

ABSTRAK

Laporan Kasus pada Ibu Hamil dengan Resiko Masalah Gangguan Psikologis Pasca Kematian Suami

Heni Wulandari

*Prodi D3 Kebidanan Sutomo Jurusan Kebidanan
Politeknik Kesehatan Kementerian Kesehatan Surabaya*

Pendahuluan: Kehamilan merupakan periode yang rentan terhadap perubahan fisik dan psikologis. Kematian suami selama masa kehamilan dapat menjadi stresor berat yang meningkatkan risiko gangguan psikologis pada ibu hamil. Laporan kasus ini bertujuan mendeskripsikan penerapan asuhan kebidanan komprehensif pada ibu hamil dengan risiko masalah gangguan psikologis pasca kematian suami. **Metode:** Penelitian ini menggunakan rancangan *Case Report* yang disusun di wilayah kerja Puskesmas Taman Sidoarjo tahun 2026. Subjek kasus adalah seorang ibu hamil trimester III yang mengalami kehilangan suami selama kehamilan. Data diperoleh melalui wawancara, observasi, pemeriksaan fisik, pemeriksaan penunjang, skrining Kesehatan mental, serta dokumentasi menggunakan pendekatan SOAP. Penatalaksanaan meliputi pemantauan kondisi ibu dan janin, konseling, edukasi, dukungan psikologis, serta evaluasi berkelanjutan. **Hasil dan Pembahasan:** Hasil asuhan menunjukkan kondisi kehamilan berlangsung baik dengan keadaan umum ibu dan janin dalam batas normal. Setelah diberikan dukungan emosional, konseling, serta pendampingan keluarga, ibu mampu beradaptasi terhadap proses kehilangan yang dialami. Pemantauan berkelanjutan membantu menurunkan risiko gangguan psikologis dan meningkatkan kesiapan ibu menghadapi persalinan. **Simpulan:** Asuhan kebidanan komprehensif dengan pendekatan biopsikososial efektif dalam membantu ibu hamil beradaptasi terhadap kehilangan pasangan. Skrining kesehatan mental dan dukungan keluarga perlu ditingkatkan untuk mencegah terjadinya gangguan psikologis yang lebih berat.

Kata Kunci: Kehamilan; Gangguan Psikologis

ABSTRACT

Case Report of a Pregnant Woman at Risk of Psychological Disorders Following the Death of Her Husband

Heni Wulandari

D3 Midwifery Study Program, Sutomo Midwifery

Department Health Polytechnic of the Ministry of Health Surabaya

Introduction: *Pregnancy is a period when women experience many physical and emotional changes. The death of a husband during pregnancy can become a major source of stress and increase the risk of psychological problems. This case report aimed to describe the implementation of comprehensive midwifery care for a pregnant woman who was at risk of psychological problems after losing her husband during pregnancy.* **Methods:** *This study used a case report design conducted in the working area of Taman Public Health Center, Sidoarjo, in 2026. The subject was a third-trimester pregnant woman whose husband died during her pregnancy. Data were collected through interviews, observations, physical examinations, supporting examinations, mental health screening, and documentation using the SOAP format. Midwifery care included monitoring the condition of the mother and fetus, providing counseling, health education, psychological support, and regular follow-up.* **Results and Discussion:** *The results showed that the mother's pregnancy progressed normally and the fetal condition remained good. Counseling, emotional support, and family involvement helped the mother gradually adapt to the grieving process. Continuous monitoring also helped reduce the risk of psychological problems and improved the mother's readiness for childbirth.* **Conclusion:** *Comprehensive midwifery care with a biopsychosocial approach can help pregnant women cope with the loss of their husbands during pregnancy. Regular mental health screening and family support are important to prevent more serious psychological problems.*

Keywords: *Pregnancy; Psychological Problems*