

HUBUNGAN TINGKAT KECEMASAN IBU DENGAN LAMA PERSALINAN DI BPM WIDYA PURI MINGGIR SLEMAN TAHUN 2021

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ABSTRAK

Latar Belakang: Berdasarkan data WHO tahun 2019 Rasio kematian ibu (MMR) selama kehamilan dan melahirkan berkisar antara 303/100.000 Kelahiran Hidup. Berdasarkan SDKI bahwa Angka Kematian Ibu di Indonesia tahun 2019 yaitu sebesar 4.221 kasus (Kemenkes RI,2019). Propinsi Daerah Istimewa Yogyakarta tahun 2019 jumlah kematian ibu yaitu sebanyak 119 kasus kematian ibu saat hamil, melahirkan dan nifas. AKI di Kabupaten Sleman tahun 2019 sebanyak 8 kasus. Berdasarkan hasil pra survey yang dilakukan di BPM Widya Puri untuk data persalinan 3 bulan terakhir yaitu bulan Agustus, September, dan Oktober tahun 2021 terdapat 10 ibu melahirkan yang dirujuk, dengan salah satu penyebabnya adalah mengalami perpanjangan durasi persalinan.

Tujuan: Mengetahui hubungan tingkat kecemasan ibu dengan lama persalinan di BPM Widya Puri Minggir Sleman tahun 2021.

Metode: Penelitian ini menggunakan rancangan *cross sectional*, penelitian ini dilaksanakan pada bulan Januari 2022-Maret 2022, populasi penelitian ini adalah ibu bersalin kala 1 di BPM Widya Puri Minggir Sleman, dengan jumlah sampel 30 responden yang diambil secara *consecutive sampling technique*. Alat ukur menggunakan kuesioner dan lembar observasi .

Hasil: Hasil penelitian diketahui bahwa tingkat kecemasan ibu bersalin sebagian besar dengan tingkat kecemasan sedang sebanyak 14 ibu (46,7%). Lama persalinan yang tidak normal sebanyak 5 ibu (16,7%). Ada hubungan antara tingkat kecemasan dengan lama persalinan pada ibu bersalin dengan nilai p value: 0,002.

Kesimpulan: Berdasarkan hasil penelitian ada hubungan tingkat kecemasan ibu terhadap lama persalinan pada ibu bersalin di BPM Widya Puri Minggir Sleman, sehingga disarankan kepada tenaga kesehatan untuk berperan aktif dalam mengurangi tingkat kecemasan ibu selama proses persalinan karena berkaitan dengan gangguan pada proses persalinan.

Kata Kunci: Tingkat Kecemasan, lama persalinan.

ABSTRACT

Background: Based on WHO data in 2019 the maternal mortality ratio (MMR) during pregnancy and childbirth ranges from 303/100,000 live births. Based on the IDHS, the Maternal Mortality Rate in Indonesia in 2019 was 4,221 cases (Kemenkes RI, 2019). In the Province of the Special Region of Yogyakarta in 2019, the number of maternal deaths was 119 cases of maternal deaths during pregnancy, childbirth and postpartum. AKI in Sleman district in 2019 as many as 8 cases. Based on the results of the pre-survey conducted at BPM Widya Puri for labor data for the last 3 months, namely August, September, and October 2021, 10 mothers gave birth who were referred, with one of the reasons being experiencing an extension of the duration of labor.

Objective: To determine the relationship between maternal anxiety level and length of delivery at BPM Widya Puri Minggir Sleman in 2021.

Methods: This study used a cross sectional design, this study was carried out in January 2022-March 2022, the population of this study was the first stage of labor at BPM Widya Puri Minggir Sleman, with a total sample of 30 respondents who were taken using a consecutive sampling technique. Measuring tools using questionnaires and observation sheets.

Results: The results showed that the level of anxiety of maternity mothers was mostly with a moderate level of anxiety as many as 14 mothers (46.7%). Abnormal length of labor as many as 5 mothers (16,7%). There is a relationship between the level of anxiety and the length of labor in women giving birth with a p value of 0.002.

Conclusion: Based on the results of the study, there was a relationship between the level of maternal anxiety and the length of labor in women giving birth at BPM Widya Puri Minggir, so it is recommended for health workers to play an active role in reducing the level of maternal anxiety during the delivery process because it is related to disturbances in the delivery process.

Keywords: Anxiety level, length of labor.