

Abstrak

Kehamilan pertama (*primigravida*) kerap memicu kecemasan spesifik yang berkaitan dengan proses kehamilan, persalinan, serta kondisi kesehatan janin yang dikenal sebagai *pregnancy-related anxiety*. Kajian ini bertujuan untuk mengetahui pengaruh *family support* dan *emotion regulation* terhadap *pregnancy-related anxiety* pada ibu primigravida, baik secara parsial maupun simultan. Kajian ini menggunakan pendekatan kuantitatif dengan rancangan regresi linier berganda. Subjek kajian adalah ibu primigravida di Kecamatan Indihiang dengan pengumpulan data menggunakan kuesioner melalui instrumen *Pregnancy-related Anxiety Scale* (PRAS), *Social Provisions Scale* (SPS), dan *Emotion Regulation Questionnaire* (ERQ). Hasil kajian memperlihatkan bahwa *family support* berpengaruh signifikan terhadap *pregnancy-related anxiety* ($p < 0,001$) dengan kontribusi sebesar 7,3%, sedangkan *emotion regulation* juga berpengaruh signifikan ($p < 0,001$) dengan kontribusi sebesar 24,0%. Secara simultan, kedua variabel tersebut berpengaruh signifikan terhadap *pregnancy-related anxiety* dengan nilai F hitung sebesar 21,411 ($p < 0,001$) dan nilai R^2 sebesar 0,313, yang memperlihatkan kontribusi sebesar 31,3%. Dengan demikian, termampu simpulan bahwa *family support* dan *emotion regulation* ialah faktor penting dalam menurunkan *pregnancy-related anxiety* pada ibu primigravida.

Kata Kunci : *family support, emotion regulation, pregnancy-related anxiety, ibu primigravida*

Abstract

The first pregnancy (primigravida) often triggers specific anxiety regarding the pregnancy process, childbirth, and fetal health, known as pregnancy-related anxiety. This study aimed to determine the effect of family support and emotion regulation on pregnancy-related anxiety in primigravida mothers, both partially and simultaneously. The research method employed a quantitative approach with multiple linear regression design. The subjects were primigravida pregnant women at Puskesmas Kecamatan Indihiang. Data were collected using questionnaires with the PRAS, SPS, and ERQ instruments. The results showed that family support significantly affected pregnancy-related anxiety ($p < 0.001$) with a contribution of 7.3%, and emotion regulation also had a significant effect ($p < 0.001$) with a contribution of 24.0%. Simultaneously, both variables significantly predicted pregnancy-related anxiety with $F = 21.411$ ($p < 0.001$) and $R^2 = 0.313$ (contribution 31.3%). In conclusion, family support and emotion regulation are important factors in reducing pregnancy-related anxiety among primigravida mothers.

Keywords: *family support, emotion regulation, pregnancy-related anxiety, primigravida*