

ABSTRACT

Munfi'atur Rofi'ah, 09410176, Relationship Between Confidence With Facing Anxiety In Pregnancy Childbirth primigravid trimester All RSNU III in Tuban. Thesis, Faculty of Psychology UIN Maulana Malik Ibrahim Malang. 2015.

Pregnancy is a period containing a fetus in the womb of a woman, which ends at the delivery. changes that occur during pregnancy can change a woman's life. Pregnancy is also an important period experienced by a woman in the changing role of being a mother. In primigravida pregnancies or first child, pregnant women will experience anxiety, stress, fear, anxiety and feelings of uncertainty due to the first condition. The third trimester is a period of waiting and aware of the birth of the child. Then the confidence to be one of the factors that influence anxiety primigravidae third trimester pregnant women. The characteristics of a person who has the confidence is, to have a positive sense of self, dare to express their opinions (in Asmadi Alsa, 2006: 48).

While someone who experience anxiety in the face of labor has symptoms that can be viewed from two aspects: the physiological and psychological.

This research uses a quantitative approach. Research conducted at RSNU Tuban, with a population of less than 100 pregnant women so taken all the sample of 40 people, sampling with purposive sampling technique that is done by taking the subject is not based on strata, random or region but is based on their specific purpose of sampling based on the characteristics, traits or characteristics which are the principal characteristics of the population, supporting data in this study were obtained through observation, interviews, documentation and measurement tools of psychology. Psychology measuring tool that is used as data collection in this study is a Likert scale, scale is used there are 2 of 40 item scale self-confidence and anxiety scale items facing 45 deliveries. Methods of data analysis was done by using Karl Pearson Product Moment Correlation using SPSS 15.0 for Windows.

From the analysis of this study concluded that the most dominant aspect of the background of confidence in pregnant women in the face of labor is to act independently in the face of the decision, as many as 22 respondents strongly agreed (55%). Based on the results of data analysis using product moment correlation results obtained $r = -0.571$ and $p = 0.000$. This shows that there is a significant relationship between confidence in the face of labor anxiety, the higher the confidence of pregnant women, the lower the level of anxiety to face childbirth, and the lower confidence of pregnant women, the lower the level of anxiety in the face of labor.

Keywords: Confidence, anxiety facing labor.