

**ABSTRAK**

Annisa Noor Faiza, 111511133065, Pengaruh Dukungan Sosial pada Tingkat Kecemasan Ibu Hamil Primigravida Trimester Tiga di Surabaya, *Skripsi*, Fakultas Psikologi Universitas Airlangga, 2019.

xix + 88 halaman, 13 lampiran

*Penelitian ini bertujuan untuk mengetahui pengaruh dukungan sosial terhadap tingkat kecemasan ibu hamil primigravida trimester tiga. Primigravida dipilih karena proporsi kecemasan lebih banyak terjadi pada primigravida karena kurangnya pengalaman dan pengetahuan menjadi faktor penunjang terjadinya kecemasan (Astria, Nurbaeti, Rosidati, 2009). Trimester tiga dipilih karena semakin mendekati persalinan akan muncul rasa cemas karena kehamilan merupakan pengalaman baru bagi ibu hamil (Maimunah, 2009).*

*Penelitian ini dilakukan pada 67 ibu hamil primigravida yang memasuki masa kehamilan trimester tiga. Alat ukur yang digunakan dalam penelitian ini adalah Zung Self-Rating Anxiety Scale (SAS/SRAS) untuk mengukur tingkat kecemasan yang telah diadaptasi oleh Faozi (2013) agar sesuai konteks ibu hamil. Alat ukur dukungan sosial yang dibuat sendiri sesuai aspek dukungan sosial dari Sarafino (2011). Analisis data dilakukan dengan menggunakan uji regresi linear sederhana melalui SPSS Statistic 22 for Windows.*

*Hasil dari penelitian ini menunjukkan nilai signifikansi  $< 0,05$  yaitu 0,004 yang berarti terdapat pengaruh dukungan sosial pada tingkat kecemasan. Besar pengaruh dilihat dari nilai R Square yaitu 0,121 yang artinya dukungan sosial memiliki pengaruh 12,1% terhadap tingkat kecemasan. Pengaruh bersifat negatif yang artinya apabila dukungan sosial meningkat maka tingkat kecemasan akan menurun.*

**Kata kunci:** *dukungan sosial, tingkat kecemasan, primigravida, trimester tiga*  
Referensi, 86 (1983-2019)

**ABSTRACT**

Annisa Noor Faiza, 111511133065, The Effects of Social Support Towards the Level of Anxiety that Occurs to the Primigravida in the Third Trimester, *Undergraduate Thesis*, Faculty of Psychology Universitas Airlangga, 2019.

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*This study aims to determine the effect of social support towards the level of anxiety that occurs to the primigravida in the third trimester. Primigravida was chosen because of the proportion of anxiety is more common due to lack of experience and knowledge that became a factor supporting the occurrence of anxiety (Astria, Nurbaeti, Rosidati, 2009). Third trimester was chosen because when pregnant women getting closer to labor will cause more anxiety as pregnancy is a new experience for pregnant women (Maimunah, 2009).*

*This study was conducted on 67 primigravida pregnant women who entered the third trimester of pregnancy. The measuring instrument used in this study is the Zung Self-Rating Anxiety Scale (SAS/SRAS) to measure the level of anxiety that has been adapted by Faozi (2013) to fit the context of pregnant women. Social support scale arranged by the author based on social support aspects from Sarafino (2011). Data analysis was performed using a simple linear regression test through SPSS Statistics 22 for Windows.*

*The results of this study showed significance value of  $< 0.05$ , which is 0.004, which means that there is an effect of social support towards the level of anxiety. The amount of effect seen from the value of R Square is 0.121 which means that social support has an effect of 12.1% on the level of anxiety. The effects is negative, which means that if social support increases, the level of anxiety will decrease.*

**Key words:** social support, level of anxiety, primigravida, third trimester  
References, 86 (1983-2019)