

ABSTRAK

Hubungan Faktor Risiko Kehamilan Dengan Tingkat Kecemasan Ibu Hamil Di Wilayah Kerja Puskesmas Tirto 1 Kabupaten Pekalongan

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Pendahuluan: Kehamilan risiko tinggi masih menjadi salah satu penyebab utama meningkatnya komplikasi maternal dan perinatal. Selain mengancam kesehatan ibu dan janin, kondisi ini juga dapat mempengaruhi kesehatan mental ibu hamil, terutama meningkatkan kecemasan yang berpotensi mengganggu proses kehamilan, persalinan, hingga luaran neonatal. Penelitian ini untuk mengetahui bagaimana hubungan faktor risiko kehamilan dengan tingkat kecemasan ibu hamil di wilayah kerja Puskesmas Tirto 1 Kabupaten Pekalongan tahun 2026.

Metode: Penelitian ini menggunakan desain analitik korelasional dengan pendekatan *cross-sectional*. Populasi adalah seluruh ibu hamil yang berada di wilayah kerja Puskesmas Tirto 1 pada bulan Februari sebanyak 331 ibu hamil, dengan sampel sebanyak 181 responden ibu hamil trimester I dan II yang diambil menggunakan rumus *slovin*. Data dikumpulkan menggunakan kuesioner dan dianalisis menggunakan uji *spearman rank*.

Hasil: Menunjukkan bahwa sebanyak 115 ibu hamil (63,5%) mengalami faktor risiko kehamilan dan sebanyak 158 ibu hamil (87,3%) tidak mengalami kecemasan. Analisis statistik menunjukkan terdapat hubungan yang signifikan antara faktor risiko kehamilan dengan tingkat kecemasan ibu hamil ($0,003 < 0,05$) dan nilai korelasi sebesar 0,217.

Simpulan dan saran: Terdapat hubungan yang signifikan antara faktor risiko kehamilan dengan tingkat kecemasan ibu hamil, pada penelitian ini menyimpulkan bahwa nilai tersebut menunjukkan arah hubungan yang positif (CI 0,107-0,314). Diharapkan penelitian ini dapat mengintegrasikan deteksi dini faktor risiko kehamilan dan skrining tingkat kecemasan dalam pelayanan antenatal care, disertai edukasi, konseling, dan dukungan emosional untuk meningkatkan kualitas pelayanan serta mencegah komplikasi kehamilan.

Kata Kunci: Faktor risiko kehamilan, Tingkat kecemasan, Ibu hamil

Daftar Pustaka: 71 (2020-2026)

ABSTRACT

The Correlation of Pregnancy Risk Factors with the Level of Anxiety of Pregnant Women in the Working Area of the Tirto 1 Health Center, Pekalongan Regency

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Introduction: High-risk pregnancies are still one of the leading causes of increased maternal and perinatal complications. In addition to threatening the health of the mother and fetus, this condition can also affect the mental health of pregnant women, especially by increasing anxiety that has the potential to interfere with the process of pregnancy, childbirth, and neonatal outcomes. This study aims to find out the correlation between pregnancy risk factors and the level of anxiety of pregnant women in the work area of the Tirto 1 Health Center, Pekalongan Regency, in 2026.

Methods: This study used a correlational analytical design with a cross-sectional approach. The population was all pregnant women in the working area of the Tirto 1 Health Center in February, as many as 331 pregnant women, with a sample of 181 respondents of pregnant women in the first and second trimester taken using the slovin formula. Data were collected using a questionnaire and analyzed using the spearman rank test.

Results: It showed that as many as 115 pregnant women (63.5%) experienced pregnancy risk factors, and as many as 158 pregnant women (87.3%) did not experience anxiety. Statistical analysis showed that there was a significant correlation between pregnancy risk factors and the level of anxiety of pregnant women ($0.003 < 0.05$), with a correlation value of 0.217.

Conclusions and suggestions: There is a significant correlation between pregnancy risk factors and the level of anxiety of pregnant women. In this study, it is concluded that these values indicate a positive correlation direction (CI 0.107- 0.314). It is hoped that this study can integrate early detection of pregnancy risk factors and anxiety level screening in antenatal care services, accompanied by education, counselling, and emotional support to improve the quality of services and prevent pregnancy complications.

Keywords: Risk factors for pregnancy, Anxiety level, Pregnant women

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