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HUBUNGAN DUKUNGAN SUAMI DENGAN TINGKAT KECEMASAN IBU HAMIL TRIMESTER III DI PUSKESMAS SRAGI I KABUPATEN PEKALONGAN

ABSTRAK

Latar Belakang: Kecemasan pada ibu hamil trimester III merupakan kondisi psikologis yang umum terjadi menjelang persalinan dan dapat berdampak pada kesehatan ibu maupun janin. Salah satu faktor yang mempengaruhi tingkat kecemasan ibu hamil adalah dukungan suami. Dukungan suami yang optimal dapat memberikan rasa aman, nyaman, serta meningkatkan kesiapan ibu dalam menghadapi persalinan. Oleh karena itu, penting untuk mengetahui hubungan antara dukungan suami dengan tingkat kecemasan ibu hamil trimester III.
Tujuan: Mengetahui hubungan dukungan suami dengan tingkat kecemasan ibu hamil trimester III di Puskesmas Sragi I Kabupaten Pekalongan.
Metode: Penelitian ini menggunakan desain analitik dengan pendekatan cross sectional. Sampel penelitian berjumlah 30 ibu hamil trimester III yang dipilih menggunakan teknik total sampling. Data dikumpulkan menggunakan kuesioner untuk mengukur dukungan suami dan tingkat kecemasan ibu hamil. Analisis data dilakukan menggunakan uji statistik *Spermant Rank*.
Hasil: Sebagian besar responden mendapatkan dukungan suami yang baik dan memiliki tingkat kecemasan ringan. Hasil uji statistik menunjukkan terdapat hubungan yang signifikan antara dukungan suami dengan tingkat kecemasan ibu hamil trimester III ($p < 0,05$). Ibu hamil yang mendapatkan dukungan suami yang baik cenderung memiliki tingkat kecemasan yang lebih rendah dibandingkan dengan ibu yang kurang mendapatkan dukungan.
Simpulan: Terdapat hubungan antara dukungan suami dengan tingkat kecemasan ibu hamil trimester III di Puskesmas Sragi I Kabupaten Pekalongan. Disarankan bagi tenaga kesehatan untuk meningkatkan edukasi kepada suami agar lebih berperan aktif dalam mendukung ibu selama kehamilan, sehingga dapat menurunkan tingkat kecemasan ibu menjelang persalinan.

Kata Kunci: Dukungan Suami, Kecemasan, Ibu Hamil Trimester III

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THE RELATIONSHIP BETWEEN HUSBAND'S SUPPORT AND ANXIETY LEVELS IN THIRD-TRIMESTER PREGNANT WOMEN AT SRAGI I COMMUNITY HEALTH CENTER, PEKALONGAN REGENCY

ABSTRACT

Background: Anxiety in third-trimester pregnant women is a common psychological condition approaching childbirth that can impact the health of both the mother and the fetus. One factor influencing anxiety levels in pregnant women is husband's support. Optimal support from a husband can provide a sense of security and comfort, as well as enhance the mother's readiness for childbirth. Therefore, it is important to understand the relationship between husband's support and anxiety levels among third-trimester pregnant women.
Objective: To determine the relationship between husband's support and anxiety levels in third-trimester pregnant women at Sragi I Community Health Center, Pekalongan Regency.
Methods: This study employed an analytical design with a cross-sectional approach. The sample consisted of 30 third-trimester pregnant women selected using total sampling. Data were collected via questionnaires to measure husband's support and the pregnant women's anxiety levels. Data analysis was performed using the Spearman Rank statistical test.
Results: The majority of respondents received good support from their husbands and experienced mild anxiety. Statistical test results indicated a significant relationship between husband's support and anxiety levels in third-trimester pregnant women ($p < 0.05$). Pregnant women who received good support from their husbands tended to have lower anxiety levels compared to those who received less support.
Conclusion: There is a relationship between husband's support and anxiety levels in third-trimester pregnant women at Sragi I Community Health Center, Pekalongan Regency. It is recommended that healthcare workers increase education for husbands to encourage them to play a more active role in supporting mothers during pregnancy, thereby helping to reduce maternal anxiety levels as childbirth approaches.

Keywords: Husband's Support, Anxiety, Third-Trimester Pregnant Women.