

# Pengembangan model integrasi spiritual perspektif islam pada perawatan prenatal (inspirata) dan efektifitasnya untuk meningkatkan adaptasi kehamilan dan luaran persalinan = Development of the Spiritual Integration Model based on Islamic Perspective on Prenatal Care INSPIRATA and Its Effectiveness to Increase Adaptation during Pregnancy and Obstetric Outcomes

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## Abstrak

Kehamilan merupakan periode kritis dalam tahap kehidupan perempuan. Perubahan fisik dan psikologis dapat menyebabkan gangguan keseimbangan dalam kehidupannya. Penelitian ini bertujuan untuk mengembangkan model integrasi spiritual pada perawatan prenatal untuk meningkatkan adaptasi maternal dan kualitas luaran persalinan. Kemampuan ibu beradaptasi dapat terlihat dari maternal fetal attachment, maternal distress, prenatal symptoms dan luaran persalinan.

Penelitian ini terdiri dari tiga tahap yang meliputi tahap identifikasi, tahap pengembangan model dan tahap uji model. Hasil analisis dari wawancara dengan tujuh partisipan pada penelitian tahap I ditemukan lima tema terkait pengaruh spiritual selama kehamilan. Model ini berupa intervensi edukasi yang berbasis spiritual dengan perspektif islam. Intervensi ini terdiri dari sepuluh materi pembelajaran yang dibagi dalam lima sesi pertemuan. Pertemuan dilakukan setiap minggu secara berkelompok di puskesmas atau di wilayah kerja puskesmas. Penelitian ini menggunakan desain quasi experiment pre-post test dengan kelompok kontrol, pengambilan sampel dilakukan dengan teknik consecutive sampling terhadap 124 responden.

Hasil penelitian menunjukkan bahwa model integrasi spiritual perspektif islam pada perawatan prenatal efektif dalam meningkatkan adaptasi kehamilan (aspek spiritual, maternal fetal attachment, maternal distress, prenatal symptoms) dan luaran persalinan (berat badan bayi dan nyeri persalinan). Dukungan sosial merupakan variabel perancu yang berpengaruh terhadap spiritual dan status gravidamerupakan variabel perncu yang berpengaruh pada kecemasan.

<hr>Pregnancy is a critical period in the stage of women's lives. Physical and psychological changes are stimuli that can cause disruption of balance in her life. The purpose of this study is to develop a model of spiritual integration in prenatal care to improve maternal adaptation and obstetric outcomes. The ability of the mother to adapt can be seen from the maternal fetal attachment, maternal distress, prenatal symptoms and labor outcomes.

This study consisted of three stages which included the identification phase, the model development stage and the model test phase. The results of the first stage based on the analysis from interviews with seven participants in the first stage of this study found five themes related to spiritual influence during pregnancy. This model is the form of educational interventions that are spiritually based on Islamic perspectives. This intervention consists of ten learning materials which are divided into five meeting sessions. The meeting is conduct every week in groups at the puskesmas or in the puskesmas working area. This study used a quasi

experiment design pre-post test with a control group, sampling was done by consecutive sampling technique on 124 respondents.

The results showed that the Islamic perspective spiritual integration model on prenatal care was effective and significant in improving pregnancy adaptation (spiritual aspects, maternal fetal attachment, maternal distress, prenatal symptoms) and labor outcomes (infant weight and labor pain). Social support is a confounding variable that has a significant effect on the spiritual and the number of deliveries is a significant variable that significantly affects anxiety in pregnancy.