

**PROGRAM STUDI S1 KEBIDANAN FAKULTAS KESEHATAN DAN
INFORMATIKA INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU
Penelitian, 15 Mei 2025**

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**Hubungan Dukungan Suami Terhadap Tingkat Kecemasan Ibu Hamil Trimester
3 Di Puskesmas Payung Sekaki**

VII +57 Halaman + 9 Tabel + 2 SKEMA + 10 Lampiran

ABSTRAK

Kehamilan bagi seorang wanita merupakan hal yang membahagiakan, selain itu kehamilan juga bisa menjadikan kecemasan dikarenakan beresiko terjadinya komplikasi bagi ibu maupun janin, salah satu cara untuk mengatasi kecemasan dengan cara dukungan suami, dukungan suami merupakan suatu bentuk wujud dari sikap perhatian dan kasih sayang. Tujuan penelitian untuk mengetahui hubungan dukungan suami terhadap tingkat kecemasan ibu hamil trimester 3 di Puskesmas Payung Sekaki. Jenis penelitian adalah *kuantitatif* dengan desain *cross sectional*. Penelitian dilaksanakan di Puskesmas Payung Sekaki Pekanbaru pada bulan Juni 2025. Populasi dalam penelitian ini adalah ibu hamil trimester 3 dengan sampel sebanyak 60 orang. Teknik pengambilan sampel menggunakan *Total Sampling* berdasarkan kriteria inklusi dan eksklusi yang telah ditetapkan. Instrumen yang digunakan adalah kuesioner dukungan suami dan kuisisioner HARS. Analisis data menggunakan distribusi frekuensi dan uji statistik *Chi-square*. Hasil penelitian pada 60 ibu hamil mayoritas ibu yang tidak mendapat dukungan suami mengalami kecemasan sedang dengan total responden 9 (15%). Sedangkan mayoritas ibu yang mendapat dukungan suami tidak mengalami kecemasan sebanyak 15 responden (25%). Uji statistik *Chi-Square* menunjukkan nilai $p\text{-value} = 0,027 (< 0,05)$, sehingga dapat disimpulkan terdapat hubungan yang signifikan antara dukungan suami terhadap tingkat kecemasan ibu hamil trimester 3 di Puskesmas Payung Sekaki. Berdasarkan hasil penelitian perlunya perhatian lebih dengan memberikan dukungan pada ibu untuk mengurangi kecemasan pada ibu yang dapat berdampak bagi ibu dan janin.

Kata Kunci : Dukungan Suami, Kecemasan Ibu Hamil Trimester III
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**UNDERGRADUATE PROGRAM IN MIDWIFERY, FACULTY OF HEALTH
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**Relationship of Husband's Support on Anxiety in Third-Trimester Pregnant
Women at Community Health Center of Payung Sekaki**

VII +57 Pages + 9 Tables + 2 SCHEME + 10 Appendices

ABSTRACT

Pregnancy is a source of happiness for women; however, it may also trigger anxiety due to the potential risk of complications for both the mother and the fetus. One way to help manage this anxiety is through husband's support, which represents an expression of care and affection. This study aims to examine the relationship between husband's support and anxiety among third-trimester pregnant women at Community Health Center of Payung Sekaki. A quantitative approach with a cross-sectional design was employed. The research was conducted at Community Health Center of Payung Sekaki, Pekanbaru, in June 2025. The population consisted of third-trimester pregnant women, with a total sample of 60 respondents. Sampling was carried out using total sampling based on predetermined inclusion and exclusion criteria. The instruments used in this study were the Husband Support Questionnaire and the Hamilton Anxiety Rating Scale (HARS). The data were analyzed using frequency distribution and Chi-square statistical tests. The results showed that among the 60 pregnant women, the majority of those who did not receive husband's support experienced moderate anxiety, with a total of 9 respondents (15%). In contrast, most women who received husband's support did not experience anxiety, accounting for 15 respondents (25%). The Chi-square test indicated a p-value of 0.027 (< 0.05), demonstrating a significant relationship between husband's support and the anxiety level of third-trimester pregnant women at Community Health Center of Payung Sekaki. Based on these findings, it is important to provide greater attention and support to pregnant women in order to reduce anxiety, which may have an impact on both the mother and the fetus.

Keywords: Husband's Support, Anxiety on Third-Semester Pregnant Women

Reading Sources: 41 (2016–2025)