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HUBUNGAN TINGKAT KECEMASAN DENGAN NYERI PERSALINAN KALA 1 FASE AKTIF DI PUSKESMAS SEPINGGAN

ABSTRAK

Latar Belakang: Kecemasan adalah suatu perasaan tidak santai yang samar-samar karena ketidaknyamanan atau rasa takut yang disertai suatu respons. Kecemasan yang dialami oleh ibu bersalin semakin lama akan semakin meningkat seiring dengan semakin seringnya kontraksi pada abdomen sehingga keadaan ini akan membuat ibu stres. Stres psikologis ibu pada saat akan bersalin menyebabkan meningkatnya rasa nyeri dan cemas. Jumlah persalinan di Puskesmas Sepinggan pada tahun 2022 sebanyak 45 orang dan periode Januari-Juni 2023 sebanyak 35. Hasil wawancara dengan 5 ibu bersalin mengatakan bahwa merasa cemas karena takut dengan nyeri saat persalinan. Penelitian ini bertujuan untuk mengetahui hubungan tingkat kecemasan dengan nyeri persalinan kala 1 fase aktif di Puskesmas Sepinggan.

Metode: Jenis penelitian menggunakan penelitian kuantitatif dengan desain penelitian deskriptif korelasional dengan pendekatan *cross sectional*. Populasi penelitian adalah seluruh ibu bersalin di Puskesmas Sepinggan dan teknik pengambilan sampel menggunakan *accidental sampling* sebanyak 35 orang. Pengumpulan data menggunakan lembar kuesioner. Analisis data adalah analisis univariat dan analisis bivariat menggunakan uji *chi square* (χ^2).

Hasil: Gambaran tingkat kecemasan ibu bersalin di Puskesmas Sepinggan yang terbanyak yaitu kategori ringan sebanyak 22 orang (62,9%) dan yang paling sedikit yaitu kategori berat sebanyak 2 orang (5,7%). Gambaran nyeri persalinan kala 1 fase aktif ibu bersalin di Puskesmas Sepinggan yang terbanyak yaitu kategori nyeri yang menyusahkan sebanyak 15 orang (42,9%) dan yang paling sedikit yaitu kategori nyeri sangat hebat sebanyak 4 orang (11,4%). Hasil uji statistik *chi square* (χ^2) diperoleh *p value* $(0,001) < \alpha (0,05)$ menunjukkan bahwa H_a diterima.

Simpulan: Terdapat hubungan antara tingkat kecemasan dengan nyeri persalinan kala 1 fase aktif di Puskesmas Sepinggan.

Kata Kunci: Kecemasan, Nyeri Persalinan.

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**THE RELATIONSHIP BETWEEN ANXIETY LEVELS AND LABOUR PAIN
DURING THE ACTIVE PHASE OF THE FIRST STAGE AT THE
SEPINGGAN COMMUNITY HEALTH CENTRE**

ABSTRACT

Background: Anxiety is a vague feeling of unease due to discomfort or fear, accompanied by a response. The anxiety experienced by mothers in labour will increase over time as contractions in the abdomen become more frequent, so this situation will make the mother stressed. The mother's psychological stress at the time of giving birth causes increased pain and anxiety. The number of births at the Sepinggan Community Health Centre in 2022 was 45, and in the January–June 2023 period, it was 35. The results of interviews with five mothers who gave birth said that they felt anxious because they were afraid of pain during childbirth. This research aims to determine the relationship between anxiety levels and labour pain during the first active phase at the Sepinggan Community Health Centre.

Method: This type of research uses quantitative research with a descriptive correlational research design with a cross-sectional approach. The research population was all mothers giving birth at the Sepinggan Community Health Centre, and the sampling technique used was accidental sampling of 35 people. Data collection uses a questionnaire sheet. Data analysis includes univariate analysis and bivariate analysis using the chi square test (χ^2).

Results: An illustration of the anxiety level of mothers giving birth at the Sepinggan Community Health Centre shows that the highest was in the light category, 22 people (62.9%), and the least was in the heavy category, 2 people (5.7%). The description of labour pain in the 1st stage of the active phase of mothers giving birth at the Sepinggan Community Health Centre was the most common in the troublesome pain category, with 15 people (42.9%) and the least common in the very severe pain category, with 4 people (11.4%). The results of the chi square statistical test (χ^2) obtained a p value (0.001) $< \alpha$ (0.05), indicating that H_a was accepted.

Conclusion: There is a relationship between anxiety levels and labour pain during the first active phase at the Sepinggan Community Health Centre.

Keywords: Anxiety, Labour Pain.