ABSTRAK

Kecemasan pada ibu bersalin kala I dapat meningkatkan hormon katekolamin dan kortisol, dan menurunkan hormon oksitosin dan endorpin sehingga berdampak terhadap *outcome* persalinan, antara lain lama kala I, peningkatan tekanan darah ibu, dan skor APGAR bayi baru lahir. Penelitian ini bertujuan untuk mengetahui hubungan tingkat kecemasan ibu bersalin kala I dengan *outcome* persalinan.

Penelitian ini menggunakan metode kuantitatif analitik dengan desain *cross sectional.* Penelitian dilaksanakan pada bulan April–Mei 2026 di Praktik Mandiri Bidan (PMB) wilayah kerja Puskesmas Arcamanik Kota Bandung. Sampel berjumlah 55 ibu bersalin kala I yang dipilih menggunakan teknik *purposive sampling.* Pengumpulan data dilakukan menggunakan kuesioner STAI-S, partograf, dan rekam medis. Analisis bivariat menggunakan uji *Chi-Square* untuk menganalisis hubungan tingkat kecemasan dengan peningkatan tekanan darah ibu, serta *Fisher's Exact Test* untuk menganalisis hubungan tingkat kecemasan dengan lama kala I fase aktif dan skor APGAR.

Hasil penelitian menunjukan sebagian besar responden memiliki tingkat kecemasan sedang, lama kala I dalam batas normal, peningkatan tekanan darah dalam batas normal, dan skor APGAR bayi normal. Terdapat hubungan antara tingkat kecemasan ibu bersalin kala I dengan lama kala I ($p < 0,05$), terdapat hubungan antara tingkat kecemasan ibu bersalin kala I dengan peningkatan tekanan darah ibu ($p < 0,05$), dan terdapat hubungan antara tingkat kecemasan ibu bersalin kala I dengan skor APGAR bayi ($p < 0,05$). Hubungan terkuat ditemukan pada skor APGAR bayi (OR=28,667).

Penelitian ini menunjukkan bahwa tingkat kecemasan berhubungan dengan *outcome* persalinan. Pengkajian kecemasan menggunakan instrumen terstandar perlu dilakukan sebagai bagian dari asuhan kebidanan untuk mendukung *outcome* persalinan yang optimal.

Kata Kunci : Kecemasan, lama persalinan kala I, tekanan darah, skor APGAR, *outcome* persalinan.

ABSTRACT

Anxiety in women in the first stage of labor can increase levels of catecholamines and cortisol, and decrease levels of oxytocin and endorphins, thereby affecting labor outcomes, including the duration of the first stage of labor, increased maternal blood pressure, and the newborn's APGAR score. This study aims to determine the relationship between anxiety levels in women in the first stage of labor and labor outcomes.

This study employed a quantitative analytical method with a cross-sectional design. The study was conducted from April to May 2026 at midwife private practices (PMB) within the service area of the Arcamanik Community Health Center in Bandung. The sample consisted of 55 women in the first stage of labor, selected using purposive sampling. Data were collected using the STAI-S questionnaire, partogram, and medical records. Bivariate analysis employed the Chi-Square test to examine the relationship between anxiety levels and increases in maternal blood pressure, as well as Fisher's Exact Test to analyze the relationship between anxiety levels and the duration of the active phase of the first stage of labor and APGAR scores.

The results of the study showed that most respondents had moderate levels of anxiety, first-stage labor durations within the normal range, blood pressure increases within the normal range, and normal APGAR scores for their infants. There was an association between the level of anxiety in laboring mothers during the first stage of labor and the duration of the first stage of labor ($p < 0.05$); there was an association between the level of anxiety in laboring mothers during the first stage of labor and elevated maternal blood pressure ($p < 0.05$); and there was an association between the level of anxiety in laboring mothers during the first stage of labor and the infant's APGAR score ($p < 0.05$). The strongest association was found with the infant's APGAR score (OR = 28.667).

This study demonstrates that anxiety levels are associated with labor outcomes. Anxiety assessment using standardized instruments should be conducted as part of midwifery care to support optimal labor outcomes.

Keywords: Anxiety, duration of the first stage of labor, blood pressure, APGAR score, birth outcomes.