



THE RELATIONSHIP BETWEEN COMMUNITY SUPPORT AND ADHERENCE TO ANTENATAL CARE VISITS AMONG PREGNANT WOMEN; A SYSTEMATIC LITERATURE REVIEW

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Abstract

Pregnancy is a critical period that requires special attention to ensure the health of both the mother and the fetus. One of the measures taken to monitor health during pregnancy is through antenatal care (ANC) visits. Pregnant women's adherence to ANC visits is influenced by various factors, one of which is community support. Objective: This study aims to determine the relationship between community support and adherence to antenatal care (ANC) visits among pregnant women. Methods: This study employed a Systematic Literature Review (SLR) methodology. Articles were sourced from Google Scholar and relevant national and international journals related to the research topic. Article selection was based on inclusion and exclusion criteria, followed by analysis in accordance with the study's objectives. Results: The literature review findings indicate that support from husbands, families, health workers, and the community has a significant association with adherence to ANC visits among pregnant women. The support provided—including emotional, informational, motivational, and accompaniment support—helps raise pregnant women's awareness of the importance of routine prenatal checkups. Additionally, prenatal classes and community-based health education also help increase the utilization of maternal health services. Conclusion: Community support plays a crucial role in improving adherence to ANC visits among pregnant women, thereby supporting the health of both the mother and the fetus throughout pregnancy..

Keywords: community support, antenatal care, pregnant women, ANC adherence.

INTRODUCTION

Pregnancy is a physiological process that requires regular monitoring to ensure the health of both the mother and the fetus remains optimal. One of the key components of maternal health care is prenatal care, or Antenatal Care (ANC). ANC services aim to detect pregnancy complications early, monitor fetal development, provide health education, and reduce the risk of maternal and infant mortality. Regular ANC visits can help healthcare providers identify pregnancy risk factors so that complications can be prevented early on. (World Health Organization, 2022)

According to the World Health Organization, every pregnant woman is advised to have at least eight prenatal visits during her pregnancy to receive optimal healthcare. Irregular ANC visits can increase the risk of delayed detection of complications, such as anemia, pregnancy-induced hypertension, bleeding, and preeclampsia. Therefore, pregnant women's adherence to ANC visits is a key indicator of the success of maternal health services. (World Health Organization, 2022)

In Indonesia, ANC service coverage continues to increase; however, pregnant women's adherence to standard visit schedules remains a challenge in some regions. Geographical, economic,

educational, and cultural factors, as well as a lack of social support, contribute to low adherence among pregnant women in utilizing ANC services. (Ministry of Health of the Republic of Indonesia, 2020)

In addition to individual factors, community support also has a significant influence on pregnant women's behavior regarding routine prenatal checkups. Community support refers to the social support provided by family, health workers, community leaders, groups of pregnant women, and the surrounding community to pregnant women throughout their pregnancy. This support can take the form of emotional support, information, motivation, transportation assistance, accompaniment to prenatal checkups, and health education. Effective community support can increase pregnant women's awareness of the importance of undergoing routine and timely ANC checkups. (Silmiyanti & Idawati, 2019)

Furthermore, research by Halimah Wu Lan Mei et al. explains that community support programs through SAN PIISAN activities can increase pregnant women's awareness of prenatal checkups and their utilization of ANC services. These community activities help pregnant women obtain information and support during pregnancy. (Wu et al., 2023)

Another study by Willyana Syafriyanti notes that support from health cadres, community leaders, and community resources plays a role in improving access to ANC services at community health centers. Community support is considered effective in helping pregnant women obtain health information, increasing their motivation, and facilitating access to maternal health services. (Syafriyanti, 2024)

Wardawati and Harliati also explain that the role of the family influences the regularity of prenatal checkups among pregnant women. Family support helps pregnant women attend ANC visits more regularly and improves their preparedness throughout pregnancy and into childbirth. (Wardawati & Hariati, 2024)

Based on these various research findings, it is evident that community support makes a significant contribution to adherence to ANC visits among pregnant women. However, research findings regarding the forms of community support and their impact on ANC compliance remain scattered across various studies with differing methods and characteristics. Therefore, a systematic review is needed to identify, analyze, and synthesize research findings related to the relationship between community support and compliance with ANC visits among pregnant women.

The Systematic Literature Review (SLR) method was used to systematically collect and analyze various research findings, thereby providing a more comprehensive overview of the relationship between community support and adherence to ANC visits among pregnant women. The results of this review are expected to serve as a source of information for health workers, educational institutions, and the community in enhancing community engagement in maternal health services

METHOD

This study used the Systematic Literature Review (SLR) method to examine the relationship between community support and adherence to antenatal care (ANC) visits among pregnant women. Articles were retrieved from the Google Scholar, PubMed, and Garuda Kemdikbud databases using the keywords “community support,” “family support,” “ANC visits,” and “pregnant women.”

