

**PROGRAM STUDI ILMU KEPERAWATAN
FAKULTAS ILMU KEPERAWATAN
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ABSTRAK

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HUBUNGAN FAMILY SUPPORT DENGAN TINGKAT KECEMASAN PADA IBU HAMIL TRIMESTER 1 DI PUSKESMAS BANGETAYU SEMARANG

Latar Belakang: Ibu hamil trimester 1 sering mengalami perubahan fisik dan psikis itu bisa membuat kecemasan dan disini dukungan keluarga sangat penting karena dapat mengurangi stresor pada ibu. Tujuan penelitian untuk mengetahui family support dengan tingkat kecemasan pada ibu hamil trimester 1 di puskesmas Bangetayu Semarang

Metode: Jenis penelitian ini menggunakan penelitian *deskriptif korelatif* dengan *cross sectional*, dengan *sistem total sampling* dengan jumlah 33 responden di Puskesmas Bangetayu Semarang. Pengumpulan data menggunakan kuesioner. Teknik analisa menggunakan *uji Gamma*.

Hasil: Dari 33 responden family support baik dengan tingkat kecemasan ringan 7 responden. Responden yang mengalami family support baik sebagian besar mengalami tingkat kecemasan ringan. Dari hasil Uji Gamma untuk family support dengan tingkat kecemasan didapatkan hasil p value 0,004.

Simpulan: Ada hubungan antara family support dengan tingkat kecemasan pada ibu hamil trimester 1 di puskesmas Bangetayu Semarang. Keluarga sangat berperan penting untuk memberi support pada ibu hamil trimester 1.

Kata kunci: Family support, Kecemasan dan ibu hamil trimester 1.

Daftar Pustaka: 35 (2009-2015)

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ABSTRACT

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**FAMILY SUPPORT RELATIONSHIP WITH AN EXTENSION
LEVEL IN PREGNANT TRIMESTER 1 MOTHER IN BANGETAYU
PUBLIC HEALTH SEMARANG**

Background: First trimester pregnant women often experience physical and psychological changes that can create anxiety and here family support is very important because it can reduce stressors in the mother. The purpose of the study was to find out family support with anxiety levels in first trimester pregnant women in the Bangetayu Semarang health center

Method: This type of research used a descriptive correlative study with cross sectional, with a total sampling system with 33 respondents in the Bangetayu Health Center Semarang. Data collection using a questionnaire. Analysis technique using Gamma test.

Results: Of the 33 respondents family support was good with mild anxiety levels of 7 respondents. Respondents who experienced good family support mostly experienced mild anxiety levels. From the results of the Gamma Test for family support with an anxiety level, the result is p value 0.004.

Conclusion: There is a relationship between family support and anxiety levels in first trimester pregnant women in the Bangetayu Semarang health center. Families play an important role in supporting first trimester pregnant women.

Keywords: Family support, Anxiety and 1st trimester pregnant women.

Bibliography: 35 (2009-2015)