

**PROGRAM STUDI S1 KEPERAWATAN FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU**

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Faktor Yang Berhubungan Dengan Kesiapan Psikologis Ibu Hamil Dalam Menghadapi
Persalinan Di Puskesmas Payung Sekaki Pekanbaru

xi + 118 Halaman + 14 Tabel + 1 Skema + 10 Lampiran

ABSTRAK

Persalinan merupakan proses fisiologis yang dialami ibu ketika kehamilan sudah cukup bulan. Kesiapan baik fisik ataupun mental sangat dibutuhkan oleh ibu dalam menerima kondisi kehamilannya serta dalam menghadapi proses persalinan. Dampak negatif dari ketidaksiapan ibu hamil dalam menghadapi persalinan dapat menyebabkan peningkatan stres dan kecemasan yang signifikan, yang dapat mempengaruhi kesehatan mental ibu selama dan setelah persalinan. Tujuan penelitian untuk mengetahui faktor yang berhubungan dengan kesiapan psikologis ibu hamil dengan menghadapi persalinan. Jenis penelitian ini adalah kuantitatif dengan desain korelatif menggunakan pendekatan *cross sectional*. Sampel penelitian ini berjumlah 53 ibu hamil di Puskesmas Payung Sekaki. Teknik pengambilan sampel adalah *accidental sampling*. Analisis univariat karakteristik responden dan analisis bivariate dengan menggunakan uji *chi square*. Hasil penelitian didapatkan $p\text{ value} = 0.000 < 0.05$ yang artinya H_0 ditolak, sehingga dapat disimpulkan terdapat hubungan antara pengetahuan dengan kesiapan psikologis ibu menghadapi persalinan, $p\text{ value} = 0.030 < 0.05$ yang artinya H_0 ditolak, sehingga dapat disimpulkan terdapat hubungan antara dukungan suami dengan kesiapan psikologis ibu menghadapi persalinan, didapatkan $p\text{ value} = 0.046 < 0.05$ yang artinya H_0 ditolak, sehingga dapat disimpulkan terdapat hubungan antara dukungan tenaga kesehatan dengan kesiapan psikologis ibu menghadapi persalinan. Rekomendasi penelitian ini diharapkan ibu meningkatkan pengetahuan dengan membaca informasi melalui media sosial atau buku tentang persiapan persalinan, serta dukungan moral dan materil dari suami kepada ibu hamil.

Kata Kunci : Kesiapan Psikologis, Persalinan

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Factors Associated with Psychological Readiness of Pregnant Women in Facing Labour at Payung Sekaki Health Centre Pekanbaru

xi + 118 Pages + 14 Tables + 1 Schemes + 10 Appendixes

ABSTRACT

Childbirth is a physiological process experienced by the mother when the pregnancy is enough months. Both physical and mental readiness is needed by the mother in accepting the condition of her pregnancy and in facing the process of childbirth. The negative impact of unpreparedness of pregnant women in the face of labour can lead to a significant increase in stress and anxiety, which can affect the mother's the mother's mental health during and after labour. The purpose of the study was to determine the factors associated with the psychological readiness of pregnant women facing childbirth. This type of research is quantitative with a correlative design using a cross sectional approach. The sample of this study amounted to 53 pregnant women at the Payung Sekaki Community Health Centre. The sampling technique was accidental sampling. Univariate analysis of respondent characteristics and bivariate analysis using chi square test. The results of the study obtained p value = $0.000 < 0.05$ which means H_0 is rejected, so it can be concluded that there is a relationship between knowledge and the psychological readiness of mothers facing childbirth, p value = $0.030 < 0.05$ which means H_0 is rejected, so it can be concluded that there is a relationship between husband support and the psychological readiness of mothers facing childbirth, obtained p value = $0.046 < 0.05$ which means H_0 is rejected, so it can be concluded that there is a relationship between the support of health workers with the psychological readiness of mothers facing childbirth. The recommendation of this study is that mothers increase their knowledge by reading information through social media or books about childbirth preparation, as well as moral and material support from husbands to pregnant women.

Keywords : Psychological Readiness, Childbirth

References : 52 (2019-2023)