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Pengaruh Pendidikan Kesehatan tentang Persalinan terhadap Kecemasan Primigravida Trimester III

Abstrak :

ABSTRACT *EFFECT OF HEALTH EDUCATION ABOUT CHILDBIRTH ON ANXIETY IN 3rd TRIMESTER PRIMIGRAVIDA* A Pre-experimental study in Puskesmas Ponorogo Utara, BPS Ny. Arum Sulawarsiningsih, and BPS Ny. Liz Suwarni By: Sholihatul Maghfirah In 3rd trimester primigravida generally feel anxious about facing childbirth. It is because they do not have experience of childbirth before and lack of knowledge about it. Health education about childbirth is one of the way to reduce 3rd trimester primigravida's anxiety. This study was aimed to explain the effect of health education about childbirth on 3rd trimester primigravida's anxiety. Design used in this study was pre-experimental one-group pre-post test design. The population was all of 3rd trimester primigravida who doing ante natal examination in Puskesmas Ponorogo Utara, BPS Arum Sulawarsiningsih, and BPS Liz Suwarni. Samples were taken using purposive sampling. Total sample was 16 respondents, taken according to the inclusion criteria. Data were collected using questionnaire then analyzed using wilcoxon signed rank test with significance level at $\alpha \leq 0,05$. The result showed that there was reduction of the level of anxiety after receiving health education, with p value of 0,008. It can be concluded that health education about childbirth has effect on 3rd trimester primigravida's anxiety. This is because people with better knowledge would have more adaptive coping mechanism to manage anxiety.
Keyword: knowledge, coping mechanism, primigravida