

ABSTRAK

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Hubungan Spiritual Well- Being dengan Kecemasan Ibu Hamil di Wilayah Kerja Puskesmas Sragi II

Latar Belakang: Ibu hamil akan mengalami masalah psikologis salah satunya kecemasan. Kecemasan yang terjadi berdampak pada kesehatan dan kesejahteraan ibu hamil dan kehamilannya. Ibu hamil memerlukan ketenangan dalam menjalani kehamilannya. Dengan hal ini peneliti mengambil penelitian dengan judul hubungan *spiritual well-being* dengan kecemasan ibu hamil di wilayah kerja puskesmas sragi II. Tujuan penelitian ini adalah menganalisis adanya hubungan *spiritual well-being* dengan kecemasan pada ibu hamil di wilayah kerja puskesmas sragi II

Metode: Penelitian ini merupakan penelitian deskriptif dengan pendekatan *cross-sectional*. Teknik pengambilan data penelitian ini menggunakan *cluster random sampling* dengan sampel ibu hamil di wilayah kerja puskesmas sragi II. Instrumen penelitian untuk *spiritual well-being* menggunakan kuesioner *Spiritual Well-Being Scale* dan instrumen untuk kecemasan menggunakan kuesioner *perinatal anxiety screening scale*. Instrumen penelitian ini telah dilakukan uji validitas dan reliabilitas oleh peneliti sebelumnya, untuk *spiritual well-being* didapatkan nilai cronbach's Alpha 0,767 dan untuk *perinatal anxiety screening scale* didapatkan nilai cronbach's alpha >0,10. Analisis data penelitian menggunakan Uji *Spearman rank*

Hasil: Sebanyak 45 ibu hamil memenuhi syarat menjadi responden pada penelitian ini. Hasil penelitian menunjukan 22 ibu hamil memiliki *spiritual well-being* yang baik dan untuk kecemasan 34 ibu hamil tidak mengalami kecemasan. Hasil korelasi *Spearman Rank* diperoleh nilai $P\ 0,005 < 0,05$ sehingga H_0 ditolak dengan nilai korelasi koefisien 0,409 yang mempunyai hubungan yang sedang. Dengan nilai terdapat hubungan yang signifikan pada *spiritual well-being* dengan kecemasan ibu hamil.

Simpulan: Dapat disimpulkan bahwa ada hubungan *spiritual well-being* dengan kecemasan dengan nilai signifikan 0,005. Ibu hamil diharapkan meningkatkan nilai kesejahteraan spiritual.

Kata Kunci: *Ibu hamil, Spiritual Well-being, kecemasan*

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ABSTRACT

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The Spiritual Correlation between Well-Being and Anxiety of Pregnant Women in the Working Area of the Sragi II Health Center

Background: Pregnant women will experience psychological problems, one of which is anxiety. The anxiety that occurs has an impact on the health and well-being of pregnant women and their pregnancies. Pregnant women need peace of mind in their pregnancy. The researcher conducted a study with the title *Spiritual Correlation of Well-being with Anxiety of Pregnant Women in the Working Area of the Sragi II Health Center*. The purpose of this study was to analyze the correlation between *spiritual well-being* and anxiety in pregnant women in the working area of the Sragi II Health Center.

Methods: This study is a descriptive research with a *cross-sectional* approach. The data collection technique of this study uses *cluster random sampling* with samples of pregnant women in the working area of the Sragi II Health Center. The research instrument for *spiritual well-being* used the *Spiritual Well-Being Scale* questionnaire, and the instrument for anxiety used the *perinatal anxiety screening scale* questionnaire. This research instrument has been tested for validity and reliability by previous researchers; for *spiritual well-being*, a Cronbach's Alpha value of 0.767 was obtained, and for the *perinatal anxiety screening scale*, a Cronbach's Alpha value of >0.10 was obtained. Research data analysis using the Spearman rank test

Results: A total of 45 pregnant women were eligible to be respondents in this study. The results of the study showed that 22 pregnant women had *good spiritual well-being*, and for anxiety, 34 pregnant women did not experience anxiety. The results of the Spearman Rank correlation obtained a value of $P = 0.005 < 0.05$, so H_0 was subtracted by a coefficient correlation value of 0.409, which has a moderate relationship. With this value, there is a significant relationship between *spiritual well-being* with the anxiety of pregnant women.

Conclusion: It can be concluded that there is a correlation between *spiritual well-being* and anxiety, with a significant value of 0.005. Pregnant women are expected to increase the value of spiritual well-being.

Keywords: *Pregnant women, Spiritual Well-being, Anxiety*

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