

**ANXIETY LEVEL DIFFERENCES IN DEALING MULTIGRAVIDA
PRIMIGRAVIDA AND CHANGES IN PHYSIOLOGICAL
PREGNANCY TRIMESTER I RB BINA SEHAT
KASIHAN BANTUL YOGYAKARTA
YEAR 2011**

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Background: Based on preliminary studies in healthy Bina RB, primigravida mother of 5, obtained by four mothers who fretted over the mother's pregnancy and the first person does not experience anxiety in pregnancy. 5 of pregnant women multigravida, obtained by three mothers who are worried because the mother had previously had a miscarriage and two mothers did not experience anxiety in pregnancy because they feel quite happy to accept a previous pregnancy. Response to stress or anxiety caused by fear, because it concerns mothers understand and meet their needs for comfort.

Objective: Knowing the difference levels of anxiety in the face of primigravidae dan multigravida physiologic changes of pregnancy.

Methods: Sampling methods by using purposive sampling techniques, number of pregnant women who studied with 20 pregnant primigravidae and 20 pregnant women multigravida. Data obtained using the HRS-A anxiety questionnaire and analyzed using the two test populations the mean of two independent by using the "t-test".

Results: In the primigravida the majority of pregnant women who experience anxiety are there 11 people (55%) and minorities who experience mild anxiety there are 9 people (45%). In the majority of pregnant women multigravida group did not experience anxiety there are 7 people (35%) and mild anxiety there are 7 people (35%) and the anxiety is there are 6 people (30%).

Conclusion: The results of testing differences in levels of anxiety and multigravida primigravidae produce t count (2764) > t table (1685), with significant value (0009). If the t count > t table then H_0 is rejected and H_a accepted that there are differences in anxiety levels in primigravidae with multigravida Playing the physiological changes of pregnancy.

Keywords : Pregnancy primigravidae and multigravida, anxiety face physiological changes of pregnancy.

Library : 15 books, 4 KTI, 3 Journal

Pages : Home i-xii, 1-44 contents

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INTISARI

PERBEDAAN TINGKAT KECEMASAN *PRIMIGRAVIDA* DAN *MULTIGRAVIDA* DALAM MENGHADAPI PERUBAHAN FISIOLOGIS KEHAMILAN TRIMESTER I DI RB BINA SEHAT KASIHAN BANTUL YOGYAKARTA TAHUN 2011

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Latar Belakang: Pada awal kehamilan terutama trimester I, wanita hamil banyak mengalami perubahan baik dari segi emosional maupun fisik. Respon stres atau rasa cemas yang disebabkan oleh rasa takut, karena itu memahami kekhawatiran ibu dan memenuhi kebutuhannya akan rasa nyaman. Berdasarkan studi pendahuluan di RB Bina Sehat, dari 5 ibu *primigravida*, diperoleh 4 ibu yang cemas atas kehamilannya dan 1 orang ibu tidak mengalami kecemasan pada kehamilannya. 5 dari ibu hamil *multigravida*, diperoleh 3 ibu yang cemas karena sebelumnya ibu pernah mengalami keguguran dan 2 ibu tidak mengalami kecemasan pada kehamilannya karena merasa cukup senang menerima kehamilan sebelumnya.

Tujuan: Mengetahui perbedaan tingkat kecemasan *primigravida* dan *multigravida* dalam menghadapi perubahan fisiologis kehamilan.

Metode: Jenis penelitian *comparative* dengan metode pendekatan *cross sectional*. Populasi ibu hamil ada 38 *primigravida* dan 66 *multigravida*. Teknik pengambilan sampel menggunakan *purposive sampling*, jumlah sampel yang diambil 20 ibu *primigravida* dan 20 ibu *multigravida*. Analisa data menggunakan *independent t-test*.

Hasil: Pada kelompok *primigravida* ibu hamil yang mengalami kecemasan sedang ada 11 orang (55%). Pada kelompok *multigravida* ibu hamil tidak mengalami kecemasan ada 7 orang (35%) dan kecemasan ringan ada 7 orang (35%).

Kesimpulan: Ada perbedaan tingkat kecemasan *primigravida* dengan *multigravida* dalam menghadapi perubahan fisiologis kehamilan trimester pertama, dimana $p \text{ value } (0.009) < \alpha (0.05)$

Kata Kunci :Kehamilan *primigravida* dan *multigravida*, kecemasan menghadapi perubahan fisiologis kehamilan.

Pustaka : 15 buku (2000-2011), 4 KTI (2003-2010), 3 Jurnal (2008-2010)

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