

**HUBUNGAN DUKUNGAN SUAMI DENGAN TINGKAT KECEMASAN
IBU HAMIL TRIMESTER III DI PRAKTIK MANDIRI BIDAN E DI DESA
BAREGBEG KECAMATAN BAREGBEG**

ABSTRAK

Latar Belakang: Kecemasan pada ibu hamil trimester III dapat memengaruhi kesehatan ibu dan janin. Dukungan suami berperan dalam membantu ibu menghadapi perubahan fisik dan psikologis selama kehamilan. **Tujuan :** Penelitian ini bertujuan mengetahui hubungan dukungan suami dengan tingkat kecemasan ibu hamil trimester III di TPMB Bidan E Desa Baregbeg Kabupaten Ciamis Tahun 2026. **Metode :** Penelitian menggunakan desain analitik kuantitatif dengan pendekatan *cross-sectional* pada 20 responden yang dipilih menggunakan *total sampling*. Data dikumpulkan melalui kuesioner dukungan suami dan HARS, kemudian dianalisis menggunakan uji Spearman Rank. **Hasil :** Hasil menunjukkan 90% responden memperoleh dukungan suami baik, sedangkan tingkat kecemasan didominasi kategori berat (50%). Terdapat hubungan signifikan antara dukungan suami dan tingkat kecemasan ($\rho = 0,599$; $p = 0,000$). Peningkatan keterlibatan suami dalam pelayanan antenatal perlu terus didorong.

Kata kunci: dukungan suami, kecemasan, ibu hamil trimester III, persalinan.

**THE RELATIONSHIP BETWEEN HUSBAND SUPPORT AND ANXIETY
LEVELS AMONG THIRD-TRIMESTER PREGNANT WOMEN AT THE
INDEPENDENT MIDWIFERY PRACTICE OF MIDWIFE E IN
BAREGBEG VILLAGE, BAREGBEG DISTRICT, CIAMIS REGENCY**

ABSTRACT

Background: Anxiety during the third trimester of pregnancy may adversely affect maternal and fetal health. Husband support plays an important role in helping pregnant women cope with physical and psychological changes. **Objective:** This study aimed to determine the relationship between husband support and anxiety levels among third-trimester pregnant women at TPMB Midwife E, Baregbeg Village, Ciamis Regency, in 2026. **Methods:** A quantitative analytic study with a cross-sectional design was conducted among 20 pregnant women using total sampling. Data were collected using the Husband Support Questionnaire and HARS, then analyzed with the Spearman Rank test. **Results:** Most respondents (90%) received good husband support, and severe anxiety was the most common level (50%). A significant relationship was found between husband support and anxiety levels ($\rho = 0.599$; $p = 0.000$). **Conclusion:** Husband support is significantly associated with maternal anxiety.

Keywords: husband support, anxiety, third-trimester pregnancy, childbirth.