INTISARI

Latar Belakang: Kehamilan merupakan masa perkembangan janin yang berdampak pada perubahan fisik maupun psikologis ibu. Selama kehamilan, seorang ibu harus memenuhi tugas perkembangan kehamilan, salah satunya dengan mengembangkan kelekatan antara ibu dengan janinnya. Berdasarkan studi literatur diketahui bahwa sebagian skor *maternal fetal attachment* (MFA) ibu hamil masih rendah. Kondisi psikologis seperti *self compassion* dipercaya dapat memengaruhi MFA selama kehamilan.

Tujuan Penelitian: bertujuan untuk mengetahui gambaran *self compassion* dan MFA selama kehamilan serta mengetahui hubungan antara kedua variabel.

Metode: Penelitian berupa deskriptif analitik dengan rancangan *cross sectional*. Penelitian melibatkan 110 ibu hamil di tiga puskesmas Kabupaten Sleman dengan metode *consecutive* sampling. Kuesioner Skala Welas Diri (SWD) dan Indonesian Prenatal Attachment Inventory (IPAI) digunakan untuk mengukur variabel. Analisis bivariat untuk mengetahui hubungan dua variabel menggunakan uji statistik korelasi Pearson, sedangkan analisis univariat karaktersitik responden disajikan dalam tabel distribusi frekuensi.

Hasil: Hasil penelitian menunjukkan nilai nilai rata-rata skor *self compassion* sebesar 89,35, sedangkan mean skor MFA sebesar 58,11. Analisis hubungan dua variabel menunjukkan bahwa tidak ada hubungan yang signifikan antara *self compassion* dengan *maternal fetal attachment* selama kehamilan dengan nilai *p-value* 0,233 lebih besar dari nilai *alpha* ($p > 0,05$).

Kesimpulan: Faktor budaya diduga memengaruhi hasil penelitian sebagaimana karakteristik suku responden berbeda dengan penelitian yang sudah pernah dilakukan.

Kata Kunci: kehamilan**,** kelekatan ibu dan janin, welas diri

ABSTRACT

Background: Pregnancy is a period of fetal development which has an impact on physical and psychological changes in the mother. During pregnancy, a mother must fulfill the developmental tasks of pregnancy, one of which is by developing attachment between the mother and the fetus. Based on literature studies, it is known that some maternal fetal attachment (MFA) scores of pregnant women are still low. Psychological conditions such as self-compassion are believed to influence MFA during pregnancy.

Objective: Aims to determine the description of self-compassion and MFA during pregnancy and determine the relationship between the two variables.

Method: The research is descriptive analytical with a cross sectional design. The research involved 110 pregnant women in three community health centers in Sleman Regency using consecutive sampling method. The Self-Compassion Scale (SWD) questionnaire and the Indonesian Prenatal Attachment Inventory (IPAI) were used to measure variables. Bivariate analysis to determine the relationship between two variables uses the Pearson correlation statistical test, while univariate analysis of respondent characteristics is presented in a frequency distribution table.

Results: The results of the study showed that the average self-compassion score was 89.35, while the average MFA score was 58.11. Analysis of the relationship between two variables shows that there is no significant relationship between self-compassion and maternal fetal attachment during pregnancy with a p-value of 0,233 which is greater than the alpha value ($p>0.05$).

Conclusion: Cultural factors are thought to influence research results as the ethnic characteristics of the respondents are different from previous research.

Keywords: pregnancy, maternal fetal attachment, self compassion