

## Hubungan antara penyesuaian pasangan dengan kelekatan ibu dan janin pada ibu primigravida = Relation between dyadic adjustment and prenatal attachment in primigravida

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### Abstrak

#### <b>ABSTRAK</b><br>

Perubahan psikososial pada ibu primigravida selama kehamilan salah satu oleh pasangan. Ibu primigravida memerlukan adanya penyesuaian pasangan selama kehamilan. Penelitian ini bertujuan mengidentifikasi hubungan antara penyesuaian pasangan dengan kelekatan ibu primigravida dan janin. Penelitian cross sectional ini menggunakan teknik multistage cluster random sampling dan melibatkan 110 ibu primigravida. Hasil penelitian menunjukkan terdapat hubungan signifikan antara penyesuaian pasangan dengan kelekatan ibu dan janin p value < 0,1 . Peneliti menyarankan tenaga kesehatan, khususnya perawat maternitas agar mampu mempertahankan dan meningkatkan edukasi kehamilan terkait aspek psikososial kepada ibu primigravida dan pasangan.

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#### <b>ABSTRACT</b><br>

One of the reasons of psychosocial changes to primigravida during pregnancy is caused by their partners. The mother needs to make adjustments with her partners during pregnancy. The aim of this study was to identify relationship between the partner rsquo s adjustments and prenatal attachment in primigravida. This cross sectional study applied the multistage cluster random sampling technique involved 110 primigravidas. The results showed that significant relationship between the partner rsquo s adjustment and prenatal attachment in primigravida p value 0,1 . The researcher suggests that health workers, especially maternity nurses, to be able to maintain and increase pregnancy educations related to psychosocial aspects to primigravida mothers and their partner rsquo s.