

HUBUNGAN TINGKAT KECEMASAN DAN DUKUNGAN SOSIAL DENGAN *MATERNAL SELF EFFICACY* PADA IBU PRIMIGRAVIDA DALAM PERSIAPAN PERSALINAN MASA COVID-19 DI KLINIK BIDAN SYIFA BEKASI

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Abstrak

Selama masa kehamilan dukungan yang sangat penting dari dukungan suami. Terlebih pada ibu hamil primigravida. *Maternal self-efficacy* merupakan bagian dari konsep *self-efficacy* yaitu cara pandang ibu terhadap kepercayaan dirinya untuk menjalankan tugas dan perannya sebagai orangtua dalam merawat dan mengasuh bayi. Tujuan dari penelitian ini untuk mengetahui hubungan kecemasan dan dukungan sosial dengan *maternal self-efficacy* pada ibu primigravida dalam persiapan persalinan di masa pandemi covid-19 di Klinik Bidan Syifa Kota Bekasi. Desain penelitian yang digunakan adalah *Cross sectional* dengan 108 sampel dengan teknik pengambilan sampel yang digunakan *concecutive sampling*. Pengumpulan data melalui kuesioner yang terdiri dari empat bagian yaitu MSE, MSPSS, HARS. Hasil uji bivariat tingkat kecemasan dengan *Maternal self-efficacy* (*p value* = 0,001 OR=3.052), sedangkan dukungan sosial dengan *Maternal self-efficacy* (*p value* = 0,018 OR=0,322). Diharapkan pada ibu hamil terutama primigravida untuk dapat mengontrol emosi untuk mengurangi stress dan didukung juga oleh pasangan, keluarga, lingkungan untuk memberikan dukungan dalam bentuk apapun agar ibu lebih merasa percaya diri dalam persiapan menjadi seorang ibu.

Kata Kunci : Kecemasan, Dukungan Sosial, *MaternalSelf-efficcay*, Pandemi Covid-19

**RELATIONSHIP OF ANXIETY LEVEL AND SOCIAL
SUPPORT WITH *MATERNAL SELF EFFICACY* IN
PRIMIGRAVIDAL MOTHERS IN PREPARATION FOR
DELIVERY DURING COVID-19 CLINIC BIDAN SYIFA
BEKASI**

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Abstract

The anxiety felt by primigravida mothers will be different from the anxiety felt by multigravida mothers. During pregnancy support is very important from the husband's support. Especially in primigravida pregnant women. Maternal self-efficacy is part of the concept of self-efficacy, namely the mother's perspective on her confidence to carry out her duties and role as parents in caring for and caring for babies in all situations. The purpose of this study was to determine the relationship between anxiety and social support with maternal self-efficacy in primigravida mothers in preparation for childbirth during the COVID-19 pandemic at the Syifa Midwife Clinic, Bekasi City. The research design used was cross sectional with 108 samples and the sampling technique used was consecutive sampling. Collecting data through a questionnaire consisting of four parts, namely MSE, MSPSS, HARS. The results of the bivariate test of anxiety levels with Maternal self-efficacy (p value = 0.001), while social support with Maternal self-efficacy (p value = 0.018). It is expected that pregnant women, especially primigravida, will be able to control their emotions to reduce stress and be supported also by their partners, family, and environment to provide support in any form so that mothers feel more confident in preparing to become a mother.

Keywords: Anxiety, Social Support, Maternal Self-Efficacy, Covid-19 Pandemic