

## ABSTRAK

**Lidza Sa'adah**

**Gambaran Kecemasan Akseptor KB di Masa Pandemi COVID-19**

**xv + 60 Halaman + 5 Tabel + 2 Gambar + 12 Lampiran**

Meningkatnya jumlah kasus COVID-19 berdampak pada penurunan jumlah peserta KB di Indonesia sebanyak 40% di bulan Maret 2020. Faktor yang mempengaruhi partisipasi masyarakat dalam penggunaan kontrasepsi yaitu kecemasan akibat adanya pandemi COVID-19. Studi sebelumnya menyatakan sebagian besar masyarakat Indonesia mengalami kecemasan pada masa pandemi COVID-19. Saat ini, situasi pandemi di Indonesia memasuki tahun kedua. Adanya proses adaptasi masyarakat terhadap situasi pandemi dapat mempengaruhi kecemasan yang dialami. Tujuan penelitian untuk mengetahui gambaran kecemasan akseptor KB di wilayah kerja Puskesmas Batang 3 selama masa pandemi COVID-19. Jenis penelitian yang digunakan adalah deskriptif kuantitatif. Sampel penelitian ini yaitu wanita usia subur akseptor KB aktif di wilayah kerja Puskesmas Batang 3 Kabupaten Batang berjumlah 108 orang. Teknik pengambilan sampel yaitu *proportionate stratified random sampling*. Pengambilan data menggunakan kuesioner *Hamilton Anxiety Rating Scale* (HARS) untuk mengukur tingkat kecemasan. Data dianalisis secara univariat dengan menyajikan tabel distribusi frekuensi. Hasil penelitian menunjukkan 51,9% responden berusia 20 – 35 tahun, 35,2% responden berpendidikan SMP dan 35,2% responden berpendidikan SMA, 53,7% responden memiliki 2 anak, dan responden yang menggunakan MKJP dan non MKJP terdistribusi secara merata. Dari 108 responden, 90 diantaranya tidak mengalami kecemasan dan 18 lainnya mengalami kecemasan ringan. Tidak ditemukannya kecemasan pada penelitian ini menandakan bahwa akseptor KB sudah mulai beradaptasi dengan kondisi pandemi walaupun beberapa akseptor masih merasa cemas. Diperlukan penelitian lanjutan yang meneliti tentang strategi koping akseptor KB dalam mencegah kecemasan khususnya akseptor KB non MKJP pada masa pandemi COVID-19.

Kata Kunci : Cemas, Akseptor KB, HARS, COVID-19

Daftar Pustaka : 77 (2003 – 2021)

## **ABSTRACT**

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**xv + 60 Pages + 5 Table + 2 Images + 12 Attachments**

The increasing number of COVID-19 cases caused a decrease in family planning participants in Indonesia by 40% in March 2020. The factor that affects the participation in using contraceptives is anxiety during the COVID-19 pandemic. This study aims to describe the level of anxiety of family planning acceptors in the working area of Puskesmas Batang 3 during the COVID-19 pandemic. Previous study found that most Indonesians experienced anxiety in the COVID-19 pandemic. Currently, the pandemic situation in Indonesia is entering its second year. The existence of a community adaptation process to a pandemic situation can affect the anxiety experienced. The type of research is a descriptive quantitative study. Samples of this study were 108 women of childbearing age who were active family planning acceptors in the working area of Puskesmas Batang 3, Batang Regency. The sampling technique was proportionate stratified random sampling. Data of this study were collected by using the Hamilton Anxiety Rating Scale (HARS) questionnaire to measure the level of anxiety. Data were analyzed by univariate analysis and presented in a frequency distribution table. The results showed that 51.9% of respondents were 20 – 35 years old, 35.2% of respondents had junior high school education and 35.2% of respondents had high school education, 53.7% of respondents had two children, and respondents who used MKJP and non MKJP were evenly distributed. Among 108 respondents, 90 of them did not experience anxiety and 18 others experienced mild anxiety. The absence of anxiety in this study indicates that family planning acceptors have begun to adapt to the pandemic conditions, although some acceptors still feel anxious. Further research is needed that examines the coping strategies of family planning acceptors in preventing anxiety during the COVID-19 pandemic, especially non-MKJP family planning acceptors.

Keywords : Anxiety, Family planning acceptors, HARS, COVID-19

References : 77 (2003 – 2021)