

**PENGARUH *MINDFETALNESS* TERHADAP KESADARAN GERAK JANIN  
DAN *MATERNAL-FETAL ATTACHMENT* DI UPTD PUSKESMAS  
KALIABANG TENGAH**

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**ABSTRAK**

Pendahuluan: gerakan janin (*quickening*) ialah indikator utama kesehatan janin. Dampak dari pergerakan janin yang berkurang atau tidak adanya pergerakan dapat dikaitkan dengan peningkatan risiko tinggi kehamilan seperti kelahiran prematur, berat badan lahir rendah (BBLR), hingga lahir mati (*stillbirth*). Merasakan gerakan janin pada masa kehamilan dapat membantu ibu memiliki ikatan yang kuat dengan janin, dan secara positif gerakan janin dapat mempengaruhi *maternal-fetal attachment*. Salah satu cara untuk meningkatkan kesadaran gerak janin dan *maternal-fetal attachment* dengan metode *mindfetalness*. Tujuan dari penelitian adalah untuk mengetahui pengaruh *mindfetalness* terhadap kesadaran gerak janin dan *maternal-fetal attachment*. Metode: desain penelitian ini yaitu kuantitatif dengan pendekatan *pre eksperimental (one grup pretest-post test)* dengan sampel sebanyak 45 responden. Hasil penelitian ini menunjukkan bahwa terdapat pengaruh *mindfetalness* terhadap kesadaran gerak janin ( $p \text{ value} = 0.004$ ) dan tidak ada pengaruh *mindfetalness* terhadap *maternal-fetal attachment* ( $p \text{ value} = 0.183$ ). Kesimpulan: Terdapat pengaruh *mindfetalness* terhadap kesadaran gerak janin dan tidak ada pengaruh *mindfetalness* terhadap *maternal-fetal attachment* di UPTD Puskesmas Kaliabang Tengah. Diharapkan tenaga kesehatan khususnya perawat dapat memberikan edukasi dan menerapkan *mindfetalness* ini kepada ibu hamil.

Kata Kunci: Ibu hamil, Kesadaran Gerak Janin, *Maternal-Fetal Attachment*, *Mindfetalness*.

**THE EFFECT OF MINDFETALNESS ON AWARENESS OF FETAL  
MOVEMENT AND MATERNAL-FETAL ATTACHMENT AT UPTD CENTRAL  
KALIABANG HEALTH CENTER**

***ABSTRACT***

*Fetal movement (quickening) is the main indicator of fetal health. The impact of reduced fetal movement or no movement can be associated with an increased risk of high pregnancies such as premature birth, low birth weight (LBW), and stillbirth. Feeling fetal movement during pregnancy can help the mother to have a strong bond with the fetus, and fetal movement can positively affect maternal-fetal attachment. One way to increase awareness of fetal movement and maternal-fetal attachment is the mindfetalness method. The purpose of this study was to determine the effect of mindfetalness on awareness of fetal movement and maternal-fetal attachment. This research method is quantitative with a pre-experimental approach (one group pretest-post-test) with a sample of 45 respondents. The results of this study indicate that there is an effect of mindfetalness on awareness of fetal movement ( $p = 0.004$ ) and no effect of mindfetalness on maternal-fetal attachment ( $p = 0.183$ ). Conclusion: There is an effect of mindfetalness on awareness of fetal movement and no effect of mindfetalness on maternal-fetal attachment at UPTD Central Kaliabang Health Center. It is hoped that health workers, especially midwives and nurses, can provide education and apply this mindfetalness to pregnant women.*

*Keywords: Pregnant Women, Awareness of Fetal Movement, Maternal-Fetal Attachment, Mindfetalness.*