

**GAMBARAN FAKTOR – FAKTOR YANG MEMPENGARUHI KECEMASAN  
PADA IBU HAMIL TRIMESTER III DALAM MENGHADAPI PERSALINAN  
DI KLINIK MITRA DELIMA**

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**ABSTRAK**

Kecemasan muncul pada ibu hamil dan lebih sering terjadi pada trimester ketiga. Dampak kecemasan dapat berbahaya pada ibu dan janin. WHO tahun 2019 sekitar 30% ibu hamil trimester III mengalami kecemasan dalam menghadapi persalinan. Tujuan penelitian ini adalah untuk mengidentifikasi gambaran faktor-faktor yang mempengaruhi kecemasan pada ibu hamil trimester III dalam menghadapi persalinan di Klinik Mitra Delima Tahun 2024. Metode penelitian ini merupakan penelitian yang bersifat deskriptif, pengambilan sampel menggunakan metode *Accidental Sampling*, dengan jumlah 30 responden ibu hamil trimester III yang mengalami kecemasan di Klinik Mitra Delima menggunakan kuesioner. Hasil penelitian dapat diketahui bahwa sebagian besar umur responden tidak beresiko (20-35 tahun) sebanyak 25 orang (83,3%) dan responden beresiko (<20->35 tahun) sebanyak 5 orang (16,6%). Berdasarkan pendidikan, sebagian besar pendidikan SMA sebanyak 14 orang (46,7%), responden dengan pendidikan SMP sebanyak 12 orang (40%) dan responden dengan pendidikan SD lebih rendah yaitu sebanyak 4 orang (13,3%). Berdasarkan pekerjaan, dapat diketahui bahwa seluruh responden pekerjaannya sebagai ibu rumah tangga sebanyak 30 orang (100%). Berdasarkan paritas ibu dengan primigravida sebanyak 14 orang (46,7%) dan ibu multigravida sebanyak 16 orang (53,3%). Berdasarkan pendapatan, dapat diketahui bahwa seluruh responden hasil pendapatannya Rp.<2.089.464 sebanyak 30 orang (100%). Berdasarkan pengetahuan, sebagian besar pengetahuan responden dalam kategori kurang sebanyak 16 orang (53,3%), responden dengan pengetahuan cukup sebanyak 9 orang (30%) dan responden dengan pengetahuan baik sebanyak 5 orang (16,7%). Disarankan pada ibu hamil untuk meningkatkan antenatal care agar mempersiapkan ibu hamil secara fisik dan mental dalam menghadapi persalinan.

**Kata Kunci :** Kecemasan, Ibu Hamil, Persalinan

**DESCRIPTION OF FACTORS THAT INFLUENCE ANXIETY  
IN THIRD TRIMESTER PREGNANT WOMEN IN FACING LABOR  
AT THE POMEGRANATE PARTNER CLINIC**

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**ABSTRACT**

*Anxiety appears in pregnant women and is more common in the third trimester. The impact of anxiety can be harmful to the mother and fetus. WHO in 2019 about 30% of third trimester pregnant women experience anxiety in the face of labor. The purpose of this study was to identify a description of the factors that influence anxiety in third trimester pregnant women in facing labor at the Delima Mitra Clinic in 2024. This research method is descriptive research, sampling using the Accidental Sampling method, with a total of 30 respondents of third trimester pregnant women who experience anxiety at the Delima Mitra Clinic using a questionnaire. The results showed that most of the respondents' ages were not at risk (20-35 years) as many as 25 people (83.3%) and at risk respondents (<20->35 years) as many as 5 people (16.6%). Based on education, most of the respondents with high school education were 14 people (46.7%), respondents with junior high school education were 12 people (40%) and respondents with elementary school education were lower, namely 4 people (13.3%). Based on occupation, it can be seen that all respondents work as housewives as many as 30 people (100%). Based on parity, there were 14 mothers with primigravida (46.7%) and 16 mothers with multigravida (53.3%). Based on income, it can be seen that all respondents earn Rp.<2,089,464 as many as 30 people (100%). Based on knowledge, most of the respondents' knowledge was in the poor category as many as 16 people (53.3%), respondents with sufficient knowledge were 9 people (30%) and respondents with good knowledge were 5 people (16.7%). It is recommended for pregnant women to increase antenatal care in order to prepare pregnant women physically and mentally in the face of childbirth.*

**Keywords:** *Anxiety, Pregnant Women, Labor*