

Susanti, Herlina. (2007). Perasaan Cemas Calon Ayah Dalam Menghadapi Kelahiran Anak Pertama Di Puskesmas Tegaltrejo Kota Yogyakarta. Karya Tulis Ilmiah. Program Studi Ilmu Keperawatan, Universitas Muhammadiyah Yogyakarta.

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INTISARI

Kehamilan dan persalinan merupakan salah satu keadaan krisis atau merupakan stressor kehidupan bagi wanita, demikian juga bagi seorang pria. Apalagi jika kehamilan dan persalinan tersebut merupakan pengalaman pertama, tentu saja akan disertai oleh perasaan cemas. Apabila seseorang tidak dapat menyesuaikan diri terhadap stressor yang dialaminya, maka ia akan mengalami kecemasan baik itu kecemasan ringan sampai kecemasan berat.

Calon ayah (suami) diharapkan mampu mengatasi kecemasannya dan berperan aktif untuk mengurangi kecemasan istri saat persalinan sehingga memudahkan proses persalinan.

Jenis penelitian *non eksperimental*, bersifat *deskriptif*, dengan menggunakan pendekatan *cross sectional* (yang merupakan penelitian *kuantitatif*). Sampel adalah suami ibu bersalin primipara sebanyak 30 orang. Variabelnya adalah variabel tunggal yaitu perasaan cemas calon ayah. Metode pengumpulan data menggunakan kuesioner *AAS (Analogy Anxiety Scale)* dan *HARS (Hamilton Anxiety Rating Scale)*.

Hasil penelitian menunjukkan sebagian besar calon ayah menurut metode *HARS (Hamilton Anxiety Rating Scale)* mengalami kecemasan ringan (60%), kecemasan sedang (36,67%) dan kecemasan berat (3,33%). Sedangkan menurut *AAS (Analogy Anxiety Scale)* sebagian besar calon ayah mengalami kecemasan ringan (40%) dan sedang (43,34%), serta kecemasan berat (13,33%), dan kecemasan luar biasa / panik (3,33%). Maka dapat disimpulkan bahwa calon ayah mengalami kecemasan saat kelahiran anak pertamanya baik itu kecemasan ringan , sedang, berat maupun luar biasa (panik).

Kata kunci : tingkat kecemasan, proses persalinan, kelahiran anak pertama.

Susanti, Herlina. (2007). *Anxious Feeling of Future Father to Facing His First Child Birth at Tegalrejo Public Health Center Yogyakarta*. Scientisic Paper. Nursing Science Program. Muhammadiyah University of Yogyakarta.

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ABSTRACT

Pregnancy and birth is one of crisis situation or a life stressor for woman, nevertheless for a man. Moreover if the pregnancy and the birth were their first experience, of course they will have anxious feeling.

If someone couldn't adaptation with their experience, it is will more opportunity to them having an anxious feeling in spite of heavy or just a light anxious feeling.

Being father (husband) hoped could be settled his anxious and being active to decrease his wife anxious when his wife reveal their child, so the birth process would be easier.

Kind of non experimental research, descriptive characteristic, with an close cross sectional which is a quantitative research. Sample is husbands whom to give birth for the first time (primipara) as much 30 peoples. The variable is single that is an anxious feels of a future father. The method data collect is used AAS (Analogy Anxiety Scale) and HARS (Hamilton Anxiety Rating Scale) questioner.

The research result show that most of future husband, according to HARS (Hamilton Anxiety Rating Scale), husband experience / feel light anxiety (60%), medium / middle anxiety (36, 67%) and heavy anxiety (3, 33%). While, according to AAS (Analogy Anxiety Scale) must of future father experience light anxiety (40%) and medium (43, 34%), at most is heavy anxiety (13, 33%) and extraordinary anxiety / panic (3, 33%).

So can conclude that future father get an anxious experience when his first child birth even though light, medium, heavy anxious, although extraordinary anxiety / panic

Key words: anxious level, giving birth process, first child birth.