

ABSTRAK

HUBUNGAN DUKUNGAN SOSIAL DAN *SELF ESTEEM* DENGAN KECEMASAN IBU HAMIL PRIMIGRAVIDA TRIMESTER III DI KABUPATEN BANYUMAS

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Latar Belakang: Kecemasan pada ibu hamil primigravida trimester III sering terjadi menjelang persalinan dan dapat memengaruhi kesehatan ibu dan janin. Dukungan sosial dan *self esteem* diduga berperan dalam memengaruhi kecemasan. Penelitian ini bertujuan mengetahui hubungan dukungan sosial dan *self esteem* dengan kecemasan ibu hamil primigravida trimester III di Kabupaten Banyumas.

Metode: Penelitian kuantitatif dengan desain analitik korelasional dan pendekatan *cross sectional* di wilayah kerja Puskesmas Purwokerto Utara 1, Utara 2, Timur 1, Timur 2, Barat, dan Selatan pada September 2025–Januari 2026. Populasi dalam penelitian ini adalah seluruh ibu hamil primigravida trimester III dengan HPL November 2025–Januari 2026, dengan jumlah sampel 72 responden menggunakan *total sampling*. Instrumen yang digunakan yaitu *Perinatal Anxiety Screening Scale* (PASS), *Multidimensional Scale of Perceived Social Support* (MSPSS), dan *Rosenberg Self-Esteem Scale* (RSES). Analisis data meliputi analisis univariat dan bivariat dengan uji *Pearson*.

Hasil: Rerata kecemasan responden sebesar 28,5, dukungan sosial sebesar 67,4, dan *self esteem* sebesar 19,1. Terdapat hubungan signifikan antara *self esteem* dengan kecemasan ($p = 0,004$; $p > 0,05$), namun Tidak terdapat hubungan signifikan antara dukungan sosial dengan kecemasan ($p = 0,052$; $p > 0,05$).

Kesimpulan: Hasil penelitian membuktikan *self esteem* memiliki hubungan yang bermakna dengan kecemasan ibu hamil primigravida trimester III, sedangkan dukungan sosial tidak memiliki hubungan yang bermakna dengan kecemasan ibu hamil primigravida trimester III.

Kata Kunci: Dukungan sosial, kecemasan, primigravida, *self esteem*, trimester III.

ABSTRACT

THE RELATIONSHIP BETWEEN SOCIAL SUPPORT AND SELF-ESTEEM WITH ANXIETY IN PRIMIGRAVIDA PREGNANT MOTHERS IN THE THIRD TRIMESTER IN BANYUMAS REGENCY

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Background: Anxiety among primigravida women in the third trimester commonly occurs as childbirth approaches and may affect maternal and fetal health. Social support and self-esteem are factors presumed to influence anxiety. This study aimed to determine the relationship between social support and self-esteem with anxiety among third-trimester primigravida women in Banyumas Regency.

Methods: This quantitative study used an analytical correlational design with a cross-sectional approach conducted in the working areas of Purwokerto Utara 1, Utara 2, Timur 1, Timur 2, Barat, and Selatan Public Health Centers from September 2025 to January 2026. The population consisted of all third-trimester primigravida women with expected delivery dates between November 2025 and January 2026. A total of 72 respondents were selected using total sampling. Data were collected using the Perinatal Anxiety Screening Scale (PASS), the Multidimensional Scale of Perceived Social Support (MSPSS), and the Rosenberg Self-Esteem Scale (RSES). Data analysis included univariate and bivariate analyses using the Pearson test.

Results: The mean anxiety score was 28.5, the mean social support score was 67.4, and the mean self-esteem score was 19.1. There was a significant relationship between self-esteem and anxiety ($p = 0.004$; $p < 0.05$), while no significant relationship was found between social support and anxiety ($p = 0.052$; $p > 0.05$).

Conclusion: The findings indicate that self-esteem has a significant relationship with anxiety among third-trimester primigravida women, whereas social support does not have a significant relationship with anxiety.

Keywords: Social support, anxiety, primigravida, self-esteem, third trimester.