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Skripsi, Desember 2021
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Hubungan Dukungan Suami Terhadap Kecemasan Ibu Hamil Trimester III Pada Masa Pandemi Covid-19 di UPTD Puskesmas Plered Purwakarta
(xv + 150 halaman + 13 tabel + 9 lampiran)

ABSTRAK

Latar Belakang : Adaptasi psikologis ibu hamil perlu dikondisikan terutama pada trimester III dimana terjadi perubahan yang secara signifikan pada psikologis ibu hamil, ibu akan merasa takut, khawatir dan cemas ketika akan menghadapi persalinan, serta ibu merasa tidak sabar menunggu kehadiran bayinya. Berdasarkan hasil studi pendahuluan yang dilakukan di Puskesmas Plered melalui wawancara secara langsung kepada 6 orang ibu hamil trimester III didapatkan bahwa 66,6% ibu hamil mengalami kecemasan karena takut tidak bisa melahirkan secara normal, takut untuk melakukan pemeriksaan karena sedang masa pandemi serta kurangnya dukungan suami dalam kehamilannya, dan 33,4% ibu hamil tidak mengalami kecemasan karena suami mendukung kehamilannya dan ibu siap untuk persalinan bayinya. Tujuan penelitian ini untuk mengetahui hubungan dukungan suami dengan kecemasan ibu hamil trimester III pada masa pandemi Covid-19 di Puskesmas Plered.

Metode : Penelitian ini menggunakan penelitian kuantitatif, dengan desain *cross sectional*. Penelitian dilakukan mulai tanggal 04 November– 05 Desember 2021 di wilayah kerja Puskesmas Plered. Populasi berjumlah 40 ibu hamil Trimester III. Tehnik pengambilan sampel menggunakan total sampling. Instrument penelitian menggunakan kuisioner. Analisa data menggunakan uji *Chi-Square*.

Hasil Penelitian : Hasil penelitian menunjukkan yang mendapat dukungan sebanyak 23 (45,5%), dan yang kurang mendapat dukungan sebanyak (55,5%). Terdapat 20 (50%) tidak mengalami kecemasan, dan 20 (50%) mengalami kecemasan. Berdasarkan uji *Chi-Square* nilai p-value = 0,000 ($p < 0,05$), berarti terdapat hubungan antara dukungan suami dengan kecemasan ibu hamil trimester III

Kesimpulan : Ada hubungan yang signifikan antara dukungan suami terhadap kecemasan ibu hamil trimester III di masa pandemi Covid-19.

Kata kunci : Kecemasan Ibu Hamil, Dukungan Suami, Pandemi Covid-19
Kepustakaan : 48 (2011-2020)

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Relationship of Husband's Support to Anxiety in Third Trimester Pregnant Women During the Covid-19 Pandemic at UPTD Puskesmas Plered Purwakarta
(xv + 100 pages + 13 tables + 9 attachments)

ABSTRACT

Background: Psychological adaptation of pregnant women needs to be conditioned, especially in the third trimester where there are significant changes in the psychology of pregnant women, mothers will feel afraid, worried and anxious when facing childbirth, and mothers feel impatient waiting for the arrival of their baby. Based on the results of a preliminary study conducted at the Plered Health Center through direct interviews with 6 third trimester pregnant women, it was found that 66,6% pregnant women experienced anxiety for fear of not being able to give birth normally, afraid to do an examination because of the pandemic period and lack of husband support in their pregnancy, and 33,4% pregnant women do not experience anxiety because the husband supports the pregnancy and the mother is ready to give birth to her baby. The purpose of this study was to determine the relationship between husband's support and the anxiety of third trimester pregnant women during the Covid-19 pandemic at the Plered Health Center.

Method: This study uses quantitative research, with a cross-sectional design sectional. The research was conducted from November 4 to December 5, 2021 in the working area of the Plered Health Center. The population is 40 pregnant women in the third trimester. The sampling technique used was total sampling. The research instrument used a questionnaire. Data analysis using Chi-Square test.

Results: The results showed that 23 (45.5%), and those who received less support (55.5%). There were 20 (50%) did not experience anxiety, and 20 (50%) experienced anxiety. Based on the Chi-Square test, the p-value = 0.000 ($p < 0.05$), it means that there is a relationship between husband's support and the anxiety of pregnant women in the third trimester.

Conclusion: There is a significant relationship between husband's support for the anxiety of pregnant women in the third trimester during the Covid-19 pandemic

Key words : Third Trimester Pregnant Women, Anxiety, Husband Support, Covid-19 pandemic

Literature : 48 (2011-2020)