

HUBUNGAN DUKUNGAN SOSIAL DENGAN KECEMASAN IBU HAMIL DI MASA PANDEMI COVID-19 DI WILAYAH DAERAH ISTIMEWA YOGYAKARTA TAHUN 2021

Cici Nur Treviana Dewi*, Yuliasti Eka Purnamaningrum, Mina Yumei Santi
Jurusan Kebidanan Poltekkes Kemenkes Yogyakarta
Jl. Mangkuyudan MJ III/304 Yogyakarta
Email: cicinurtrevianadewi@gmail.com

Intisari

Latar Belakang: Pandemi COVID-19 adalah keadaan darurat kesehatan atau bencana global termasuk di Indonesia yang menyebabkan kecemasan bagi banyak orang termasuk ibu hamil. Dampak dari kecemasan pada ibu hamil dapat meningkatkan hormon kortisol yang dapat menekan sistem kekebalan tubuh, meningkatkan kadar gula dalam darah, mengakibatkan BBLR, dan keterlambatan pertumbuhan janin. Terdapat beberapa faktor yang memengaruhi kecemasan pada ibu hamil salah satunya adalah dukungan sosial dari lingkungan.

Tujuan Penelitian: Untuk mengetahui hubungan dukungan sosial dengan kecemasan ibu hamil di masa pandemi COVID-19 di wilayah Daerah Istimewa Yogyakarta Tahun 2021.

Metode Penelitian: Survey kuantitatif dengan pendekatan *cross sectional*. Sampel pada penelitian ini adalah ibu hamil di wilayah Daerah Istimewa Yogyakarta sebanyak 397 responden ditentukan menggunakan teknik *purposive sampling*. Analisis data menggunakan uji *Somer's d Gamma*.

Hasil: Hasil penelitian menunjukkan bahwa lebih banyak responden berasal dari Kabupaten Kulonprogo (35,5%); tamat SMA/SMK (53,7%); tidak bekerja (51,9%); pendapatan keluarga UMP ke atas (70,3%); dan paritas primigravida (63%). Dari hasil penelitian, sebagian kecil (1,3%) ibu hamil yang mengalami kecemasan berasal dari responden yang memiliki dukungan sosial yang rendah dan sedang. variabel yang berhubungan dengan kecemasan ibu hamil di wilayah Daerah Istimewa Yogyakarta Tahun 2021 adalah variabel pekerjaan ($p = 0,024$); pendapatan keluarga ($p = 0,023$); paritas ($p = 0,024$); dan dukungan sosial ($p = 0,023$). Sedangkan variabel yang tidak berhubungan dengan kecemasan adalah variabel pendidikan ($p = 0,693$).

Kesimpulan: Ada hubungan antara dukungan sosial dengan kecemasan ibu hamil di masa pandemi COVID-19.

Kata Kunci: Dukungan sosial, Kecemasan, COVID-19

**ASSOCIATION BETWEEN SOCIAL SUPPORT AND ANXIETY OF
PREGNANT WOMEN DURING THE COVID-19 PANDEMIC AT SPECIAL
REGION OF YOGYAKARTA IN 2021**

Cici Nur Treviana Dewi*, Yuliasti Eka Purnamaningrum, Mina Yumei Santi
Jurusan Kebidanan Poltekkes Kemenkes Yogyakarta
Jl. Mangkuyudan MJ III/304 Yogyakarta
Email: cicinurtrevianadewi@gmail.com

Abstract

Background: *The COVID-19 pandemic is a public health emergency or disaster, including in Indonesia, which causes anxiety for many people including pregnant women. The impact of anxiety on pregnant women can increase Cortisol hormone which can suppress the immune system, increases sugar in the bloods, cause LBW, and delay fetal growth. There were several factors affecting anxiety of pregnant women, which is social support from the environment.*

Research Objectives: *This study aimed at finding out the relationship of social support with the anxiety of pregnant women during the COVID-19 pandemic at Special Region of Yogyakarta in 2021.*

Method: *This study applied quantitative survey with cross sectional approach. The sample for this study was pregnant women at Special Region of Yogyakarta as many as 397 respondents were determined using purposive sampling techniques. To analyze the data, Somer's d Gamma test was used.*

Result: *The result showed that it is known that more respondents came from Kulonprogo Regency (35,5%); graduated from senior high school (53,7%); did not work (51,9%); family income UMP and above (70,3%); and primigravida parity (63%). From the research results small percentage of pregnant women (1.3%) who experienced anxiety came from low and moderate social support. There were several variables related to the anxiety of pregnant women at Special Region of Yogyakarta in 2021. They were occupational variables ($p = 0.024$); family income ($p = 0.023$); parity ($p = 0.024$); and social support ($p = 0.023$). meanwhile, the variable that is not related to anxiety is the educational variable ($p = 0.693$).*

Conclusion: *There is a relationship between social support and pregnant women's anxiety during the COVID-19 pandemic.*

Keywords: *Social support, Anxiety, COVID-19*