

**FAKULTAS KEDOKTERAN
UNIVERSITAS PEMBANGUNAN NASIONAL “VETERAN” JAKARTA**

Tugas Akhir, Desember 2025

IMELDA JOANA SIMANULLANG, No. NRP 2210211210

**HUBUNGAN TINGKAT STRES PSIKOLOGIS PADA IBU HAMIL DENGAN RISIKO KELAHIRAN PREMATUR DI RUMAH SAKIT PELNI PERIODE NOVEMBER SAMPAI DESEMBER PADA TAHUN 2025 DENGAN MENGGUNAKAN SKALA *PERCEIVED STRESS SCALE* (PSS)
RINCIAN HALAMAN (xi + 90 halaman, 7 tabel, 1 gambar, 9 lampiran)**

ABSTRAK

Tujuan

Salah satu penyebab utama kematian bayi yaitu kelahiran prematur. Estimasi prevalensi global kelahiran prematur menunjukkan bahwa sekitar 15 juta bayi lahir prematur setiap tahunnya. Penelitian ini bertujuan untuk mengetahui hubungan antara tingkat stres psikologis pada ibu hamil dengan kejadian persalinan prematur pada ibu hamil usia kehamilan 33–36 minggu di RS PELNI periode November sampai Desember tahun 2025.

Metode

Penelitian ini menggunakan desain **observasional analitik** dengan pendekatan **kohort prospektif**. Subjek penelitian terdiri atas **ibu hamil dengan usia kehamilan 33–36 minggu** yang telah memenuhi kriteria inklusi dan eksklusi. Jumlah sampel dalam penelitian ini sebanyak **30 responden**. Tingkat stres psikologis diukur menggunakan kuesioner *Perceived Stress Scale* (PSS) dan dikategorikan menjadi stres ringan, sedang, dan berat. Data kejadian persalinan prematur diperoleh dari rekam medis. Analisis data dilakukan secara univariat untuk mendeskripsikan karakteristik responden dan bivariat menggunakan uji Fisher’s Exact untuk menganalisis hubungan antara tingkat stres psikologis dan kejadian persalinan prematur.

Hasil

Mayoritas responden termasuk dalam kelompok usia **20–35 tahun**, dengan **rata-rata usia kehamilan sebesar 34,8 minggu**. Sebagian besar responden mengalami tingkat stres sedang, dengan rata-rata skor PSS sebesar 20,1. Kejadian persalinan prematur ditemukan pada 30,0% responden. Hasil analisis bivariat menunjukkan tidak terdapat hubungan yang bermakna secara statistik antara tingkat stres psikologis ibu hamil dan kejadian persalinan prematur ($p = 0,640$).

Kesimpulan

Tidak terdapat hubungan yang bermakna antara tingkat stres psikologis ibu hamil dan kejadian persalinan prematur pada ibu hamil usia kehamilan 33–36 minggu di RS PELNI. Meskipun demikian, stres psikologis tetap perlu diperhatikan sebagai bagian dari pemantauan kesehatan ibu hamil mengingat perannya dalam kesejahteraan ibu dan janin.

Daftar Pustaka: 17 (2010-2025)

Kata Kunci : stres psikologis, *Perceived Stress Scale*, persalinan prematur, ibu hamil

**FACULTY OF MEDICINE
UNIVERSITY PEMBANGUNAN NASIONAL “VETERAN” JAKARTA**

Undergraduate Thesis, December 2025

IMELDA JOANA SIMANULLANG, No. NRP 2210211210

**THE RELATIONSHIP BETWEEN PSYCHOLOGICAL STRESS LEVELS
IN PREGNANT WOMEN AND THE RISK OF PREMATURE BIRTH IN
PELNI HOSPITAL FROM NOVEMBER TO DECEMBER IN 2025 USING
THE *PERCEIVED STRESS SCALE* (PSS)**

PAGE DETAIL (xi + 90 pages, 7 tables, 1 pictures, 9 appendices)

ABSTRACT

Objective

Preterm birth is one of the leading causes of infant mortality worldwide. Estimates of the global prevalence of preterm birth indicate that approximately 15 million infants are born preterm each year. Psychological stress during pregnancy has been suggested as one of the factors that may contribute to adverse pregnancy outcomes, including preterm delivery. This study aimed to determine the association between psychological stress levels in pregnant women and the occurrence of preterm delivery among pregnant women with a gestational age of 33–36 weeks at RS PELNI during the period of November to December 2025.

Method

This study was an observational analytic study with a prospective cohort design. The study population consisted of pregnant women with a gestational age of 33–36 weeks who met the inclusion and exclusion criteria, with a total sample of 30 respondents. Psychological stress levels were measured using the *Perceived Stress Scale* (PSS) and categorized into mild, moderate, and severe stress. Data on preterm delivery were obtained from medical records. Univariate analysis was performed to describe respondent characteristics, and bivariate analysis was conducted using Fisher’s Exact Test to assess the association between psychological stress levels and preterm delivery.

Result

Most respondents were aged 20–35 years, with a mean gestational age of 34.8 weeks. The majority of respondents experienced moderate stress, with a mean PSS score of 20.1. Preterm delivery occurred in 30.0% of respondents. Bivariate analysis showed no statistically significant association between psychological stress levels and preterm delivery ($p = 0.640$).

Conclusion

There was no statistically significant association between psychological stress levels in pregnant women and the occurrence of preterm delivery among pregnant women with a gestational age of 33–36 weeks at RS PELNI. Nevertheless, psychological stress during pregnancy should still be considered in maternal care due to its potential impact on maternal and fetal well-being.

Reference: 17 (2010-2025)

Keywords : psychological stress, Perceived Stress Scale, preterm birth, pregnant women