

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA  
POLITEKNIK KESEHATAN KEMENKES RIAU  
PROGRAM STUDI D IV KEBIDANAN**

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**HUBUNGAN TINGKAT KECEMASAN DAN PENGETAHUAN IBU HAMIL  
TRIMESTER III DALAM MENGHADAPI PERSALINAN DI PUSKESMAS  
TELUK BELITUNG KECAMATAN MERBAU KABUPATEN KEPULAUAN  
MERANTI**

**± 51 Halaman, 7 Tabel, 8Lampiran**

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**ABSTRAK**

Kehamilan merupakan masa sensitif bagi perempuan dalam siklus kehidupannya. Perubahan fisik dan psikologis dalam kehamilan dapat menjadi stressor yang mengakibatkan kecemasan pada ibu hamil (Effati dkk,2020). Kecemasan pada ibu hamil di Indonesia berkisar 28,7%. Kecemasan pada ibu hamil di Indonesia berkisar 28,7%. Kecemasan yang dialami ibu hamil salah satunya adalah kurangnya pengetahuan. Pemahaman seorang ibu hamil untuk mengetahui proses dalam persiapan persalinan sangat penting, karena tak jarang ibu hamil memiliki pikiran yang mengganggu pikirannya sehingga ibu hamil kurang mempersiapkan persiapan persalinannya. Tujuan penelitian ini untuk mengetahui hubungan kecemasan dan pengetahuan ibu hamil trimester III dengan persiapan persalinan. Penelitian ini merupakan penelitian kuantitatif dengan desain penelitian *cross sectional*, sampel yang digunakan sebanyak 36 responden ibu hamil trimester III, teknik pengambilan sampel menggunakan *accidental sampling*, dengan instrumen penelitian kuesioner, di analisa secara *univariat* dan *bivariat* dengan menggunakan uji statistik *chi square*. Hasil penelitian *univariat* didapatkan kecemasan dengan kategori tidak cemas sebanyak 55,6% dan responden ibu hamil trimester III yang memiliki pengetahuan baik sebanyak 58,3%. Hasil *bivariat* menunjukkan ada hubungan tingkat kecemasan dengan persiapan persalinan ibu hamil trimester III ( $P = 0,007$ ) dan tidak ada hubungan pengetahuan dengan persiapan persalinan ibu hamil trimester III ( $P = 0,061$ ) di Puskesmas Teluk Belitung. Di sarankan petugas kesehatan terutama bidan desa agar selalu memberikan dukungan positif bagi ibu hamil yang akan melahirkan, memberikan informasi dan motivasi kepada ibu hamil mengenai kehamilan, persalinan, nifas dan bayi baru lahir.

**Kata Kunci : Kecemasan, Pengetahuan, Persiapan Persalinan**

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**RELATIONSHIP OF ANXIETY LEVELS AND KNOWLEDGE ON  
PREGNANT WOMEN IN TRIMESTER III DEALING WITH DELIVERY AT  
PUSKESMAS TELUK BELITUNG, MERBAUI DISTRICT, MERANTI  
ISLANDS**

**±51 Pages, 7Tables, 8Appendices**

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**ABSTRACT**

Pregnancy is a sensitive period for women in their life cycle. Physical and psychological changes in pregnancy can be a stressor that causes anxiety in pregnant women (Effati et al, 2020). Anxiety in pregnant women in Indonesia is around 28.7%. Anxiety in pregnant women in Indonesia is around 28.7%. Anxiety experienced by pregnant women is a lack of knowledge. The understanding of a pregnant woman to know the process of preparing for childbirth is very important, because it is not uncommon for pregnant women to have thoughts that interfere with their thoughts so that pregnant women are less prepared to prepare for childbirth. This research is a quantitative research with a cross sectional research design, the sample used is 36 respondents of third trimester pregnant women, the sampling technique uses accidental sampling, the research instrument is a questionnaire, analyzed by univariate and bivariate using chi square statistical test. The results of the univariate study showed that 55.6% were not anxious in the category of anxiety and 58.3% of respondents were pregnant women in the third trimester who had good knowledge. The bivariate results showed that there was a relationship between the level of anxiety and preparation for delivery of pregnant women in the third trimester ( $P = 0.007$ ) and there was no relationship between knowledge and preparation for childbirth in the third trimester ( $P = 0.061$ ) at Puskesmas Teluk Belitung. It is recommended that health workers, especially midwives in village, always provide positive support for pregnant women who are about to give birth, provide information and motivation to pregnant women regarding pregnancy, childbirth, postpartum and newborns.

**Keywords : Anxiety, Knowledge, Childbirth Preparation**

**Bibliography : 15 (2016-2022)**