

## GAMBARAN KARAKTERISTIK DAN TINGKAT KECEMASAN IBU HAMIL DI PUSKESMAS GAMPING II TAHUN 2023

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### ABSTRAK

**Latar Belakang:** Kecemasan pada Ibu Hamil dampaknya tidak hanya ke ibu yang bisa berujung kematian, namun juga berdampak ke bayi dengan resiko gangguan tumbuh kembang bayi dalam kandungan. Kasus bayi lahir dengan panjang kurang dari 48 cm terbanyak di Sleman berada pada wilayah kerja Puskesmas Gamping II. Berdasarkan data KesGa DIY, dari 708 bayi yang terlahir di Puskesmas Gamping II, terdapat 185 bayi yang terlahir dengan kategori panjang lahir kurang dari 48 cm. Karakteristik pada ibu hamil juga berpengaruh pada kecemasan. Dengan diketahuinya pengaruh karakteristik apa yang rentan mengalami kecemasan, tenaga kesehatan dapat memberikan dukungan secara tepat sasaran, sehingga ibu hamil yang mengalami kecemasan dapat diminimalisir.

**Tujuan:** Mengetahui gambaran karakteristik dan tingkat kecemasan ibu hamil di Puskesmas Gamping II.

**Metode:** Penelitian deskriptif dengan pendekatan *cross sectional* dilaksanakan pada bulan Januari-Februari 2023. Subjek penelitian ini adalah 80 ibu hamil di Puskesmas Gamping II dengan metode pengambilan sampel secara *total sampling*. Data analisis *unvariat* dalam bentuk presentase. Instrument penelitian menggunakan kuesioner *Hamilton Anxiety Rating Scale* (HAR-S).

**Hasil Penelitian:** Responden mayoritas berusia reproduksi sehat, hamil usia kandungan trimester II, primipara, tidak pernah keguguran, menikah, kehamilan berstatus diinginkan, dan jenjang pendidikan terakhirnya SMA/ sederajat. Sebanyak 58,75% ibu hamil tidak mengalami kecemasan, ibu hamil yang mengalami cemas ringan dan cemas sedang dalam presentase yang sama yaitu 17,5%, ibu hamil yang mengalami cemas berat dengan presentase 6,25%, dan tidak ada yang mengalami panik.

**Kesimpulan:** Responden mayoritas berusia reproduksi sehat, hamil di usia kandungan trimester II, primipara, tidak pernah keguguran, menikah, kehamilan berstatus diinginkan, dan jenjang pendidikan terakhirnya SMA/ sederajat. Responden lebih banyak tidak mengalami kecemasan dalam menjalani proses kehamilannya.

**Kata Kunci:** Tingkat kecemasan, Ibu Hamil.

**CHARACTERISTICS AND LEVEL OF ANXIETY  
PREGNANT WOMEN AT GAMPING II HEALTH CENTER, 2023**

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**ABSTRACT**

**Background:** Anxiety in pregnant women has an impact not only on the mother which can lead to death, but also has an impact on the baby with the risk of disrupting the growth and development of the baby in the womb. Most cases of babies born with a length of less than 48 cm in Sleman were in the working area of the Gamping II Health Center. Based on data from KesGa DIY, out of 708 babies who were born at the Gamping II Health Center, there were 185 babies who were born with a birth length category of less than 48 cm. Characteristics of pregnant women also affect anxiety. By knowing the influence of what characteristics are prone to experience anxiety, health workers can provide targeted support, so that pregnant women who experience anxiety can be minimized.

**The Purpose:** To find out the description of the characteristics and anxiety levels of pregnant women at the Puskesmas Gamping II.

**Method:** A descriptive study using a cross-sectional approach was carried out in January-February 2023. The subjects of this study were 80 pregnant women who visited the Puskesmas Gamping II using the total sampling method. Univariate analysis data in the form of a percentage. The research instrument used the Hamilton Anxiety Rating Scale (HARS) questionnaire.

**Result:** The majority of respondents are of healthy reproductive age, pregnant in the second trimester of pregnancy, primipara, have never had a miscarriage, are married, have a desired pregnancy, and have a high school education level. As many as 58.75% of pregnant women did not experience anxiety, pregnant women who experienced mild anxiety and moderate anxiety were in the same percentage, namely 17.5%, pregnant women who experienced severe anxiety with a percentage of 6.25%, and no pregnant women experienced anxiety to panic level.

**Conclusion:** The majority of respondents were of healthy reproductive age, pregnant in the second trimester of pregnancy, primipara, never miscarried, married, wanted pregnancy, and had a high school level of education. Pregnant women at the Gamping II Health Center are more likely to experience no anxiety during their pregnancy.

**Keywords:** Anxiety level, Pregnant Women.