

**PENGARUH *THE MODIFIED HAPTONOMY* TERHADAP
FEAR OF CHILDBIRTH PADA IBU PRIMIGRAVIDA
TRIMESTER III DI WILAYAH KERJA PUSKESMAS TANAH
SAREAL KOTA BOGOR**

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Abstrak

Fear of Childbirth (FOC) merupakan masalah kesehatan mental pada ibu hamil yang digambarkan dengan kecemasan terhadap proses persalinan. FOC dapat diatasi dengan intervensi non-farmakologis yaitu haptonomi. Pada penelitian ini peneliti ingin memodifikasi intervensi haptonomi dengan perbedaan waktu pemberian intervensi. Penelitian ini bertujuan untuk mengetahui pengaruh *The Modified Haptonomy* terhadap *Fear of Childbirth* pada ibu primigravida trimester III. Penelitian ini dilakukan dengan metode pra-eksperimental dengan *One-Group Pretest-Posttest Design* dengan jumlah responden 35. Pada penelitian ini menggunakan teknik sampling *accidental sampling*. Instrument yang digunakan dalam penelitian ini yaitu W-DEQ Versi A (Bahasa Indonesia) dengan hasil uji validitas I-CVI : 0,67 – 1 dan S-CVI : 0,904, serta hasil uji reliabilitas *Cronbach's Alpha* 0.983. Hasil penelitian ini menunjukkan bahwa *The Modified Haptonomy* berpengaruh terhadap penurunan tingkat *Fear of Childbirth* pada ibu primigravida trimester III dengan *p-value* <0,001 ($p < 0,05$). Sehingga dapat disimpulkan bahwa terdapat pengaruh *The Modified Haptonomy* terhadap *Fear of Childbirth* pada ibu primigravida trimester III di wilayah kerja Puskesmas Tanah Sareal Kota Bogor.

Kata kunci : *Fear of Childbirth*, ibu primigravida, *The Modified Haptonomy*, trimester III

THE EFFECT OF MODIFIED HAPTONOMY ON FEAR OF CHILDBIRTH IN PRIMIGRAVIDA MOTHERS TRIMESTER III IN THE WORKING AREA OF TANAH SAREAL PUSKESMAS

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Abstract

Fear of Childbirth (FOC) is a mental health problem in pregnant women which is described by anxiety about the birth process. FOC can be treated with non-pharmacological intervention, namely haptonomy. In this study, researchers wanted to modify the haptonomy intervention with differences in the timing of the intervention. This study aims to determine the effect of The Modified Haptonomy on Fear of Childbirth in third trimester primigravida mothers. This research was conducted using a pre-experimental method with One-Group Pretest-Posttest Design with a total of 35 respondents. This research used an accidental sampling technique. The instrument used in this research is W-DEQ Version A (Indonesian) with validity test results of I-CVI: 0.67 – 1 and S-CVI: 0.904, as well as Cronbach's Alpha reliability test results of 0.983. The results of this study show that The Modified Haptonomy has an effect on reducing the level of Fear of Childbirth in third trimester primigravida mothers with a p-value <0.001 (p<0.05). So it can be concluded that there is an influence of The Modified Haptonomy on Fear of Childbirth in third trimester primigravida mothers in the work area of, Puskesmas Tanah Sareal Kota Bogor.

Keyword : *Fear of Childbirth, primigravida mothers, The Modified Haptonomy, third trimester*