RELATIONSHIP BETWEEN SOCIAL SUPPORT AND ANXIETY IN DEALING WITH LABOR IN THE THIRD TRIMESTER PREGNANT WOMEN.

Triana Indri Maharani, M. Fachrurrozi, M.Psi, Psi

Undergraduate Program, 2008

Gunadarma University

http://www.gunadarma.ac.id

Key Words: social support, anxiety, trimester pregnant women.

ABSTRACT:

This study aimed to clarify the relationship between social support and anxiety in the face of labor in pregnant third trimester. Based on the results of the mean hypothetical subject is known that social support is at a high average while for anxiety in dealing with the subject of childbirth is on average lower. Subjects in this study were pregnant mothers who are in pregnancy the third trimester, the gestational age 28-40 weeks. The number of subjects in this study is 100 people. Sampling technique in this study is simple random sampling in which every unit in the sample have the same opportunity to be selected. While the data collection method is a method of scale. Social support scale based on forms of social support from the House, Watson, and Thoits (in Word & Khairani, 2000), namely: material aid, information, emotional support, and support awards.. Mothers who are experiencing pregnancy, will experience changes in physical and psikoogis 9mental), therefore, required not only in pregnant should be ready physically, but mentally ready thirsty. Mental changes in the mother will affect the emotions of the mother. On the psychological ketigaperubahan trimester occurs among others feel anxiety about the birth of her baby, feeling afraid of death, birth trauma, feelings of guilt or innocent and the real fears such as fear their babies born with disabilities. If the effect of the mother's emotions are not supported by a harmonious family environment or living environment that is conducive, then this could cause emotional and physical disorders (mild to severe) in the mother such as anxiety. Prevent that happening, then the social support for pregnant women is very important.