

## ABSTRAK

Perempuan hamil yang sedang berkuliah di usia muda menghadapi tekanan emosional dan fisik yang kompleks. Mahasiswi tersebut perlu mengatasi tantangan akademik, seperti penelitian, tugas, dan ujian, sambil menghadapi perubahan fisik dan emosional yang terkait dengan kehamilan. penelitian ini bertujuan untuk Mengetahui bagaimana dinamika kecemasan perempuan hamil di usia muda dan sedang berkuliah serta apa saja faktor yang membantu mengatasi kecemasan pada perempuan hamil dan sedang berkuliah. Penelitian ini menggunakan kasus yang dikaji secara mendalam. Maka pendekatan penelitian tepat untuk digunakan pada penelitian ini adalah pendekatan penelitian kualitatif. narasumber dalam penelitian ini adalah mahasiswi yang sedang hamil maupun pernah hamil ketika sedang menyelesaikan studi program strata 1. Pemilihan karakteristik narasumber dalam penelitian ini yang mencakup mahasiswi yang sedang hamil atau pernah hamil ketika mengejar gelar sarjana dengan usia antara 21 hingga 24 tahun sesuai dengan pendekatan metode sampling non probabilitas purposive sampling. Penelitian ini menggunakan teknik pengumpulan data observasi dan wawancara. Kehadiran peneliti dalam penelitian kualitatif adalah sebagai perencana dalam keseluruhan proses penelitian. Hasil dari penelitian ini adalah sebagian besar perempuan hamil yang sedang berkuliah merasa bahagia dengan pilihan hidupnya, memiliki motivasi pribadi yang kuat untuk meraih kesuksesan dalam keduanya dan kecemasannya termasuk golongan rendah. Selain itu, persepsi positif dari pola pikir, dukungan keluarga dan teman menjadi faktor dalam mengatasi kecemasan yang dialami perempuan hamil yang berkuliah.

Kata Kunci : kecemasan, perempuan hamil, kuliah

## ABSTRACT

Pregnant women who are studying at a young age face complex emotional and physical stress. The female student needs to overcome academic challenges, such as Research, assignments, and exams, while dealing with the physical and emotional changes associated with pregnancy. This research aims to find out the dynamics of anxiety among pregnant women at a young age and at college and what internal factors help overcome anxiety in pregnant women at a young age and at college. This research uses cases that are studied in depth. So the appropriate research approach to use in this research is a qualitative research approach. The participants in this study were female students who were pregnant or had previously been pregnant while completing their undergraduate program. The characteristics of the participants in this study were selected, including female students who were pregnant or had been pregnant while pursuing a bachelor's degree, aged between 21 and 24 years in accordance with the method approach. non probability sampling purposive sampling. This research uses observation and interview data collection techniques. The result of this research is that the majority of pregnant women who are also pursuing their education feel content with their life choices, possess a strong personal motivation to achieve success in both roles, and their anxiety falls within the low category. Furthermore, having a positive mindset, as well as the support of family and friends, are factors in overcoming the anxiety experienced by pregnant women who are also students. The researcher's presence in qualitative research is as a planner in the entire research process. The results of this research are that anxiety in young pregnant women attending college is a complex phenomenon that is influenced by various factors. Internal factors, such as social support, the ability to manage emotions, and motivation to achieve educational goals, play an important role in helping young pregnant women overcome their anxiety.

Keywords: anxiety, pregnant women, college

