

GAMBARAN SIKAP IBU HAMIL DALAM MENGHADAPI KETIDAKNYAMANAN KEHAMILAN TRIMESTER I DI PUSKESMAS PIYUNGAN BANTUL YOGYAKARTA

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INTISARI

Latar Belakang: Perubahan sistem dalam tubuh ibu selama proses kehamilan membutuhkan suatu adaptasi, baik fisik maupun psikologis sehingga tidak jarang ibu akan mengalami ketidaknyamanan dalam perubahan tersebut. Hasil studi pendahuluan di Puskesmas Piyungan menunjukkan bahwa dari 8 responden yang diwawancarai, terdapat 6 ibu hamil yang merasa tidak nyaman dengan kehamilannya. Ketidaknyamanan yang dialami keenam ibu hamil tersebut antara lain mual muntah, keputihan, sakit kepala, dan *ngidam*. Ketidaknyamanan kehamilan yang dirasakan menuntut ibu untuk bijak dalam menyikapi hal tersebut. Sikap positif ditunjukkan oleh 7 dari 8 ibu hamil.

Tujuan Penelitian: Diketuinya gambaran sikap ibu hamil dalam menghadapi ketidaknyamanan kehamilan trimester I di Puskesmas Piyungan Bantul Yogyakarta.

Metode Penelitian: Penelitian ini merupakan jenis penelitian deskriptif kuantitatif dengan pendekatan waktu *cross sectional*. Sampel dalam penelitian ini adalah ibu hamil trimester I pada bulan Agustus 2016 sebanyak 30 orang. Sampel diperoleh menggunakan teknik *total sampling*, yaitu dengan cara menjadikan seluruh subyek populasi sebagai sampel. Data dikumpulkan menggunakan kuesioner yang kemudian diuji analisis dengan skala ukur Skor-T.

Hasil: Mayoritas responden berumur 20-35 tahun (93,3%), berpendidikan menengah (56,7%), tidak bekerja (60%) dan 56,7% memiliki sikap yang positif dalam menghadapi ketidaknyamanan kehamilan trimester I.

Kesimpulan: Sebagian besar ibu hamil di Puskesmas Piyungan yang berusia 20-35 tahun berpendidikan menengah dan tidak bekerja mayoritas memiliki sikap positif dalam menghadapi ketidaknyamanan kehamilan trimester I.

Kata Kunci: Sikap, Ibu Hamil Trimester I, Ketidaknyamanan Kehamilan.

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**DESCRIPTION ATTITUDE OF PREGNANT WOMEN TO DEALING
INCONVENIENCE PREGNANCY IN THE FIRST TRIMESTER IN
PUBLIC HEALTH CENTER OF PIYUNGAN BANTUL
YOGYAKARTA**

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ABSTRACT

Background: Changes in the body's system during pregnancy require an adaptation, both physical and psychological so it is not uncommon that pregnant women will experience inconvenience in the change. Results of preliminary studies in Public Health of Piyungan show that sourced from the 8 respondents interviewed, there are 6 pregnant women who feel uncomfortable with her pregnancy. The discomfort experienced of six pregnant women, among others nausea, vomiting, vaginal discharge, headache, and cravings. Discomforts of pregnancy who perceived demanding mother to be wise in addressing this. A positive attitude shown by 7 of 8 pregnant women.

Objective: To find of description attitude of pregnant women to dealing inconvenience pregnancy in the first trimester in Public Health Center of Piyungan Bantul Yogyakarta

Methods: This research is descriptive quantitative with cross sectional approach. The sample in this study is the pregnant women in the first trimester in August 2016 as many as 30 people. Samples were obtained using the total sampling technique that is by making the entire subject population as the sample. Data were collected using a questionnaire which is then in the test analysis with a T-Score scale.

Results: Most respondents aged 20-35 years (93,3%), have a secondary high school education (56,7%), no worked (60%) and 56,7% have a positive attitude to dealing inconvenience pregnancy in the first trimester.

Conclusions: Most pregnant women in Public Health Centers Piyungan aged 20-35 years, have a secondary high school education and no worked have a positive attitude to dealing inconvenience pregnancy in the first trimester.

Keywords: Attitude, Pregnant Women in the first trimester, Inconvenience Pregnancy.

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