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**Hubungan Dukungan Emosional Bidan Terhadap Tingkat Kecemasan Ibu Primigravida Dalam Proses Kala Di Rumah Sakit Imelda Medan**

**ABSTRAK**

**Pendahuluan :** Ibu hamil primigravida adalah wanita yang baru hamil untuk pertama kalinya. Seorang ibu primigravida biasanya mendapatkan kesulitan dalam mengenali perubahan-perubahan yang terjadi dalam tubuhnya yang menyebabkan ketidaknyamanan selama kehamilannya berlangsung. **Tujuan :** untuk mengetahui hubungan dukungan emosional bidan terhadap tingkat kecemasan ibu primigravida dalam proses kala 1 di Rumah Sakit Imelda Medan kehamilan yang dialaminya merupakan pengalaman pertama kali, sehingga dirasakan semakin mencemaskan karena semakin dekat dengan proses persalinan. **Bahan dan Metode :** Penelitian ini menggunakan metode kuantitatif dengan analisis uji bivariat dan statistik diskriptif. **Hasil :** Penelitian ini bertujuan untuk mengetahui Hubungan Dukungan Emosional Bidan Terhadap Tingkat Kecemasan Ibu Primigravida Dalam Proses Kala 1. Jumlah sampel penelitian ini sebanyak 40 responden. Hasil analisis hubungan dukungan emosional bidan terhadap tingkat kecemasan ibu primigravida Tidak mendapatkan dukungan dari bidan sebanyak 23 orang (23%) Tingkat kecemasan yang dihadapi ibu hamil saat proses kala I mayoritas memiliki cemas sedang sebanyak 22 orang (55%) Dukungan emosional dengan tingkat kecemasan menunjukkan bahwa mayoritas yang tidak mendapat dukungan mengalami cemas berat yakni sebanyak 15 orang Mendapatkan dukungan hanya mengalami cemas sedang sebanyak 14 orang. **Kesimpulan:** karakteristik responden ibu hamil di RSUD IPI menunjukkan bahwa ibu hamil ber mayoritas berusia 21-30 tahun sebanyak 28 orang (70%) Pendidikan dengan mayoritas terakhir SMA sebanyak 28 orang (70%) Tidak mendapatkan dukungan dari bidan sebanyak 23 orang (23%) Tingkat kecemasan yang dihadapi ibu hamil saat proses kala I mayoritas memiliki cemas sedang sebanyak 22 orang (55%) Dukungan emosional dengan tingkat kecemasan menunjukkan bahwa mayoritas yang tidak mendapat dukungan mengalami cemas berat yakni sebanyak 15 orang Mendapatkan dukungan hanya mengalami cemas sedang sebanyak 14 orang

**Kata Kunci :** kecemasan, dukungan bidan, ibu primigravida,  
**Daftar Pustaka :** (2016-2023)

## ABSTRACT

**Introduction:** Primigravida pregnant women are women who are pregnant for the first time. A primigravida mother usually has difficulty recognizing changes that occur in her body which cause discomfort during her pregnancy. **Objective:** to determine the relationship between the midwife's emotional support and the level of anxiety of primigravida mothers in the 1st stage of the process at the Imelda Hospital in Medan. The pregnancy she experienced was her first experience, so that felt increasingly anxious as we got closer to the delivery process. **Materials and Methods:** This research used quantitative methods with bivariate test analysis and discrete statistics. **Results:** This research aims to determine the relationship between midwives' emotional support and the level of anxiety of primigravida mothers in the 1st stage. The total sample for this study was 40 respondents. Results of the analysis of the relationship between midwives' emotional support and the level of anxiety of primigravida mothers. Not getting support from midwives as many as 23 people (23%) The level of anxiety faced by pregnant women during the first stage of the process, the majority had moderate anxiety as many as 22 people (55%) Emotional support and anxiety levels showed that the majority who did not receive support experienced severe anxiety, namely 15 people. Those who received support only experienced moderate anxiety, 14 people. **Conclusion:** the characteristics of pregnant women respondents at RSU IPI showed that the majority of pregnant women were 21-30 years old, 28 people (70%) Education with the final majority being high school as many as 28 people (70%) Not getting support from a midwife as many as 23 people (23%) The level of anxiety faced by pregnant women during the first stage of the process, the majority having moderate anxiety as many as 22 people (55%) Emotional support with the level of anxiety shows that the majority who did not receive support experienced severe anxiety, namely 15 people. Receiving support, only 14 people experienced moderate anxiety.

**Keywords** : anxiety, midwife support, primigravida mothers,

**Bibliography** : (2016-2023)