

PENGALAMAN *BECOMING A MOTHER* PADA IBU REMAJA DENGAN KEHAMILAN DIINGINKAN DAN TIDAK DIINGINKAN

Wiwin Handayani Mohamad¹, Wenny Artanty N², Sri Warsini³

¹Mahasiswa Magister Keperawatan Universitas Gadjah Mada

²Dosen Magister Keperawatan, FKMK UGM Yogyakarta, Indonesia

³ Dosen Magister Keperawatan, FKMK UGM Yogyakarta, Indonesia

INTISARI

Latar Belakang: Menjadi ibu pada saat masih remaja merupakan sesuatu hal yang sulit. Dari segi psikologis, remaja akan kesulitan menerima perubahan citra diri dan penyesuaian mereka terhadap perubahan peran-peran baru dalam hal tanggung jawab dalam merawat bayi. Hamil pada saat remaja sering dihubungkan dengan kehamilan yang tidak diinginkan. Pencapaian peran ibu serta kepuasan terhadap peran ibu sangat dipengaruhi oleh status kehamilan yakni kehamilan diinginkan dan tidak diinginkan.

Tujuan Penelitian: untuk menggali pengalaman *becoming a mother* ibu remaja dengan kehamilan yang diinginkan dan tidak diinginkan di Kecamatan Tabongo Kabupaten Gorontalo

Metode Penelitian: penelitian ini menggunakan rancangan penelitian kualitatif pendekatan fenomenologi. Partisipan dalam penelitian ini adalah 12 ibu remaja. Pengumpulan data dilakukan dengan melakukan wawancara mendalam kepada subjek penelitian yang ditentukan dengan menggunakan tehnik *purposive sampling*. Instrumen penelitian dalam penelitian ini adalah peneliti sendiri. Data dianalisis menggunakan analisis data Creswell 2015.

Hasil: tema yang ditemukan dalam penelitian ini terbagi dalam tiga kelompok penelitian pada ibu remaja dengan kehamilan yang diinginkan dan tidak diinginkan adalah 1) kemampuan meningkatkan intensitas perasaan dan tanggung jawab terhadap kehamilan, 2) terjadi proses perlekatan ibu dan bayi, 3) ibu mulai mengambil peran, 4) yakin menjadi ibu, 5) ketidakmampuan meningkatkan intensitas perasaan dan tanggung jawab, 6) proses perlekatan ibu dan bayi terhambat, 7) perlekatan ibu dan bayi mulai terbentuk namun ibu belum mengambil peran, 8) ada kemauan menjadi ibu, 9) ketidakmampuan meningkatkan intensitas perasaan dan tanggung jawab terhadap kehamilannya, 10) tidak terjadi proses perlekatan ibu dan bayi, 11) tidak mengambil peran menjadi ibu, 12) tidak mau menjadi ibu.

Kesimpulan: terdapat perbedaan pengalaman pada ibu remaja dengan kehamilan yang diinginkan dan tidak diinginkan. Dukungan keluarga dan bonding bayi dan anak merupakan hal yang sangat penting dalam proses *becoming a mother* pada ibu remaja.

Kata Kunci: *Becoming a Mother*, Ibu remaja, Kehamilan yang tidak diinginkan, kehamilan diinginkan, kehamilan remaja.

A MOTHER BECOMING EXPERIENCE ON YOUTH MOTHER WITH DESIRED AND DESIRED PREGNANCY

Wiwin Handayani Mohamad¹, Dr. Wenny Artanty N, S.Kep., Ns., M.Kes², Sri Warsini, BSN.,M.Med.,PhD³

¹ Nursing Masters Students of Gadjah Mada University

² Master of Nursing Lecturer, Maternity Nursing Department, Faculty of Medicine, Public Health and Nursing, Gadjah Mada University

³ Master of Nursing Lecturer, Mental Nursing Department, Faculty of Medicine, Public Health and Nursing, Gadjah Mada University

ABSTRACT

Background: Being a mother while still a teenager is a difficult thing. From a psychological perspective, adolescents will find it difficult to accept changes in their self-image and adjustments to changes in new roles in terms of responsibility for caring baby. Pregnancy during teenage is often associated with unwanted pregnancies. Achievement of the mother's role and satisfaction with the role of the mother are strongly influenced by pregnancy status, namely the desired and undesired pregnancy.

Research Objective: to explore the experience of becoming a mother of teenage mothers with desired and undesired pregnancy in Tabongo District, Gorontalo Regency.

Research Method: this study uses a qualitative research design with a phenomenological approach. The participants in this study were 12 teenage mothers. Data collection is done by conducting in-depth interviews with research subjects determined by using purposive sampling technique. The research instrument in this study was the researcher herself. Data were analyzed using Creswell 2015 data analysis.

Results: Results: the theme found in this study was divided into three research groups namely a) in the group of teenage mothers with desired pregnancies found four themes: 1) feelings and commitment in undergoing pregnancy, 2) optimal efforts of mothers in caring for babies, 3) trying to take the role of being a mother, 4) sure to be a mother. b) in groups of undesired teenage mothers, married and accompanied by a husband found four themes, namely: 1) attempts to abort the pregnancy which make participants late to prepare their pregnancy, 2) efforts to care for the baby is slower due to the adaptation process, 3) the baby attachment process is not optimal, 4) starting to be sure to be a mother even though it's too late. c) in groups of undesired pregnancies, married and not accompanied by a husband, four themes were found, namely: 1) attempts to abort the pregnancy to prevent pregnancy preparations, 2) baby's care taken over by the family, 3) no attempt to take the role of being a mother, 4) not being a mother.

Conclusion: The experience of becoming a mother in teenage mothers with desirable and undesired pregnancies found different results. Family support, baby



bonding and self-confidence are very important in the process of becoming a mother in teenage mothers.

Keywords: Becoming Mother, Teenage Mother, Undesired Pregnancy, Desired Pregnancy, Teenage Pregnancy.