

## INFLUENCE HUSBAND'S SUPPORT PREGNANT WOMEN'S ANXIETY LEVELS PREPARING CHILDBIRTH PROCESS COMMUNITY HEALTH CENTER WORK AREA

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### ABSTRACT

Background: Husband's support is a source of strength for mothers that cannot be provided by health workers. Anxiety is a feeling of pregnancy that cannot be avoided, almost all pregnant women are haunted by anxiety, and is part of the normal adjustment process to psychological changes during pregnancy. pregnancy. Objective: To determine the effect of husband's support on the level of anxiety of pregnant women in preparation for the birth process in the work area of the Community Health Center. Method: The research design used was a quantitative approach with a cross-sectional design. The population in this study was 30 people and the research sample consisted of 30 pregnant women. Sampling technique using Total Sampling Data collection was carried out using a questionnaire, data analysis used the Chi Square statistical test. Results: there is an influence between husband's support and childbirth preparation in the Community Health Center Work Area with a significance value of  $p=0.017$ . There is an influence of anxiety level on birth readiness in the Community Health Center Work Area with a significance value of  $p=0.028$ . It is hoped that the research recommendations can enrich knowledge and references in health science, especially for mothers facing childbirth, as well as add information to reduce feelings of anxiety.

**Keywords:** Husband's Support, Anxiety, Pregnant Women, Childbirth Process

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### INTRODUCTION

According to the World Health Organization (WHO), in 2021, it is estimated that 800 women die every day due to complications from pregnancy and the birth process. Around 99% of all deaths occur in developing countries, especially in the Philippines and Singapore. 80% of maternal deaths are due to complications and childbirth. The most common causes of maternal death in Indonesia in 2019 were bleeding, hypertension during pregnancy, infection, metabolic disorders and others. Around 25-50% of maternal deaths are caused by problems related to pregnancy, childbirth and postpartum. The United Nations International Children's Emergency Fund (UNICEF) revealed scientific evidence released by pediatric journals in the world that data on mothers who experienced problems during childbirth was around 12,230 people and those who experienced

anxiety problems were 142 million people or 30% (Sari et al., 2022).

Pregnancy generally has a great emotional meaning for every woman because pregnancy is an experience of realizing identity as a future mother. Pregnancy is a woman's pride which shows that she is a woman (Zenden, 2019). Pregnancy is grouped into 3 trimesters, namely trimester I (1-3 months), trimester II (4-6 months), and trimester III (7-9 months). In the first trimester, the mother experiences an adjustment period. Adjustments made by women to the fact that they are pregnant. In the second trimester, mothers begin to worry about changes in body shape, thereby reducing their self-confidence, requiring full attention from the surrounding environment, and needing support from their partner. In the third trimester, the mother begins to feel afraid of the pain and danger that will arise before delivery and worries about the safety of herself and her fetus. Apart from that, the mother also feels sad because

she has to be separated from the fetus in the womb and has to give up the special attention she received during pregnancy. (Yuklanda ri, 2019).

Data obtained from the South Sulawesi provincial Health Service in 2019 saw a total of 58,821 people giving birth and 9271 people experiencing complications. Meanwhile, in 2020 the number of births increased to 59,021 people and 9381 people experienced complications and in 2021 the number of births was 61,224 people and 9421 people experienced complications.

Husband's support is a source of strength for mothers that cannot be provided by health workers. Support from the husband can be in the form of motivation, both normal and material, physical, psychological, emotional, information, assessment and financial support. Minimal support in the form of touch and praise that makes you comfortable and provides reinforcement during the labor process, the results will speed up birth. (Pohan, 2021). Based on the background that has been explained, the aim of this research is to determine the effect of husband's support on the level of anxiety in pregnant women in preparation for the birth process in the Bontomarannu Health Center Work Area.

## METHOD

The research design used was a quantitative approach with a cross-sectional design. The population in this study was 30 people and the research sample consisted of 30 pregnant women. Sampling technique using Total Sampling Data collection was carried out using a questionnaire, data analysis used the Chi Square statistical test.

## RESULTS

**Table 1. Demographic data of respondents by age group, education level, Work**

Age	Frequency (f)	Percentage (%)
20-25	13	43.3
26-30	14	46.7
31-35	3	10.0
Total	30	100.0

Education	Frequency (f)	Percentage (%)
SD	7	23.3
SMP	12	40.0
SMA	11	36.7
Total	30	100.0
Work	Frequency (f)	Percentage (%)
IRT	24	80.0
Self-employed	4	13.3
Farmer	2	6.7
Total	30	100.0

Based on table 1, respondents showed that the highest percentage was in the 26-30 year age group, 14 (46.7%), while 13 (43.3%) for those aged 20-25, 3 (10.0%) for those aged 31-35 years. The dominant educational percentage of respondents was junior high school with 12 people (40.0%) while there were 7 people with elementary school (23.3%) and 11 people with high school (36.7%). respondents show that the dominant job percentage of respondents is 24 housewives (80.0%) while 4 people are self-employed (13.3%) and 2 people are farmers (6.7%).

