

Abstrak

UNIVERSITAS MUHAMMADIYAH
PROGRAM STUDI S1 KEPERAWATAN
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Hubungan tingkat kecemasan dengan mekanisme coping dalam menghadapi persalinan ibu primigravida trimester di Wilayah Kerja Puskesmas Kencong Jember

Xiii + 124 halaman + 1 bagan + 20 tabel + 11 lampiran

Abstrak

Kecemasan merupakan emosi dan pengalaman subjektif individu yang memerlukan energi dan tidak dapat diamati secara langsung. Faktor yang menentukan strategi coping atau mekanisme coping yang paling banyak atau sering digunakan sangat tergantung pada sejauh mana tingkat stress yang dialami dan kepribadian seseorang. Tujuan penelitian ini untuk mengidentifikasi hubungan tingkat kecemasan dengan mekanisme kopinh dalam menghadapi persalinan pada ibu *primigravida* trimester 3 di wilayah kerja Puskesmas Kencong. Metode Penelitian ini adalah penelitian *korelasi* dengan pendekatan *cross sectional*. Populasi yang di gunakan ibu *primigravida* trimester 3 di wilayah kencong jember dan sampel dipilih dengan cara *Cluster Sampling* dan *Simple Random Sampling* pada ibu hamil *primigravida* trimester 3 dari tanggal 02 Juli 2018 – 05 Juli 2018 dengan jumlah sampel 33 responden. Hasil penelitian ini didapatkan 66,7% ibu hamil tidak ada kecemasan sedangkan untuk mekanisme coping didapatkan 100% ibu hamil maladaptif. Dari hasil *Chi Square* diperoleh *p value* $0,04 \leq 0,05$ sehingga H_1 diterima, artinya ada hubungan antara tingkat kecemasan dengan mekanisme coping menghadapi persalinan dengan koefisien korelasi negatif. Di sarankan untuk penelitian selanjutnya yaitu meningkatkan pemahaman bahwa kecemasan sangat berpengaruh terhadap kehamilan. Ibu *primigravida* harus bisa mengontrol kecemasan untuk mengurangi komplikasi kehamilan.

Kata kunci: tingkat kecemasan, mekanisme coping, persalinan

Daftar Pustaka: 35 (2007-2017)

Abstract

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The relationship of anxiety level with coping mechanism in facing the childbirth of trimester primigravida mothers in Kencong Jember Region

Xiii + 124 pages + 1 Chart + 20 table + 11 Attachment

Abstract

Anxiety is individual's emotion and subjective experience that needs energy and can not be observed directly. The most frequently used factors that determine the strategy or the mechanism of coping used often depends on the extent of stress levels experienced and individual's personality. The purpose of this study was to identify the relationship of anxiety level with coping mechanism in facing a childbirth in trimester 3 primigravida mothers in working area of Puskesmas Kencong. The research method was correlation research with cross sectional approach. The population used was the third trimester primigravida mothers in Kencong area and the sample was selected by Cluster Sampling and Simple Random Sampling in pregnant women of primigravida trimester 3 from 02 July 2018 - 05 July 2018 with the total sample about 33 respondents. The results of this study found that 66.7% of pregnant women possess no anxiety, while for coping mechanism it was obtained that 100% of pregnant women were maladaptif. From Chi Square result it was obtained p value about ,04,0,0,0 so that H1 was accepted, which meant that there was relation between the level of anxiety with coping mechanism in facing a childbirth with negative correlation coefficient. It was suggested for further research to increase the understanding that anxiety is very influential on pregnancy. Primigravida mothers should be able to control anxiety to reduce pregnancy complications.

Keywords: anxiety level, coping mechanism, childbirth

Reference: 35 (2007-2017)

