

ABSTRAK

Perubahan psikologis yang sering terjadi pada ibu hamil trimester III adalah kecemasan. Hasil studi pendahuluan yang dilakukan di PMB “MS” menggunakan skala *HARS*, terdapat 5 orang (50,0%) dari 10 ibu hamil UK ≥ 36 minggu mengalami kecemasan ringan. Penelitian ini bertujuan memberikan gambaran asuhan kebidanan komprehensif pada perempuan “LL” di PMB “MS” Wilayah Kerja Puskesmas Tejakula I Kabupaten Buleleng Tahun 2023. Jenis penelitian yang digunakan adalah penelitian deskriptif dengan pendekatan studi kasus. Dilaksanakan di PMB “MS” tanggal 6 Maret – 3 Mei 2023. Pada kasus ini yang menjadi subjek adalah perempuan “LL” G1P0A0 UK 38 minggu 4 hari dengan masalah kecemasan. Metode pengumpulan data yang digunakan yaitu wawancara, observasi, pemeriksaan fisik dan studi dokumentasi. Pengumpulan data menggunakan instrumen sebagai acuan dalam memberikan asuhan. Pada pertemuan pertama tanggal 29 Maret 2023 ibu mengalami kecemasan, diberikan cara mengurangi kecemasan dengan relaksasi nafas dalam dan merendam kaki dengan air hangat. Pertemuan kedua tanggal 5 April 2023 kecemasan ibu sudah berkurang. Pada tanggal 13 April 2023 ibu memasuki proses persalinan dan kecemasan ibu meningkat. Kala I berlangsung ± 8 jam, kala II 10 menit, kala III 4 menit dan kala IV 2 jam tanpa penyulit. Bayi lahir tanggal 14 April 2023 jenis kelamin laki-laki, tangis kuat, gerak aktif. Pada masa nifas ibu sudah tidak mengalami kecemasan. Kunjungan nifas dan bayi dilakukan sebanyak 3 kali dan ibu memutuskan untuk menggunakan kontrasepsi IUD. Berdasarkan hal tersebut didapatkan hasil bahwa kecemasan yang dialami ibu pada masa kehamilan berkurang dengan melakukan relaksasi nafas dalam dan merendam kaki dengan air hangat terlihat dari hasil skor *HARS* menurun yang awalnya 17 menjadi 15. Pada saat persalinan kecemasan ibu meningkat dengan hasil skor *HARS* 16 dan proses persalinan berlangsung fisiologis. Pada masa nifas skor *HARS* 6 yang menandakan ibu tidak mengalami kecemasan serta masa nifas dan bayi berlangsung tanpa penyulit.

Kata Kunci: Kecemasan, Ibu Hamil, Asuhan Kebidanan Komprehensif

ABSTRACT

The psychological changes that often occur in pregnant women in the third trimester are anxiety. A preliminary study conducted at "MS" Maternity Clinic using the HARS scale showed that 5 out of 10 pregnant women (50.0%) with gestational age ≥ 36 weeks experienced mild anxiety. The aim of this research is to provide a comprehensive midwifery care overview for a woman named "LL" at "MS" Maternity Clinic in the Working Area of The Tejakula Health Center I Buleleng Regency, in 2023. The research method used is descriptive research with a case study approach. The study was conducted at "MS" Maternity Clinic from March 6th to May 3rd, 2023. In this case, the subject is a woman named "LL," G1P0A0, at 38 weeks and 4 days gestation with anxiety issues. The data collection methods used are interviews, observations, physical examinations, and documentation studies. Data collection is done using instruments as a reference for providing care. In the first meeting on March 29, 2023, the mother experienced anxiety. Techniques were provided to reduce anxiety, such as deep breathing relaxation and soaking the feet in warm water. In the second meeting on April 5, 2023, the mother's anxiety had decreased. On April 13, 2023, the mother entered the labor process, and her anxiety increased. The first stage of labor lasted approximately 8 hours, the second stage lasted 10 minutes, the third stage lasted 4 minutes, and the fourth stage lasted 2 hours without complications. The baby was born on April 14, 2023, a male with a strong cry and active movements. During the postpartum period, the mother no longer experienced anxiety. Three postpartum visits were conducted for both the mother and the baby, and the mother decided to use an IUD as a contraceptive method. Based on these findings, it can be concluded that the mother's anxiety during pregnancy decreased by practicing deep breathing relaxation and soaking the feet in warm water, as evidenced by the decrease in HARS score from 17 to 15. During labor, the mother's anxiety increased with a HARS score of 16, but the delivery process was physiological. In the postpartum period, the HARS score was 6, indicating that the mother did not experience anxiety, and both the postpartum period and the baby's condition were uncomplicated.

Keywords: *Anxiety, Pregnant Mother, Comprehensive Midwifery Care*