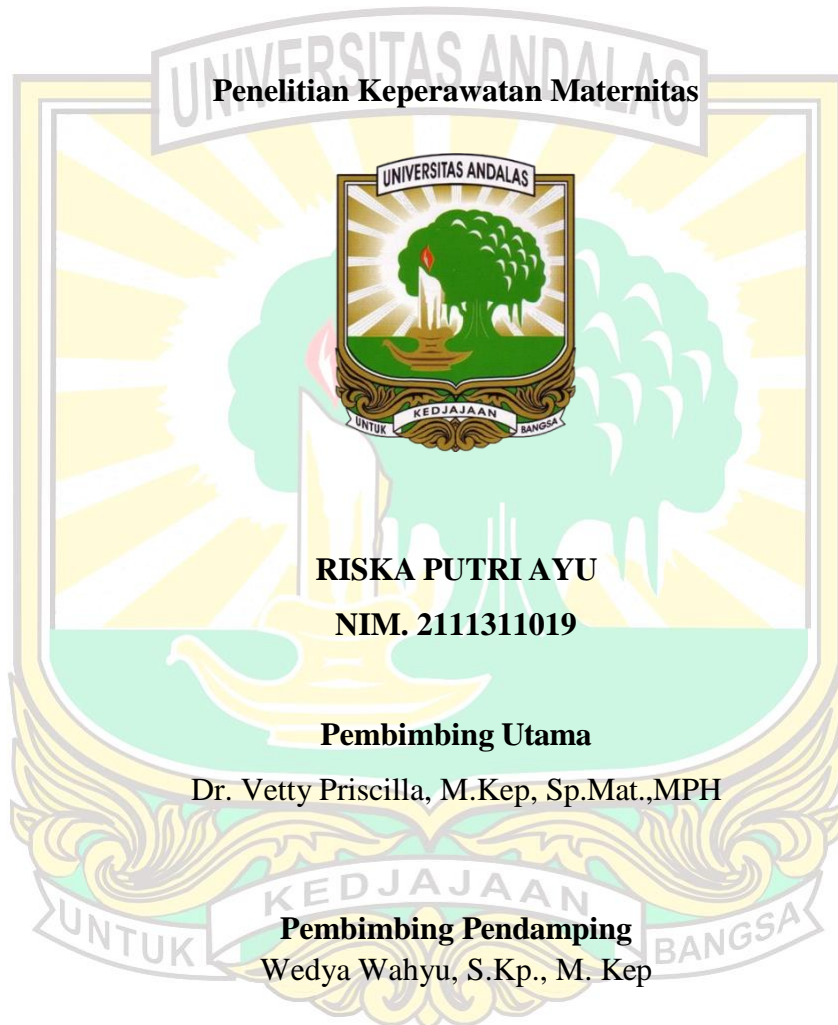


**SKRIPSI**

**FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN KESIAPAN  
IBU PRIMIGRAVIDA MENJALANKAN PERAN SEBAGAI IBU  
DI WILAYAH KERJA PUSKESMAS BELIMBING  
KOTA PADANG**



**FAKULTAS KEPERAWATAN  
UNIVERSITAS ANDALAS**

**2025**

FAKULTAS KEPERAWATAN  
UNIVERSITAS ANDALA  
2025

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Faktor-Faktor yang Berhubungan dengan Kesiapan Ibu Primigravida Menjalankan Peran sebagai Ibu di Wilayah Puskesmas Belimbing Kota Padang

### ABSTRAK

Depresi *peripartum*, mencakup depresi *prenatal* dan *postpartum*, merupakan gangguan psikologis yang dapat memengaruhi kesiapan ibu menjalankan peran keibuan. Menurut BKKBN, 32% ibu hamil di Indonesia mengalami depresi *prenatal*, dan 57% ibu mengalami *baby blues*, menjadikan Indonesia negara dengan risiko *baby blues* tertinggi di Asia. Penelitian ini bertujuan untuk mengetahui faktor-faktor yang berhubungan dengan kesiapan ibu primigravida menjalankan peran sebagai ibu di wilayah kerja Puskesmas Belimbing, Kota Padang. Penelitian ini menggunakan metode kuantitatif dengan pendekatan *cross-sectional*. Sampel sebanyak 103 ibu primigravida dipilih melalui teknik *purposive sampling*. Data dikumpulkan menggunakan kuesioner meliputi pengetahuan, kesehatan fisik, psikologis, dan kesiapan menjalankan peran sebagai ibu. Hasil penelitian menunjukkan sebagian besar responden berusia dewasa awal (87,4%), berpendidikan menengah (62,1%), berpengetahuan baik (49,5%), memiliki kehamilan risiko rendah (90,3%), kondisi psikologis baik (85,4%), dan siap menjalankan peran ibu (93,2%). Uji chi-square menunjukkan hubungan signifikan antara usia, pendidikan, pengetahuan, kesehatan fisik, dan psikologis dengan kesiapan menjalankan peran ibu ( $p < 0,05$ ). Diharapkan Puskesmas Belimbing dapat meningkatkan edukasi serta pendampingan psikologis kepada ibu primigravida melalui kelas ibu hamil, guna memperkuat kesiapan menjalankan peran sebagai ibu secara fisik, mental, dan emosional.

Kata Kunci: Usia, Pendidikan, Pengetahuan, Kesehatan Fisik, Psikologis, Peran Ibu

Daftar Pustaka : 119 (1980-2024)

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*Factors Related to the Readiness of Primigravida Mothers in the Role of Mothers  
in the Belimbing Health Center Area, Padang City*

**ABSTRACT**

*Peripartum depression, including prenatal and postpartum depression, is a psychological disorder that can affect a mother's readiness to play the role of mother. According to the National Population and Family Planning Board (BKKBN), 32% of pregnant women in Indonesia experience prenatal depression, and 57% of mothers experience baby blues, making Indonesia the country with the highest risk of baby blues in Asia. This study aims to determine the factors associated with the readiness of primigravida mothers to play the role of mothers in the working area of the Belimbing Health Center, Padang City. This study used a quantitative method with a cross-sectional approach. A sample of 103 primigravida mothers was selected through a purposive sampling technique. Data were collected using a questionnaire covering knowledge, physical health, psychology, and readiness to play the role of mothers. The results showed that most respondents were early adults (87.4%), had secondary education (62.1%), had good knowledge (49.5%), had low-risk pregnancies (90.3%), were in good psychological condition (85.4%), and were ready to play the role of mothers (93.2%). The chi-square test showed a significant relationship between age, education, knowledge, physical and psychological health with readiness to play the role of a mother ( $p < 0.05$ ). It is expected that Belimbing Health Center can improve education and psychological assistance to primigravida mothers through pregnancy classes, in order to strengthen readiness to play the role of a mother physically, mentally and emotionally.*

*Keyword : Age, Education, Knowledge, Physical Health, Psychological, Mother's Role*

*Reference: 119 (1980-2024)*