

**PROGRAM STUDI PENDIDIKAN PROFESI BIDAN FAKULTAS
KESEHATAN DAN INFORMATIKA INSTITUT KESEHATAN PAYUNG
NEGERI PEKANBARU**

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**Asuhan Kebidanan Berkelanjutan Pada Ny. D dengan Pendampingan Suami
dalam Mengurangi Tingkat Kecemasan Kehamilan Trimester 3 di Rumah
Sakit Awal Bros**

vi + 127 Halaman + 1 Gambar + 1 Tabel + 4 Lampiran

ABSTRAK

Kehamilan Trimester III merupakan periode kritis yang kerap disertai kecemasan akibat perubahan fisik, psikologis dan kekhawatiran menjelang persalinan. Pendampingan suami terbukti sebagai salah satu intervensi non farmakologis yang efektif dalam menurunkan tingkat kecemasan ibu hamil. Tujuan penelitian ini adalah untuk memberikan asuhan kebidanan berkesinambungan pada Ny.D dengan pendekatan *evidence based practice* melalui pendampingan suami.

Penelitian ini menggunakan metode *quasi eksperimental* dengan pengukuran tingkat kecemasan sebelum dan sesudah intervensi menggunakan kuesioner *Zung Self – Rating Anxiety Scale (SAS)*.

Hasil menunjukkan adanya penurunan skor kecemasan dari kategori sedang menjadi ringan setelah dilakukan dua kali kunjungan ANC dengan melibatkan suami secara aktif dalam edukasi, latihan relaksasi, komunikasi terapeutik, serta persiapan persalinan. Proses pendampingan juga berlanjut saat persalinan, nifas dan pelayanan KB.

Kesimpulannya, pendampingan suami secara konsisten dalam asuhan kebidanan berkesinambungan terbukti efektif mengurangi tingkat kecemasan pada kehamilan trimester III dan meningkatkan kesiapan ibu dalam menghadapi persalinan

Kata kunci : Kehamilan Trimester III, Kecemasan, pendampingan suami, evidence based practice, asuhan berkesinambungan

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Evidence Based Practice, 1 July 2025

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Continuity of Midwifery Care for Mrs. D with Husband's Assistance in Reducing Pregnancy Anxiety Levels in the Third Trimester at Awal Bros Hospital

vi + 127 Pages + 1 Picture + 1 Tables + 4 Attachment

ABSTRACT

The third trimester of pregnancy is a critical period often accompanied by anxiety due to physical and psychological changes, as well as anxiety surrounding childbirth. Husband support has been shown to be an effective non-pharmacologic intervention in reducing maternal anxiety. The purpose of this study was to provide continuous midwifery care to Mrs. D using an evidence-based practice approach through husband support.

This study used a quasi-experimental method, measuring anxiety levels before and after the intervention using the Zung Self-Rating Anxiety Scale (SAS) questionnaire.

The results showed a decrease in anxiety scores from moderate to mild after two ANC visits, with the husband actively involved in education, relaxation exercises, therapeutic communication, and childbirth preparation. This support process also continued during labor, postpartum, and family planning services.

In conclusion, consistent husband support in continuous midwifery care has been shown to be effective in reducing anxiety levels in the third trimester of pregnancy and increasing maternal preparedness for childbirth.

Keywords : *Third Trimester Pregnancy, Anxiety, Husband Support, Evidence-Based Practice, Continuous Care*

References : *19 (2020-2025)*