

GAMBARAN *BODY IMAGE* PADA IBU HAMIL DEWASA AWAL DI WILAYAH KERJA PUSKESMAS WULUHAN

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INTISARI

Masa dewasa awal ialah usia 18-25 dan berakhir pada usia 35-40 tahun. Salah satu tugas perkembangan wanita dewasa awal yaitu akan menjadi ibu dan hamil. Ibu hamil mengalami perubahan fisik dan psikologis, salah satu perubahan fisik ibu hamil yaitu perubahan bentuk tubuh dan kenaikan berat badan sehingga dapat menyebabkan ibu tidak percaya diri dan tidak puas terhadap tubuhnya. Perubahan fisik dapat mempengaruhi *body image* ibu hamil sehingga dapat berdampak pada kondisi psikologis jika ibu memiliki *body image* negatif, oleh karena itu penelitian ini bertujuan untuk mengetahui bagaimana gambaran *body image* ibu hamil dewasa awal. Jenis penelitian ini adalah kuantitatif dengan metode deskriptif. Subjek dalam penelitian ini yaitu 100 ibu hamil dewasa awal usia (20-30 tahun). Teknik penentuan sampel adalah *probability sampling*. Skala yang digunakan yaitu skala *body image* berdasarkan teori Cash dan Pruzinsky (2002) yang dikembangkan oleh Hayatul (2021) dan diadaptasi oleh peneliti saat ini dengan nilai reliabilitas 0,769. Hasil penelitian menunjukkan bahwa ibu hamil usia dewasa awal sebagian besar mengalami *body image* positif sebanyak 51% dan ibu hamil yang mengalami *body image* negatif sebanyak 49%. Ibu yang memiliki *body image* positif akan menjalani kehamilannya dengan rasa nyaman, menerima situasi yang terjadi selama kehamilan. Pentingnya ibu hamil memiliki *body image* positif karena dapat meningkatkan rasa percaya diri dan memiliki pola makan yang sehat serta mempersiapkan diri secara optimal untuk proses persalinan. Ibu hamil yang memiliki *body image* negatif diharapkan dapat secara terbuka komunikasi dengan pasangan dan keluarga agar mengetahui apa yang dirasakan ibu hamil sehingga dapat memberi dukungan dengan baik.

Kata Kunci: *Body Image*, Dewasa Awal, Kehamilan

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**DESCRIPTION OF BODY IMAGE IN EARLY ADULT PREGNANT
WOMEN IN THE WORKING AREA OF WULUHAN HEALTH CENTER**

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ABSTRACT

Early adulthood is 18-25 years old and ends at 35-40 years old. One of the developmental tasks of early adult women is to become mothers and pregnant. Pregnant women experience physical and psychological changes, one of the physical changes of pregnant women is changes in body shape and weight gain that can cause mothers to be insecure and dissatisfied with their bodies. Physical changes can affect the body image of pregnant women so that it can have an impact on psychological conditions if the mother has a negative body image, therefore this study aims to determine how the body image of early adult pregnant women is described. This type of research is quantitative with descriptive method. The subjects in this study were 100 early adult pregnant women (20-30 years old). The sampling technique is probability sampling. The scale used is the body image scale based on the theory of Cash and Pruzinsky (2002) developed by Hayatul (2021) and adapted by the current researcher with a reliability value of 0.769. The results showed that most pregnant women in early adulthood experienced a positive body image as much as 51% and pregnant women who experienced a negative body image as much as 49%. The results showed that most pregnant women in early adulthood experienced a positive body image as much as 51% and pregnant women who experienced a negative body image as much as 49%. Mothers who have a positive body image will undergo their pregnancy with a sense of comfort, accepting the situation that occurs during pregnancy. It is important for pregnant women to have a positive body image because it can increase self-confidence and have a healthy diet and prepare themselves optimally for the delivery process. Pregnant women who have a negative body image are expected to be able to openly communicate with their partners and family to know what pregnant women feel so that they can provide good support.

Keywords: Body image, Early adulthood, Pregnancy

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