

Universitas Ngudi Waluyo,
Fakultas Kesehatan,
Program Studi Kebidanan Sarjana,
Pembimbing Hapsari Windayanti
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Siti Suwarsih

HUBUNGAN DUKUNGAN SUAMI DENGAN KECEMASAN IBU HAMIL TRIMESTER III DI PUSKESMAS KETUWAN

ABSTRAK

Latar Belakang : Kehamilan merupakan suatu kondisi yang menimbulkan perubahan fisik dan psikologis. Salah satu aspek psikologis yang dialami ibu hamil trimester ketiga adalah kecemasan. Kecemasan adalah perasaan takut yang tidak jelas dan tidak didukung oleh situasi. Untuk mengurangi rasa cemas diperlukan adanya dukungan dari suami dan keluarga. Berdasarkan hasil studi pendahuluan yang dilakukan di Puskesmas Ketuwan Tanggal 23 Oktober 2020 melalui wawancara secara langsung kepada 5 ibu hamil Trimester ketiga didapatkan 2 ibu hamil mengalami kecemasan karena takut tidak bisa melahirkan secara normal, takut terjadi sesuatu kepada bayinya, serta kurangnya dukungan suami. Tujuan penelitian ini untuk mengetahui hubungan dukungan suami dengan kecemasan ibu hamil trimester III di Puskesmas Ketuwan.

Metode : Penelitian ini menggunakan penelitian kuantitatif, dengan desain *cross sectional*. Penelitian menggunakan data primer dan sekunder. Penelitian dilakukan mulai tanggal 10– 18 Desember 2020 di Puskesmas Ketuwan. Populasi berjumlah 34 ibu hamil Trimester III. Teknik pengambilan sampel menggunakan total sampling. Instrumen penelitian menggunakan kuisioner. Analisa data menggunakan uji *Chi-Square*.

Hasil : Hasil penelitian menunjukkan yang mendapat dukungan sebanyak 23 (67,6%), dan yang kurang mendapat dukungan sebanyak 11 (32,4%). Terdapat 20 (58,8%) tidak mengalami kecemasan, dan 14 (41,2%) mengalami kecemasan ringan. Berdasarkan uji *Chi-Square* nilai $p\text{-value} = 0,010$ ($p < 0,05$), berarti terdapat hubungan antara dukungan suami dengan kecemasan ibu hamil trimester III

Simpulan dan Saran: Ada hubungan antara dukungan suami dengan kecemasan ibu hamil trimester III di Puskesmas Ketuwan. Diharapkan kepada ibu hamil dapat memperhatikan keadaannya baik dari segi fisik maupun psikologis dan meminta suami untuk ikut serta menjaga kehamilannya.

Kata kunci : Dukungan Suami, Ibu Hamil Trimester III, Kecemasan

Ngudi Waluyo University,
Health Faculty
Undergraduate Midwifery Study Program,
Hapsari Windayanti Advisor
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Siti Suwarsih

RELATIONSHIP SUPPORT HUSBAND WITH ANXIETY OF TRIMESTER III PREGNANT WOMAN AT KETUWAN PUSKESMAS

ABSTRACT

Background: Pregnancy is a condition that causes physical and psychological changes. One of the psychological aspects experienced by third trimester pregnant women is anxiety. Anxiety is a feeling of fear that is vague and unsupported by the situation. To reduce anxiety, support from husband and family is needed. Based on the results of a preliminary study conducted at the Ketuwan Health Center on 23 October 2020, through the direct interview stage with 5 pregnant women in the third trimester, 2 pregnant women experienced anxiety because they were afraid of not being able to give birth normally, fear of something happening to their babies, and lack of husband's support. The purpose of this study was to determine the relationship between husband's support and anxiety of third trimester pregnant women at Ketuwan Health Center.

Methods: This study used a quantitative study, with a cross sectional design. This research uses primary and secondary data. The research was conducted from 10-18 December 2020 at the Ketuwan Health Center. The population was 34 trimester III pregnant women. The sampling technique used total sampling. The research instrument used a questionnaire. Data analysis used Chi-Square statistical test.

Results: The results showed that those who received support were 23 (67.6%), and those who received less support were 11 (32.4%). There were 20 (58.8%) who did not experience anxiety, and 14 (41.2%) experienced mild anxiety. Based on the Chi-Square test, the p-value = 0.010 ($p < 0.05$), it means that there is a relationship between husband's support and anxiety of third trimester pregnant women.

Conclusion and Suggestion: There is a relationship between husband's support and anxiety of third trimester pregnant women at Ketuwan Health Center. It is hoped that pregnant women can pay attention to their situation both physically and psychologically and ask their husbands to participate in maintaining the pregnancy.

Keywords: Husband Support, Third Trimester Pregnant Women, Anxiety