

## ABSTRAK

Pada trimester ketiga ibu cenderung merasa cemas yang lebih tinggi dibandingkan trimester sebelumnya. Penyebab terjadinya kecemasan ibu hamil trimester tiga salah satunya tidak adanya pendampingan dari keluarga selama kehamilan. **Tujuan** penelitian ini adalah untuk mengetahui hubungan antara status pendamping selama kehamilan terhadap kecemasan ibu hamil trimester III. **Metode** desain penelitian ini adalah analitik kuantitatif dengan pendekatan *cross sectional*. Sampel dalam penelitian ini adalah 40 orang ibu hamil primigravida trimester III dari 103 populasi ibu hamil trimester III di Puskesmas Bangetayu Kota Semarang yang dilakukan dari Bulan Juli - Agustus 2019. Teknik sampling yang digunakan adalah *purposive sampling* dengan instrumen penelitian berupa kuesioner dengan uji *Kruskal wallis* dan regresi korelasi. **Hasil** penelitian menunjukkan nilai  $p\text{-value} = 0,000$  dengan hasil analisis *korelasi* dan *regresi* dengan nilai  $r = 0,651$ , Koefisien determinasi  $0,424$  dengan persamaan garis (Kecemasan =  $1,699 + 0.692 * \text{Status Pendamping}$ ) dan kecemasan ibu hamil dapat berkurang sebanyak  $69,2\%$  jika didampingi selama proses kehamilan. **Kesimpulan dan saran.** Terdapat hubungan linier antara status pendamping selama kehamilan terhadap kecemasan ibu hamil trimester 3. Diharapkan pihak Puskesmas, ibu hamil dan keluarga dapat bekerjasama dalam mengontrol perasaan ibu sehingga dapat mengurangi kecemasan ibu selama proses kehamilan dan adanya penelitian lebih lanjut terkait dengan penelitian ini

**Keyword:** Kecemasan Ibu Hamil, Status Pendamping, Trimester III

## ABSTRACT

*In the third trimester mothers tend to feel anxiety higher than the previous trimester. The one reason that cause it is the absence of assistance from the family during pregnancy. The purpose of this study was to determine the relationship between companion status during pregnancy with third trimester pregnant mothers's anxiety. The method: This research design was quantitative analytic with cross sectional approach. The samples in this study were 40 trimester III primigravida pregnant women from 103 populations of trimester III pregnant women in Bangetayu Public Health Center Semarang City conducted since July - August 2019. The sampling technique was purposive sampling using questionnaire to measured the variables and analyze it with Kruskal wallis test and correlation regression. The results showed  $p\text{-value} = 0,000$  with the results of correlation and regression analysis with  $r$  value of  $0.651$ , coefficient of determination of  $0.424$  with the equation of the line (Anxiety =  $1,699 + 0.692 * \text{Companion Status}$ ) and anxiety of pregnant women can be reduced by  $69.2\%$  if accompanied during pregnancy. Conclusions and suggestions there is a linear relationship between the companion status during pregnancy to the anxiety of trimester pregnant women. It is expected for health center, pregnant women and families can work together in controlling the feelings of mothers to reduce maternal anxiety during the pregnancy and the existence of further research related to this study.*

**Keyword:** Anxiety of Pregnant Women, Companion Status, Trimester III