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HUBUNGAN PARITAS DAN UMUR IBU DENGAN TINGKAT KECEMASAN IBU HAMIL TRIMESTER III DI RSIA ANUGRAH MEDICAL CENTER METRO LAMPUNG

ABSTRAK

Latar Belakang: Ibu hamil trimester III cenderung mengalami kecemasan yang tinggi karena khawatir memikirkan proses persalinan serta kondisi janin yang akan dilahirkan. Adapun faktor yang menjadi penyebab kecemasan ibu dapat berupa pengalaman persalinan yang buruk sebelumnya. Selain itu, faktor lainnya dapat berupa usia ibu dan gravida (paritas). Tujuan dari penelitian ini untuk mengetahui hubungan paritas dan umur ibu dengan tingkat kecemasan ibu hamil trimester III di RSIA Anugrah Medical Center Metro.

Metode Penelitian: Penelitian ini menggunakan pendekatan *cross sectional*. Populasi dalam penelitian ini adalah seluruh ibu hamil trimester III yang terdata pada bulan Desember Tahun 2022 yaitu ada 30 orang di RSIA Anugrah Medical Center Metro. Sampel penelitian ini adalah semua ibu hamil TRIMESTER III yang terdata di bulan Desember tahun 2022 yaitu ada 30 orang.

Hasil: Hasil penelitian menunjukkan umur ibu 20-35 tahun ada 24 orang (80,0%). Paritas primigravida ada 21 orang (70,0%) tingkat kecemasan mayoritas ringan ada 16 orang (53,3%). Hasil uji chi-Square diperoleh nilai p value = 0,001 < 0,05 untuk umur dan p value 0,028 < 0,05 untuk paritas. Artinya ada hubungan umur dan paritas dengan tingkat kecemasan ibu hamil trimester III di RSIA Anugrah Medical Center Metro Lampung.

Simpulan: Kesimpulan dari penelitian ini yaitu terdapat hubungan antara paritas dan umur dengan tingkat kecemasan ibu hamil trimester III di RSIA Anugrah Medical Center Metro. ini

Saran: Penelitian ini dapat dijadikan sebagai informasi dan wawasan tambahan ibu hamil trimester III yang menghadapi proses persalinan

Kata kunci: Paritas, Umur, Ibu hamil trimester III

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THE RELATIONSHIP BETWEEN PARITY AND MOTHER'S AGE WITH ANXIETY LEVEL OF PREGNANT WOMEN TRIMESTER III AT RSIA ANUGRAH MEDICAL CENTER METRO LAMPUNG

ABSTRACT

Background: *Third trimester pregnant women tend to experience high anxiety because they are worried about the delivery process and the condition of the fetus to be born. The factors that cause the mother's anxiety can be a previous bad birth experience. In addition, other factors can be the age of the mother and gravida (parity). The purpose of this study was to determine the relationship between parity and maternal age with the anxiety level of trimester III pregnant women at RSIA Anugrah Medical Center Metro.*

Research Methods: *This study used a cross-sectional approach. The population in this study were all trimester III pregnant women who were recorded in December 2022, namely there were 30 people at RSIA Anugrah Medical Center Metro. The sample for this study were all trimester III pregnant women who were recorded in December 2022, namely there were 30 people.*

Results: *The results showed that there were 24 mothers aged 20-35 years (80,0%). In primigravida parity, there were 21 people (70,0%), the majority of people with mild anxiety level, there were 16 people (53.3%). The results of the chi-Square test obtained a p value = 0.001 <0.05 for age and a p value of 0.028 <0.05 for parity. This means that there is a relationship between age and parity with the anxiety level of third trimester pregnant women at RSIA Anugrah Medical Center Metro.*

Conclusion: *The conclusion from this study is that there is a relationship between parity and age with the level of anxiety of trimester III at RSIA Anugrah Medical Center Metro Lampung.*

suggestion: *This research can be used as additional information and insight for third trimester pregnant women who are facing the birth process*

Keywords: *Parity, Age, Pregnant women trimester III*