

Studi fenomenologi: pengalaman seksualitas perempuan selama masa kehamilan di Surabaya = Phenomenological study: women experience of sexuality during pregnancy in Surabaya

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Abstrak

Seksualitas merupakan keinginan menjalin relasi, kemesraan, dan cinta. Tujuan penelitian ini adalah mengungkap fenomena pengalaman seksualitas perempuan selama masa kehamilan. Pendekatan kualitatif dengan desain fenomenologi deskriptif sesuai filosofi Husserl digunakan dalam penelitian ini. Data dikumpulkan dengan metode interview semi terstruktur dan dianalisis dengan menggunakan tehnik analisa data Colaizzi. Sebanyak 8 ibu post partum berpartisipasi dalam penelitian ini.

Hasil penelitian adalah diidentifikasinya 4 klaster tema, yaitu ekspresi kasih sayang selama masa kehamilan, coital activity selama masa kehamilan, pelayanan keperawatan seksualitas selama masa kehamilan, dan harapan terhadap petugas kesehatan. Berdasarkan hasil penelitian direkomendasikan bagi perawat untuk proaktif melakukan pengkajian dan memberikan asuhan keperawatan yang berhubungan dengan aspek seksualitas selama masa kehamilan. Selanjutnya direkomendasikan bagi institusi pendidikan untuk mengembangkan kurikulum mata ajar keperawatan maternitas terkait konseling seksualitas pada level S2 keparawatan maternitas.

<hr>Sexuality was a desire to built relationship, intimacy and love. The aim of this research was to explore the phenomenon of women experience of sexuality during pregnancy. A qualitative approach with Husserlian phenomemenological design was used in this research. Data was obtained by a semi-structured interview and analyzed by using the Colaizzi's method. There were 8 postpartum mothers participated in this research.

The result was 4 clusters of themes, which were the expression of love and care during the pregnancy, coital activity during pregnancy, nursing service for pregnant women and the expectation toward health care team. Based on the result, it was recommended for nurses to be proactive in assessing and providing nursing care related to women sexuality during pregnancy. Furthermore, it was recommended for nursing education institution to develop curriculum that incorporated sexuality counseling during pregnancy in maternity nursing subject in master degree.