

# THE CORRELATION BETWEEN THE KNOWLEDGE AND ANXIETY LEVEL OF LABOR PROCESS AT THE THIRD TRIMESTER OF PREGNANT WOMEN

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**ABSTRAK DAN FULLTEKS :**

**THE CORRELATION BETWEEN THE KNOWLEDGE AND ANXIETY LEVEL OF  
LABOR PROCESS AT THE THIRD TRIMESTER OF PREGNANT WOMEN**

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**ABSTRACT**

**Background:** A labor is a complicated and interplay of relationship between psychology, physiology and the influence of a labor encouragement in a maternal. The study aim to determine of the correlation between the knowledge and anxiety level of labor process at the third trimester of pregnant women.

**Method:** This study was a non-experimental using *cross sectional* approach. The population were 56 primigravida at BPS Ny. Siti Rofi'atun Amd. Keb.Sambirejo. Jogoroto Jombang. The subject were 48 respondents. The sampling techniques were stratified random sampling. The were analyze using Spearman rank test.

**Result:** The results showed of pregnant women who have a good knowledge of labor process was 60,4%. While for them who feel anxiety are 72,9 % or 35 respondents with significance value  $\alpha < 0,05$ . The correlation score of statistic test was  $p = 0,013 < 0,05$  HI accepted. It meant that there is correlation. The result of spearman rank showed that there is correlation between the knowledge of labor process and anxiety level at pregnant women which is explained by significance level  $p=0,013$ .

**Conclusion:** There is correlation between the knowledge of labor process and anxiety level at primigravida (third trimester of pregnant women).

**Keyword :** Knowledge, *The Third Trimester Of Pregnant Women*

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**BAGROUND**

Normal delivery is a process of is the process of the birth of fetus by mother's own strength, unassisted the tools as well as not to injure the mother and baby, which generally lasts less than 24 hours (Sri Hari.U,2009:1). Labor or delivery is a labor is a complicated and interplay of relationship between psychology, physiology and the influence of a labor encouragement in a maternal. The more advanced the field of science and increasingly severity demands of life, the human will face various changes and one of them is anxiety. It is an emotional reaction on life problem. Psychological disturbance is complex series of causality factors, they are organic, psychology, personality character, environmental and social factors (Kartono, 2003). Preliminary study was conducted on 10 pregnant women TMIII at BPS Ny. Siti Rofi'atun, sambirejo Jogoroto Jombang. The questioner result showed that 70 % they understood about labor process and feeling worried not to be ready to have labor process. However, 30% they did not feel worry to do the labor process.

**RESEARCH METHOD**

The research was held at BPS Siti Rofi'atun Sambirejo Jogoroto Jombang. <sup>2</sup> The research design used was analytic with "cross sectional" approach. The population was all the pregnant <sup>2</sup> women who checked their pregnancy at this BPS. The numbers of pregnant women were 54. The sample was taken by stratified random sampling.

Research criteria were:

1. The <sup>2</sup> pregnant women were willing to be respondent.
2. The pregnant women who checked their pregnancy at di BPS Ny. Rofi'atun Amd. Keb. Sambirejo, Jogoroto, Jombang.
3. The literate pregnant women.

**RESULT AND DISCUSSION**

In this research the writer presented the result and discussion based on questionnaire data. The questionnaire was about the correlation between the knowledge and anxiety level of labor process at the third trimester of pregnant women at BPS Ny. Siti Rofi'atun Amd. Keb.Sambirejo. Jogoroto Jombang. The number of pregnant women that required inclusion criteria was 48 respondents. The taken data would be given a code. Then the writer did tabulation by scoring. The data was filtered into two, specific and general.

