

**GAMBARAN TINGKAT KECEMASAN IBU HAMIL
TRIMESTER TIGA DALAM MENGHADAPI
PERSALINAN DI PUSKESMAS DTP
TANJUNGSARI KABUPATEN
SUMEDANG**

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ABSTRAK

Kecemasan pada ibu hamil trimester tiga menjelang persalinan merupakan masalah psikologis yang dapat berdampak pada kesehatan ibu dan bayi. Penelitian ini bertujuan untuk mengetahui gambaran tingkat kecemasan ibu hamil trimester tiga dalam menghadapi persalinan di Puskesmas DTP Tanjungsari Kabupaten Sumedang tahun 2025 berdasarkan karakteristik ibu. Penelitian ini menggunakan desain penelitian deskriptif kuantitatif dengan pendekatan *cross sectional*. Sampel penelitian adalah ibu hamil trimester tiga yang melakukan kunjungan di Puskesmas DTP Tanjungsari pada April–Juni 2025 sebanyak 52 responden. Data dikumpulkan menggunakan kuesioner tingkat kecemasan dan dianalisis secara univariat. Hasil penelitian menunjukkan bahwa hampir setengah dari ibu hamil mengalami kecemasan sedang sebanyak 24 (46,2%). Berdasarkan karakteristik menunjukkan hampir setengah dari ibu hamil dalam kategori usia muda beresiko tinggi sebanyak 19 (36,5%). Hampir seluruh ibu hamil berpendidikan rendah sebanyak 40 (76,9%). Hampir seluruh ibu hamil tidak bekerja sebanyak 46 (88,5%). Hampir setengah dari ibu hamil merupakan multipara sebanyak 25 (48%). Faktor psikologis utama yang memicu kecemasan adalah ketakutan terhadap proses persalinan, terutama pada ibu primigravida. Hasil ini menunjukkan pentingnya skrining kesehatan jiwa dan edukasi rutin dalam layanan *antenatal care* untuk menurunkan tingkat kecemasan pada ibu hamil trimester tiga. Penelitian ini diharapkan menjadi dasar pengembangan intervensi psikologis di tingkat puskesmas.

Kata Kunci : Ibu hamil, Kecemasan, Persalinan, Trimester tiga

**OVERVIEW OF ANXIETY LEVELS IN THIRD
TRIMESTER PREGNANT WOMEN IN
FACING LABOR AT TANJUNGSARI
DTP PUBLIC HEALTH CENTER
SUMEDANG REGENCY**

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ABSTRACT

Anxiety in third trimester pregnant women approaching childbirth is a psychological problem that can affect the health of both mother and baby. This study aims to describe the level of anxiety among third trimester pregnant women facing childbirth at DTP Tanjungsari Public Health Center, Sumedang Regency in 2025 based on maternal characteristics. This research uses a descriptive quantitative design with a cross-sectional approach. The sample consisted of third trimester pregnant women who visited DTP Tanjungsari Public Health Center from January to March 2025, totaling 52 respondents. Data were collected using an anxiety level questionnaire and analyzed univariately. The results showed that nearly half of the pregnant women experienced moderate anxiety, totaling 24 people (46.2%). Based on characteristics, almost half of the pregnant women were in the young age category with high risk, totaling 19 people (36.5%). Almost all pregnant women had a low education level, totaling 40 people (76.9%), and almost all were unemployed, totaling 46 people (88.5%). Nearly half of the pregnant women were multiparous, totaling 25 people (48%). The main psychological factor triggering anxiety was fear of the childbirth process, especially among primigravida mothers. These findings highlight the importance of routine mental health screening and education in antenatal care services to reduce anxiety levels in third trimester pregnant women. This study is expected to serve as a basis for developing psychological intervention programs at the community health center level.

Keywords: *anxiety, childbirth, pregnant women, third trimester*