

ABSTRACT

The Covid-19 pandemic has made people, especially post partum mothers, anxious and limited in their activities due to the application of the principle of social distancing through the Large-Scale Social Restriction (PSBB) policy. The purpose of this study was to determine the relationship between social distancing policies and maternal anxiety in implementing infant care during the Covid-19 pandemic. This type of research is an analytic survey using a cross sectional design. Samples were post partum mothers who gave birth on November 1 to November 27, 2021 totaling 33 people. Data analysis using Chi Square. The results of the study were obtained from 33 postpartum mothers (100%), the majority felt anxious as many as 26 people (78.8%) and did not feel anxious as many as 7 people (21.2%). It can be concluded that there is a relationship between social distancing policies and maternal anxiety in the implementation of babysitting during the Covid-19 pandemic. It is recommended to post partum mothers to keep their health and reduce anxiety about the covid-19 pandemic, so that the care of their babies is not disturbed.

Keywords: Social Distanching; Covid-19; Mother's Anxiety; Hospitalization

ABSTRAK

Pandemi Covid-19 membuat masyarakat khususnya ibu post partum cemas dan terbatas dalam beraktivitas karena penerapan prinsip *social distanching* melalui kebijakan Pembatasan Sosial Berskala Besar (PSBB). Tujuan dari penelitian ini adalah untuk mengetahui hubungan kebijakan *social distanching* terhadap kecemasan ibu dalam pelaksanaan rawat gabung bayi selama pandemic Covid-19. Jenis penelitian ini survey analitik menggunakan desain cross sectional. Sampel adalah ibu *post partum* yang melahirkan tanggal 1 November – 27 November 2021 berjumlah 33 orang. Analisa data menggunakan *Chi Square*. Hasil penelitian di dapatkan dari 33 ibu *post partum* (100%), mayoritas merasa cemas sebanyak 26 orang (78,8%) dan merasa tidak cemas sebanyak 7 orang (21,2%). Dapat disimpulkan adanya hubungan kebijakan *social distanching* terhadap kecemasan ibu dalam pelaksanaan rawat gabung bayi selama pandemic Covid-19. Disarankan kepada ibu post partum agar tetap jaga kesehatan dan mengurangi rasa cemas terhadap pandemi covid-19, supaya perawatan bayinya tidak terganggu.

Kata Kunci: *Social Distanching; Covid-19; Kecemasan Ibu; Rawat Gabung*