The inclusion criteria for this study were full-text articles published between 2020 and 2025 that discussed community support for ANC adherence among pregnant women. The exclusion criteria were articles that were off-topic, lacked full text, or were duplicates. Article selection was conducted using the PRISMA method through the stages of identification, screening, and selection based on the study criteria.

The research data were analyzed descriptively by extracting the researcher’s name, study title, research method, research results, and the article’s DOI or link. The analysis results are presented in the form of tables and narrative descriptions.

Table 1. Results of Research Article Extraction

No	Researcher's Name	Research Title	Research Method	Results
1	Silmiyanti & Idawati	Adherence to Antenatal Care Visits Among Pregnant Women at the Muara Batu Community Health Center, North Aceh Regency	The research method employed a mixed-methods approach, combining quantitative and qualitative methods. The quantitative approach utilized an analytical observational design with a cross-sectional study design, while the qualitative approach was conducted through in-depth interviews using an interview guide to explore in greater depth the factors influencing ANC visits among pregnant women.	Pregnant women’s knowledge, attitudes, and sources of information were significantly associated with ANC visits ($p\text{-value } 0.000 < 0.05$). Pregnant women who had access to sources of information tended to be more compliant with ANC visits than those who did not receive such information. In contrast, access to health care, availability of ANC services, and spousal support were not significantly associated

				with ANC visits.
2	Masliha	<i>The Effect of a Community-Based Empowerment Program for Pregnant Women on Antenatal Care Adherence</i>	This study employs a pre-experimental design with a one-group design approach. This method was chosen to assess the effectiveness of an empowerment program on the level of adherence to antenatal care among pregnant women participating in a public health program. In this design, study participants first underwent a pre-test, then received the empowerment program, and subsequently underwent a one-group post-test to assess the resulting changes.	Community-based empowerment programs for pregnant women significantly improved ANC adherence. The average ANC adherence score increased from 62.5 to 78.3 after the intervention, with a p-value of 0.000 (<0.05). Community education and empowerment programs were effective in raising pregnant women's awareness of the importance of routine prenatal checkups.
3	Willyana Syafriyanti & Anhari Achadi	Policy Implementation Analysis of Antenatal Care Services at the Negara Ratu and Cempaka Community Health Centers in North Lampung Regency		The implementation of Antenatal Care (ANC) services at community health centers (Puskesmas) has been carried out in accordance with the 10T standards, including laboratory tests and ultrasounds for the early detection of pregnancy-related conditions. Information dissemination is carried out through coordination among health workers, community

				health volunteers, prenatal classes, and WhatsApp, thereby helping to improve access to health information for pregnant women. Support from health workers, community health volunteers, and the community plays a role in facilitating the delivery of ANC services to pregnant women.
4	Ika Damayanti Sipayung, dkk	The Relationship Between Knowledge and Spousal Support and Adherence to Antenatal Care (ANC) Visits Among Pregnant Women	The research method employed a qualitative approach using a case study design. The study was conducted at two community health centers (Puskesmas) in North Lampung Regency, involving 8 informants. Data collection was conducted through in-depth interviews, observations, and document reviews. Data validity was ensured using source and method triangulation, while the research analysis utilized the policy implementation models of Edward III and Mazmanian & Sabatier.	The study results indicate that although mothers with good knowledge and optimal spousal support exhibit higher compliance rates, there is no significant association between these two variables and ANC compliance (p-value > 0.05). These findings suggest that other factors, such as pregnancy experience and individual motivation, also influence ANC compliance. Therefore, more effective educational strategies are needed to raise awareness among pregnant women

				regarding the importance of routine prenatal checkups.
5	Farkhia et al. (2023)	The Relationship Between Family Support and Antenatal Care Visits in the Service Area of the Sangurara Community Health Center, Palu City	A quantitative study with a descriptive correlational design and a cross-sectional approach. The study sample consisted of 52 pregnant women in their third trimester receiving antenatal care (ANC) at the Maria Primary Clinic in North Jakarta, selected using purposive sampling. Data were collected using questionnaires, registration logs, and maternal and child health (MCH) records.	Among pregnant women, 45 (52.3%) received good family support and completed all antenatal care visits. Bivariate analysis using the chi-square test yielded a p-value of 0.000

RESULT AND DISCUSSION

Research findings indicate that community support is associated with adherence to antenatal care (ANC) visits among pregnant women. Community support provided by family, spouses, health workers, and the community helps increase pregnant women's motivation to undergo routine prenatal checkups. Pregnant women who receive strong social support tend to be more compliant with ANC visits than those who receive less support.

Based on the findings of Silmiyanti and Idawati (2019), there is a relationship between family support and community support and adherence to antenatal care (ANC) visits among pregnant women. Pregnant women who receive strong social support tend to be more compliant with scheduled prenatal checkups than those who receive less support. (Silmiyanti & Idawati, 2019) These findings align with the study by Yoanda Miftahul Jannati and Fathiyatur Rohmah (2025), which demonstrated a significant association between family support and ANC attendance among third-trimester pregnant women at the Godean I Community Health Center in Sleman Regency, with a p-value of $0.005 < 0.05$. Family support—in the form of instrumental, informational, emotional, and appreciative support—helps improve pregnant women's adherence to prenatal checkups. (Jannatia & Rohmah, 2025)

This study does not align with the research by Ningsih et al., which states that family support is associated with adherence to ANC visits among pregnant women in the third trimester (Ningsih et al., 2024). Family support in the form of attention, motivation, assistance, and companionship during pregnancy helps raise pregnant women's awareness of the importance of routine prenatal checkups.

