

ABSTRACT

Background : *The third trimester of pregnancy is a phase that is vulnerable to psychological disorders, one of which is anxiety. The level of anxiety can differ between primigravida (first-time pregnancy) and multigravida (previously pregnant) pregnant women. Factors of experience, social support, and readiness to face childbirth also affect the psychological condition of pregnant women.*

Method : *This comparative analytical study with a cross-sectional approach was conducted at the Kenali Besar and Rawasari Health Centers, Jambi City. The sample comprised 100 respondents, 50 primigravida pregnant women and 50 multigravida third trimesters. Sampling used the consecutive sampling technique. The level of anxiety was measured using the Hamilton Anxiety Rating Scale (HARS) instrument and analyzed using the chi-square test or Fisher's exact test.*

Result : *The results showed that there was a difference in the level of anxiety between primigravida and multigravida pregnant women. Primigravida mothers showed higher levels of anxiety than multigravida mothers in the third trimester of pregnancy.*

Cocclusion : *There is a significant difference in anxiety levels between primigravida and multigravida pregnant women in the third trimester in Jambi City. Appropriate psychological approaches and interventions are needed for each group to reduce the risk of pregnancy complications due to anxiety.*

Keywords : *Pregnancy, Anxiety, Primigravida, Multigravida, Trimester III.*

ABSTRAK

Latar Belakang : Kehamilan trimester III merupakan fase yang rentan terhadap gangguan psikologis, salah satunya adalah kecemasan. Tingkat kecemasan dapat berbeda antara ibu hamil primigravida (hamil pertama kali) dan multigravida (pernah hamil sebelumnya). Faktor pengalaman, dukungan sosial, dan kesiapan menghadapi persalinan turut memengaruhi kondisi psikologis ibu hamil.

Metode : Penelitian ini merupakan studi analitik komparatif dengan pendekatan cross-sectional yang dilakukan di Puskesmas Kenali Besar dan Rawasari, Kota Jambi. Jumlah sampel sebanyak 100 responden yang terdiri dari 50 ibu hamil primigravida dan 50 multigravida trimester III. Pengambilan sampel menggunakan teknik consecutive sampling. Tingkat kecemasan diukur menggunakan instrumen Hamilton Anxiety Rating Scale (HARS) dan dianalisis dengan uji chi-square atau uji Fisher.

Hasil : Diperoleh hasil bahwa terdapat perbedaan tingkat kecemasan antara ibu hamil primigravida dan multigravida. Ibu primigravida menunjukkan tingkat kecemasan yang lebih tinggi dibandingkan ibu multigravida pada kehamilan trimester III.

Kesimpulan : Terdapat perbedaan signifikan tingkat kecemasan antara ibu hamil primigravida dan multigravida pada trimester III di Kota Jambi. Diperlukan pendekatan dan intervensi psikologis yang sesuai untuk masing-masing kelompok guna mengurangi risiko komplikasi kehamilan akibat kecemasan.

Kata Kunci : Kehamilan, Kecemasan, Primigravida, Multigravida, Trimester III.