

POLITEKNIK KESEHATAN TANJUNG KARANG
JURUSAN KEPERAWATAN
Laporan Tugas Akhir, Mei 2021

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**ASUHAN KEPERAWATAN GANGGUAN PEMENUHAN KEBUTUHAN
AMAN NYAMAN : KECEMASAN PADA KELUARGA BAPAK D
KHUSUSNYA IBU H PADA TAHAP CHILD BEARING DENGAN
KEHAMILAN TRIMESTER III DI KELURAHAN
GARUNTANG BANDAR LAMPUNG
TAHUN 2021**

xiv + 90 halaman+13 tabel+3 gambar+5 lampiran

ABSTRAK

Di Indonesia, diperoleh data bahwa terdapat 107.000 (28,7%) ibu hamil yang mengalami kecemasan dalam menjelang persalinan. Pada penelitian yang dilakukan oleh Astria (2009) diperoleh bahwa kecemasan lebih banyak dialami oleh ibu hamil dengan kehamilan pertamanya (*primigravida*) sebanyak 66,2%. Adapun tanda kecemasan yaitu khawatir terhadap sesuatu perasaan terganggu terhadap sesuatu yang terjadi dimasa depan, keyakinan bahwa sesuatu yang menakutkan akan segera terjadi. Tujuan penulisan ini memberi gambaran tentang asuhan keperawatan gangguan pemenuhan kebutuhan kecemasan dengan pasien kehamilan trimester III, metode yang penulis gunakan dalam asuhan keperawatan ini yaitu menggunakan pendekatan asuhan keperawatan keluarga. Dari pengkajian Ny.H juga mengatakan cemas memikirkan tentang menghadapi proses persalinannya, takut persalinan yang sakit, komplikasi pada anaknya, dan khawatir akan keselamatan dirinya dan anaknya Tn.D mengatakan bingung bagaimana cara menangani cemas yang dialami istrinya. dari data diperoleh penulis menyimpulkan diagnosa keperawatan adalah kecemasan. Setelah diberikan asuhan keperawatan selama 4 kali kunjungan meliputi penkes tentang kecemasan dan cara merawat keluarga dengan kecemasan yaitu dengan terapi relaksasi dan beri dukungan keluarga didapatkan kecemasan pada klien berkurang klien tampak lebih tenang, dan keluarga mengerti tentang kecemasan dan cara merawat keluarga yang mengalami kecemasan.

Kata kunci: Ibu hamil trimester III, Kecemasan, Asuhan keperawatan keluarga
Bahan bacaan: 13 (2010-2018)

TANJUNG CORAL HEALTH POLYTECHNIC
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Final Project Report, May 2021

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**NURSING CARE DISORDERS FULFILLMENT OF NEEDS SAFE
COMFORT: ANXIETY IN THE FATHER'S FAMILY ESPECIALLY
MOM H IN THE CHILD BEARING STAGE WITH TRIMESTER III
PREGNANCY IN GARUNTANG VILLAGE
LAMPUNG BANDAR
YEAR 2021**

xiv + 90 pages+13 tables+3 pictures+5 appendices

Abstract

In Indonesia, data obtained that there are 107,000 (28.7%) pregnant women who experience anxiety in the lead up to delivery. In a study conducted by Astria (2009), it was found that anxiety was more experienced by pregnant women with their first pregnancy (primigravida) as much as 66.2%. The sign of anxiety is worrying about something, feeling disturbed about something that will happen in the future, the belief that something scary will happen soon. The purpose of this paper is to provide an overview of nursing care for anxiety disorders with patients in the third trimester of pregnancy, the method that the author uses in this nursing care is to use a family nursing care approach. From the assessment, Mrs. H also said that she was worried about facing the birth process, was afraid of a sick delivery, complications for her child, and worried for her and her child's safety. Mr. D said he was confused about how to handle his wife's anxiety. From the data obtained, the writer concludes that the nursing diagnosis is anxiety. After being given nursing care for 4 visits including health education about anxiety and how to care for families with anxiety, namely by relaxation therapy and giving family support, it was found that the anxiety in the client was reduced, the client seemed calmer, and the family understood about anxiety and how to care for a family experiencing anxiety.

Keywords: Third trimester pregnant women, anxiety, family nursing care

Reading material: 13 (2010-2018)