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Pengelolaan Kecemasan pada Ibu Primigravida Trimester III di Wilayah Kerja Puskesmas Lerep Kabupaten Semarang

ABSTRAK

Kecemasan pada ibu primigravida terutama trimester III diantaranya akibat adaptasi terhadap perubahan tubuhnya, persepsi persalinan yang menghasilkan rasa sakit dan risiko pada status kesehatan semakin meningkat sampai persalinan tiba. Kecemasan ibu primigravida dalam masa pandemi Covid-19 terkait dengan rencana kehamilan dan meningkatkan kecemasan sebagian besar ibu primigravida sehingga mengkhawatirkan tentang dampak virus corona terhadap kelahiran bayi, sebagian besar khawatir takut terinfeksi Covid-19 dan tidak dapat memeluk ataupun menyusui bayinya. Tujuan penulisan ini adalah untuk mendeskripsikan pengelolaan kecemasan pada ibu primigravida trimester III di Wilayah Kerja Puskesmas Lerep Kabupaten Semarang.

Metode yang digunakan adalah deskriptif. Pengelolaan kecemasan dilakukan selama 3 hari pada primigravida TM III. teknik pengumpulan data menggunakan tehnik wawancara, pemeriksaan fisik, observasi dan pemeriksaan penunjang.

Hasil pengolahan data didapatkan cemas dan gelisah sudah berkurang, pola berkemih sudah membaik serta dan sudah siap untuk menghadapi persalinan.

Diharapkan dapat memberikan promosi kesehatan tentang kesiapan persalinan di masa pandemic COVID-19 bagi primigravida trimester III dengan memberikan edukasi secara intensif, terstruktur dan berkesinambungan dengan metode pendidikan kesehatan sehingga pasien mengerti bahwa kecemasan dalam menghadapi persalinan dapat dikendalikan

Kata kunci : kecemasan pada ibu hamil, Primigravida Trimester III
Kepustakaan : 20 (2011-2020)

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**Management of Anxiety in Pregnant Women Primigravidas Third Trimester
in the Working Area of Lerep Health Center Semarang Regency**

ABSTRACT

Anxiety in pregnant women, especially in the third trimester, is due to adaptation to changes in their bodies, perceptions of labor that produce pain and the risk to health status increases until delivery arrives. The anxiety of pregnant women during the Covid-19 pandemic is related to planning for pregnancy and increases the anxiety of most pregnant women so that they are worried about the impact of the corona virus on the birth of a baby, most are afraid of being infected with Covid-19 and not being able to hug or breastfeed their babies. This study aims to determine the management of anxiety in primiparous pregnant women in the third trimester in the Lerep Health Center Work Area, Semarang Regency.

The method used is descriptive. Anxiety management was carried out for 2 days in TM III primigravida. data collection techniques using interview techniques, physical examination, observation and supporting examinations.

The results of data processing showed that anxiety and restlessness had decreased, urination patterns had improved and were ready to face childbirth.

It is hoped that it can provide health promotion about childbirth readiness during the COVID-19 pandemic for third trimester primigravidas by providing intensive, structured and continuous education with health education methods so that patients understand that anxiety in dealing with childbirth can be controlled.

Keywords : anxiety in pregnant women, Primigravida Trimester III
Literature : 20 (2011-2020)