

Universitas Ngudi Waluyo
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**Hubungan Stress pada Ibu Hamil dengan Sikap ANC selama Pandemi
Covid-19 di Kelurahan Langensari**

ABSTRAK

Latar Belakang: Kehamilan merupakan proses alamiah yang akan dialami oleh setiap wanita. Selama masa kehamilan banyak terjadi perubahan fisiologis dan psikologis terkait stress prenatal. Stress pada ibu hamil akan meningkat dengan adanya pandemi Covid-19. Stress yang dirasakan ibu hamil dikarenakan takut tertular apabila pergi ke fasilitas kesehatan. Ketakutan ibu hamil untuk melakukan sikap ANC di pelayanan kesehatan akan menimbulkan tingkat kecemasan semakin tinggi sehingga tingkat stress pada ibu hamil juga akan meningkat.

Tujuan: Untuk mengetahui hubungan stress pada ibu hamil dengan sikap ANC selama pandemi Covid-19 di Kelurahan Langensari.

Metode: Penelitian ini menggunakan metode survei analitik dengan pendekatan *cross-sectional*. Teknik pengambilan sample menggunakan *total sampling* dengan jumlah responden sebanyak 60 responden. Instrumen yang digunakan yaitu kuesioner PSS-10 dan kuesioner sikap ANC. Analisa data dengan menggunakan analisa univariat dengan distribusi frekuensi dan bivariat dengan uji *chi square*.

Hasil: Hasil penelitian ini yaitu terdapat hubungan yang signifikan antara stress pada ibu hamil dengan sikap ANC selama pandemi Covid-19 di Kelurahan Langensari dengan P value $0,01 < \alpha = 0,05$.

Simpulan: Terdapat hubungan antara stress pada ibu hamil dengan sikap ANC selama pandemi Covid-19

Saran: Diharapkan bagi ibu hamil untuk selalu menjaga kesehatannya dengan memeriksakan kehamilannya di masa pandemi Covid-19 dengan mengikuti protokol kesehatan yang sudah ditetapkan serta menghindari pikiran negatif yang dapat menimbulkan stress.

Kata Kunci: stress ibu hamil, sikap ANC, pandemi Covid-19

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**The Relationship between Stress in Pregnancy and Attitude of ANC during
the Covid-19 Pandemic in Langensari Village**

ABSTRACT

Background: Pregnancy is a natural process that every woman will experience. During pregnancy, there are many physiological and psychological changes associated with prenatal stress. Stress in pregnant women will increase during the Covid-19 pandemic. The stress is due to Covid spread during in a health facility. The stress as attitude of ANC in health services will cause higher levels of the stress.

Objective: To determine the relationship between stress in pregnancy and the attitude of ANC during the Covid-19 pandemic in Langensari Village.

Methods: This study used an analytic survey method with *cross-sectional* approach. The sampling technique used *total sampling* with a total of 60 respondents. The instruments used were the PSS-10 questionnaire and the attitude of ANC questionnaire. Data analysis using univariate with frequency distribution and bivariate analysis with *chi square* test.

Results: The results of this study show that there is a significant relationship between stress in pregnancy and the attitude of ANC during the Covid-19 pandemic in Langensari Village with a P value of $0.01 < \alpha = 0.05$.

Conclusion: There is a relationship between stress in pregnancy and the attitude of ANC during the Covid-19 pandemic

Suggestion: It is expected for pregnant women to always maintain their health by checking their pregnancy in the Covid-19 pandemic by following the health protocols that have been determined and avoiding negative thoughts that can cause stress.

Keywords: stress of pregnant women, attitude of ANC, the Covid-19 pandemic