

**CHARACTERISTICS OF PREGNANT WOMEN AND ANXIETY LEVELS IN  
ANTENATAL CARE VISITS DURING THE COVID-19 PANDEMIC  
IN PUSKESMAS BANGUNTAPAN II**

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**ABSTRACT**

**Background:** The incidence of anxiety in Indonesia reached 107,000 or 28.7%. Anxiety will have a negative impact on pregnant women and fetuses. Based on family health data for 2020-2021, the Puskesmas Banguntapan II experienced a decrease in visits during the Covid-19 pandemic.

**Purpose:** Knowing the characteristics of pregnant women and the level of anxiety in conducting Antenatal Care visits during the Covid-19 Pandemic Period at the Puskesmas Banguntapan II.

**Methods:** This research is a descriptive study with a cross-sectional approach. The research subjects were pregnant women who visited Antenatal Care at Puskesmas Banguntapan II. The study was conducted from 9-27 May 2022. The variables in this study were the characteristics of pregnant women which included age, gravida, occupation, education level, and anxiety level during Antenatal Care visits at Puskesmas Banguntapan II. The study was conducted by taking primary data through the PRAQ-r2questionnaire.

**Results:** The characteristics of the majority of mothers in the age category are not at risk (20-35), secondary education, mothers do not work, the majority of mothers are primigravida, and the majority experience mild anxiety levels.

**Conclusion:** The characteristics of pregnant women who visit Antenatal Care are mostly in the age range of 20-35 years, pregnant women have secondary education, the majority are not working and the majority are primigravida. The level of anxiety in pregnant women during ANC visits during the Covid-19 Pandemic Period at the Puskesmas Banguntapan II experienced mild level of anxiety.

**Keywords:** characteristics of pregnant women, anxiety, Antenatal Care

# KARAKTERISTIK IBU HAMIL DAN TINGKAT KECEMASAN DALAM MELAKUKAN KUNJUNGAN *ANTENATAL CARE* PADA MASA PANDEMI COVID-19 DI PUSKESMAS BANGUNTAPAN II

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## ABSTRAK

**Latar Belakang:** Kejadian kecemasan di Indonesia mencapai angka 107.000 atau 28,7%. Kecemasan akan berdampak negatif pada ibu hamil dan janin. Berdasarkan data kesehatan keluarga tahun 2020-2021, di Puskesmas Banguntapan II mengalami penurunan kunjungan pada masa Pandemi Covid-19.

**Tujuan:** Mengetahui karakteristik ibu hamil dan tingkat kecemasan dalam melakukan kunjungan *Antenatal Care* pada Masa Pandemi Covid-19 di Puskesmas Banguntapan II.

**Metode:** Penelitian ini merupakan penelitian deskriptif dengan pendekatan *Cross Sectional*. Subjek penelitian yaitu ibu hamil yang melakukan kunjungan *Antenatal Care* di Puskesmas Banguntapan II. Penelitian dilaksanakan pada tanggal 9-27 Mei 2022. Variabel pada penelitian ini adalah karakteristik ibu hamil yang meliputi usia, gravida, pekerjaan, tingkat pendidikan, dan tingkat kecemasan dalam melakukan kunjungan *Antenatal Care* di Puskesmas Banguntapan II. Penelitian dilakukan dengan mengambil data primer melalui kuisioner PRAQ-r2.

**Hasil:** Karakteristik ibu mayoritas dalam kategori usia tidak berisiko (20-35), berpendidikan menengah, ibu tidak bekerja, mayoritas ibu primigravida, dan mayoritas mengalami tingkat kecemasan ringan.

**Kesimpulan:** Karakteristik ibu hamil yang melakukan kunjungan *Antenatal Care* mayoritas berada pada rentang usia 20-35 tahun, ibu hamil berpendidikan menengah, mayoritas tidak bekerja dan mayoritas ibu primigravida. Tingkat kecemasan pada ibu hamil dalam melakukan kunjungan ANC pada Masa Pandemi Covid-19 di Puskesmas Banguntapan II mayoritas mengalami tingkat kecemasan ringan.

**Kata Kunci:** karakteristik ibu hamil, kecemasan, *Antenatal Care*