Masliha's (2025) study showed that community-based empowerment programs for pregnant women can significantly improve adherence to ANC visits. These findings are supported by a study by Yanuarti and Fauzi (2025), which found that community-based educational classes for pregnant women help improve their knowledge and awareness regarding the importance of routine prenatal checkups. Both studies indicate that community education and empowerment play a crucial role in increasing the utilization of maternal health services (Masliha, 2025).

Furthermore, research by Willyana Syafriyanti and Anhari Achadi (2024) indicates that support from health cadres, community leaders, and community resources helps improve access to ANC services at community health centers. (Syafriyanti, 2024). These findings align with the study by Heryani et al. (2024), which explains that family involvement and spousal support during antenatal classes help improve pregnant women's readiness to maintain their health during pregnancy. This indicates that the involvement of the social environment and community influences pregnant women's adherence to ANC visits. (Heryani et al., 2024)

Research by Ika Damayanti Sipayung et al. (2024) shows that there is a significant relationship between spousal support and adherence to ANC visits among pregnant women. Spousal support—in the form of attention, motivation, accompaniment, and assistance during pregnancy—helps improve the regularity of ANC visits (Sipayung et al., 2024). These findings are consistent with studies by Efendi (2024), Salam et al. (2025), and Budhi et al. (2026), which state that spousal support plays a crucial role in increasing pregnant women's adherence to routine prenatal checkups. The better the support provided by the husband, the higher the compliance of pregnant women in attending ANC visits. A study by Prastyawati et al. (2024) also explains that spousal support—in the form of emotional, informational, instrumental, and appreciative support—can increase pregnant women's motivation to undergo routine prenatal checkups. This support helps mothers feel secure, reduces anxiety, and boosts their confidence in utilizing maternal health services, including during the COVID-19 pandemic (Prastyawati et al., 2024)

A study by Farkhia et al. (2023) indicates that there is a relationship between family support and antenatal care (ANC) visits among pregnant women in the service area of the Sangurara Community Health Center in Palu City. The study's results show a significant association between family support and adherence to ANC visits among pregnant women (Farkhia et al., 2023). These findings are consistent with studies by Ningsih et al. (2024), Mehuli et al. (2023), Saifudin & Indrianti (2024), and Ramadhaniati et al. (2022), which state that family support plays a crucial role in improving the regularity of prenatal checkups. Family

support—in the form of attention, motivation, accompaniment, and reminders about check-up schedules—helps raise pregnant women’s awareness of the importance of regular ANC visits, thereby ensuring that the health of both the mother and the fetus is properly monitored. Support provided by husbands and family members—including attention, motivation, accompaniment, and assistance during pregnancy—helps improve pregnant women’s adherence to ANC check-ups. The better the support provided, the higher the compliance of pregnant women in attending routine ANC visits, which helps maintain the health of both mother and fetus and prevent pregnancy complications. (Munaim et al., 2025)

Based on the discussion of various studies, it can be concluded that community support has a significant relationship with compliance with antenatal care (ANC) visits among pregnant women. Support from husbands, families, health workers, community leaders, and the social environment helps increase pregnant women’s motivation, awareness, and consistency in attending routine prenatal checkups.

Various studies indicate that emotional and informational support, companionship, and care provided by families and communities help pregnant women feel safer, more comfortable, and more confident during pregnancy. In addition, community empowerment programs, prenatal classes, and the involvement of health workers also help increase pregnant women’s knowledge about the importance of ANC visits and the early detection of pregnancy complications.

Research findings also show that pregnant women who receive strong community support tend to be more compliant with ANC visits than those who receive less social support. Thus, community support plays a crucial role in increasing the utilization of maternal health services and supporting the health of both mother and fetus during pregnancy.

CONCLUSION

Based on the results of a literature review of various studies, it can be concluded that support from husbands, families, health workers, and the community has a significant impact on adherence to antenatal care (ANC) visits among pregnant women. The support provided—including emotional, informational, and instrumental support, as well as accompaniment—can increase pregnant women’s motivation, sense of security, and awareness of the importance of undergoing routine prenatal checkups.

In addition, the involvement of family, health workers, prenatal classes, and community education and empowerment programs also helps increase pregnant women’s knowledge regarding the importance of prenatal checkups and the early detection of complications during pregnancy. Pregnant women who receive good social support tend to be more active in utilizing maternal health services compared to those who receive less support.

Thus, community support plays a crucial role in improving adherence to ANC visits and in supporting the health of both the mother and the fetus during pregnancy.

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