

**FAKULTAS ILMU KESEHATAN  
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**HUBUNGAN TINGKAT KECEMASAN IBU HAMIL TRIMESTER III  
DENGAN KESIAPAN PERSALINAN DI WILAYAH KERJA PUSKESMAS  
CIGAYAM KABUPATEN CIAMIS TAHUN 2026**

**ABSTRAK**

Kehamilan trimester III merupakan periode yang rentan terhadap perubahan psikologis, terutama kecemasan, yang dapat memengaruhi kesiapan ibu dalam menghadapi persalinan. Berdasarkan data Puskesmas Cigayam Kabupaten Ciamis, jumlah persalinan mengalami peningkatan dari 371 persalinan pada tahun 2023 menjadi 374 persalinan pada tahun 2024 dan 380 persalinan pada tahun 2025. Kondisi tersebut menunjukkan pentingnya kesiapan ibu hamil dalam menghadapi persalinan, baik secara fisik maupun psikologis. Penelitian ini bertujuan untuk mengetahui hubungan tingkat kecemasan ibu hamil trimester III dengan kesiapan persalinan di wilayah kerja Puskesmas Cigayam Kabupaten Ciamis Tahun 2026.

Penelitian ini menggunakan metode kuantitatif dengan desain cross sectional. Populasi penelitian adalah seluruh ibu hamil trimester III di wilayah kerja Puskesmas Cigayam sebanyak 66 orang dengan teknik total sampling, sehingga seluruh populasi dijadikan sebagai sampel penelitian. Tingkat kecemasan diukur menggunakan *Pregnancy-Related Anxiety Questionnaire-Revised 2* (PRAQ-R2), sedangkan kesiapan persalinan diukur menggunakan kuesioner *Birth Preparedness and Complication Readiness* (BPCR). Analisis data dilakukan secara univariat dan bivariat menggunakan uji *Chi-Square* dengan alternatif *Fisher-Freeman-Halton Exact Test*.

Hasil penelitian menunjukkan bahwa sebagian besar responden mengalami kecemasan ringan sebanyak 33 orang (50,0%) dan memiliki kesiapan persalinan dalam kategori kurang siap sebanyak 49 orang (74,2%). Hasil analisis bivariat menunjukkan terdapat hubungan yang signifikan antara tingkat kecemasan ibu hamil trimester III dengan kesiapan persalinan ( $p < 0,001$ ).

Kesimpulan penelitian ini menunjukkan bahwa semakin tinggi tingkat kecemasan ibu hamil, maka semakin rendah kesiapan dalam menghadapi persalinan. Oleh karena itu, diperlukan deteksi dini kecemasan serta penguatan edukasi dan konseling selama pelayanan antenatal untuk meningkatkan kesiapan persalinan ibu hamil.

Kata kunci: ibu hamil trimester III, kecemasan, kesiapan persalinan, PRAQ, BPCR.

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**THE RELATIONSHIP BETWEEN ANXIETY LEVELS IN THIRD-  
TRIMESTER PREGNANT WOMEN AND CHILDBIRTH PREPAREDNESS  
IN THE WORKING AREA OF CIGAYAM PUBLIC HEALTH CENTER,  
CIAMIS REGENCY, 2026**

**ABSTRACT**

*The third trimester of pregnancy is a period that is highly susceptible to psychological changes, particularly anxiety, which may affect a mother's preparedness for childbirth. According to data from the Cigayam Public Health Center, Ciamis Regency, the number of deliveries increased from 371 in 2023 to 374 in 2024 and 380 in 2025. This trend highlights the importance of ensuring that pregnant women are physically and psychologically prepared for childbirth. This study aimed to determine the relationship between anxiety levels among third-trimester pregnant women and childbirth preparedness in the working area of Cigayam Public Health Center, Ciamis Regency, in 2026.*

*This study employed a quantitative method with a cross-sectional design. The study population consisted of all third-trimester pregnant women in the working area of Cigayam Public Health Center, totaling 66 respondents. Total sampling was applied, whereby all eligible participants were included in the study. Anxiety levels were measured using the Pregnancy-Related Anxiety Questionnaire-Revised 2 (PRAQ-R2), while childbirth preparedness was assessed using the Birth Preparedness and Complication Readiness (BPCR) questionnaire. Data were analyzed using univariate analysis and bivariate analysis with the Chi-Square test, followed by the Fisher-Freeman-Halton Exact Test when the assumptions of the Chi-Square test were not met.*

*The results showed that most respondents experienced mild anxiety (33 respondents; 50.0%) and were categorized as inadequately prepared for childbirth (49 respondents; 74.2%). Bivariate analysis revealed a statistically significant relationship between anxiety levels and childbirth preparedness ( $p < 0,001$ ).*

*In conclusion, higher anxiety levels among third-trimester pregnant women are associated with lower childbirth preparedness. Therefore, early screening for pregnancy-related anxiety, along with comprehensive health education and counseling during antenatal care, is essential to improve childbirth preparedness.*

*Keywords: anxiety, birth preparedness, BPCR, PRAQ, third-trimester pregnant women.*