

**GAMBARAN KECEMASAN PADA IBU HAMIL SELAMA
KEHAMILAN DI WILAYAH KERJA PUSKESMAS PATRANG
KABUPATEN JEMBER**

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INTISARI

Kehamilan merupakan proses fisiologis yang diiringi berbagai perubahan fisik, psikologis, dan sosial yang memerlukan penyesuaian dari ibu. Penelitian ini bertujuan untuk memperoleh gambaran kecemasan pada ibu hamil selama masa kehamilan di wilayah kerja Puskesmas Patrang, Kabupaten Jember, menggunakan desain deskriptif dengan pendekatan kuantitatif. Sebanyak 95 ibu hamil dijadikan sampel melalui teknik *purposive sampling*, dengan instrumen *Perinatal Anxiety Screening Scale (PASS)* versi Indonesia sebagai alat ukur dan didapatkan Nilai Reliabilitas α 0,950. Data dianalisis secara deskriptif berdasarkan distribusi frekuensi dan persentase tingkat kecemasan berdasarkan nilai rata-rata (*mean*). Hasil penelitian menunjukkan bahwa sebanyak 47 responden (49,5%) berada pada kategori risiko rendah dan 48 responden (50,5%) berada pada kategori risiko tinggi. Berdasarkan hasil tersebut, kategori risiko tinggi merupakan kategori dengan proporsi terbesar pada ibu hamil di wilayah kerja Puskesmas Patrang, Kabupaten Jember. Hasil penelitian ini diharapkan dapat menjadi dasar dalam pelaksanaan deteksi dini kesehatan mental pada ibu hamil serta mendukung pelayanan antenatal yang memperhatikan aspek psikologis selama kehamilan.

Kata Kunci: ibu hamil, kecemasan, kehamilan, *Perinatal Anxiety Screening Scale (PASS)*

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1. Peneliti
 2. Dosen Pembimbing I
 3. Dosen Pembimbing II

**THE DESCRIPTION OF ANXIETY AMONG PREGNANT WOMEN
DURING PREGNANCY IN THE WORKING AREA OF PATRANG
PUBLIC HEALTH CENTER, JEMBER REGENCY**

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ABSTRACT

During pregnancy, women experience physical, psychological, and social changes that require various forms of adjustment. Anxiety is one of the psychological conditions that may occur during pregnancy and, when not identified and properly managed, may affect maternal well-being. This study aimed to describe anxiety among pregnant women during pregnancy in the working area of Patrang Public Health Center, Jember Regency, using a descriptive quantitative approach. A total of 95 pregnant women participated in the study and were selected using a purposive sampling technique. Anxiety was measured using the Indonesian version of the Perinatal Anxiety Screening Scale (PASS), and the data were analyzed descriptively using frequency distribution, percentage calculation, and anxiety level categorization based on the mean score. The reliability test showed a Cronbach's Alpha (α) value of 0.950, indicating good internal consistency of the instrument. The results showed that 47 respondents (49.5%) were categorized as having a low risk of anxiety, while 48 respondents (50.5%) were categorized as having a high risk of anxiety. These findings indicate that high-risk anxiety was the most prevalent category among pregnant women in the working area of Patrang Public Health Center, Jember Regency. The findings are expected to serve as a basis for early mental health screening among pregnant women and support antenatal care that considers psychological well-being during pregnancy.

Keywords: anxiety, pregnancy, pregnant women, Perinatal Anxiety Screening Scale (PASS)

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