

## HUBUNGAN DUKUNGAN SUAMI DENGAN KECEMASAN IBU HAMIL TRIMESTER III DI MASA PANDEMI COVID-19 DI PUSKESMAS DEPOK 2 SLEMAN

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### ABSTRAK

**Latar Belakang:** Kecemasan meningkat pada ibu hamil trimester III yang akan melahirkan. Hal ini terjadi karena dampak dari pandemi Covid 19. Kasus Covid 19 di Kabupaten Sleman sebanyak 4.461 kasus. Dukungan suami dalam hal ini cukup dibutuhkan untuk mengurangi kecemasan

**Tujuan:** Untuk mengetahui hubungan dukungan suami dengan kecemasan ibu hamil trimester III di masa pandemi Covid-19 di Puskesmas Depok 2 Sleman.

**Metode:** Jenis penelitian ini adalah survey analitik dengan pendekatan *cross sectional*. Populasi dalam penelitian ini adalah ibu hamil Trimester III. Teknik pengambilan sampel *purposive sampling* yaitu pengambilan sampel berdasarkan kriteria inklusi dan eksklusi dengan jumlah sampel 115 orang. Kecemasan diukur menggunakan dua instrumen yaitu PRAQ-R dan CAS. Analisis yang digunakan univariat dan bivariat dengan uji *Chi Square*.

**Hasil:** Hasil bivariat menunjukkan bahwa ada hubungan dukungan suami dengan kecemasan ibu hamil yang diukur menggunakan PRAQ-R ( $p=0,003$ ) dan CAS ( $p=0,000$ ). Karakteristik ibu hamil trimester III yang berhubungan dengan kecemasan PRAQ-R adalah usia ( $p=0,002$ ) dan paritas ( $p=0,04$ ). Sedangkan tidak ada hubungan karakteristik ibu hamil trimester III dengan kecemasan CAS ( $p>0,05$ ).

**Kesimpulan:** Dukungan suami yang baik lebih menurunkan kecemasan ibu hamil trimester III yang akan melahirkan.

Kata Kunci: dukungan suami, kecemasan

**THE CORRELATION OF HUSBAND SUPPORT WITH ANXIETY OF  
THIRD PERIOD PREGNANT MOTHER DURING COVID-19 PANDEMI  
AT PUSKESMAS DEPOK 2 SLEMAN**

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**ABSTRACT**

**Background:** Anxiety increases in third trimester pregnant women who are about to give birth. This happened because of the impact of the Covid 19 pandemic. Covid 19 cases in Sleman Regency were 4,461 cases. Husband's support in this case is quite needed to reduce anxiety

**Objective:** To find out the relationship between husband's support and the anxiety of pregnant women in the third trimester during the Covid-19 pandemic at the Depok 2 Health Center, Sleman.

**Methods:** This type of research is an analytic survey with a cross sectional approach. The population in this study were pregnant women in the third trimester. The sampling technique was purposive sampling, namely sampling based on inclusion and exclusion criteria with a sample of 115 people. Anxiety was measured using two instruments, namely PRAQ-R and CAS. The analysis used univariate and bivariate with Chi Square test.

**Results:** Bivariate results showed that there was a relationship between husband's support and anxiety of pregnant women as measured using PRAQ-R ( $p=0.003$ ) and CAS ( $p=0.000$ ). The characteristics of third trimester pregnant women related to PRAQ-R anxiety were age ( $p=0.002$ ) and parity ( $p=0.04$ ). Meanwhile, there was no correlation between the characteristics of third trimester pregnant women and CAS anxiety ( $p>0.05$ ).

**Conclusion:** Good husband support lowers the anxiety of third trimester pregnant women who will give birth.

**Keywords:** husband's support, anxiety