

HUBUNGAN DUKUNGAN SUAMI DAN TINGKAT PENGETAHUAN IBU HAMIL TRIMESTER III DENGAN KECEMASAN DALAM MENGHADAPI PERSALINAN DI WILAYAH KERJA PUSKESMAS KESUGIHAN II

The Relationship Between Husband's Support and The Level of Knowledge of Pregnant Women in The Trimester III With Anxiety in Facing Childbirth in The Working Area of the Kesugihan II Community Health Center.

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ABSTRAK

Latar Belakang: Kecemasan menjelang persalinan sering dialami oleh ibu hamil trimester III akibat adanya ketidakpastian seperti rasa takut pada proses persalinan, kondisi bayinya, serta rasa nyeri yang akan dirasakan. **Tujuan:** Untuk mengetahui hubungan antara dukungan suami dan tingkat pengetahuan ibu hamil trimester III dengan kecemasan dalam menghadapi persalinan di wilayah kerja puskesmas kesugihan II. **Metode :** Menggunakan jenis penelitian kuantitatif dengan pendekatan *cross sectional* dan pengambilan sampel menggunakan teknik *purposive sampling*. Jumlah responden dalam penelitian ini sebanyak 36 responden. Pengumpulan data menggunakan kuesioner dan dianalisis menggunakan uji *Rank Spearman*. **Hasil :** Hasil univariat penelitian ini menunjukkan bahwa 77,8% responden berusia 20-35 tahun, 66,7% berpendidikan SMA, 83,3% bekerja sebagai IRT, dan 61,1% kehamilan multigravida. 61,1%, mendapatkan dukungan suami, 61,1% memiliki tingkat pengetahuan yang baik, dan 69,4% memiliki tingkat kecemasan ringan. Hasil bivariat menunjukkan tidak ada hubungan antara dukungan suami dengan tingkat kecemasan ibu hamil trimester III dalam menghadapi persalinan ($p \text{ value} = 0,0196$) dan ada hubungan tingkat pengetahuan dengan tingkat kecemasan ibu hamil trimester III dalam menghadapi persalinan ($p \text{ value} = 0,041$). **Kesimpulan :** Tingkat pengetahuan berpengaruh terhadap kecemasan menjelang persalinan, sedangkan dukungan suami tidak menunjukkan hubungan yang signifikan. **Saran :** Tenaga kesehatan lebih aktif dalam memberikan edukasi pada ibu hamil terkait persiapan persalinan dan mengikutsertakan suami untuk mendukung istri dalam proses persalinan. **Kata kunci :** Kecemasan, Kehamilan, Dukungan Suami, Tingkat Pengetahuan, Persalinan

ABSTRACT

Background: Anxiety before childbirth is often experienced by pregnant women in the third trimester due to uncertainty such as fear of the labor process, the condition of the baby, and the pain that will be felt. **Objective:** To determine the relationship between husband's support and the level of knowledge of pregnant women in the third trimester with anxiety in facing childbirth. **Method:** Using quantitative research with a cross-sectional approach and sampling using total sampling technique. The number of respondents in this study was 36 respondents. Data collection used a questionnaire and analyzed using the Spearman Rank test. **Results:** The univariate results of this study showed that 77.8% of respondents were aged 20-35 years, 66.7% had a high school education, 83.3% worked as housewives, and 61.1% had multigravida pregnancies. 61.1% received husband's support, 61.1% had a good level of knowledge, and 69.4% had a mild level of anxiety. Bivariate results showed no relationship between husband's support and the level of anxiety of pregnant women in the third trimester in facing childbirth ($p \text{ value} = 0.0196$) and there was a relationship between the level of knowledge and the level of anxiety of pregnant women in the third trimester in facing childbirth ($p \text{ value} = 0.041$). **Conclusion:** The level of knowledge influences anxiety before childbirth, while husband's support does not show a significant relationship. **Suggestion:** Health workers should be more active in educating pregnant women about childbirth preparation and involving husbands to support their wives during labor. **Keywords:** Anxiety, Pregnancy, Husband's Support, Knowledge Level, Childbirth.