ABSTRACT

Maulidiyah, Novi. 2025. The Difference in Stress Levels Primigravida and Multigravida at Janti Public Health Center, Sukun District, Malang City. Thesis. Malang Applied Bachelor of Midwifery Study Program. Health Polytechnic of the Ministry of Health of Malang. Main Supervisor: Dr. Dyah Widodo, S.Kp., M.Kes.

Pregnancy is a physiological process that is often accompanied by stress that affects hormones and maternal immunity, risks causing pregnancy complications, postpartum psychological disorders, and negatively impacts the health of the fetus. This study aims to determine the difference in stress levels in primigravida and multigravida. This type of research is quantitative with a comparative analytical design with a cross-sectional approach. The population was 74 pregnant women, sampling using purposive sampling of 64 pregnant women (32 primigravida and 32 multigravida) who had met the inclusion criteria. The instrument used was the Pregnancy Stress Rating Scale (PSRS-36) questionnaire and was analyzed using the Mann-Whitney test with $\alpha = 0.05$. The results showed that most primigravida experienced moderate (37.5%) and high (31.2%) stress, while multigravida was dominated by moderate stress (62.5%). The Mann-Whitney test showed $p = 0.046$ ($p < 0.05$), meaning that there was a significant difference between primigravida and multigravidae. Anxiety about the first pregnancy is a stress factor in primigravida, while multigravida is more adaptive because it has previous experiences. This study emphasizes the importance of psychological screening in antenatal services to detect early the level of stress experienced by pregnant women, especially in primigravida mothers. It is hoped that midwives can detect stress early in pregnant women.

Keywords: stress levels, primigravida, multigravida