

ABSTRAK

Latar Belakang: Pada kehamilan trimester II dan III, kadar *kortisol* meningkat dua kali lipat melintasi plasenta hingga 30-40% ke janin. Peningkatan ini disebabkan karena kecemasan pada kehamilan trimester II dan III merupakan suatu ancaman bagi ibu dan janin. Dampak kecemasan pada kehamilan trimester II dan III justru memiliki resiko tiga kali lipat mengalami *postpartum blues*, depresi *postpartum*, kehamilan prematur, peningkatan resiko tekanan darah tinggi, penyakit jantung bahkan *abortus*.

Tujuan: Menganalisis perbedaan antara tingkat kecemasan dan kadar *kortisol* pada kehamilan trimester II dan III.

Metode: Penelitian ini merupakan penelitian *observational analitik* dengan pendekatan *cross sectional*. Sebanyak 36 subyek penelitian yang dipilih dengan cara *non probability sampling* dan *consecutive sampling* yaitu tingkat kecemasan pada ibu hamil trimester II dan III di Klinik Kusuma Samarinda. Pengambilan data dilakukan dengan wawancara dan serum ibu hamil trimester II dan III. Pemeriksaan kadar *kortisol* dilakukan di Laboratorium Rampal Diagnostik Malang. Data hasil penelitian dianalisis uji normalitas menggunakan *Shapiro-Wilk Test* dan uji perbedaan menggunakan Uji T serta diolah dengan SPSS 25.

Hasil: Rerata usia kehamilan trimester II memiliki tingkat kecemasan (EPDS) dengan $10,45 \pm 3,66$ sedangkan usia kehamilan trimester III memiliki tingkat kecemasan (EPDS) dengan $11,12 \pm 3,46$. Dan, rerata usia kehamilan trimester II memiliki kadar *kortisol* dengan $844,05 \pm 236,20$. Rerata usia kehamilan trimester III memiliki kadar *kortisol* dengan $877,23 \pm 217,03$.

Kesimpulan: Tidak terdapat perbedaan tingkat kecemasan dan kadar *kortisol* pada kehamilan trimester II dan III.

Kata kunci : Ibu hamil, trimester II, trimester III, tingkat kecemasan, kadar *kortisol*

ABSTRACT

Background: In the second and third trimesters of pregnancy, cortisol levels double across the placenta by 30-40% to the fetus. This increase is caused because anxiety of pregnancy is a threat to the mother and fetus. And the impact of anxiety on the second and third trimester of pregnancy actually has a triple risk of experiencing postpartum blues, postpartum depression, premature pregnancy, increased risk of high blood pressure, heart disease and even abortion.

Purpose: Analyze the difference between anxiety levels and cortisol levels in the second and third trimester of pregnancy.

Method: This study is an analytical observational study with a cross sectional approach. A total of 36 research subjects were selected by non-probability sampling and consecutive sampling, namely the level of anxiety in pregnant women in the second and third trimesters at Kusuma Samarinda Clinic. Data collection was carried out with interviews and serum of pregnant women in the second and third trimesters. Cortisol level examination is carried out at the Malang Diagnostic Rampal Laboratory. The research data were analyzed for normality test using Shapiro-Wilk Test and difference test using T Test and processed with SPSS 25.

Result: The average gestational age of the second trimester has an anxiety level (EPDS) with 10.45 ± 3.66 while the third trimester gestational age has an anxiety level (EPDS) with 11.12 ± 3.46 . And, the average gestational age of the second trimester has cortisol levels with 844.05 ± 236.20 . The average gestational age of the third trimester had cortisol levels with 877.23 ± 217.03 .

Conclusion: There was no difference in anxiety levels and cortisol levels in the second and third trimesters of pregnancy.

Keywords : *Pregnancy, second trimester, third trimester, anxiety levels, cortisol levels*