

## ABSTRAK

### **DUKUNGAN KELUARGA DAN TINGKAT KECEMASAN IBU HAMIL TRIMESTER III PADA MASA PANDEMI COVID-19 DI BPM MUJIATI KECAMATAN SEMANDING KABUPATEN TUBAN**

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Masa pandemi covid-19 menimbulkan risiko tertular virus pada kelompok ibu hamil dan mempengaruhi terjadinya peningkatan kecemasan pada ibu hamil. Tujuan penelitian ini untuk mengetahui dukungan keluarga dan tingkat kecemasan ibu hamil trimester III pada masa pandemi covid-19 di BPM Mujiati Kecamatan Semanding Kabupaten Tuban.

Desain penelitian ini yaitu *deskriptif* dengan pendekatan *cross-sectional*. Populasinya adalah seluruh ibu hamil trimester 3 yang melakukan pemeriksaan di BPM Mujiati sebanyak 102 ibu, besar sampel 81 ibu. Teknik pengambilan sampel dengan *Puposive Sampling*. Variabel penelitian yaitu dukungan keluarga dan tingkat kecemasan ibu hamil trimester III. Instrumen yang digunakan adalah kuesioner. Analisa data menggunakan analisa *deskriptif*.

Hasil penelitian didapatkan hampir seluruhnya ibu hamil trimester III (96,3%) mendapat dukungan keluarga yang baik, sebagian besar ibu hamil trimester III (65,4%) mengalami tingkat kecemasan yang ringan, dan sebagian besar ibu hamil trimester III (66,7%) yang mendapatkan dukungan keluarga baik mengalami tingkat kecemasan ringan.

Dukungan keluarga yang diberikan ibu hamil secara maksimal sebagai upaya yang tepat untuk mengurangi kecemasan ibu hamil, maka keluarga harus memberikan dukungan dalam mengurangi resiko kelahiran premature, depresi pasca persalinan dan perawatan anak.

**Kata Kunci : Dukungan Keluarga, Tingkat Kecemasan Ibu Hamil Trimester III, dan Pandemi Covid-19**

## ABSTRACT

### ***FAMILY SUPPORT AND ANXIETY LEVEL OF PREGNANT WOMEN IN THE THIRD TRIMESTER DURING THE COVID-19 PANDEMIC AT MUJIATIINDEPENDENT MIDWIFERY PRACTICE (IMP), SEMANDING DISTRICT, TUBAN REGENCY***

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*The COVID-19 pandemic period caused a risk of contracting the virus in groups of pregnant women and affects the increase in anxiety in pregnant women. The purpose of this study was to determine family support and anxiety levels of the third trimester pregnant women during the COVID-19 pandemic at Mujiatiindependent midwifery practice (IMP), Semanding District, Tuban Regency.*

*The research design used is descriptive with a cross-sectional approach. The population were all 102 pregnant womens in the third trimester who examined Mujiati independent midwifery practice (IMP), and the sample is 81 pregnant women. The sampling technique applied is Purposive Sampling. The research variables are family support and the level of anxiety of pregnant women in the third trimester. The instrument used is a questionnaire. The analysis of the data is using descriptive analysis.*

*The results showed that almost all third-trimester pregnant women (96.3%) received good family support, most of the third trimester pregnant women (65.4%) experienced mild anxiety levels. Additionally, most third-trimester pregnant women (66.7%) who received good family support experienced mild anxiety.*

*Family support given to pregnant women maximally is the right effort to reduce anxiety for pregnant women. Therefore, the family must support pregnant women in reducing the risk of premature birth, postpartum depression, and child care.*

***Keywords : Family Support, Anxiety Levels for Third Trimester Pregnant Women, and the Covid-19 Pandemic***