

FAKTOR YANG MEMENGARUHI TINGKAT KECEMASAN IBU HAMIL PADA MASA PANDEMI COVID-19 DI PUSKESMAS SEWON II KABUPATEN BANTUL

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ABSTRAK

Latar Belakang: Pandemi COVID-19 menyebabkan peningkatan kecemasan pada wanita hamil menjadi 59% berdasarkan studi kohort. Kecemasan pada ibu hamil dapat memengaruhi kesehatan ibu dan janin. Beberapa faktor yang memengaruhi kecemasan ibu hamil adalah paritas, riwayat obstetri, usia kehamilan, dukungan keluarga dan aktivitas fisik.

Tujuan: Menganalisis faktor yang memengaruhi tingkat kecemasan ibu hamil pada masa pandemi COVID-19 di Puskesmas Sewon II Kabupaten Bantul.

Metode: Penelitian kuantitatif dengan desain *cross sectional*. Pengambilan sampel menggunakan teknik *purposive sampling* dan menggunakan rumus lameshow sehingga didapatkan sampel minimal 86 orang. Variabel bebas terdiri dari gravida, umur kehamilan, pendapatan keluarga, dukungan sosial, religiusitas dan aktivitas fisik. Variabel terikat adalah tingkat kecemasan ibu hamil. Pengambilan data menggunakan *google form*. Analisis data univariat menggunakan presentase, bivariat menggunakan uji *chi square* dan tidak dilakukan analisis multivariat.

Hasil: Analisis univariat menunjukkan ibu hamil mengalami cemas berat 0,9 %, sedang 12,3 % dan ringan 21,1 %. Uji analisis *chi square* menunjukkan tidak ada pengaruh gravida ($p = 0,0643$), umur kehamilan ($p = 0,433$), aktivitas fisik ($p = 0,160$) terhadap tingkat kecemasan ibu hamil. Ada pengaruh pendapatan keluarga ($p = 0,003$), dukungan sosial ($p = 0,004$), religiusitas ($p = 0,002$) terhadap tingkat kecemasan ibu hamil di Puskesmas Sewon II.

Kesimpulan: Faktor yang memengaruhi tingkat kecemasan ibu hamil pada masa pandemi COVID-19 di Puskesmas Sewon II adalah pendapatan keluarga, dukungan sosial dan religiusitas.

Kata kunci: Pandemi COVID-19, kecemasan ibu hamil, gravida, umur kehamilan, pendapatan keluarga, religiusitas, aktivitas fisik.

**AFFECTING FACTORS THE LEVEL OF ANXIETY OF PREGNANT WOMEN
IN THE COVID-19 PANDEMIC PERIOD AT SEWON II HEALTH CENTER
BANTUL DISTRICTS**

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ABSTRACT

Background: *The COVID-19 pandemic caused an increase in anxiety in pregnant women to 59% based on a cohort study. Anxiety in pregnant women can affect the health of the mother and fetus. Some of the factors that influence anxiety of pregnant women are parity, obstetric history, gestational age, family support and physical activity.*

Objective: *This study aims to determine the factors that influence the level of anxiety of pregnant women during the COVID-19 pandemic at the Sewon II Health Center, Bantul Regency.*

Methods: *Quantitative research with cross sectional design. Sampling using purposive sampling techniques and using the lameshow formula and obtained a minimum sample of 86 people. The independent variables consist of gravida, gestational age, family income, social support, religiosity and physical activity. The dependent variable is the level of anxiety of pregnant women. Data retrieval using google forms. Univariate data analysis used percentage, bivariate used chi square test and multivariate analysis was not performed.*

Results: *Univariate analysis showed pregnant women experienced severe anxiety 0.9%, moderate 12.3% and mild 21.1%. Chi square analysis test showed no effect of gravida ($p = 0.0643$), gestational age ($p = 0.433$), physical activity ($p = 0.160$) on the anxiety level of pregnant women. There is an effect of family income ($p = 0.003$), social support ($p = 0.004$), religiosity ($p = 0.002$) on the anxiety level of pregnant women at the Sewon II Health Center.*

Conclusion: *The factor that affects the anxiety level of pregnant women during the COVID-19 pandemic at the Sewon II Health Center is income family, support social and religiosity*

Keywords: *COVID-19 pandemic, pregnant women's anxiety, gravida, gestational age, family income, religiosity, physical activity.*