

## Prenatal distress pada ibu primigravida dan faktor yang memengaruhinya = Prenatal distress in primigravida and influencing factors / Ike Puspasari Ayu

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### Abstrak

#### <b>ABSTRAK</b><br>

Kehamilan menjadi krisis situasional terutama bagi ibu primigravida sehingga berdampak pada kesejahteraan ibu dan janin. Penelitian ini bertujuan mengidentifikasi prenatal distress pada ibu primigravida dan faktor yang memengaruhinya. Desain penelitian berupa deskriptif analitik dengan pendekatan cross sectional pada 214 ibu primigravida di Kota Serang. Variabel independen yang diteliti diantaranya usia ibu, tingkat pendidikan, tingkat pendapatan, usia kehamilan, dukungan sosial, pengalaman masa lalu, kepuasan terhadap dukungan suami, perencanaan kehamilan serta prenatal distress sebagai variabel dependennya. Instrumen yang digunakan diantaranya Socio-demographic questionnaire, PTSD Symptom Scale PSS , Multidimensional scale of perceived social support MSPSS , London Measure of Unplanned Pregnancy Instrument LMUP , Marital Adjustment Test MAT dan Prenatal Distress Questionnaire PDQ . Hasil penelitian menunjukkan mayoritas responden mengalami distress tinggi 55,6 . Usia ibu merupakan faktor yang paling berpengaruh terhadap terjadinya prenatal distress pada ibu primigravida OR=10,31; 95 CI, 4,7-22,6 . Semakin rendah usia ibu maka semakin meningkat masalah psikososialnya. Sebaliknya, semakin tinggi usia ibu maka semakin meningkat koneksi sosialnya sehingga lebih mudah menyesuaikan diri selama kehamilan. Petugas kesehatan sebaiknya lebih gencar memberikan penyuluhan pada remaja mengenai perencanaan kehamilan.

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#### <b>ABSTRACT</b><br>

Pregnancy is a crisis situation, especially for primigravida, which affects the well being of mother and fetus. The aim of this research is to identify prenatal distress in primigravida and the factors that could affect it. The research design is in the form of analytic descriptive with cross sectional approach on 214 primigravida in Serang City. The independent variables of the research are including maternal age, education level, income level, gestational age, social support, past experience, satisfaction of husband support, pregnancy planning and prenatal distress as the dependent variable. The used Instruments are Socio demographic questionnaire, PTSD Symptom Scale PSS , Multidimensional scale of perceived social support MSPSS , London Measure of Unplanned Pregnancy Instrument LMUP , Marital Adjustment Test MAT and Prenatal Distress Questionnaire PDQ . The results showed that the majority of respondents have been through severe distress 55.6 . Maternal age is the most important factor which effects on prenatal distress in primigravida OR, 10.31 95 CI, 4.7 22.6 . The lower of the mother 39 s age, the more it increases his psychosocial problems. Or vice versa, the higher of the mother 39 s age, the easier they make social connections during pregnancy. Health workers should be more aggressive giving counseling to the teenagers about the planning of pregnancy.