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**Hubungan Tingkat Kecemasan dengan Nyeri Persalinan Kala I di Puskesmas Sragi  
Kabupaten Pekalongan**

**ABSTRAK**

**Latar Belakang:** Persalinan merupakan peristiwa alami yang menimbulkan nyeri dan jika tidak diatasi dapat menimbulkan komplikasi. Nyeri persalinan dapat dipengaruhi faktor kecemasan. Terdapat 80% ibu yang mengalami nyeri persalinan kala I dan 70% ibu yang merasa cemas terhadap persalinan yang dijalani. Penatalaksanaan nyeri sudah diberikan oleh petugas kesehatan namun belum optimal dalam menurunkan keemasan. Penelitian ini bertujuan untuk mengetahui hubungan tingkat kecemasan dengan nyeri persalinan kala I di Puskesmas Sragi I Kabupaten Pekalongan

**Metode:** Desain penelitian menggunakan survai analitik dengan pendekatan *cross sectional*. Populasi penelitian adalah seluruh ibu bersalin di Puskesmas Sragi I Kabupaten Pekalongan tiap bulannya sebanyak 40 orang pada bulan Juni 2025. Sampel penelitian yaitu ibu bersalin di Puskesmas Sragi I Kabupaten Pekalongan dengan rata-rata per bulan 40 orang dengan teknik *total sampling*. Instrumen penelitian ini adalah kuseioner kecemasan *Zung Self-Rating Anxiety* dan *Face Pain Rating Scale*. Analisa data menggunakan distribusi frekuensi dan *chi square*.

**Hasil:** Sebagian besar (55%) responden mengalami kecemasan sedang dan sebagian besar (80%) responden mengalami nyeri berat. ada hubungan tingkat kecemasan dengan nyeri persalinan kala I di Puskesmas Sragi I Kabupaten Pekalongan dengan p value 0,014.

**Simpulan:** Kecemasan yang dialami ibu bersalin berhubungan dengan nyeri persalinan.

**Saran:** Bidan perlu memberikan penatalaksanaan non farmakologis untuk mengatasi kecemasan ibu dan menurunkan nyeri persalinan.

Kata kunci : Tingkat Kecemasan, Nyeri Persalinan

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**Correlation between Anxiety Level and First Period Labour Pain at  
Puskesmas Sragi, Pekalongan Regency**

**ABSTRACT**

**Background:** Labour is natural event that causes pain and if left untreated can lead to complications. Labour pain can be influenced by anxiety factors. There were 80% of mothers experienced pain during the first stage of labour, and 70% felt anxious about the delivery. Pain management was provided by health workers but was not optimal in reducing anxiety. This study aimed to determine the correlation between anxiety level and labour pain during the first stage at Puskesmas Sragi I, Pekalongan Regency.

**Methods:** The research design used analytical surveys with cross sectional approach. The study population was all mothers giving birth at Puskesmas Sragi I Pekalongan Regency every month as many as 40 people in June 2025. The research sample was women in labour at Puskesmas Sragi I Pekalongan Regency with an average of 40 people total sampling technique. The instruments were Zung Self-Rating Anxiety Questionnaire and Face Pain Rating Scale. Data analysis used frequency distribution and chi square.

**Results:** Most (55%) of the respondents experienced moderate anxiety and most (80%) of the respondents experienced severe pain. there was correlation between the level of anxiety with labour pain during the first stage at Puskesmas Sragi I Pekalongan Regency with a p value of 0.014.

**Conclusion:** Anxiety experienced by women in labour is associated with labour pain.

**Suggestion:** Midwives should provide non-pharmacological management to address maternal anxiety and reduce labour pain.

**Keywords** : Anxiety Level, Labour Pain