

Abstrak

UNIVERSITAS MUHAMMADIYAH JEMBER
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Hubungan Mekanisme Koping Dengan Kesiapan Menghadapi Persalinan Pada Ibu Hamil Trimester III Di Rumah Sakit Daerah Balung Kabupaten Jember

xvii + 120 Halaman + 23 Tabel + 15 Lampiran + 3 Bagan

Abstrak

Latar belakang: Ketidaksiapan ibu dalam menghadapi persalinan di Indonesia masih cukup tinggi dan berkontribusi terhadap tingginya Angka Kematian Ibu (AKI). Oleh karena itu, mekanisme koping yang baik diperlukan ibu hamil trimester III untuk mengatasi stres menjelang persalinan. Penelitian ini bertujuan untuk mengidentifikasi hubungan mekanisme koping dengan kesiapan menghadapi persalinan pada ibu hamil trimester III di Rumah Sakit Daerah Balung Kabupaten Jember. **Metode:** Desain penelitian ini menggunakan kuantitatif korelasional dengan pendekatan *cross-sectional*. Populasi dalam penelitian ini adalah ibu hamil trimester III di Rumah Sakit Daerah Balung Kabupaten Jember sebanyak 136 orang. Sampel penelitian sebanyak 101 responden diambil menggunakan teknik *purposive sampling*. Analisis data menggunakan uji korelasi *Spearman's rho* ($\alpha = 0,05$). **Hasil:** Terdapat hubungan yang signifikan antara mekanisme koping dengan kesiapan menghadapi persalinan pada ibu hamil trimester III di Rumah Sakit Daerah Balung Kabupaten Jember ($p\text{ value} = 0,0001$; $r = 0,509$). Hal ini menunjukkan bahwa semakin adaptif mekanisme koping yang dimiliki ibu hamil, maka kesiapan dalam menghadapi persalinan akan semakin meningkat, yang berarti mekanisme koping memiliki hubungan sebesar 50,9% terhadap kesiapan menghadapi persalinan, sedangkan sisanya dipengaruhi oleh faktor lain **Kesimpulan:** Terdapat hubungan positif yang signifikan antara mekanisme koping dengan kesiapan persalinan. Pelayanan kesehatan perlu mengintegrasikan skrining psikologis dalam layanan ANC dan menyediakan media edukasi seperti leaflet guna memperkuat mekanisme koping adaptif dan kesiapan mental ibu hamil.

Kata Kunci: mekanisme koping, kesiapan menghadapi persalinan, ibu hamil trimester III.

Daftar Pustaka 42 (2016-2025)

Abstract

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The Relationship Between Coping Mechanisms and Readiness to Face Childbirth in Third Trimester Pregnant Women at Balung Regional Hospital, Jember Regency

xvii + 120 Pages + 23 Tables + 15 Appendices + 3 Chart

Abstract

Background: Maternal unpreparedness for childbirth in Indonesia is still significant and is one of the factors causing the high Maternal Mortality Rate (MMR). Appropriate coping mechanisms are crucial for pregnant women in their third trimester to manage stress and anxiety in order to build psychological readiness for childbirth. This study aims to identify the relationship between coping mechanisms and readiness for childbirth in pregnant women in their third trimester at Balung Regional Hospital, Jember Regency. **Method:** This study used a quantitative correlational design with a cross-sectional approach. The population in this study were 136 pregnant women in their third trimester at Balung Regional Hospital, Jember Regency. A sample of 101 respondents was taken using a purposive sampling technique. Data analysis used the Spearman's rho correlation test ($\alpha = 0.05$). **Results:** There is a significant relationship between coping mechanisms and readiness to face childbirth in pregnant women in the third trimester at Balung Regional Hospital, Jember Regency (p value = 0.0001; $r = 0.509$). This indicates that the more adaptive coping mechanisms possessed by pregnant women, the readiness to face childbirth will increase, which means that coping mechanisms have a relationship of 50.9% to readiness to face childbirth, while the rest is influenced by other factors. **Conclusion:** There is a significant positive relationship between coping mechanisms and readiness to face childbirth. The implication is that health services need to integrate psychological screening in ANC services and provide educational media such as leaflets to strengthen adaptive coping mechanisms and mental readiness of pregnant women.

Keywords: coping mechanisms, labor readiness, third-trimester pregnant women.
References 42 (2016-2025)