

**HUBUNGAN DUKUNGAN SUAMI DENGAN TINGKAT KECEMASAN
IBU PRIMIGRAVIDA TRIMESTER III DI WILAYAH KERJA
PUSKESMAS LUBUK BUAYA PADANG
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**PROGRAM STUDI S1 KEBIDANAN
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THE RELATIONSHIP BETWEEN HUSBAND'S SUPPORT WITH THE LEVEL OF ANXIETY PRIMIGRAVIDA THIRD TRIMESTER IN LUBUK BUAYA PADANG PUBLIC HEALTH CENTRE'S AREA IN 2018

xviii+85 pages, 10 tables, 3 pictures, 8 appendices

Background and Objective

The highest prevalence of Pregnancy Specific Anxiety (PSA) occurs in the third trimester of pregnancy. 71% of severe anxiety levels occur during the third trimester. Support from husband during pregnancy will have a positive impact on the health of the mother and fetus. Based on the results of a preliminary study that has been carried out in Lubuk Buaya Health Centre's area of the 10 third trimester primigravida women said that all mothers experience anxiety. This research aims: to reveal the relationship between husband's support and level of anxiety of third trimester primigravida women.

Method

Analytical research with cross sectional method, was conducted at Lubuk Buaya Public Health Centre's Area in January-September 2018. The sample is primigravida third trimester in Lubuk Buaya public health centre which amounted to 35 people with proportionate stratified random sampling technique. Data collecting by using questionnaire. The data analyze by univariate and *Chi-square* bivariate analysis with p value $\leq 0,05$.

Result

The result of the research showed that percentage of mothers who experienced moderate and low level of anxiety was higher in mothers who received husband's support (94,4%), than mothers who didn't receive husband's support (47,1%). The results of bivariate analysis showed that there was a relationship between husband's support and level of anxiety of primigravida third trimester with a value of $p = 0.003$.

Conclusion

There is relationship between husband's support and the level of anxiety primigravida third trimester. Therefore, the husband must provide support to third trimester primigravida pregnant women so that maternal anxiety can be reduced and maternal and fetal health can be maintained.

References : 85 (1994-2018)

Key Words : husband's support, anxiety level, primigravida mother, third trimester

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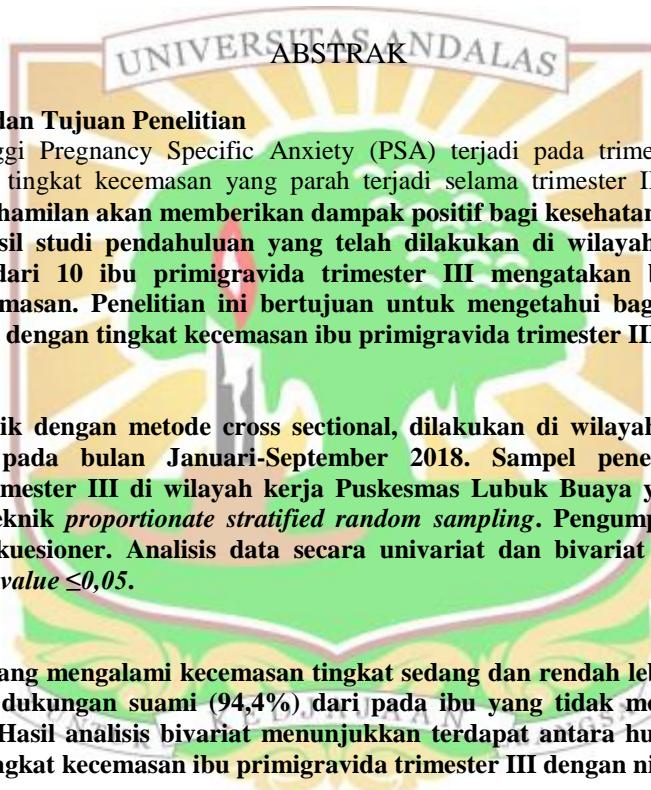
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xviii+ 85 halaman, 10 tabel, 3 gambar, 8 lampiran



Latar belakang dan Tujuan Penelitian

Prevalensi tertinggi Pregnancy Specific Anxiety (PSA) terjadi pada trimester III kehamilan. Didapatkan 71% tingkat kecemasan yang parah terjadi selama trimester III. **Dukungan dari suami selama kehamilan akan memberikan dampak positif bagi kesehatan ibu dan janinnya.** Berdasarkan hasil studi pendahuluan yang telah dilakukan di wilayah kerja Puskesmas Lubuk Buaya dari 10 ibu primigravida trimester III mengatakan bahwa semua ibu mengalami kecemasan. Penelitian ini bertujuan untuk mengetahui bagaimana hubungan dukungan suami dengan tingkat kecemasan ibu primigravida trimester III.

Metode

Penelitian analitik dengan metode cross sectional, dilakukan di wilayah kerja Puskesmas Lubuk Buaya pada bulan Januari-September 2018. Sampel penelitian adalah ibu primigravida trimester III di wilayah kerja Puskesmas Lubuk Buaya yang berjumlah 35 orang dengan teknik *proportionate stratified random sampling*. Pengumpulan data dengan cara pengisian kuesioner. Analisis data secara univariat dan bivariat menggunakan *chi square* dengan $p \text{ value} \leq 0,05$.

Hasil

Persentase ibu yang mengalami kecemasan tingkat sedang dan rendah lebih tinggi pada ibu yang mendapat dukungan suami (94,4%) dari pada ibu yang tidak mendapat dukungan suami (47,1%). Hasil analisis bivariat menunjukkan terdapat antara hubungan dukungan suami dengan tingkat kecemasan ibu primigravida trimester III dengan nilai $p=0,003$.

Kesimpulan

Terdapat hubungan dukungan suami dengan tingkat kecemasan ibu primigravida trimester III. Di wilayah kerja Puskesmas Lubuk Buaya. Oleh karena itu suami harus memberikan dukungan kepada ibu primigravida trimester III agar kecemasan ibu dapat berkurang dan kesehatan ibu dan janin dapat terjaga.

Daftar Pustaka : 85 (1994-2018)

Kata Kunci : dukungan suami, tingkat kecemasan, ibu primigravida, trimester III