**The Correlation Between The Knowledge And Anxiety Level Of Labor Process At The Third Trimester Of Pregnant Women at BPS Ny. Siti Rofi'atun Amd. Keb.Sambirejo. Jogoroto Jombang**

Table 1. **The Correlation Between The Knowledge And Anxiety Level of Labor Process At The Third Trimester of Pregnant Women at BPS Ny. Siti Rofi'atun Amd. Keb.Sambirejo. Jogoroto Jombang.**

Independent / Dependent		The Correlation Between The Knowledge and Anxiety Level of Labor Process At The Third Trimester of Pregnant Women							
		Mild Anxiety		Medium Anxiety		Nothing Anxiety		total	
		Σ	%	Σ	%	Σ	%	Σ	%
Knowledge	Less	12	25	4	8	13	27	29	60
	Enough	12	25	1	2	0	0	13	28
	Good	5	10	1	2	0	0	6	12
	<b>Total</b>	<b>29</b>	<b>60</b>	<b>6</b>	<b>12</b>	<b>13</b>	<b>27</b>	<b>48</b>	<b>100</b>

Sumber :primer data

Based on above table, it can be understood that 48 respondents had a good knowledge while 29 had mild anxiety. Following the spearman test, showing that, there was correlation between the knowledge and anxiety level of labor process at the third trimester of pregnant women. This was showed by significance score  $p = 0,013$ . It mean that H1 accepted and there was correlation between the knowledge and anxiety level of labor process at the third trimester of pregnant women.

**DISCUSSION**

**The Correlation Between The Knowledge and Anxiety Level of Labor Process at The Third Trimester of Pregnant Women at BPS Ny. Siti Rofi'atun Amd. Keb.Sambirejo. Jogoroto Jombang.**

1. Based on the research showed that 19 respondents (39,6%) had less and enough knowledge while 29 respondents (60,4%) had a good knowledge. Both had mild and enough anxiety while 35 respondents, and 13 respondents had no anxiety. Spearman rank test showed that Significance score was  $\alpha < 0,05$ . Statistic test result showed that correlation score  $p=0,013 < 0,05$  H0 refused and HI accepted which mean there is correlation.

As a theory proposed by Rogers, the knowledge covered in cognitive 6 levels. (Notoadmojo, 2003) among which knows interpreted as considering the material that has been studied before, including into the knowledge of this level is recall (recall) of a specific of all, materials rooms have learned or received.

Corresponding the theory, presented by Notoatmodjo (2005) that the knowledge is the result of human understanding, simply answering questions. Knowledge has a specific goal, sampling methods and approaches to study such objects so as to obtain results that can be arranged in a systematic and universally recognized, then establishing into particular sciences. Therefore, person is not able to remember what received from outside the knowledge. They gained too little knowledge that people do not understand. Furthermore, it causes anxiety in someone which cannot absorb the knowledge to the fullest.

According to Ayub Sani (2007) anxiety is brief emotional experience and a reasonable response, when individuals are confronted by pressure or events that threaten their lives.

Anxiety arising from fear inside the pregnant mother will face a labor. They feared for the safety of the fetus and themselves. Therefore the mother still needs more sources of information about the prose of labor, the source - the source is obtained from the electronic media, print media, and of health personnel and etc.

It shows all this time, there are many sources of information about the delivery process which must be understood by pregnant women. The better the knowledge of labor process at the pregnant women, means there will be no more anxiety.

In fact, the research deals the knowledge of labor process which influence to level anxiety must be held. It will reduce their anxiety level. Furthermore, It will give contribution to the science and the practice. Thus it can be concluded there will be no gap between theory and reality.

## CONCLUSION

2. 29 respondents or (60,4%) of third trimester of pregnant women at BPS Ny Siti Rofi'atun, Amd. Keb sambirejo jogoroto jombang had a good knowledge.
3. 16 respondents had no anxiety
4. There is correlation between the knowledge and anxiety level of labor process at the third trimester of pregnant women at BPS Ny. Siti Rofi'atun Amd. Keb.Sambirejo. Jogoroto Jombang. Significance score was  $\alpha < 0,05$ . Statistic test result showed that correlation score  $p=0,013 < 0,05$  H0 refused and H1 accepted which mean there is correlation.

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