

## ABSTRAK

Annis Muzdalifah

### HUBUNGAN *PRENATAL ATTACHMENT* DAN KECEMASAN IBU HAMIL TRIMESTER III

xv + 68 Halaman + 6 Tabel + 14 Lampiran

Hasil Survei pendahuluan terhadap 10 ibu hamil trimester III di Puskesmas Panekan masih di dapatkan angka kasus ibu hamil trimester III mengalami kecemasan sedang sampai berat sebanyak 60% dan 40% mengalami kecemasan ringan. Kecemasan yang dialami ibu selama kehamilan dapat memberikan dampak negatif yaitu hipertensi gestasional dan preeklampsia. Situasi ini tidak hanya menimbulkan risiko bagi keselamatan ibu, tetapi juga berpotensi berdampak negatif pada janin, seperti pertumbuhan janin terhambat atau IUGR dan berat badan lahir rendah (BBLR). Salah satu strategi efektif untuk mengurangi tingkat kecemasan selama kehamilan adalah dengan membina hubungan emosional yang kuat antara ibu dan janin, yang dikenal dengan istilah *prenatal attachment*. Penelitian ini bertujuan untuk menganalisis hubungan antara *prenatal attachment* dengan tingkat kecemasan pada ibu hamil trimester III di wilayah kerja Puskesmas Panekan.

Penelitian ini termasuk dalam kategori penelitian analitik observasional dengan menggunakan desain potong lintang. Penelitian ini melibatkan 57 ibu hamil trimester ketiga yang tercatat dalam buku registrasi kehamilan dan dipilih dengan menggunakan metode *simple random sampling*. Dalam studi ini, *prenatal attachment* ditetapkan sebagai variabel independen, sedangkan kecemasan sebagai variabel dependen. Data dikumpulkan melalui dua kuesioner, yaitu *Prenatal Attachment Inventory* (PAI) untuk mengukur tingkat *prenatal attachment* dan *Perinatal Anxiety Screening Scale* (PASS) untuk mengukur tingkat kecemasan. Analisis data untuk mengidentifikasi kasus *prenatal attachment* dan kecemasan menggunakan statistik deskriptif. Proporsi kasus *prenatal attachment* dan kecemasan menggunakan tabulasi silang. Uji statistik yang digunakan ialah uji *Chi-Square*.

Hasil penelitian ini mengungkapkan bahwa sebagian besar ibu hamil, yaitu sebanyak 75,4%, memiliki tingkat keterikatan prenatal yang tinggi. Sementara itu, 28,1% ibu hamil teridentifikasi mengalami kecemasan. Pengujian data menggunakan analisis *Chi-Square* menunjukkan nilai signifikansi  $p = 0,000$  ( $\alpha < 0,05$ ), yang menunjukkan adanya hubungan yang signifikan antara tingkat keterikatan prenatal dan tingkat kecemasan pada ibu hamil trimester III di wilayah kerja Puskesmas Panekan. Selain itu, sebanyak 85,7% ibu hamil dengan tingkat *prenatal attachment* yang rendah mengalami kecemasan dalam kategori sangat tinggi. Temuan ini mengindikasikan bahwa semakin kuat ikatan antara ibu dan janin, maka semakin rendah pula tingkat kecemasan yang dirasakan selama masa kehamilan. Studi ini diharapkan mampu memberikan pemahaman kepada tenaga kesehatan dan masyarakat mengenai pentingnya *prenatal attachment* untuk mendukung kesejahteraan mental ibu selama kehamilan.

Kata kunci : *Prenatal attachment*, kecemasan, ibu hamil, trimester III.

Daftar bacaan : 16 buku (2011-2023).

## ABSTRACT

Annis Muzdalifah

### *RELATIONSHIP OF PRENATAL ATTACHMENT AND ANXIETY OF PREGNANT WOMEN THIRD TRIMESTER*

*xv + 68 Pages + 6 Table + 14 Appendices*

*The results of a preliminary survey of 10 third trimester pregnant women at the Panekan Health Center still get the number of cases of third trimester pregnant women experiencing moderate to severe anxiety as much as 60% and 40% experience mild anxiety. Anxiety experienced by mothers during pregnancy can have a negative impact, namely gestational hypertension and preeclampsia. This situation not only poses a risk to the mother's safety, but also has the potential to negatively impact the fetus, such as stunted fetal growth or IUGR and low birth weight (LBW). One effective strategy to reduce anxiety levels during pregnancy is to foster a strong emotional connection between mother and fetus, known as prenatal attachment. This study aims to analyze the relationship between prenatal attachment and anxiety levels in third trimester pregnant women in the Panekan Health Center working area.*

*This study is categorized as an observational analytic study using a cross-sectional design. This study involved 57 third trimester pregnant women who were recorded in the pregnancy registration book and were selected using the simple random sampling method. In this study, prenatal attachment was determined as the independent variable, while anxiety was the dependent variable. Data were collected through two questionnaires, namely the Prenatal Attachment Inventory (PAI) to measure the level of prenatal attachment and the Perinatal Anxiety Screening Scale (PASS) to measure the level of anxiety. Data were analyzed to identify cases of prenatal attachment and anxiety using descriptive statistics. The proportion of prenatal attachment and anxiety cases used cross tabulation. The statistical test used was the Chi-Square test.*

*The results of this study revealed that most pregnant women, 75.4%, had a high level of prenatal attachment. Meanwhile, 28.1% of pregnant women were identified as experiencing anxiety. Data testing using Chi-Square analysis showed a significance value of  $p = 0.000$  ( $\alpha < 0.05$ ), which indicates a significant relationship between the level of prenatal attachment and the level of anxiety in third trimester pregnant women in the Panekan Health Center working area. In addition, 85.7% of pregnant women with a low level of prenatal attachment experienced anxiety in the very high category. This finding indicates that the stronger the bond between mother and fetus, the lower the level of anxiety felt during pregnancy. This study is expected to provide understanding to health workers and the community regarding the importance of prenatal attachment to support maternal mental well-being during pregnancy.*

*Keywords : Prenatal attachmentt, anxiety, pregnant women, third-trimester.*

*References : 16 books (2011-2023).*