

KUALITAS HUBUNGAN DAN KEJADIAN COMMON MENTAL DISORDERS (CMDs) PADA IBU HAMIL TERKAIT COVID-19 DI KABUPATEN BANYUMAS

ABSTRAK

Latar Belakang: Kehamilan merupakan masa meningkatnya kerentanan untuk berkembangnya kecemasan dan depresi. Seorang wanita hamil mengalami banyak perubahan fisik, diikuti perubahan psikologi yang mengakibatkan kondisi emosi tidak stabil. Penelitian menyatakan bahwa ibu hamil berpotensi mengalami peningkatan kecemasan selama proses kehamilan dan diperparah oleh pandemi COVID-19. faktor terkait dengan kecemasan dan depresi kehamilan adalah kualitas hubungan yang buruk serta kurangnya dukungan sosial pasangan.

Tujuan: Mengetahui hubungan antara kualitas hubungan dan kejadian common mental disorders (CMDs) pada ibu hamil terkait COVID-19 di Kabupaten Banyumas.

Metode: Penelitian ini merupakan penelitian analitik observasional menggunakan pendekatan *Cross sectional study* pada populasi target ibu hamil di Kabupaten Banyumas. Penelitian ini menggunakan kuisisioner QMI dan WHO-SRQ-20. Teknik pengambilan sampel menggunakan *snowball sampling* sebanyak 1543 responden. Teknik analisis data dengan menggunakan uji *Chi square*.

Hasil: Dihasilkan bahwa dari 129 responden dengan kualitas hubungan buruk, 58 memiliki CMDs dan dari 1414 responden dengan kualitas hubungan baik, 212 responden memiliki CMDs. Analisis bivariat menggunakan uji Chi square diperoleh nilai p value = 0,001 ($p < 0,05$).

Kesimpulan: Terdapat hubungan antara kualitas hubungan dan kejadian common mental disorders (CMDs) pada ibu hamil terkait COVID-19 di Kabupaten Banyumas.

Kata Kunci : *Common Mental Disorders*, COVID-19, Kualitas Hubungan, Ibu Hamil

**RELATIONSHIP QUALITY AND COMMON MENTAL DISORDERS (CMDs)
IN PREGNANT WOMEN RELATED TO COVID-19 AT
BANYUMAS REGENCY**

ABSTRACT

Background : Pregnancy is a period where the vulnerability to the development of anxiety and depression is increased. A pregnant woman experiences many physical changes, followed by psychological changes that result in an unstable emotional state. Research states that pregnant women have the potential to undergo increased anxiety during pregnancy and heightened by the COVID-19 pandemic. Factors associated with pregnancy anxiety and depressions are inadequate relationship quality and the spouse's lack of social support.

Objective : To proved the relationship quality and common health disorders (CMDs) in pregnant women related to the COVID-19 pandemic at Banyumas Regency

Methods : This study employed cross-sectional study which takes analytical observations to the pregnant women at Banyumas Regency. This study used QMI and WHO-SRQ- 20 questionnaires. The sampling technique applied snowball sampling as many as 1543 respondents. The analysis technique used the Chi-square test.

Results : Out of 129 respondents with inadequate relationship quality, 58 have CMDs, and out of 1414 respondents with good relationship quality, 212 have CMDs. Bivariate analysis using the Chi-square test obtained a p-value = 0.001 (p <0.05).

Conclusion : The relationship between the quality of the relationship and the incidence of common mental disorders (CMDs) in pregnant women related to COVID-19 at the Banyumas Regency does exist.

Keyword : Common Mental Disorders, COVID-19, Relationship Quality, Pregnant Mother