faculty of Health Sciences, Nursing Study Program, Master of Nursing 'Aisyiyah Yogyakarta University
(3) Faculty of Health Sciences, Nursing Study Program, Master of Nursing 'Aisyiyah Yogyakarta University
(4) Faculty of Health Sciences, Nursing Study Program, Master of Nursing 'Aisyiyah Yogyakarta University

PDF

Abstract : 0 PDF : 0

DOI 10.12928/jehcp.vi.32299 1070-1089

Fear of Missing Out and Cryptocurrency Investment Awareness and Readiness Among Generation Z: a Mixed Methods Study

Azzaitun Nur Rachma [(1)]★, **Laila Listiana Ulya**[(2)]

(1) Department of Psychology, Faculty of Education and Psychology, Universitas Negeri Semarang, Indonesia
(2) Department of Psychology, Faculty of Education and Psychology, Universitas Negeri Semarang, Indonesia

PDF

Abstract : 0 PDF : 0

DOI 10.12928/jehcp.vi.32238 1090-1111

Measurement of Well-Being in The Workplace: The Adaptation of The Workplace Well-Being Questionnaire Into Indonesian

Zamralita Zamralita[(1)]★, **Anastasia Putri Leleng Wilis**[(2)]

(1) Faculty of Psychology, Universitas Tarumanagara
(2) Faculty of Psychology, Universitas Tarumanagara

PDF

Abstract : 0 PDF : 0

DOI 10.12928/jehcp.vi.32110 1112-1127

Stress and Sweet Food Craving Among University Students: A Cross-Sectional Correlational Study

Rava Zyaad[(1)]★, **Adelina Rahmawati**[(2)]

(1) Department of Psychology, Universitas Negeri Semarang
(2) Department of Psychology, Universitas Negeri Semarang

PDF

Abstract : 0 PDF : 0

DOI 10.12928/jehcp.vi.32248 1128-1140

Emotion Regulation and Resilience as Predictors of Learning Motivation among Post-Flood University Students

Firmawati (1)★, **Nur Sa'adah** (2), **Ikhwani** (3), **Riska Rahmadani**(4)

(1) Faculty of Psychology, Universitas Muhammadiyah Mahakarya Aceh
(2) Faculty of Psychology, Universitas Muhammadiyah Mahakarya Aceh
(3) Faculty of Psychology, Universitas Muhammadiyah Mahakarya Aceh
(4) Faculty of Psychology, Universitas Muhammadiyah Mahakarya Aceh

PDF

Abstract : 0 PDF : 0

DOI 10.12928/jehcp.vi.31997 1141-1152

Determinants of School Well-Being Among Students in 3T Areas of Sorong Regency: A Mixed-Methods Study

Amalia Muthmainnah Lundeto(1)★, **Adinda Shofia**(2), **Siti Hardianti**(3), **Dewi Fortuna Septiantika**(4)

(1) Universitas Pendidikan Muhammadiyah Sorong
(2) Universitas Pendidikan Muhammadiyah Sorong
(3) Universitas Pendidikan Muhammadiyah Sorong
(4) Universitas Sapta Mandiri

PDF

Abstract : 0 PDF : 0

DOI 10.12928/jehcp.vi.31810 1153-1166

Risk Perceptions, Self-Efficacy, Response Efficacy and Premarital Intimacy Behavior among Adolescents: A PLS-Sem Approach

Erni Gustina(1)★, **Yuniar Wardani**(2), **Liena Sofiana**(3), **Suci Musvita Ayu**(4), **Kania Valentia Febriana**(5), **Ardyawati Wira Oktaviana**(6), **Baiq Qatrunnada Hariyanti**(7)

(1) Universitas Ahmad Dahlan
(2) Universitas Ahmad Dahlan
(3) Universitas Ahmad Dahlan
(4) Universitas Ahmad Dahlan
(5)
(6) Universitas Sebelas Maret
(7) Universitas Ahmad Dahlan

PDF

Abstract : 0 PDF : 0