

HUBUNGAN DUKUNGAN SUAMI DENGAN TINGKAT KECEMASAN IBU BERSALIN KALA I FASE AKTIF DI PUSKESMAS RAJADESA KABUPATEN CIAMIS TAHUN 2026

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ABSTRAK

Latar Belakang: Persalinan adalah proses alami di mana janin dan plasenta dikeluarkan dari rahim melalui jalan lahir. Pendamping persalinan berperan penting dalam mendukung ibu dengan memberikan dukungan emosional, fisik, dan informasi yang dapat mengurangi kecemasan, meningkatkan rasa aman, serta memperlancar proses persalinan. **Tujuan:** Penelitian ini untuk mengetahui Hubungan dukungan suami dengan tingkat kecemasan ibu bersalin kala I fase aktif di Puskesmas Rajadesa Kabupaten Ciamis Tahun 2026. **Metode Penelitian:** Jenis penelitian ini adalah kuantitatif korelasional dengan desain *cross sectional*. Populasi adalah ibu bersalin kala I fase aktif yang berada di ruang bersalin Puskesmas Rajadesa bulan Juni 2026 sebanyak 30 orang dan teknik sampel adalah *total sampling*. Instrumen penelitian menggunakan kuesioner dukungan suami dan kuesioner HARS untuk mengukur kecemasan. Analisis data secara Univariat dan Bivariat menggunakan uji Korelasi Kendall's Tau-b. **Hasil Penelitian:** Berdasarkan hasil penelitian menunjukkan sebagian besar responden memiliki dukungan baik dari suami (73,3%) dan sebagian besar responden mengalami kecemasan ringan (43,3%). Berdasarkan hasil uji korelasi Kendall's Tau-b dengan diperoleh nilai $p=0,019 < 0,05$. **Kesimpulan:** Pada penelitian ini menunjukkan bahwa ada hubungan dukungan suami dengan tingkat kecemasan ibu bersalin kala I fase aktif di Puskesmas Rajadesa Kabupaten Ciamis. Oleh karena itu, upaya menurunkan kecemasan harus berfokus pada peningkatan dukungan suami dengan disertai edukasi antenatal, konseling psikologis, peningkatan kesiapan menghadapi persalinan, serta pemberian informasi yang memadai oleh tenaga kesehatan.

Kata Kunci: Dukungan suami, ibu bersalin, kala I fase aktif, tingkat kecemasan

THE RELATIONSHIP BETWEEN HUSBAND SUPPORT AND THE ANXIETY LEVEL OF MOTHERS IN THE FIRST STAGE OF ACTIVE LABOR AT RAJADESA HEALTH CENTER, CIAMIS REGENCY, 2026

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ABSTRACT

Background: Childbirth is a natural process in which the fetus and placenta are expelled from the uterus through the birth canal. A birth companion plays an important role in supporting the mother by providing emotional, physical, and informational support that can reduce anxiety, increase feelings of safety, and facilitate the birthing process. Objective: This study aimed to examine the relationship between husband support and the anxiety level of mothers in the first stage of active labor at Rajadesa Community Health Center in Ciamis Regency in 2026. Research Method: This research is a correlational quantitative study with a cross-sectional design. The population consisted of mothers in the first stage of active labor in the delivery room at Rajadesa Community Health Center in June 2026, totaling 30 people, and the sampling technique used was total sampling. The research instruments included a husband support questionnaire and the HARS questionnaire to measure anxiety. Data analysis was conducted univariately and bivariately using Kendall's Tau-b correlation test. Research Results: Based on the research results, it shows that most respondents have good support from their husbands (73.3%) and most respondents experienced mild anxiety (43.3%). According to the Kendall's Tau-b correlation test results, the obtained p-value was $0.019 < 0.05$. Conclusion: This study shows that there is a relationship between husband support and the anxiety levels of mothers in the first stage of active labor at Rajadesa Health Center, Ciamis Regency. Therefore, efforts to reduce anxiety should focus on increasing husband support along with antenatal education, psychological counseling, improving preparedness for labor, and providing adequate information by healthcare workers.

Keywords: *anxiety level, first stage active phase, Husband support, laboring mother*