

INTISARI

Latar Belakang: Selama kehamilan, ibu memerlukan dukungan sosial untuk membantu menghadapi perubahan fisik dan emosional. Namun, tingkat dukungan sosial yang diterima ibu hamil masih beragam dan dipengaruhi oleh berbagai faktor, seperti usia, pendidikan, pekerjaan, dan kondisi ekonomi. Identifikasi terhadap faktor-faktor ini penting untuk mengetahui yang berhubungan dengan dukungan sosial pada ibu hamil.

Tujuan Penelitian: Mengetahui dan menganalisis faktor-faktor yang berhubungan dengan dukungan sosial yang diterima ibu hamil selama kehamilan.

Metode: Penelitian ini menggunakan desain deskriptif analitik dengan pendekatan *cross sectional*. Penelitian dilakukan di wilayah kerja Puskesmas Depok 1 dan Puskesmas Depok 2, Kabupaten Sleman, Daerah Istimewa Yogyakarta. Jumlah responden sebanyak 60 ibu hamil yang dipilih menggunakan metode *consecutive sampling*. Instrumen yang digunakan untuk mengukur dukungan sosial adalah *Questionnaire on the Frequency of and Satisfaction with Social Support* (QFSSS). Analisis data dilakukan secara univariat dan bivariat menggunakan uji *Mann-Whitney U* dan *Kruskal-Wallis*.

Hasil: Hasil analisis bivariat menunjukkan bahwa sebagian besar karakteristik ibu hamil tidak memiliki hubungan yang signifikan dengan frekuensi, kepuasan, jenis, maupun sumber dukungan sosial ($p \text{ value} > 0,05$). Namun, terdapat hubungan yang signifikan antara status sosial ekonomi dengan kepuasan dukungan sosial ($p \text{ value} = 0,028$). Selain itu, perencanaan kehamilan juga terbukti berhubungan signifikan dengan dukungan emosional ($p \text{ value} = 0,047$) dan dukungan yang berasal dari pasangan ($p \text{ value} = 0,020$).

Kesimpulan: Status sosial ekonomi berperan dalam membentuk kepuasan dukungan sosial, sementara karakteristik lain seperti usia, pendidikan, dan pekerjaan tidak berpengaruh signifikan. Perencanaan kehamilan berhubungan dengan dukungan emosional dan dukungan dari pasangan.

Kata Kunci: dukungan sosial, kehamilan, perubahan fisik dan emosional, status sosial ekonomi

ABSTRACT

Background: During pregnancy, women require social support to help cope with physical and emotional changes. However, the level of social support received by pregnant women varies and may be influenced by multiple factors such as age, education, employment, and economic status. Identifying these factors is essential to understand what influences social support during pregnancy.

Objective: To identify and analyze factors associated with the social support received by pregnant women during pregnancy.

Methods: This research used a descriptive analytic design with a cross-sectional approach. The study was conducted in the working areas of Depok 1 and Depok 2 Public Health Centers, Sleman Regency, Special Region of Yogyakarta. A total of 60 pregnant women were selected using consecutive sampling. Social support was measured using the Questionnaire on the Frequency of and Satisfaction with Social Support (QFSSS). Data analysis was performed using univariate and bivariate methods with Mann–Whitney U and Kruskal–Wallis tests.

Results: Bivariate analysis showed that most maternal characteristics were not significantly associated with the frequency, satisfaction, type, or source of social support ($p > 0.05$). However, socioeconomic status was significantly associated with satisfaction with social support ($p = 0.028$). Additionally, pregnancy planning was significantly related to emotional support ($p = 0.047$) and partner support ($p = 0.020$).

Conclusion: Socioeconomic status plays a role in shaping satisfaction with social support, while other characteristics such as age, education, and employment showed no significant association. Pregnancy planning is linked to emotional and partner support.

Keywords: physical and emotional changes, pregnancy, social economics status, social support