

ABSTRAK

Kehamilan dapat menyebabkan perubahan fisik maupun psikologis. Masalah psikologis yang sering terjadi adalah kecemasan. Kecemasan yang berlebihan sering menyebabkan lemahnya kontraksi uterus, partus lama, fetal distress, naiknya tekanan darah ibu yang menyebabkan mortalitas dan morbiditas. Mengatasi ataupun mengurangi kecemasan perlu adanya informasi berupa pendidikan kesehatan dan penyuluhan-penyuluhan yang dilakukan oleh tenaga kesehatan terutama tentang persalinan sehingga ibu lebih siap dalam menghadapi masa persalinan

Penelitian ini bertujuan untuk mengetahui pengaruh pemberian health education tentang proses persalinan terhadap penurunan kecemasan pada ibu primigravida trimester III. Jenis penelitian yang dilakukan adalah experimental dengan menggunakan one group pretest–posttest, populasi pada penelitian ini berjumlah 22 orang ibu hamil, sampel sebanyak 13 orang ibu hamil dengan menggunakan teknik pengumpulan data acidental sampling. Instrumen penelitian ini menggunakan data primer (kuesioner).

Hasil penelitian menunjukkan adanya pengaruh pemberian health education tentang proses persalinan terhadap penurunan kecemasan pada ibu primigravida trimester III, dengan kecemasan ibu primigravida sebelum diberikan pendidikan kesehatan cemas berat sebesar (61,5%), sesudah diberikan pendidikan kesehatan cemas ringan sebesar (69,2%). Untuk analisis bivariat nilai signifikansi $p=0,000 (< 0,05)$ maka dapat dinyatakan terdapat pengaruh.

Saran bagi Puskesmas Mongolato diharapkan memberikan informasi yang jelas pada ibu hamil tentang proses persalinan sehingga proses persalinan sesuai yang diharapkan.

Kata kunci: Pendidikan kesehatan, Tingkat kecemasan

ABSTRACT

Pregnancy can cause the change of physical and Psychological. Psychological problem that often occurs is anxiety. Excessive anxiety often causes the week of contraction of uterus, partus long, fetal distress, the increase of mother's blood pressure which causes mortality and morbidity. To overcome or to reduce the anxiety needs information that can be given through health education and counseling which were conducted by the health officer particularly about childbirth so that the mother is more ready in face the brithing.

The research aimed to find out the effect of giving health education about childbirth process toward the descrease of anxiety of Primigravida Trimester III Mother. The research was an experimental research by having one group posttest-pretest. The population of research was 22 pregnant mothers, while the samples of research were 13 pregnant mother through accidental sampling as technique of sampling. Instrument of research was primary data (questionnaire).

The research result showed that there was an effect of giving health education about the process of childbirth toward the decrease of anxiety of primigravida trimester III mother. The level of mother's anxiety before they were given health education was in high anxiety level (61,5%), after given health education was in low anxiety level (69,2%). For bivariate analysis of significance value resulted $p=0,000 (<0,05)$, then it concluded that there was an effect.

It is suggested to Puskesmas Mongolato to give clear information to pregnant mother about the process of childbrith so that the process based on what it is expected.

Keywords: Health Education, Level of Anxiety