THE RELATIONSHIP BETWEEN FAMILY SUPPORT AND ANXIETY LEVELS OF THIRD-TRIMESTER PREGNANT WOMEN IN THE AREA OF JATISRONO I COMMUNITY HEALTH CENTER

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ABSTRACT

***Background**: Family support plays an important role in influencing the psychological condition of third-trimester pregnant women. Family involvement can provide a sense of security, comfort, and help mothers reduce fear and anxiety during pregnancy. On the other hand, lack of family support can increase the risk of anxiety in pregnant women.* ***Objective:** To find out the relationship between family support and the level of anxiety in third-trimester pregnant women in the working area of Jatisrono I Community Health Center.* ***Method:** This study used an observational analytic design with a cross-sectional approach. The study sample consisted of 65 third-trimester pregnant women using the total sampling technique. Data collection was carried out using a family support questionnaire and the Hamilton Anxiety Rating Scale (HARS) instrument. Data analysis was done using the Chi-Square test with a significance level of 0.05.* ***Results:** The majority of respondents received good family support, totaling 44 respondents (67.7%). The majority of respondents experienced moderate anxiety, with 25 people (38.4%). The Chi-Square test results showed a p-value of 0.001 ($p<0.05$), indicating a significant relationship between family support and anxiety levels in pregnant women in their third trimester.* ***Conclusion**: There is a significant relationship between family support and anxiety levels in third-trimester pregnant women in the working area of Puskesmas Jatisrono I. The better the family support received, the lower the anxiety experienced when facing childbirth.*

***Keyword:** Family support, anxiety level, third-trimester pregnant mother.*