FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN KECEMASAN PADA IBU HAMIL DALAM MENGHADAPI PERSALINAN DI WILAYAH KERJA PUSKESMAS LEYANGAN KABUPATEN SEMARANG

ABSTRAK

Latar belakang : Permasalahan munculnya cerita negatif seputar persalinan merupakan hal yang di takuti ibu hamil TM III yaitu dari 28-37 minggu, sehingga berpengaruh pada psikologis ibu yang ditandai dengan rasa cemaas terhadap proses persalinan, khawatir dengan rasa nyeri kontraksi saat proses persalinan. Kecemasan menjelang persalinan umumnya dialami oleh ibu, meskipun kelahiran bayi di tunggu-tunggu, tetap saja pada kehamilan penuh emosional seperti rasa cemas. Tujuan penelitian ini untuk mengetahui hubungan usia, pendidikan, paritas, pekerjaan dengan kecemasan dalam menghadapi persalinan di wilayah kerja puskesmas leyangan kabupaten semarang.
Metode : Metode penelitian ini yaitu deskriptif bersifat kolerasional menggunakan rancangan *cross sectional*. Populasi penelitian ini adalah ibu hamil trimester tiga di wilayah kerja puskesmas leyangan sebanyak 35 responden dengan menggunakan *total sampling*. Instrumen data menggunakan kuesioner. Analisis data menggunakan anilisis univariat dengan distribusi frekuensi dan analisis bivariat menggunakan *chis quare*.
Hasil : Analisis univariat kategori tidak cemas sebanyak 8 responden (22,9%), cemas ringan sebanyak 27 responden (77,1%). Hasil analisis bivariat dari empat variabel yang di teliti ternyata ada tiga variabel yang tidak ada hubungan yaitu usia (ρ=0,692), pendidikan (ρ=0,786), pekerjaan (ρ=0,627). Sedangkan variabel paritas di dapatkan nilai *chis quqre* ρ= 0,031 yang berarti ada hubungan yang signifikan antara paritas dan kecemasan pada ibu hamil dalam menghadapi persalinan di wilayah kerja puskesmas leyangan.
Simpulan : Terdapat hubungan signifikan antara paritas dengan kecemasan menjelang persalinan.

Kata kunci : Kecemasan, Usia, Pendidikan, Paritas, Pekerjaan.

Ngudi Waluyo University
Undergraduate Midwifery Study Program, Faculty of Health Sciences
Thesis, July 2022
Mariance Rosalia Inna Rode
153191009

FACTORS RELATED TO ANXIETY IN PREGNANT MOTHERS IN FACING LABOR IN THE WORK AREA OF LEYANGAN PUSKESMAS, SEMARANG REGENCY

ABSTRACT

Background: The problem of the emergence of negative stories about childbirth is something that is feared by pregnant women TM III, so it affects the mother's psychology which is characterized by difficulty concentrating. Anxiety before childbirth is generally experienced by mothers, although the birth of a baby is awaited, still in pregnancy it is full of emotions such as anxiety. The purpose of this study was to determine the relationship between age, education, parity, work with anxiety in dealing with childbirth in the working area of the Leyangan Public Health Center, Semarang Regency.
Methods: This research method is descriptive correlational using a cross sectional design. The population of this study was the third trimester pregnant women in the working area of the Leyangan Public Health Center as many as 35 respondents using total sampling. The data instrument used a questionnaire. Data analysis using univariate analysis with frequency distribution and bivariate analysis using chis square.
Results: Univariate analysis of the non-anxiety category as many as 8 respondents (22.9%), mild anxiety as many as 27 respondents (77.1%). The results of the bivariate analysis of the four variables studied showed that there were three variables that had no relationship, namely age ($\rho = 0.692$), education ($\rho = 0.786$), occupation ($\rho = 0.627$). While the parity variable was obtained the value of chis quqre = 0.031, which means that there is a significant relationship between parity and anxiety in pregnant women in facing childbirth in the working area of the Leyangan Public Health Center.
Conclusion: There is a significant relationship between parity and anxiety before delivery.

Keywords: Anxiety, Age, Education, Parity, Occupation.