

**Universitas Ngudi Waluyo**  
**Program Studi Kebidanan Program Sarjana, Fakultas Kesehatan**  
**Skripsi**  
**Lalita Mafudiah**  
**152212009**

**HUBUNGAN DUKUNGAN SUAMI DENGAN TINGKAT  
KECEMASAN MENGHADAPI PERSALINAN DI KLINIK SHAZFA MOUNIRA  
ABSTRAK**

**Latar belakang:** Menurut World Health Organization Angka kematian ibu masih sangat tinggi, sekitar 810 wanita meninggal akibat komplikasi terkait kehamilan atau persalinan di seluruh dunia setiap hari, dan sekitar 295.000 wanita meninggal selama dan setelah kehamilan dan persalinan. Data Kemenkes RI tahun 2018 jumlah ibu hamil di Indonesia sebanyak 5.291.143 orang dan pada tahun 2019 di Indonesia sebanyak 5.256.438 orang. Hal tersebut menunjukkan bahwa angka kematian maternal di Indonesia masih sangat tinggi. Kehamilan bagi seorang wanita merupakan hal yang membahagiakan ataupun menjadikan kecemasan sebab dapat beresiko menyebabkan komplikasi bagi ibu maupun janin.

**Tujuan penelitian:** Penelitian ini bertujuan untuk mengetahui hubungan dukungan suami dengan tingkat kecemasan menghadapi persalinan pada ibu hamil.

**Metode penelitian:** Penelitian ini menggunakan studi korelasi dengan pendekatan *cross sectional*. Teknik pengambilan sampel secara *Accidental Sampling*. Responden penelitian ini 35. Dukungan suami dan tingkat kecemasan diukur dengan kuisioner. Analisa data menggunakan uji statistik *Chi-Square*.

**Hasil penelitian:** Hasil penelitian menunjukkan yang mendapat dukungan dari suami yaitu 20 (57,14%) dan yang kurang mendapat dukungan suami terdapat 15 (42,86%).

**Kesimpulan:** Terdapat 23 (65,71%) tidak mengalami kecemasan, 12 (34,28%) mengalami kecemasan ringan, tidak ada responden yang mengalami kecemasan sedang dan berat. Hasil analisa *Chi-Square* didapatkan hasil uji bivariat menunjukkan p-value sebesar 0,000 yang berarti ada hubungan antara dukungan suami dengan tingkat kecemasan.

**Saran:** Ada hubungan antara dukungan suami dengan kecemasan menghadapi persalinan pada ibu hamil di Klinik Shazfa Mounira. Diharapkan ibu hamil lebih memperhatikan keadaannya dan suami dapat selalu memberikan dukungan kepada ibu sehingga dapat mengurangi kecemasan.

**Kata kunci:** Dukungan Suami, Ibu Hamil, Kecemasan, Persalinan

**Universitas Ngudi Waluyo**  
**Midwifery Study Program Undergraduate Program, Faculty Health**  
**Thesis**  
**Lalita Mafudiah**  
**152212009**

**THE RELATIONSHIP BETWEEN HUSBAND SUPPORT AND ANXIETY LEVEL OF DELIVERY AT SHAZFA MOUNIRA CLINIC**

**ABSTRACT**

**Background:** According to the World Health Organization, the maternal mortality rate is still very high, around 810 women die from complications related to pregnancy or childbirth worldwide every day, and around 295,000 women die during and after pregnancy and childbirth. Data from the Indonesian Ministry of Health for 2018 the number of pregnant women in Indonesia was 5,291. 143 people and in 2019 in Indonesia there were 5,256. 438 people. This shows that the maternal mortality rate in Indonesia is still very high. Pregnancy for a woman is a happy or worrying thing because it can be at risk of causing complications for the mother and fetus.

**Research objectives:** This study aims to determine the relationship between husband's support and anxiety levels in facing childbirth in pregnant women.

**Research method:** This study used a correlation study with a cross sectional approach. Sampling technique by Accidental Sampling.. Respondents in this study were 35. Husband support and anxiety levels were measured by a questionnaire. Data analysis used the Chi-Square statistical test.

**Research results:** There were 23 (65.71%) did not experience anxiety, 12 (34.28%) experienced mild anxiety, none of the respondents experienced moderate and severe anxiety. The results of the Chi-Square analysis showed that the results of the bivariate test showed a p-value of 0.000, which means there is a relationship between husband's support and anxiety levels.

**Suggestion:** There is a relationship between husband's support and anxiety about childbirth in pregnant women at the Shazfa Mounira Clinic. It is hoped that pregnant women will pay more attention to their situation and their husbands can always provide support to the mother so that they can reduce anxiety.

Keywords: Husband's Support, Pregnant Women, Anxiety, Childbirth