

COPING STRESS IBU HAMIL MENJELANG PERSALINAN PADA MASA PANDEMI COVID-19 DI YOGYAKARTA

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ABSTRAK

Penelitian ini bertujuan mengetahui bagaimana cara coping stress yang digunakan oleh ibu hamil menjelang persalinan di masa pandemi Covid-19. Menurut BKKBN di Yogyakarta selama masa pandemi Covid-19 angka kematian ibu hamil mengalami peningkatan dibandingkan tahun sebelumnya, terdapat 17 kasus kematian ibu hamil pada tahun 2020. Peningkatan tersebut disebabkan oleh faktor stress yang dialami ibu hamil, pandemi Covid-19 menjadi salah satu faktor yang menyebabkan stress pada ibu hamil. Metode penelitian yang digunakan adalah kualitatif dengan menggunakan pendekatan studi kasus. Metode pengumpulan data menggunakan observasi, wawancara, dan dokumentasi. Teknik pengambilan sampel menggunakan purposive sampling, serta subjek penelitian berjumlah 2 orang ibu hamil. Hasil penelitian menunjukkan bahwa kedua subjek mengalami stress menjelang melahirkan dimasa pandemi Covid-19. Adanya pandemi Covid-19 membuat ibu hamil menjadi lebih khawatir mengenai penularan virus corona, pemberitaan Covid-19 juga menjadi salah satu stressor pada ibu hamil, ketakutan akan terbatasnya pelayanan kesehatan, dan berbagai kebijakan seperti stay at home, pemeriksaan PCR, serta kebijakan-kebijakan lainnya yang membuat kedua subjek menjadi tertekan selama masa kehamilan. Sehingga untuk mengatasi hal tersebut, kedua subjek menggunakan coping agar dapat mengatasi permasalahan yang dihadapi, adapun bentuk coping yang digunakan yaitu problem focused coping (berkaitan dengan tindakan secara langsung seperti mencari alternatif solusi untuk mengatasi masalah) dan emotion focused coping (berkaitan dengan cara mengatur respon emosional untuk mengatasi situasi tertekanan).

Kata Kunci : Coping Stress, Ibu Hamil, Pandemi Covid-19

COPING STRESS OF PREGNANT WOMEN AHEAD OF CHILDBIRTH DURING THE COVID-19 PANDEMIC IN YOGYAKARTA

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ABSTRACT

This study aims to determine how stress coping methods are used by pregnant women before childbirth during the Covid-19 pandemic. According to the BKKBN in Yogyakarta during the Covid-19 pandemic, the mortality rate for pregnant women has increased compared to the previous year, there were 17 cases of maternal mortality in 2020. The increase was caused by stress factors experienced by pregnant women, the Covid-19 pandemic was one of the factors that causes stress on pregnant women. The research method used is qualitative using a case study approach. Methods of data collection using observation, interviews, and documentation. The sampling technique used purposive sampling, and the research subjects were 2 pregnant women. The results showed that the two subjects experienced stress before giving birth during the Covid-19 pandemic. The existence of the Covid-19 pandemic makes pregnant women more worried about the transmission of the corona virus, Covid-19 news is also one of the stressors for pregnant women, fear of limited health services, and various policies such as stay at home, PCR examinations, and policies another that caused both subjects to become depressed during pregnancy. So to overcome this, the two subjects used coping in order to overcome the problems faced, while the forms of coping used were problem focused coping (related to direct actions such as finding alternative solutions to solve problems) and emotion focused coping (related to how to manage responses. emotional to cope with stressful situations).

Keywords: Coping Stress, Pregnant Women, Pandemic Covid-19