ABSTRAK

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GAMBARAN PSIKOLOGIS IBU HAMIL PADA MASA PANDEMI COVID-19 DI INDONESIA: KAJIAN LITERATUR

(xiii + 78 Halaman; 1 Bagan; 6 Tabel; 8 Lampiran)

Latar belakang: Kehamilan adalah suatu kondisi menyenangkan, namun memerlukan adaptasi terhadap berbagai perubahan yang terjadi selama kehamilan. Ketidakmampuan beradaptasi selama kehamilan dapat menimbulkan masalah psikologis. Masalah psikologis yang berat akan berpengaruh pada tingkat depresi postpartum, untuk itu ibu hamil diharapkan dapat beradaptasi terhadap masalah psikologis yang terjadi pada dirinya. **Tujuan Penelitian**: Mengetahui gambaran psikologis ibu hamil di masa pandemi Covid-19. **Metode Penelitian**: Metode kajian pustaka sistematis dengan menggunakan tiga *database* yaitu *Google Scholar*, Pubmed dan Elsevier. Pencarian Literatur menggunakan kata kunci dalam bahasa Indonesia dan bahasa Inggris dengan *Boolean operator* "*AND*" dan "*OR*". **Hasil Penelitian**: Penelitian terhadap 12 artikel menghasilkan tiga tema utama yaitu gambaran masalah psikologis ibu hamil, pencegahan dan penanganan, serta peran perawat. Gambaran masalah psikologis ibu hamil memiliki empat subtema yaitu tingkat kecemasan dan stress, ketidaknyamanan fisik dan psikologis, faktor penyebab ibu melakukan ANC, faktor yang mempengaruhi kecemasan selama Covid-19. Pencegahan dan penanganan memiliki subtema yaitu upaya yang dapat dilakukan ibu hamil. Sementara, peran perawat memiliki satu subtema yaitu intervensi keperawatan antenatal. **Rekomendasi**: Bagi Fasilitas kesehatan diharapkan untuk ditetapkan secara nasional pemberian kuesioner mengenai kecemasan dan depresi bagi ibu hamil pada setiap trimester agar dapat menilai tingkat kecemasan dan depresi pada ibu hamil.

Kata kunci: Covid-19, Indonesia, Psikologis antenatal, Psikologis ibu hamil, Peran perawat.
Referensi: 39 (2011-2021)

ABSTRACT

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PSYCHOLOGICAL PICTURE OF PREGNANT WOMEN DURING THE COVID-19 PANDEMIC IN INDONESIA: LITERATURE REVIEW

(xiii + 78 Page; 1 Charts; 6 Table; 8 Attachments)

Background: *Pregnancy is a pleasant condition, but requires adaptation to the various changes that occur during pregnancy. The inability to adapt during pregnancy can cause psychological problems. Severe psychological problems will affect the level of postpartum depression, therefore pregnant women are expected to be able to adapt to psychological problems that occur to them.* ***Research Objectives:*** *To determine the psychological picture of pregnant women during the Covid-19 pandemic.* ***Research Methods:*** *Methods of a systematic literature review using three databases, namely Google Scholar, Pubmed, and Elsevier. Literature search uses keywords in Indonesian and English with Boolean operators "AND" and "OR".* ***Results:*** *The study of 12 articles resulted in three main themes, namely a description of the psychological problems of pregnant women, prevention and treatment, and the role of nurses. The description of the psychological problems of pregnant women has four sub-themes, namely levels of anxiety and stress, physical and psychological discomfort, factors that cause mothers to perform ANC, factors that affect anxiety during Covid-19. Prevention and treatment have one sub-theme, namely the efforts that pregnant women can make. Meanwhile, the role of nurses has one sub-theme, namely antenatal nursing intervention.* ***Recommendation:*** *For health facilities, it is hoped that it will be determined nationally to provide questionnaires regarding anxiety and depression for pregnant women in each trimester in order to assess the level of anxiety and depression in pregnant women.*

Keywords: Covid-19, Indonesia*, Antenatal psychology, Psychology of pregnant women, Role of nurses.*
References: 39 (2011-2021)