

## Gambaran Tingkat Stres Terkait Pandemi pada Ibu Hamil Trimester Ketiga = The Overview of Pandemic-related Stress Level in Third Trimester Pregnant Women

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### Abstrak

Kondisi pandemi COVID-19 memunculkan berbagai masalah yang mampu menimbulkan stres terkait pandemi pada ibu hamil trimester ketiga. Penelitian kuantitatif ini melakukan penelitian pada 10 Puskesmas Kecamatan di DKI Jakarta dengan metode sampling.

.....Penelitian ini diikuti oleh 203 ibu hamil trimester ketiga. Pengambilan data dilakukan secara luring dan daring dengan menggunakan kuesioner SSKTP versi prenatal. Penelitian ini menemukan bahwa ibu hamil trimester tiga mayoritas mengalami stres sedang (68%, n=138). Berdasarkan temuan, kelompok ibu hamil dengan status primigravida, berpendidikan di bawah SMA, tidak bekerja, dan berpenghasilan di atas upah minimal regional lebih banyak mengalami stres berat dibandingkan kelompok lainnya. Stres berat juga lebih banyak muncul pada kelompok ibu hamil trimester tiga yang pernah berkontak erat dan/atau pernah terinfeksi COVID-19, kesulitan melakukan pemeriksaan kehamilan, dan kehilangan pendapatan akibat pandemi. Temuan ini mampu menggambarkan risiko psikososial pada ibu hamil trimester ketiga. Skrining dan intervensi dini menjadi penting dalam upaya menurunkan stres terkait pandemi.

The COVID-19 pandemic raises various problems that can cause pandemic-related stress in third-trimester pregnant women. This quantitative study was conducted in 10 sub-district health centers around Jakarta using the convenience sampling method. The study was participated by 203 pregnant women. Data were collected offline and online using the SSKTP questionnaire – prenatal version. This study found that third-trimester pregnant women in Jakarta experienced moderate stress (68%, n=138). Based on the findings, the pregnant women with primigravida status, education below high school, not working, and earning above the regional minimum wage experienced more severe stress than other groups. Severe stress was also more prevalent in the pregnant women who had close contact and/or had been infected with COVID-19, had difficulty conceiving, and lost income due to the pandemic. These findings can illustrate the risk of psychosocial problem in third-trimester pregnant women. Screening and early intervention are prominent to reduce pandemic-related stress.