

Aplikasi Teori Neuman System Model dan Peplau Intepersonal Relations pada Ibu Hamil yang Mengalami Pregnancy-related Anxiety dengan Kelainan Kongenital = The Application of Neuman System Model and Peplau Interpersonal Relations in Expectant Mother Who Suffer from Pregnancy-related Anxiety with Congenital Abnormalities

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Abstrak

Pregnancy-related anxiety (PrA) merupakan masalah psikologis pada ibu hamil yang cukup tinggi dan lebih banyak terjadi pada trimester pertengahan-akhir kehamilan. Tingkat kecemasan ibu hamil lebih tinggi pada ibu hamil dengan kelainan kongenital. Ibu hamil mengalami kecemasan yang tinggi setelah didiagnosis adanya kelainan kongenital. Teori Neuman System Model membantu melihat kebutuhan fisiologis, psikologis, sosialkultural, perkembangan, dan spiritual ibu hamil yang memiliki kehamilan dengan kelainan kongenital. Kombinasi dengan teori Peplau Interpersonal Relations dapat meningkatkan hubungan interpersonal antara perawat-klien. Intervensi pencegahan primer sesuai dengan NSM dimulai dari pencegahan primer dengan penerapan evidence-based nursing practice dengan menggunakan psikometri EDS-3A untuk skirining ansietas ibu hamil. Tujuan penulisan ini untuk mendeskripsikan gambaran penerapan teori Neuman System Model dan Peplau Interpersonal Relations pada asuhan keperawatan ibu hamil yang mengalami Pregnancy-Related Anxiety dengan kelainan kongenital dan penerapan evidence-based nursing practice dalam skrining ansietas pada ibu hamil menggunakan psikometri di layanan rawat jalan. Aplikasi teori diterapkan dengan metode kualitatif pendekatan studi kasus. Studi kasus dilakukan pada lima orang ibu hamil yang mengalami PrA di pelayanan rawat jalan dan rawat inap sedangkan skrining ansietas dilakukan di Rumah Sakit Umum Daerah di pelayanan rawat jalan. Hasil studi didapatkan bahwa integrasi teori Neuman System Model dan Peplau Interpersonal Relations dalam proses keperawatan mampu meningkatkan stabilitas klien dalam menghadapi stresor dilihat dari penurunan nilai kecemasan dan peningkatan efikasi diri untuk kesiapan melahirkan. Melalui skrining ansietas dapat diketahui lebih dini ibu hamil yang berisiko untuk mengalami PrA sehingga dapat dilakukan tatalaksana lebih lanjut untuk mencegah dampak negatif bagi ibu hamil dan janinnya.

.....Pregnancy-related anxiety (PrA) is a psychological problem in pregnant women that is quite high and occurs more often in the middle to late trimester of pregnancy. The level of anxiety in pregnant women is higher in those with congenital abnormalities. Pregnant women experience high levels of anxiety after they are diagnosed with congenital abnormalities. The Neuman System Model theory helps to examine the physiological, psychological, sociocultural, developmental, and spiritual needs of pregnant women with congenital abnormalities. The combination of Peplau's Interpersonal Relations theory can improve the interpersonal relationships between nurses and clients. Primary prevention interventions in accordance with NSM start with primary prevention by implementing evidence-based nursing practice using EDS-3A psychometrics for anxiety screening in pregnant women. This study aimed to provide an overview of the application of the Neuman System Model and Peplau's Interpersonal Relations theory in nursing care for pregnant women who experience Pregnancy-Related Anxiety with congenital abnormalities and the application of evidence-based nursing practice in screening for anxiety in pregnant women using

psychometrics in outpatient services. Theoretical application was applied using a qualitative case study approach. The case study was conducted on five pregnant women who experienced PrA in outpatient and inpatient services, while anxiety screening was performed at RSUD in outpatient services. The study results showed that the integration of the Neuman System Model and Peplau's Interpersonal Relations theory in the nursing process increased the client's stability in dealing with stressors, as seen from the reduction in anxiety scores and increased self-efficacy for childbirth readiness. Through anxiety screening, pregnant women who are at risk of experiencing PrA can be identified early so that further treatment can be carried out to prevent negative impacts on pregnant women and their fetuses.