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HUBUNGAN PENDAMPINGAN SUAMI TERHADAP TINGKAT KECEMASAN PADA PROSES PERSALINAN IBU KALA I DI WILAYAH KERJA PUSKESMAS SEMOWO TAHUN 2022/ 2023

ABSTRAK

Latar Belakang: Pada kala I persalinan banyak masalah yang terjadi pada ibu yang akan bersalin, seperti sulit tidur, ketakutan, kesepian, stres, marah, keletihan, kecewa, perasaan putus asa, terutama kecemasan dalam menghadapi persalinan. Kehadiran suami akan membawa ketenangan dan menjauhkan sang ibu dari stres dan kecemasan yang dapat mempersulit proses kelahiran dan persalinan, membawa pengaruh positif secara psikologis, dan berdampak positif pula pada kesiapan ibu secara fisik. Adapun tujuan dari penelitian ini yaitu untuk mengetahui Hubungan Pendampingan Suami Terhadap Tingkat Kecemasan Pada Proses Persalinan Ibu Kala I Di Wilayah Kerja Puskesmas Semowo Tahun 2022/ 2023

Metode: Desain penelitian ini menggunakan observasional *analitik* dengan pendekatan *cross sectional* pengambilan sampel menggunakan teknik *sampling jenuh* yaitu 33 responden, instrumen yang digunakan yaitu kuesioner HARS untuk mengukur tingkat kecemasan pada ibu persalin kala I. Analisis dalam penelitian ini adalah dengan uji *Chi-square*.

Hasil: Penelitian ini menunjukkan dari 9 responden yang tanpa pendampingan suami sebagian besar responden mengalami kecemasan berat sebanyak 5 responden (55,6%), sedangkan dari 24 responden yang mendapat pendampingan suami sebagian besar mengalami kecemasan ringan sebanyak 22 responden (91,7%). Dari hasil uji *Chi-Square* didapatkan nilai $p\text{ value} = 0,09 < \alpha (0,05)$ hal ini menunjukkan bahwa ada hubungan pendampingan suami terhadap pengurangan rasa cemas pada proses persalinan ibu kala I Di Wilayah Kerja Puskesmas Semowo Tahun 2022/ 2023.

Simpulan: Ada hubungan pendampingan suami terhadap tingkat kecemasan pada proses persalinan ibu kala I Di Wilayah Kerja Puskesmas Semowo. Disarankan kepada pelayanan kesehatan lebih memperhatikan kecemasan ibu bersalin kala I dengan memberikan bantuan dan dukungan pada ibu agar seluruh rangkaian proses persalinan berlangsung dengan aman baik bagi ibu maupun bagi bayi yang dilahirkan.

Kata Kunci: Tingkat Kecemasan, Pendampingan Suami, Persalinan

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RELATIONSHIP BETWEEN HUSBAND'S ACCOMPANIMENT TO THE LEVEL OF ANXIETY IN THE FIRST STAGE MOTHER'S LABOR PROCESS IN THE WORKING AREA OF SEMOWO HEALTH CENTER YEAR 2022 / 2023

ABSTRACT

Background: During the first stage of labor, many problems occur to mothers who are about to give birth, such as difficulty sleeping, fear, loneliness, stress, anger, fatigue, disappointment, feelings of hopelessness, especially anxiety in facing labor . The husband's presence will bring calm and keep the mother away from stress and anxiety which can complicate the birth and delivery process, have a positive influence psychologically, and also have a positive impact on the readiness of the mother physically. The purpose of this study is to find out the relationship between husband's assistance and anxiety level in the first stage of childbirth in the Semowo Health Center work area in 2022/2023

Methods : The design of this study uses *analytic* observational with a *cross-sectional approach* Sampling used a *saturated sampling technique* , namely 33 respondents, the instrument used was the HARS questionnaire to measure the level of anxiety in mothers in the first stage of labour. The analysis in this study was by testing *Chi-square*.

Results: This study shows that of the 9 respondents who were without husband's assistance, most of the respondents experienced severe anxiety as many as 5 respondents (55,6%), while of the 24 respondents who received husband's assistance, most of them experienced moderate anxiety as many as 22 respondents (91,7%) . From the results of the *Chi-Square* test , it was obtained a *p value* = 0.09 < α (0.05) this shows that there is a relationship between husband's assistance to reducing anxiety during the first stage of labor in the Semowo Health Center Work Area in 2022/2023.

Conclusion: There is a relationship between the husband's assistance to the level of anxiety in the first stage of maternal labor in the Semowo Health Center Work Area . It is recommended that health services pay more attention to the anxiety of mothers in the first stage of labor by providing assistance and support to mothers so that the whole process of delivery takes place safely for both the mother and the baby being born.

Keywords: Anxiety Level, Husband Assistance, Childbirth