

HUBUNGAN PENGETAHUAN PERUBAHAN FISIOLOGI KEHAMILAN DAN PERSEPSI *BODY IMAGE* TERHADAP TINGKAT KECEMASAN IBU HAMIL DI KABUPATEN BANTUL

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ABSTRAK

Latar Belakang: Kehamilan identik dengan perubahan fisik dan psikologi pada ibu hamil. Pemahaman yang keliru tentang perubahan fisiologi kehamilan dan persepsi *body image* negatif seringkali dikaitkan dengan kecemasan pada ibu hamil yang akan berdampak pada proses kehamilan dan nifas, seperti terjadinya abortus, persalinan prematur, bahkan dapat terjadi distress postpartum.

Tujuan: Mengetahui hubungan pengetahuan perubahan fisiologi kehamilan dan persepsi *body image* terhadap tingkat kecemasan ibu hamil hamil di Kabupaten Bantul.

Metode: Penelitian ini adalah penelitian observasional analitik dengan pendekatan *cross sectional*. Populasi penelitian ini adalah ibu hamil di Kabupaten Bantul dengan teknik pengambilan sampel *purposive sampling* sebanyak 75 responden. Instrumen penelitian ini adalah kuesioner. Kuesioner yang digunakan adalah kuesioner pengetahuan fisiologi kehamilan, persepsi *body image* dan kecemasan (HARS) dengan reliabilitas 0,89. Analisis data menggunakan uji *chi square* dan uji *fisher*.

Hasil: Karakteristik responden rata-rata berumur 28 tahun, rata-rata umur kehamilan 21 minggu, mayoritas status paritas nulipara (45,3%), dan pendidikan terakhir SMA (46,7%). Pengetahuan responden tentang perubahan fisiologi kehamilan dalam kategori baik (76%). Persepsi *body image* responden dalam kategori positif (92%). Tingkat kecemasan responden dalam kategori cemas (60%). Uji *chi square* menunjukkan nilai signifikansi hubungan pengetahuan perubahan fisiologi kehamilan dengan nilai *p value*=0,77 dan persepsi *body image* dengan nilai *p value*=0,04 terhadap tingkat kecemasan ibu hamil.

Kesimpulan: Tidak ada hubungan pengetahuan perubahan fisiologi kehamilan terhadap tingkat kecemasan ibu hamil di Kabupaten Bantul. Ada hubungan persepsi *body image* terhadap tingkat kecemasan ibu hamil di Kabupaten Bantul.

Kata Kunci: pengetahuan kehamilan, *body image*, kecemasan

***RELATIONSHIP OF KNOWLEDGE, CHANGES IN PREGNANCY
PHYSIOLOGY AND PERCEPTION OF BODY IMAGE TOWARDS ANXIETY
LEVELS OF PREGNANT WOMEN IN BANTUL DISTRICT***

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ABSTRACT

Background: Pregnancy is synonymous with physical and psychological changes in pregnant women. Misconceptions about changes in the physiology of pregnancy and perceptions of negative body image are often associated with anxiety in pregnant women which will have an impact on the pregnancy and postpartum process, such as abortion, premature labor, and even postpartum distress.

Purpose: Knowing the relationship between knowledge of changes in pregnancy physiology and perception of body image on the level of anxiety of pregnant pregnant women in Bantul Regency.

Method: This research is an analytic observational study with a cross sectional approach. The population of this study were pregnant women in Bantul Regency with a purposive sampling technique as many as 75 respondents. The instrument of this research is a questionnaire. The questionnaire used is a questionnaire of knowledge of pregnancy physiology, perception of body image and anxiety (HARS) with a reliability of 0,89. Data analysis using chi square test and fisher test.

Resul: Characteristics of respondents are 28 years old on average, 21 weeks of gestational age, majority of parity status are nulliparous (45.3%), and the last education is high school (46.7%). Respondent's knowledge about the physiological changes of pregnancy is in good category (76%). The respondent's body image perception is in the positive category (92%). The level of anxiety of respondents in the category of anxiety (60%). The chi square test shows the significance value of the relationship between knowledge of the physiological changes of pregnancy with p value = 0,77 and body image perception with p value = 0.04 on the level of anxiety of pregnant women.

Conclusion: There is no relationship between knowledge of changes in the physiology of pregnancy on the level of anxiety of pregnant women in Bantul Regency. There is a relationship between the perception of body image and the level of anxiety of pregnant women in Bantul Regency.

Keywords: knowledge of pregnancy, body image, anxiety