

ABSTRACT

EXPERIENCE OF PSYCHOLOGICAL ADAPTATION TO FIRST TRIMESTER PRIMIGRAVIDA PREGANT WOMEN

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Introduction: *Pregnancy is a period of change, adjustment, challenge and the turning point of family life, and deeply influential in every aspect of women's life. In times of pregnancy there are many changes, there are physically and psychologically. The purpose research of literature Review is identifying the psychological adaptation experience of Primigravida pregnant.* **Method:** *Design of Research using the Literature Review Study, by conducting a search of research journals published on the Internet using Engines Shcooliar, ScienceDirect, BMC, PubMed with keywords: psychology of pregnancy, Primigravida, pregnancy adaptation, family with pregnancy, psychology of pregnancy, support system.* **Results:** *from Literature Rivew 10 journals The research journal that has been analyzed produces three themes such as the changes that occur in pregnancy, the form of pregnancy adaptation, adaptation response, factors affecting, and support system of pregnancy.* **Conclusion:** *The research results of the Literature Rivew Study stated that any form of modification and adaptation process that occurred in the period of pregnancy is a natural process that is sure to face pregnant women during pregnancy, as well as for researchers further expected to examine deeper with the phenomenology approach to the form of psychological adaptation of pregnant women during pregnancy.*

Keywords: Psychological changes, Pregnancy adaptation, Maturation crisis, Support System

ABSTRAK

PENGALAMAN ADAPTASI PSIKOLOGIS IBU HAMIL

PRIMIGRAVIDA TRIMESTER I

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Pendahuluan: Kehamilan merupakan periode perubahan, penyesuaian, tantangan dan titik balik dari kehidupan keluarga, serta berpengaruh secara mendalam pada setiap aspek kehidupan perempuan. Dalam masa kehamilan terjadi banyak perubahan, baik secara fisik maupun psikologis. Penelitian Literatur review bertujuan mengidentifikasi pengalaman adaptasi psikologis ibu hamil primigravida. **Metode:** Desain penelitian menggunakan *Literature Review Study*, dengan melakukan pencarian jurnal penelitian yang dipublikasikan di internet menggunakan *search engine Shcooliar, ScienceDirect, BMC, PubMed* dengan kata kunci : *psikologi kehamilan, primigravida, adaptasi kehamilan, keluarga dengan kehamilan, psychology of pregnancy, support system*. **Hasil:** dari *Literature Rivew Study* 10 jurnal penelitian yang sudah dianalisis menghasilkan empat tema antara lain perubahan yang terjadi pada masa kehamilan, bentuk adaptasi kehamilan, respon terhadap perubahan, faktor-faktor yang mempengaruhi adaptasi kehamilan, dan Sistem pendukung. **Kesimpulan:** hasil penelitian dari *Literature Rivew Study* ini menyatakan bahwa segala bentuk perubahan dan proses adaptasi yang terjadi pada masa kehamilan adalah sebuah proses alamiah yang pasti akan dihadapi ibu hamil pada masa kehamilan, serta untuk peneliti selanjutnya diharapkan dapat meneliti lebih dalam dengan pendekatan fenomenologi tentang bentuk adaptasi psikologis ibu hamil pada masa kehamilan.

Kata kunci: Perubahan psikologis, Adaptasi Kehamilan, Krisis maturasi, Sistem Pendukung