

Abstrak

UNIVERSITAS MUHAMMADIYAH JEMBER PROGRAM STUDI S1 ILMU
KEPERAWATAN FAKULTAS ILMU KESEHATAN

Skripsi, Juni 2026 Nafisa Isma Mawadah

Hubungan Dukungan Suami Dengan Persepsi Pain Catastrophizing Pada Ibu Hamil
Trimester III di Wilayah Kerja Puskesmas Rambipuji, 2026

viii + 108 halaman + 3 gambar + 9 tabel + 15 lampiran

Abstrak

Latar Belakang: Kehamilan trimester III merupakan periode yang ditandai dengan berbagai perubahan fisik dan psikologis menjelang persalinan. Salah satu masalah psikologis yang sering muncul adalah *pain catastrophizing*, yaitu kecenderungan ibu hamil memandang nyeri persalinan secara berlebihan, merasa tidak berdaya, dan terus-menerus memikirkan rasa nyeri. Dukungan suami merupakan faktor penting yang dapat membantu ibu hamil menghadapi kecemasan dan mengurangi persepsi nyeri secara berlebihan. Penelitian ini bertujuan untuk mengetahui hubungan dukungan suami dengan persepsi *pain catastrophizing* pada ibu hamil trimester III di Wilayah Kerja Puskesmas Rambipuji. **Metode:** Penelitian ini menggunakan desain korelasional dengan pendekatan *cross sectional*. Populasi penelitian berjumlah 75 ibu hamil trimester III dengan jumlah sampel sebanyak 75 responden yang dipilih menggunakan teknik *cluster random sampling*. Data dikumpulkan menggunakan kuesioner dukungan suami dan *Pain Catastrophizing Scale (PCS)*. Analisis data menggunakan uji korelasi *Spearman Rho*. **Hasil:** Hasil penelitian menunjukkan bahwa sebagian besar responden memiliki dukungan suami dalam kategori baik dan sebagian besar ibu hamil memiliki tingkat persepsi *pain catastrophizing* kategori rendah hingga sedang. Hasil uji *Spearman Rho* menunjukkan nilai $p\text{ value} = 0,000$ ($p < 0,05$) dengan nilai koefisien korelasi $r = -0,051$ yang artinya terdapat hubungan yang signifikan antara dukungan suami dengan persepsi *pain catastrophizing* pada ibu hamil trimester III. Nilai koefisien korelasi menunjukkan arah hubungan negatif, yang berarti semakin baik dukungan suami maka semakin rendah persepsi *pain catastrophizing* pada ibu hamil. **Diskusi:** Dukungan suami yang diberikan dalam bentuk dukungan emosional, informasional, instrumental, dan penghargaan dapat membantu ibu hamil merasa lebih tenang, aman, serta meningkatkan kemampuan coping dalam menghadapi nyeri persalinan. Keterlibatan aktif suami selama kehamilan sangat penting untuk menurunkan kecemasan dan mengurangi kecenderungan berpikir negatif terhadap nyeri menjelang persalinan.

Kata Kunci: Dukungan Suami, Pain Catastrophizing, Ibu Hamil Trimester III

Daftar Pustaka: 73 (2020–2026)

Abstrac

MUHAMMADIYAH UNIVERSITY OF JEMBER UNDERGRADUATE NURSING
STUDY PROGRAM FACULTY OF HEALTH SCIENCES

Skripsi, April 2026 Nafisa Isma Mawadah

*The Relationship between Husband Support and Pain Catastrophizing Perception
among Third Trimester Pregnant Women in the Working Area of Rambipuji Public
Health Center, 2026*

viii + 108 pages + 3 figures + 9 tables + 15 appendices

Abstract

Background: The third trimester of pregnancy is a period characterized by various physical and psychological changes prior to childbirth. One of the psychological problems frequently experienced is pain catastrophizing, which refers to the tendency of pregnant women to excessively perceive labor pain, feel helpless, and continuously focus on pain. Husband support is an important factor that can help pregnant women cope with anxiety and reduce excessive pain perception. This study aimed to determine the relationship between husband support and pain catastrophizing perception among third trimester pregnant women in the working area of Rambipuji Public Health Center. **Methods:** This study employed a correlational design with a cross-sectional approach. The study population consisted of 75 third trimester pregnant women, with a total sample of 75 respondents selected using a cluster random sampling technique. Data were collected using the Husband Support Questionnaire and the Pain Catastrophizing Scale (PCS). Data were analyzed using the Spearman Rho correlation test. **Results:** The results showed that the majority of respondents received good husband support, and most pregnant women had low to moderate levels of pain catastrophizing perception. The Spearman Rho test revealed a p-value of 0.000 ($p < 0.05$) with a correlation coefficient (r) of -0.051, indicating a significant relationship between husband support and pain catastrophizing perception among third trimester pregnant women. The negative correlation coefficient indicates that the better the husband support, the lower the level of pain catastrophizing perception among pregnant women. **Discussion:** Husband support provided in the form of emotional, informational, instrumental, and appraisal support can help pregnant women feel calmer, safer, and improve their coping abilities in dealing with labor pain. Active involvement of husbands during pregnancy is essential in reducing anxiety and minimizing negative thoughts related to labor pain prior to childbirth.

Keywords: Husband Support, Pain Catastrophizing, Third Trimester Pregnant Women

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