

**Description of Coping Stress for Pregnant Women Who Marry in Their
Teens at The Inpatient Health Center in Suban Village, West Tanjung
Jabung Regency**

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ABSTRACT

BACKGROUND Cases of teenage marriage are increasingly common in Indonesia. Not only has a negative impact on the physical condition, but also has a negative impact on the mental health of adolescents. Teenagers are required to complete developmental tasks that are not in accordance with the stages of their development. In overcoming the impact of stress caused, adolescents use various forms of Coping Stress.

PURPOSE Knowing the description of coping stress and the factors that influence coping stress in pregnant women who marry at a young age at the Inpatient Health Center in Suban Village, West Tanjung Jabung Regency.

METHOD Participants were women aged 14-19 years, married and currently pregnant. The research was carried out in West Tanjung Jabung Regency in 2021. The research method used was a qualitative research method with a phenomenological approach. Methods of data collection through observation techniques and in-depth interviews.

RESULTS The three participants applied emotion focused coping and problem focused coping in various forms of action to deal with the stress they experienced. There are five factors that influence coping stress, namely health conditions, personality, self-concept, social support, and economic assets.

CONCLUSION The three participants used various forms of stress coping techniques to help solve the problems they experienced.

Keywords: coping stress, teenage marriage, pregnant

Gambaran *Coping Stress* Ibu Hamil Yang Menikah Pada Usia Remaja di Puskesmas Rawat Inap Desa Suban Kabupaten Tanjung Jabung Barat

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ABSTRAK

LATAR BELAKANG Kasus pernikahan usia remaja semakin marak terjadi di Indonesia. Tidak hanya menimbulkan dampak negatif pada kondisi fisik, tapi juga berdampak buruk akan kesehatan mental remaja. Remaja dituntut menyelesaikan tugas perkembangan yang tidak sesuai dengan tahapan perkembangannya. Dalam menanggulangi dampak stress yang ditimbulkan, remaja menggunakan berbagai macam bentuk *Coping Stress*.

TUJUAN Mengetahui gambaran *coping stress* dan faktor-faktor yang memengaruhi *coping stress* pada ibu hamil yang menikah pada usia remaja di Puskesmas Rawat Inap Desa Suban Kabupaten Tanjung Jabung Barat.

METODE Partisipan penelitian adalah perempuan usia 14-19 tahun, sudah menikah dan sedang dalam kondisi hamil. Penelitian dilakukan di Kabupaten Tanjung Jabung Barat pada tahun 2021. Metode penelitian yang digunakan adalah metode penelitian kualitatif dengan pendekatan fenomenologi. Metode pengumpulan data melalui teknik observasi dan wawancara mendalam.

HASIL Ketiga partisipan menerapkan *emotion focused coping* dan *problem focused coping* dalam berbagai bentuk tindakan untuk menanggulangi stress yang dialami. Terdapat lima faktor yang memengaruhi *coping stress* yaitu kondisi kesehatan, kepribadian, konsep diri, dukungan sosial, dan asset ekonomi.

KESIMPULAN Ketiga partisipan menggunakan berbagai bentuk teknik *coping stress* untuk membantu menyelesaikan permasalahan yang dialami.

Kata Kunci: *coping stress*, pernikahan remaja, hamil