

INTISARI

GAMBARAN TINGKAT KESIAPAN PASANGAN USIA SUBUR DALAM MENGHADAPI KEHAMILAN DI DUSUN BIBIS BANTUL YOGYAKARTA TAHUN 2015

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Latar Belakang : Organisasi kesehatan dunia (WHO) memperkirakan, di seluruh dunia lebih dari 585 ribu ibu meninggal tiap tahun saat hamil atau bersalin. Ketidaksiapan dalam menghadapi kehamilan akan berdampak pada terjadinya penyulit persalinan, kekhawatiran atau was-was yang terus menerus, bingung dalam menentukan pilihan atau tindakan, tegang, tidak terjangkaunya fasilitas kesehatan yang memadai, dan ibu mengalami kekurangan energi kronis (KEK). Studi pendahuluan di Dusun Bibis Kelurahan Bangunjiwo Kasihan Bantul sebanyak 70% pasangan usia subur tidak melakukan pemeriksaan kesehatan secara teratur, belum memperhatikan asupan makanan, dan belum memiliki pengetahuan seputar kehamilan.

Tujuan Penelitian : Untuk mengetahui tingkat kesiapan pasangan usia subur menghadapi kehamilan di Dusun Bibis Kelurahan Bangunjiwo Kasihan Bantul.

Metode Penelitian : Metode penelitian deskriptif kuantitatif. Populasi Pasangan Usia Subur sebanyak 548. Sampel diambil dengan teknik *purposive Sampling*, sehingga diperoleh jumlah sampel sebanyak 43 responden. Instrumen penelitian adalah kuesioner dan hasil penelitian dianalisis dengan *distribusi frekuensi* relatif atau *prosentase*.

Hasil Penelitian : Tingkat kesiapan pasangan usia subur dalam menghadapi kehamilan kategori cukup siap sebanyak 24 orang (55,8%). Tingkat kesiapan fisik kategori cukup siap sebanyak 21 orang (48,8%), kesiapan psikologis, cukup siap sebanyak 19 orang (44,2%), dan kesiapan finansial cukup siap sebanyak 18 orang (41,9%).

Kesimpulan : Tingkat kesiapan pasangan usia subur dalam menghadapi kehamilan di Dusun Bibis Bantul Yogyakarta kategori cukup siap sebanyak 24 orang (55,8%)

Kata Kunci : kesiapan, kehamilan, pasangan usia subur

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ABSTRACT

THE OVERVIEW OF THE READINESS OF FERTILE COUPLES IN FACING THE PREGNANCY AT BIBIS VILLAGE BANTUL YOGYAKARTA YEAR 2015

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Background: World Health Organization (WHO) estimate, in the world more than 585 thousand of mothers dead each year when pregnant or childbirth. Unpreparedness in facing pregnancy will affect to the occurrence of childbirth's complications, concerns or misgivings continuous, confused in determining the choices or action, tense, inaccessibility of health facilities which inadequate, and mothers had chronic energy deficiency (CED). Preliminary at Bibis of Bangunjiwo Village Kasihan Bantul as much 70% fertile couples were not doing regular health checks, not pay attention to food intake yet, and did not have knowledge about pregnancy.

Research Objective: To know the overview of the readiness of fertile couples in facing the pregnancy at Bibis Village Bantul Yogyakarta year 2015

Research Method: Research method is quantitative descriptive. Population is fertile couples as many 548. Sample taken by *purposive Sampling technique*, so obtain the number of sample as many 43 respondents. The research instrument is questioner and research result analyzed by relative *frequency distribution* or *percentage*.

Research Result: The readiness level of fertile couples in facing the pregnancy in quite ready category as many 24 people (55,8%). The level of physical readiness in quite ready category as many 21 people (48,8%), psychological readiness, quite ready as many 19 people (44,2%), and financial readiness is quite ready as many 18 people (41,9%).

Conclusion: The readiness level of fertile couples in facing the pregnancy at Bibis Village Bantul Yogyakarta in quite ready category as many 24 people (55,8%).

Key of terms: readiness, pregnancy, fertile couples

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