

**GAMBARAN KESEHATAN MENTAL PADA IBU HAMIL DI
KECAMATAN PAKUSARI, KABUPATEN JEMBER, JAWA TIMUR**

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INTISARI

Ibu hamil rentan mengalami masalah mental akibat perubahan fisik maupun psikologis, ibu hamil yang tidak mampu beradaptasi dapat memengaruhi kesejahteraan ibu maupun perkembangan janin. Tujuan peneliti ini adalah untuk mengetahui gambaran kesehatan mental ibu hamil di Kecamatan Pakusari Kabupaten Jember. Metode dalam penelitian ini menggunakan metode kuantitatif deskriptif. Skala yang digunakan adalah skala SRQ-20 (20 item; $\alpha=0,676$) yang diadaptasi dari *World Health Organization* (WHO). Populasi penelitian adalah Ibu hamil di Kecamatan Pakusari dengan jumlah sampel 146. Metode pengambilan sampel menggunakan teknik *random sampling*. Secara keseluruhan ibu hamil dengan sehat mental berada pada persentase 53% dan ibu dalam gangguan kesehatan mental umum berada pada persentase 47%. Penelitian ini menegaskan bahwa mayoritas responden berada pada katrgori kesehatan mental yang normal.

Kata Kunci: *Ibu Hamil, Kesehatan Mental, Maternal Mental Health*

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**DESCRIPTION OF MENTAL HEALTH IN PREGNANT WOMEN IN
PAKUSARI SUB-DISTRICT, JEMBER DISTRICT, EAST JAVA**

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ABSTRACT

Pregnant women are susceptible to mental health problems due to physical and psychological changes. Pregnant women who are unable to adapt can affect the mother's well-being and fetal development. The purpose of this study was to determine the mental health of pregnant women in Pakusari District, Jember Regency. The method in this study used a descriptive quantitative method. The scale used was the SRQ-20 scale (20 items; $\alpha = 0.676$) adapted from the World Health Organization (WHO). The study population was pregnant women in Pakusari District with a sample size of 146. The sampling method used a random sampling technique. Overall, pregnant women with mental health were at a percentage of 53% and mothers with general mental health disorders were at a percentage of 47%. This study confirmed that the majority of respondents were in the normal mental health category.

Keywords: Pregnant Women, Mental Health, Maternal Mental Health

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