

ABSTRAK

FAKTOR-FAKTOR YANG MEMENGARUHI TINGKAT KECEMASAN PADA IBU HAMIL TRIMESTER III SAAT PANDEMI COVID-19

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Latar Belakang: Kehamilan trimester III terjadi perubahan secara psikologis dan fisiologis yang lebih kompleks menyebabkan kecemasan. Pandemi Covid-19 menjadi masalah baru bagi kesehatan ibu hamil yang mengakibatkan kecemasan selama kehamilan. Penelitian bertujuan untuk mengidentifikasi faktor-faktor yang memengaruhi tingkat kecemasan ibu hamil trimester III saat pandemi Covid-19.

Metodologi: Rancangan penelitian yang digunakan adalah pendekatan *cross sectional* dengan metode kuantitatif korelasi analitik. Teknik pengambilan sampel menggunakan *convenience sampling* dengan sampel 73 responden di lingkup Puskesmas Purwokerto Selatan. Pengambilan data yang digunakan ialah lembar kuesioner.

Hasil: Tidak terdapat perbedaan yang signifikan antara usia responden ($p=0,734$) dengan tingkat kecemasan ibu hamil trimester III saat pandemi Covid-19. Tidak ada hubungan yang signifikan antara usia kehamilan ($p=0,573$), graviditas ($p=0,250$), pendidikan ($p=0,283$), pekerjaan ($p=0,142$), dukungan keluarga ($p=0,566$), aktivitas fisik ($p=0,175$), dan pemanfaatan pelayanan kesehatan ($p=0,569$) dengan tingkat kecemasan pada wanita hamil usia trimester III di masa pandemi.

Kesimpulan: Usia responden, usia kehamilan, graviditas, pendidikan, pekerjaan, dukungan keluarga, aktivitas fisik, dan pemanfaatan pelayanan kesehatan tidak berhubungan dengan tingkat kecemasan pada ibu hamil trimester III saat pandemi Covid-19.

Kata kunci: Kehamilan trimester III, pandemi Covid-19, kecemasan ibu hamil.

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ABSTRACT

FACTORS AFFECTING THE LEVEL OF ANXIETY IN PREGNANT WOMEN IN TRIMESTER III DURING THE COVID-19 PANDEMIC

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Background: In the third trimester of pregnancy, there are more complex psychological and physiological changes that cause anxiety. The Covid-19 pandemic has become a new problem for the health of pregnant women which causes anxiety during pregnancy. The study aims to identify the factors that influence the level of anxiety of pregnant women in the third trimester during the Covid-19 pandemic.

Methods: The research design used was a cross sectional approach with quantitative analytical correlation methods. The sampling technique used was convenience sampling with a sample of 73 respondents in the South Purwokerto Public Health Center. The data collection used is a questionnaire sheet.

Results: There was no significant difference between the respondent's age ($p=0.734$) and the anxiety level of pregnant women in the third trimester during the Covid-19 pandemic. There was no significant relationship between gestational age ($p=0,573$), gravidity ($p=0,250$), education ($p=0,283$), occupation ($p=0,142$), family support ($p=0,566$), physical activity ($p=0,175$), and utilization of health services ($p=0.569$) with anxiety levels in pregnant women in the third trimester of the pandemic.

Conclusion: Respondent's age, gestational age, gravidity, education, occupation, family support, physical activity, and utilization of health services were not related to the level of anxiety in third trimester pregnant women during the Covid-19 pandemic.

Keywords: Third trimester of pregnancy, Covid-19 pandemic, pregnant women anxiety

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