



The Correlation of Family Support on Anxiety Levels in Primigravid Pregnant Women Using Cross-Sectional Method

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Abstract. Problem: Pregnancy is a natural process. The changes that occur in women during a normal pregnancy are physiological, not pathological. Therefore, the care provided should have minimized intervention. For primigravida (first-time mothers), pregnancy is the first experience in their live times. This situation can cause drastic changes both physically and psychologically. The adverse impacts on pregnant women due to anxiety include preeclampsia and prematurity. These consequences can increase maternal mortality rates (MMR) and low birth weight (LBW) because babies are born prematurely, and anxious mothers experience decreased appetite and less rest during pregnancy. Objective: To determine the relationship between family support and anxiety levels in primigravida pregnant women. Method: an analytical survey study with a cross-sectional design. Results: The study showed a significant relationship between family support and anxiety in primigravida pregnant women (p-value 0.000).

Keywords: Pregnancy, Primigravida, Anxiety