

**ASUHAN KEPERAWATAN MATERNITAS**  
**NY. J 23 TAHUN G1P0A0 HAMIL 30 MINGGU (PREEKLAMPSIA)**  
**ANSIETAS BERHUBUNGAN DENGAN KRISIS SITUASIONAL DENGAN**  
**INTERVENSI *THOUGHT STOPPING* DI PUSKESMAS MABU'UN**  
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*Armitha Aryani*<sup>1</sup>, *Margareta Martini*<sup>2</sup>

Email: [armithaariyaniag@gmail.com](mailto:armithaariyaniag@gmail.com)

**INTISARI**

**Latar Belakang:** Ibu hamil yang memiliki tekanan darah tinggi saat kehamilan mempunyai kecemasan tinggi dalam menghadapi persalinan, dikarenakan resiko yang besar yang akan dihadapi oleh dirinya maupun bayinya yang akan dilahirkan. di dapatkan temuan kasus di puskesmas Mabu'un Ny. J, usia 23 tahun, G1P0A0 Hamil 30 minggu dengan pemeriksaan tekanan darah 150/100 mmHg. pada ibu primipara sehingga dibutuhkan cara untuk mengatasi kecemasan (ansietas) dalam menghadapi kehamilan dan persalinan yaitu melalui *Thought Stopping*

**Tujuan:** untuk menerapkan evidence based practice in nursing pada asuhan keperawatan maternitas Ny. J 23 tahun G1P0A0 hamil 30 minggu (Preeklamsia) dengan diagnosa keperawatan ansietas berhubungan dengan krisis situasional di Ruskesmas Mabu'un Tanjung 2024

**Metode:** Dengan satu pasien di instalasi persalinan Puskesmas Mabu'un Tanjung usia kehamilan 30 minggu dengan ansietas. Pengumpulan data melalui wawancara, observasi, pemeriksaan fisik dan tinjauan test diagnostik

**Hasil:** Karya Tulis Ilmiah ini menunjukkan telah menerapkan asuhan berbasis *evidence based practice* pada diagnosa kecemasan dengan menerapkan teknik Thought Stopping melalui 3 teknik dan hasilnya dapat menurunkan kecemasan pasien.

**Kesimpulan:** Metode *Thought Stopping* pada pasien Ny. J 23 tahun G1P0A0 hamil 30 minggu preeklamsia dengan diagnosa kecemasan dapat teratasi

Kata Kunci: Preeklamsia, Ansietas, *Thought Stopping*

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<sup>1</sup>Mahasiswa Sekolah Tinggi Ilmu Kesehatan Suaka Insan Banjarmasin

<sup>2</sup>Dosen Sekolah Tinggi Ilmu Kesehatan Suaka Insan Banjarmasin

**MATERNITY NURSING CARE**  
**NY. J 23 YEARS G1P0A0 30 WEEKS PREGNANT (PREEKLAMPSIA)**  
**ANXIETY RELATED TO SITUATIONAL CRISIS WITH THOUGHT**  
**STOPPING INTERVENTION AT HEALTH CENTER MABU'UN**  
**TANJUNG**

*Armitha Aryani<sup>1</sup>, Margareta Martini<sup>2</sup>*

Email: [armithaariyaniag@gmail.com](mailto:armithaariyaniag@gmail.com)

**ABSTRAC**

**Background:** Pregnant women who have high blood pressure during pregnancy have high anxiety about facing childbirth, because of the large risks that will be faced by themselves and their babies who will be born. Case findings were found at the Mabu'un Community Health Center, Ny. J, 23 years old, G1P0A0 30 weeks pregnant with blood pressure examination of 150/100 mmHg. in primiparous mothers so that a way to overcome anxiety in facing pregnancy and childbirth is needed, namely through Thought Stopping.

**Objective:** to apply evidence based practice in nursing to Mrs. J 23 years old G1P0A0 30 weeks pregnant (Preeclampsia) with nursing diagnosis of anxiety related to situational crisis at Ruskesmas Mabu'un Tanjung 2024

**Method:** With one patient in the Mabu'un Tanjung Community Health Center delivery installation at 30 weeks' gestation with anxiety. Data collection through interviews, observation, physical examination and review of diagnostic tests

**Results:** This scientific paper shows that evidence-based practice-based care has been implemented in the diagnosis of anxiety by applying the Thought Stopping technique through 3 techniques and the results can reduce patient anxiety.

**Conclusion:** The Thought Stopping Method for Mrs. J 23 years old G1P0A0 30 weeks pregnant with preeclampsia with a diagnosis of anxiety that can be resolved

Keywords: Preeklamsia, Anxiety, *Thought Stopping*

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<sup>1</sup>Student of Suaka Insan Banjarmasin School of Health Sciences

<sup>2</sup>Lecturer at Asylum in Banjarmasin High School of Health Sciences