

## ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER  
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Skripsi, Juli 2026  
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Hubungan Dukungan Keluarga dengan Tingkat Kecemasan Ibu dalam  
Menghadapi Kehamilan Trimester III di Wilayah Kerja Puskesmas Pakusari

XVII + 75 hal + 14 Tabel + 1 Gambar + 18 lampiran

### Abstrak

**Latar Belakang:** Kecemasan merupakan respons emosional yang umum dialami ibu hamil pada trimester III, ditandai perasaan tidak nyaman, khawatir, dan tegang yang sulit dikendalikan, dan dapat berdampak pada kondisi psikologis serta kesehatan kehamilan ibu. **Tujuan:** Penelitian ini bertujuan untuk mengetahui hubungan dukungan keluarga dengan tingkat kecemasan ibu dalam menghadapi kehamilan trimester III di Wilayah Kerja Puskesmas Pakusari. **Metodologi:** Penelitian ini menggunakan desain kuantitatif analitik dengan pendekatan *cross-sectional*. Populasi penelitian adalah seluruh ibu hamil trimester III sebanyak 100 orang dengan sampel 100 responden yang dipilih menggunakan teknik *cluster purposive sampling* berdasarkan kriteria inklusi. Pengumpulan data dilakukan menggunakan kuesioner *Family Support Pregnancy Questionnaire (FSPQ)* dan kuesioner *Pregnancy-Related Anxiety Questionnaire-Revised 2 (PRAQ-R2)* dalam bentuk skala Likert. Analisis data menggunakan uji *Spearman Rank* dengan taraf signifikansi  $\alpha = 0,05$ . **Hasil:** Hasil penelitian menunjukkan terdapat hubungan yang signifikan antara dukungan keluarga dan tingkat kecemasan dengan nilai p-value sebesar 0,039 ( $<0,05$ ) dan koefisien korelasi sebesar -0,207. **Kesimpulan:** Terdapat hubungan negatif antara dukungan keluarga dengan tingkat kecemasan ibu hamil trimester III di Wilayah Kerja Puskesmas Pakusari, yang menunjukkan bahwa semakin baik dukungan keluarga yang diterima maka tingkat kecemasan ibu cenderung semakin rendah.

Kata kunci: Dukungan Keluarga, Tingkat Kecemasan, Kehamilan Trimester III  
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## ABSTRACT

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Thesis, July 2026  
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The Relationship between Family Support and Anxiety Levels among Mothers Facing Third-Trimester Pregnancy in the Working Area of Pakusari Primary Health Center

XVII + 75 pages + 14 Tables + 1 Figure + 18 appendices

### Abstract

**Background:** Anxiety is a common emotional response experienced by mothers in the third trimester of pregnancy, marked by discomfort, worry, and tension that are difficult to control, and can affect the psychological condition and health of the pregnancy. **Objective:** This study aimed to determine the relationship between family support and anxiety levels among mothers facing third-trimester pregnancy in the working area of Pakusari Primary Health Center. **Methods:** This study used a quantitative analytic design with a *cross-sectional* approach. The population consisted of 100 third-trimester pregnant mothers, with a sample of 100 respondents selected using the *cluster purposive sampling* technique based on inclusion criteria. Data were collected using the *Family Support Pregnancy Questionnaire (FSPQ)* and the *Pregnancy-Related Anxiety Questionnaire-Revised 2 (PRAQ-R2)* in the form of a Likert scale. Data were analyzed using the *Spearman Rank* test with a significance level of  $\alpha = 0.05$ . **Results:** The results showed a significant relationship between family support and anxiety level, with a p-value of 0.039 ( $<0.05$ ) and a correlation coefficient of -0.207. **Conclusion:** There is a negative relationship between family support and anxiety level among third-trimester pregnant mothers in the working area of Pakusari Primary Health Center, indicating that better family support received by mothers is associated with lower anxiety levels.

Keywords: Family Support, Anxiety Level, Third-Trimester Pregnancy  
Bibliography 27 (2019-2025)