

**HUBUNGAN ANTARA DUKUNGAN SUAMI DAN KECEMASAN
PADA IBU HAMIL TRIMESTER III DI KECAMATAN BUTUH
KABUPATEN PURWOREJO JAWA TENGAH
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ABSTRAK

Latar belakang: Dukungan Suami adalah perwujudan dari sikap perhatian, kasih sayang, menghargai dan mencintai. Kecemasan pada kehamilan adalah perasaan yang tidak menentu selama hamil akibat dari pengalaman negatif dari hidup seorang wanita. Berdasarkan hasil studi pendahuluan yang dilakukan di Puskesmas Butuh pada Oktober 2021 melalui wawancara dengan 9 ibu hamil trimester III, ditemukan 3 ibu hamil mengalami kecemasan karena takut tidak dapat melahirkan secara normal, takut terjadi sesuatu pada bayinya, dan kurangnya dukungan suami.

Tujuan: Untuk mengetahui hubungan antara dukungan suami dan kecemasan ibu hamil trimester III di Kecamatan Butuh Kabupaten Purworejo Jateng tahun 2022.

Metode: Penelitian ini menggunakan deskriptif korelasional dengan pendekatan *cross sectional*. Teknik pengambilan sampel secara *simple random sampling*. Responden penelitian ini 38 ibu hamil trimester III. Dukungan suami dan tingkat kecemasan diukur dengan kuisioner. Analisa data menggunakan uji statistik korelasi *Pearson Product Moment*.

Hasil: Sebagian besar responden mendapat dukungan dari suami yaitu 63% dan yang kurang mendapat dukungan suami terdapat 37%. Terdapat 16% tidak mengalami kecemasan, 58% mengalami kecemasan ringan, 9% mengalami kecemasan sedang, 3% mengalami kecemasan berat. Hasil uji korelasi Pearson-Product Moment didapatkan -0,561, dengan nilai signifikan kurang dari 5% ($\text{sig } p 0,001 < 0,05$).

Kesimpulan: Terdapat hubungan yang signifikan antara dukungan suami dengan kecemasan menghadapi persalinan pada ibu hamil primigravida trimester III, dengan keeratan hubungan sedang.

Kata kunci: Dukungan suami, ibu hamil trimester III, kecemasan kehamilan.

**RELATIONSHIP BETWEEN THE HUSBAND SUPPORT AND
ANXIETY IN PREGNANT MOTHERS THIRD TRIMESTER
IN BUTUH DISTRICT, PURWOREJO REGENCY
CENTRAL JAVA IN 2022**

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ABSTRACT

Background: *The husband's support is a manifestation of the attitude of attention, affection, respect and love. Anxiety in pregnancy is a feeling of uncertainty during pregnancy as a result of negative experiences in a woman's life. Based on the results of a preliminary study conducted at the Butuh Health Center in October 2021 through interviews with 9 third trimester pregnant women, it was found that 3 pregnant women experienced anxiety for fear of not being able to give birth normally, afraid that something would happen to their baby, and lack of husband's support.*

Objective: *To determine the relationship between husband's support and anxiety in third trimester pregnant women in Butuh District, Purworejo Regency, Central Java in 2022.*

Methods: *This research uses a correlational description with a cross-sectional approach. The sampling technique was simple random sampling. The respondents of this study were 38 pregnant women in the third trimester. The husband's support and level of anxiety were measured by a questionnaire. Data analysis used the Pearson Product Moment correlation statistical test.*

Results: *Most of the respondents received support from their husbands, namely 63% and those who did not receive support from their husbands were 37%. There were 16% not experiencing anxiety, 58% experiencing mild anxiety, 9% experiencing moderate anxiety, and 3% experiencing severe anxiety. The results of the Pearson-Product Moment correlation test were -0.561, with a significant value of less than 5% (sig p 0.001 <0.05).*

Conclusion: *There is a significant relationship between the husband's support and anxiety about childbirth in third-trimester primigravida pregnant women, with a moderate relationship.*

Keywords: *Husband's support, third-trimester pregnant women, pregnancy anxiety*