

**ANXIETY LEVEL RELATIONS WITH MOTHER EARLY
MOBILIZATION POST PARTUM FIRST DAY IN
GENERAL HOSPITAL RAJAWALI CITRA
PLERET BANTUL YEAR 2011**

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ABSTRACT

Background: Maternal Mortality Rate (MMR) in Indonesia is still high at 228 per 100,000 live births. It is estimated that maternal deaths due to pregnancy occurs after childbirth and death during childbirth because of complications within the first 2 hours post partum. Early mobilization is critical for post partum mothers because it can restore the function of intestinal peristalsis, the process of involution and accelerates blood circulation and prevent the occurrence of thrombosis. The results of preliminary studies on the RSU Rajawali Citra in April against 10 post-partum mothers and 6 of them experience anxiety in performing early mobilization.

Research's Aim: To determine the relation of anxiety level with early mobilization of the first day post partum mothers in Rajawali Citra Pleret Bantul General Hospital in 2011.

Research's Methods: Using a descriptive analytical method with the cross-sectional approach. The population in this study as many as 48 mothers post partum. Samples with the accidental sampling technique with a sample size of 17 respondents. Statistical tests using kendal tau.

Research's Result: Indicates that a majority of post-partum mothers experiencing mild anxiety as many as seven respondents (41.2%) and the majority has the ability to mobilize early with 14 respondents (82.4%). Post-partum maternal anxiety levels had significant relations with the ability to mobilize early the first day post partum mothers with a value of p so that the value $p = (0.007) < \alpha 0.05$.

Conclusion: There is a relations between anxiety levels with early mobilization of the first day post partum mothers in the RSU Rajawali Citra Pleret Bantul Year 2011

Key words : Anxiety, early mobilization, post-partum mothers
Library : 15 Books(1998-2010), 3 KTI(2004-2009), 6 Articles(2003-2011)
Pages : Home i-xiv, 1-49 contents

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**HUBUNGAN TINGKAT KECEMASAN DENGAN MOBILISASI DINI IBU
POST PARTUM HARI PERTAMA DI RUMAH SAKIT UMUM
RAJAWALI CITRA PLERET BANTUL
TAHUN 2011**

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INTISARI

Latar belakang: Angka Kematian Ibu (AKI) di Indonesia masih tinggi yaitu 228 per 100.000 kelahiran hidup. Diperkirakan kematian ibu akibat kehamilan terjadi setelah persalinan dan kematian masa nifas karena komplikasi dalam 2 jam pertama *post partum*. Mobilisasi dini sangat penting untuk ibu post partum karena dapat mengembalikan fungsi peristaltik usus, proses involusi dan mempercepat sirkulasi peredaran darah serta mencegah terjadinya *trombosis*. Hasil studi pendahuluan di RSUD Rajawali Citra pada bulan April terhadap 10 ibu post partum dan 6 diantaranya mengalami kecemasan dalam melakukan mobilisasi dini.

Tujuan Penelitian: Untuk mengetahui hubungan tingkat kecemasan dengan mobilisasi dini ibu post partum hari pertama di RSUD Rajawali Citra Pleret Bantul Tahun 2011.

Metode Penelitian: Menggunakan metode deskriptif analitik dengan pendekatan waktu *cross sectional*. Populasi dalam penelitian ini sebanyak 48 ibu *post partum*. Teknik sampel dengan *accidental sampling* dengan jumlah sampel 17 responden. Uji statistik menggunakan *kendal tau*.

Hasil Penelitian: Menunjukkan bahwa mayoritas ibu post partum mengalami kecemasan ringan yaitu sebanyak 7 responden (41,2%) dan mayoritas mempunyai kemampuan mobilisasi dini yaitu 14 responden (82,4%). Tingkat kecemasan ibu post partum mempunyai hubungan yang signifikan dengan kemampuan mobilisasi dini ibu *post partum* hari pertama dengan nilai $p = 0,007$ sehingga nilai $p (0,007) < \alpha 0,05$.

Kesimpulan: Ada hubungan antara tingkat kecemasan dengan mobilisasi dini ibu *post partum* hari pertama di RSUD Rajawali Citra Pleret Bantul Tahun 2011

Kata kunci : Kecemasan, mobilisasi dini, ibu *post partum*
Pustaka : 15 Buku (1998-2010), 3 KTI (2004-2009), 6 Artikel (2003-2011)
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