

**HUBUNGAN DUKUNGAN SUAMI DENGAN ADAPTASI PSIKOLOGIS  
IBU HAMIL TRIMESTER 3 DALAM MENJALANI MASA KEHAMILAN  
PADA MASA PANDEMI COVID 19 DI WILAYAH KERJA PUSKESMAS  
KALISAT KABUPATEN JEMBER**

*( The Relationship Of Husband Support With Psychological Adaptation  
Pregnant Mothers In Trimester 3 In Living A Pregnancy During The Covid-19  
Pandemic In The Work Area Of Kalisat Puskesmas, Jember )*

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**ABSTRAK**

**Pendahuluan:** Transformasi mental ibu hamil trimester III dalam menjalani kehamilan harus dibentuk agar ibu tenang selama interaksi kehamilan dan persalinan nanti dan di masa pandemi seperti sekarang ini, bantuan pasangan diperlukan agar ibu hamil tidak stres. kehamilan mereka. Dukungan dari orang-orang terdekat seperti keluarga, pasangan dan suasana umum sangat dibutuhkan oleh ibu hamil. Investigasi ini diharapkan dapat memutus hubungan antara pendampingan pasangan dengan transformasi mental ibu hamil trimester III selama masa kehamilan selama pandemi virus corona di Wilayah Kerja Puskesmas Kalisat Jember. **Metode:** Desain penelitian yang digunakan desain korelasi dengan pendekatan *study cross sectional* dengan jumlah sampel 90 ibu hamil trimester 3. Penelitian ini dilaksanakan pada bulan Mei 2021, menggunakan instrument skala likert. Analisa data menggunakan *Spearman Rho* dengan nilai  $\alpha = 0,05$ . **Hasil:** Berdasarkan analisa data yang didapatkan sebanyak 79 responden dengan presentase 87,8% termasuk dalam kategori mendukung, sebanyak 79 responden dengan presentase 87,8% termasuk dalam kategori adaptif. Dengan hasil uji *Spearman Rho* ditemukan bahwa  $p \text{ value} = 0,000 < 0,05$  yang berarti  $H_1$  diterima. Dalam penelitian ini, ada hubungan kritis yang diidentifikasi dengan bantuan pasangan dengan variasi mental ibu hamil trimester III. **Diskusi:** diharapkan ibu hamil lebih memperhatikan keadaannya sendiri, dan suami juga dapat memberikan dukungan setiap saat, sehingga ibu hamil dapat mempertahankan penyesuaian psikologisnya di trimester ketiga.

**Kata Kunci :** Dukungan Suami , Adaptasi Psikologis, Ibu Hamil Trimester 3

## **ABSTRACT**

**Introduction:** *The mental transformation of third trimester pregnant women in undergoing pregnancy must be formed so that mothers are calm during the interaction of pregnancy and childbirth later and during a pandemic like now, partner assistance is needed so that pregnant women are not stressed their pregnancy. Support from the closest people such as family, partners and the general atmosphere is needed by pregnant women. This investigation is expected to be able to break the relationship between partner assistance and the mental transformation of third trimester pregnant women during pregnancy during the corona virus pandemic in the Kalisat Jember Health Center Work Area.* **Methods:** *The research design used a correlation design with a cross sectional study approach with a sample of 90 pregnant women in the third trimester. This study was conducted in May 2021, using a Likert scale instrument. Analysis of the data using Spearman Rho with a value of  $\alpha = 0.05$ . Based on data analysis, 79 respondents with a percentage of 87.8% included in the supportive category, as many as 79 respondents with a percentage of 87.8% included in the adaptive category. With the results of the Spearman Rho test it was found that  $p \text{ value} = 0.000 < 0.05$ , which means  $H_1$  is accepted.* **Conclusion:** *In this study, there was a critical relationship identified with the help of a partner with mental variations in third trimester pregnant women.* **Discussion:** *pregnant women are expected to pay more attention to their own situation, and husbands can also provide support at any time, so that pregnant women can maintain their psychological adjustment in the third trimester.*

**Keywords:** *Husband's Support, Psychological Adaptation, 3rd Trimester Pregnant Women*