

ABSTRAK

TINGKAT KECEMASAN PADA IBU HAMIL TRIMESTER III MULTIGRAVIDA PADA MASA PANDEMI COVID-19 DI DESA SUMURGUNG

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Ibu hamil mudah mengalami perasaan kekhawatiran akan sesuatu yang akan terjadi padanya dan anaknya sehingga dapat mengganggu kesehatan mental dalam hal ini gangguan kecemasan. Di masa pandemi covid-19 (*Corona Virus Disease*) ibu hamil merasa semakin cemas terutama untuk ibu hamil trimester III yang akan segera melahirkan. Data survey awal didapatkan 90% ibu hamil multigravida mengalami kecemasan dan 10% ibu hamil multigravida tidak mengalami kecemasan dari jumlah total 10 ibu hamil. Tujuan penelitian ini untuk mengetahui tingkat kecemasan pada ibu hamil trimester III multigravida pada masa pandemi covid-19 di Desa Sumurgung

Desain penelitian *deskriptif* dan pendekatan yang digunakan adalah “*cross-sectional*”, populasinya adalah ibu hamil trimester III multigravida yang tinggal di Desa Sumurgung kecamatan Tuban sebanyak 113 ibu, besar sampel 88 ibu hamil, teknik pengambilan sampel *simple random sampling*. Instrumen yang digunakan adalah kuesioner.

Hasil penelitian didapatkan hampir seluruhnya tingkat kecemasan ibu hamil trimester III multigravida di Desa Sumurgung mengalami kecemasan berat sejumlah 72 orang (82%)

Tingkat kecemasan pada ibu hamil trimester III multigravida di masa pandemi covid-19 dengan karakteristik ibu diantaranya tingkat pengetahuan, tingkat pendidikan, dan dukungan keluarga atau suami di Desa Sumurgung masih dalam kategori cemas berat. Maka dari itu perlu melakukan pengoptimalan dalam peningkatan pengetahuan dan pemberian dukungan secara terus menerus agar dapat menurunkan tingginya tingkat kecemasan ibu hamil trimester III multigravida.

Kata kunci : Tingkat Kecemasan,Ibu Hamil Trimester III multigravida, Pandemi Covid-19

ABSTRACT

THE LEVEL OF ANXIETY IN PREGNANT WOMEN IN THE THIRD TRIMESTER OF MULTIGRAVIDA DURING THE COVID-19 PANDEMIC IN THE VILLAGE OF SUMURGUNG

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Pregnant women easily experience feelings of worry about something that will happen to them and their children so that it can interfere with mental health, in this case anxiety disorders. During the Covid-19 (Corona Virus Disease) pandemic, pregnant women feel increasingly anxious, especially for third trimester pregnant women who will soon give birth. The latest survey data showed that 90% of multigravida pregnant women experienced anxiety and 10% of multigravida pregnant women did not experience anxiety from a total of 10 pregnant women. The purpose of this study was to determine the level of anxiety in pregnant women in the third trimester of multigravida during the COVID-19 pandemic in Sumurgung Village.

The research design was descriptive and the approach used was "cross-sectional", the population were multigravida third trimester pregnant women living in Sumurgung Village, Tuban sub-district as many as 113 mothers, the sample size were 88 pregnant women, the sampling technique was simple random sampling. The instrument used was a questionnaire.

The results showed that almost all of the anxiety levels of multigravida third trimester pregnant women in Sumurgung Village experienced severe anxiety as many as 72 people (82%).

The level of anxiety in multigravida third trimester pregnant women during the COVID-19 pandemic with maternal characteristics including the level of knowledge, education level, and family or husband support in Sumurgung Village is still in the category of severe anxiety. Therefore it is necessary to optimize in increasing knowledge and providing continuous support in order to reduce the high level of anxiety of pregnant women in the third trimester of multigravida.

Keywords: Anxiety Levels, Multigravida Third Trimester Pregnant Women, Covid-19 Pandemic