

**GAMBARAN TINGKAT KECEMASAN IBU HAMIL TRIMESTER III
DALAM MENGHADAPI PERSALINAN DI PUSKESMAS
BANGUNTAPAN I BANTUL YOGYAKARTA**

INTISARI

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Latar Belakang : Perubahan yang terjadi pada kehamilan akan berdampak pada aspek psikologi kehamilan. Populasi di pulau jawa pada tahun 2012 terdapat 67.976 ibu hamil, sedangkan yang mengalami kecemasan dalam menghadapi persalinan 35.587 orang (52.3%). Kecemasan dapat menyebabkan makin lamanya proses persalinan/partus lama, jika kondisi ini tidak dapat penolongan segera dapat menyebabkan terjadinya pendarahan. Penyebab AKI di Kabupaten Bantul ada 14 kasus dan tertinggi di Puskesmas Banguntapan I yang disebabkan oleh pendarahan dan per-eklamsi.

Tujuan : untuk mengetahui gambaran tingkat kecemasan ibu hamil trimester III dalam menghadapi persalinan di Puskesmas Banguntapan I Bantul Yogyakarta.

Metologi : Metode yang digunakan adalah Deskriptif kuantitatif. Pengambilan sampel dalam penelitian ini menggunakan metode *total sampling*, populasi dan sampel sebanyak 48 ibu hamil trimester III. Pengupulan data menggunakan kuesioner Zung Self-Rating Anxiety Scale (SAS/SRAS).

Hasil : Ibu hamil trimester III dalam menghadapi persalinan di Puskesmas Banguntapan I Kabupaten Bantul yang mengalami kecemasan ringan 64.6%, normal 18.8%, kecemasan sedang 14.6%, kecemasan berat 2.1%.

Kesimpulan : Tingkat kecemasan ibu hamil trimester III dalam menghadapi persalinan di Puskesmas Banguntapan I Kabupaten Bantul Yogyakarta, sebagian besar mengalami kecemasan ringan sebanyak 64.6%.

Kata Kunci : tingkat kecemasan, Ibu hamil trimester III, persalinan

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THE ANXIETY LEVEL OVERVIEW OF TRIMESTER III PREGNANT MOTHERS IN FACING LABORY PROCESS IN BANGUNTAPAN I COMMUNITY HEALTH CENTERS BANTUL YOGYAKARTA

ABSTRACT

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Background: Changes that occur during pregnancy will affect the psychology aspects of pregnancy. Total population of pregnant mothers in Java island in the year of 2012 was 67.976 million, meanwhile from those numbers, 35.587 pregnant mothers (53.3%) were in the anxiety situation in facing labor process. Anxiety will lead to a longer process of labor/partus, if this situation happened for a long time without any further medical help, bleeding will occur. There were 14 cases that cause the maternal mortality rate in Bantul District, and the highest was in Banguntapan I community health centers which caused by bleeding and pre-eclampsia.

Aim: To know the anxiety level overview of pregnant mothers in Banguntapan I community health centers Bantul Yogyakarta.

Research Methods: this research was using descriptive quantitative method. The samples were collected using Total Sampling method, population, and samples of 48 trimester III pregnant mothers. The data were collected using SRAS questionnaire

Results : Trimester III pregnant mothers in facing labor process in Banguntapan I community health centers that encounter with mild anxiety were 64.6%, normal anxiety were 18.8%, average anxiety were 14.6%, and severe anxiety were 2.1 %.

Conclusion: the anxiety level of trimester III pregnant mothers in facing labor process in Banguntapan I community health centers, Bantul District, Yogyakarta, the most was in less categorized of anxiety which was 31 respondents (64.4%).

Keywords: The anxiety level, trimester III pregnant mothers, labor process

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