

ABSTRAK

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HUBUNGAN TINGKAT KECEMASAN DENGAN KEMAJUAN
PERSALINAN KALA I FASE AKTIF

xv + 87 Halaman + 7 Tabel + 4 Gambar + 13 Lampiran

Persalinan merupakan proses fisiologis yang dapat menimbulkan kecemasan, terutama pada kala I fase aktif saat kontraksi uterus semakin kuat dan intens. Kemajuan persalinan dapat diperlambat oleh rasa cemas yang berlebihan karena dapat mengganggu produksi hormon yang mendorong kontraksi. Oleh karena itu, selama masa aktif persalinan, sangat penting untuk memahami hubungan antara tingkat kecemasan dan kemajuan persalinan.

Desain kohort dan metodologi kuantitatif observasional digunakan dalam penelitian ini. Purposive sampling digunakan untuk memilih 33 wanita bersalin kala I aktif berdasarkan kriteria inklusi dan eksklusi. Sementara partograf digunakan untuk melacak kemajuan persalinan, kuesioner Zung Self-Rating Anxiety Scale (ZSAS) digunakan untuk mengukur tingkat kecemasan. Uji Fisher's Exact digunakan untuk analisis, dan ambang batas signifikansi 0,05 digunakan.

Sebagian besar ibu didapatkan mengalami kemajuan persalinan yang normal, dan sebagian besar responden mengalami kecemasan ringan hingga sedang. Dengan nilai $p = 0,002 < \alpha = 0,05$, temuan uji statistik menunjukkan hubungan yang kuat antara tingkat kecemasan dan kemajuan persalinan selama kala I fase aktif. sehingga selama kala I fase aktif persalinan, terdapat korelasi yang substansial antara tingkat kecemasan dan kemajuan persalinan. Ibu dengan kecemasan tinggi biasanya mengalami perlambatan dalam proses persalinan. Pemantauan dan intervensi psikologis selama persalinan diperlukan untuk mendukung kelancaran proses fisiologis.

Kata kunci: Kecemasan, Kemajuan Persalinan, Kala I Fase Aktif

Datar Bacaan : 10 buku (2019 – 2024)

ABSTRACT

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*THE RELATIONSHIP BETWEEN ANXIETY LEVEL AND PROGRESSION OF
LABOR IN THE ACTIVE PHASE OF THE FIRST STAGE OF LABOR*

xv + 87 Pages + 7 Tables + 4 Figures + 13 Appendice

Labor is a physiological process that can cause anxiety, especially during the active phase when uterine contractions are stronger and more intense. The progress of labor can be slowed down by excessive anxiety as it can interfere with the production of hormones that promote contractions. Therefore, during the active period of labor, it is important to understand the relationship between anxiety levels and labor progress.

A cohort design and observational quantitative methodology were used in this study. Purposive sampling was used to select 33 women in active labor based on inclusion and exclusion criteria. While partographs were used to track labor progress, the Zung Self-Rating Anxiety Scale (ZSAS) questionnaire was used to measure anxiety levels. Fisher's Exact test was used for analysis, and a significance threshold of 0.05 was used.

Most women were found to have normal labor progress, and most respondents experienced mild to moderate anxiety. With a p value = $0.002 < \alpha = 0.05$, the findings of the statistical test showed a strong association between anxiety level and labor progress during active phase I. Thus, during active phase I of labor, there is a substantial correlation between anxiety level and labor progress. Mothers with high anxiety usually experience a slowdown in the labor process. Psychological monitoring and intervention during labor is necessary to support the smooth physiological process.

Keywords: Anxiety, Progress of Labor, Active Phase of First Stage.

References: 10 books (2019–2024)