

## INTISARI

### POLA HUBUNGAN SEKSUAL PADA IBU HAMIL DI BIDAN PRAKTEK SWASTA KARTIYEM KULON PROGO

Hadharatina Arifatul Ummah<sup>1</sup>, Ekawati<sup>2</sup>

**Latar Belakang:** Beberapa pasangan mengalami penurunan kenikmatan dan gairah seksual, 21% tidak mengalami kenikmatan sebelum kehamilan. Presentasi wanita yang tidak mengalami kenikmatan seksual meningkat menjadi 41% pada minggu ke-12 dari kehamilan, dan meningkat menjadi 59% memasuki bulan kehamilan. Tetapi ada juga wanita yang dapat melakukan hubungan seksual saat hamil tanpa ada masalah. Berdasarkan studi pendahuluan di Bidan Praktek Swasta Kartiyem Kulon Progo, dari 5 orang ibu hamil yang datang diperiksa diketahui 2 orang masih melakukan hubungan seksual dan 3 orang jarang melakukan hubungan seksual.

**Tujuan:** Untuk mengetahui pola hubungan seksual pada ibu hamil di Bidan Praktek Swasta Kartiyem Kulon Progo.

**Metode Penelitian:** Penelitian ini dilakukan menggunakan metode *kualitatif*. Untuk memperoleh pengertian terhadap sesuatu yang diteliti, digunakan pendekatan *interpretatif*. Metode ini digunakan untuk mengetahui pola hubungan seksual pada ibu hamil.

**Hasil:** Mayoritas responden mengatakan masih melakukan hubungan seksual selama hamil dengan frekuensi 1-2 kali seminggu, dengan posisi terlentang, perubahan fisik yang mengganggu hubungan seksual adalah perut yang semakin besar, dan tidak ada perubahan psikologis yang mengganggu hubungan seksual.

**Kesimpulan:** Pada ibu hamil TM I, TM II dan TM III tidak mengalami gangguan pola hubungan seksual pada frekuensi dan perubahan psikologis, mayoritas responden hanya terganggu pada perubahan fisik perut yang semakin besar.

**Kata Kunci:** Pola Hubungan Seksual Ibu Hamil.

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## ABSTRACT

### SEXUAL PATTERN OF THE PREGNANT IN BIDAN PRAKTEK SWASTA KARTIYEM KULON PROGO

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**Background of Knowledge:** Several couples declare that their sexuality enjoyment is decreasing before the pregnancy period as many as 21%. After 12th week of the period, the decrease of sexuality enjoyment is increasing from time to time, up to 41 of percentage. The amount of the enjoyment begins to increase up to 59% during the pregnancy period. However, there are few couples decide to have a sexual intercourse during the pregnancy period. Based on the observation in the Midwife of Praktek Swasta Kartiyem Kulon Progo, from 5 expectants there are 2 from them who are doing the sexual intercourse during the pregnancy period. However, 3 of them reveal that they rarely do the intercourse during that time.

**The Aim:** To understand the pattern of sexual intercourse of expectant in the Midwife of Praktek Swasta Kartiyem Kulon Progo.

**Method of Research:** This research is using *qualitative method* for the data collection. The *interpretative method* is also be used to reveal each meaning of the data.

**The Result:** The majority of respondent declares that they are doing the intercourse during the pregnancy period in once or twice a week. The respondents usually apply sprawling position during process of intercourse. The transformation of expectants's physical impact to their sexual intercourse, since there is a change in expectants's belly shape during pregnancy period. In other hand, psychological condition of the respondents have no impact to their sexual pattern during the intercourse.

**Conclusion:** There is no impact in the pattern of sex, frequency of having a sex and psychological condition of the expectant in TM I, TM II, and TM III during the sexual intercourse in pregnancy period. The majority of respondents reveal that the change of belly shape, which is getting bigger from time to time, makes them feel uncomfortable during the process of intercourse.

**Keyword:** sexual pattern of the pregnant.

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