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Hubungan Dukungan Suami dengan Tingkat Kecemasan Menghadapi
Persalinan

(vi + 109halaman + 11tabel + 2gambar + 13lampiran)

ABSTRAK

Latar Belakang: Ibu hamil sering kali diliputi kecemasan, terutama pada wanita yang baru pertama kali hamil, terutama menjelang proses persalinan. Ibu yang akan bersalin mempunyai emosi berlebihan sehingga menimbulkan suatu kecemasan tinggi, keadaan dimana ibu selalu memikirkan hal buruk yang mungkin terjadi. Ketiadaan dukungan sosial dapat memperberat beban emosional dan fisik ibu. Banyak ibu baru merasa kurang siap dalam hal pengetahuan mengenai perawatan bayi, menyusui, dan pola tidur bayi. Ini bisa menyebabkan perasaan tidak percaya diri dan stres dalam menjalani peran baru sebagai ibu.

Metode: Desain penelitian yang digunakan dalam penelitian ini adalah penelitian kuantitatif dengan pendekatan *cross sectional*. Penelitian ini menganalisis hubungan antara variabel dukungan suami dan tingkat kecemasan. Populasi ibu hamil trimester 3 di wilayah kerja Puskesmas Bancak sejumlah dalam 3 bulan terakhir pada bulan Januari 2025 sejumlah 75 responden. Sampel didapatkan berjumlah 63 responden. Penelitian ini, peneliti menggunakan instrument berupa kuesioner. Dalam penelitian ini menggunakan analisa data univariat dan bivariat.

Hasil: Hasil dari uji statistik menggunakan *Rank Spearman* diperoleh nilai *p value* $(0,001) < \alpha (0,05)$, maka dapat disimpulkan adanya hubungan dukungan suami dengan tingkat kecemasan menghadapi persalinan wilayah kerja Puskesmas Bancak.

Kesimpulan: Terdapat hubungan dukungan suami dengan tingkat kecemasan menghadapi persalinan

Kata Kunci: Persalinan, Dukungan Suami, Kecemasan

Daftar Pustaka: 80 (2018-2024)

*Ngudi Waluyo University, Ungaran
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The Relationship between Husband's Support and Childbirth Anxiety Levels
(vii + 109pages + 11tables + 2 figures + 13 appendices)*

ABSTRACT

Background: *Pregnant women are often filled with anxiety, especially those who are pregnant for the first time, especially before labor. Mothers about to give birth experience excessive emotions, leading to high levels of anxiety, a state where they constantly think about potential negative outcomes. The lack of social support can exacerbate the emotional and physical burden on mothers. Many new mothers feel unprepared regarding infant care, breastfeeding, and infant sleep patterns. This can lead to feelings of insecurity and stress in their new role as mothers.*

Methods: *This study used a quantitative cross-sectional design. This study analyzed the relationship between husband's support and anxiety levels. The population of pregnant women in their third trimester in the Bancak Community Health Center (Puskesmas) working area was 75 respondents in the last three months of January 2025. A sample of 63 respondents was obtained. The researcher used a questionnaire as an instrument. This study utilized univariate and bivariate data analysis.*

Results: *The Rank Spearman statistical test yielded a p-value of $0.000 < \alpha (0.05)$. Therefore, it can be concluded that there is a relationship between husband's support and the level of anxiety facing childbirth in the Bancak Community Health Center area.*

Conclusion: *There is a relationship between husband's support and the level of anxiety facing childbirth.*

Keywords: *Childbirth, Husband's Support, Anxiety*
Bibliography: *80 (2018-2024)*