

**PROGRAM STUDI S1 KEBIDANAN DAN PENDIDIKAN PROFESI BIDAN FAKULTAS
KEBIDANAN INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU**

**Hubungan Karakteristik Dengan Pengetahuan Tentang Kesehatan Mental Pada Ibu Hamil
Di Wilayah Kerja Puskesmas Payung Sekaki Kota Pekanbaru**

Penelitian, Agustus 2026

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ABSTRAK

Kesehatan mental pada ibu hamil perlu diperhatikan karena perubahan selama kehamilan dapat memengaruhi kondisi psikologis ibu. Penelitian ini bertujuan untuk mengetahui hubungan usia, tingkat pendidikan, dan paritas dengan pengetahuan tentang kesehatan mental pada ibu hamil di Wilayah Kerja Puskesmas Payung Sekaki Kota Pekanbaru Tahun 2026. Penelitian ini menggunakan metode kuantitatif dengan desain cross-sectional dan sampel sebanyak 62 ibu hamil. Data dikumpulkan menggunakan kuesioner dan dianalisis secara univariat dan bivariat menggunakan uji Chi-Square serta Fisher-Freeman-Halton Exact Test. Hasil penelitian menunjukkan bahwa sebagian besar responden berusia 20–35 tahun sebanyak 43 responden (69,4%), berpendidikan menengah sebanyak 24 responden (38,7%), dan primipara sebanyak 24 responden (38,7%). Sebagian besar responden memiliki pengetahuan sedang sebanyak 31 responden (50,0%). Terdapat hubungan antara usia dengan pengetahuan ($p=0,031$), pendidikan dengan pengetahuan ($p=0,021$), dan paritas dengan pengetahuan ($p=0,011$). Kesimpulan penelitian ini adalah terdapat hubungan usia, tingkat pendidikan, dan paritas dengan pengetahuan tentang kesehatan mental pada ibu hamil. Diharapkan tenaga kesehatan meningkatkan edukasi kesehatan mental melalui pelayanan antenatal care.

Kata kunci: karakteristik, usia, pendidikan, paritas, pengetahuan, kesehatan mental, ibu hamil.

Referensi: 29 referensi (2012–2026)

FACULTY OF MIDWIFERY

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**The Relationship Between Characteristics and Knowledge of Mental Health Among
Pregnant Women in the Working Area of Payung Sekaki Public Health Center, Pekanbaru
City**

Research, August 2026

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ABSTRACT

Mental health among pregnant women needs attention because changes during pregnancy may affect their psychological condition. This study aimed to determine the relationship between age, educational level, and parity and knowledge of mental health among pregnant women in the working area of Payung Sekaki Public Health Center, Pekanbaru City, in 2026. This study used a quantitative method with a cross-sectional design and a sample of 62 pregnant women. Data were collected using a questionnaire and analyzed using univariate and bivariate analyses with the Chi-Square test and Fisher-Freeman-Halton Exact Test. The results showed that most respondents were aged 20–35 years, totaling 43 respondents (69.4%), had a secondary education level, totaling 24 respondents (38.7%), and were primiparous, totaling 24 respondents (38.7%). Most respondents had a moderate level of knowledge, totaling 31 respondents (50.0%). There was a relationship between age and knowledge ($p=0.031$), education and knowledge ($p=0.021$), and parity and knowledge ($p=0.011$). In conclusion, there was a relationship between age, educational level, and parity and knowledge of mental health among pregnant women. Health workers are expected to improve mental health education through antenatal care services.

Keywords: characteristics, age, education, parity, knowledge, mental health, pregnant women.

References: 29 references (2012–2026)