**Table 2. Distribution of respondents based on husband's support**

Husband's support	Frequency (f)	Percentage (%)
Does not support	17	56.7
Support	13	43.3
Total	30	100.0

Based on table 2, it shows that the dominant percentage of husband's support is 17 people (56.7%) who do not support it, while 13 people (43.3%) support it.

**Table 3. Frequency distribution of respondents based on anxiety level**

Anxiety Level	Frequency (f)	Percentage (%)
No anxiety	1	3.3
Mild anxiety	9	30.0
Moderate anxiety	3	10.0

Severe anxiety	4	13.3
Very serious anxiety	13	43.3
Total	30	100.0

Based on table 3, it shows that the dominant level of anxiety percentage is very severe anxiety, 13 people (43.3%) while there is no anxiety, 1 person (3.3%), 9 people have mild anxiety (30.0%) and 3 people have moderate anxiety (10.0%). severe anxiety as many as 4 people (13.3%).

**Table 4. Frequency distribution of respondents based on childbirth preparation**

Preparation for Childbirth	Frequency (f)	Percentage (%)
Not ready	6	20.0
Ready	24	80.0
Total	30	100.0

Based on table 4, it shows that the dominant percentage of birth preparation is 24 people (80.0%) while those who are not ready are 6 people (20.0%)

**Table 5. Husband's support in preparing for childbirth**

Preparation for Childbirth							
Husband's support	Not ready		Ready		Total		<i>P Value</i>
	f	%	f	%	f	%	
Does not support	6	20.0	11	36.7	17	56.7	0,017
Support	0	0	13	43.3	13	43.3	
Total	6	20.0	24	80.0	30	100.0	

Based on table 5, it is known that there were 17 respondents (56.7%) who did not receive support from their husbands in preparing for childbirth, and 6 respondents (20.0%) who were not ready for childbirth, while 11 respondents (36.7%) were not ready for childbirth preparation. , while respondents with husband support were 13 respondents (43.3%) who received husband support, and those who were not ready were 0 respondents (0%) in preparation for childbirth, and those who were ready were 13 respondents

(43.3%) in preparation for childbirth, out of the total 30 respondents (100%).

The results of the bivariate analysis between husband's support and childbirth preparation using the Chi Square statistical test obtained a value of  $p = 0.017$  ( $p < \alpha = 0.05$ ), which means  $H_a$  was accepted and  $H_o$  was rejected. This shows that there is a relationship between husband's support and preparation for childbirth.

**Table 6. Level of anxiety in preparation for childbirth**

Preparation for Childbirth							
Anxiety Level	Not Ready		Ready		Total		P Value
	f	%	f	%	f	%	
No Anxiety	0	0	1	3.3	1	3.3	0,028
Mild Anxiety	0	0	9	30.0	9	30.0	
Moderate Anxiety	0	0	3	10.0	3	10.0	
Severe Anxiety	3	10.0	1	3.3	4	13.3	
Very Severe Anxiety	3	10.0	10	33.3	13	43.3	
Total	6	20.0	24	80.0	30	100	

Based on table 6, it is known that there is 1 respondent (3.3%) who has a level of anxiety that is no anxiety as much as 0 respondents (0%) and respondents who are ready for childbirth preparation are 1 respondent (3.3%) while respondents with a mild level of anxiety are 0 respondents. (0%) and ready delivery preparations were 9 respondents (30.0%) while respondents with a moderate level of anxiety were 0 respondents (0%) and ready childbirth preparations were 3 respondents (10.0%) while severe anxiety levels were 3 respondents. respondents (10.0%) and ready childbirth preparation was 1 respondent (3.3%) while the anxiety level was very severe anxiety was 3 respondents (10.0%) and ready childbirth preparation was 10 respondents (33.3%) with the number of respondents having the anxiety level 9

respondents (30.0%) had mild anxiety and 3 respondents (10.0%) had moderate anxiety and 4 respondents (14.3%) had severe anxiety and 13 respondents (43.3%) had severe anxiety and a total of 30 respondents (100%)

The results of bivariate analysis between the level of anxiety and preparation for childbirth using the Chi Square statistical test obtained a value of  $p=0.028$  ( $p < \alpha=0.05$ ) which means  $H_a$  was accepted and  $H_o$  was rejected. This shows that there is a relationship between anxiety levels and delivery preparation.

## DISCUSSION

Husband's support is the most important thing in helping or solving problems. If there is support, self-confidence will increase. The results of this research are in line with research by Fitria Widiarti and Sholaikhah Sulistyoningtiya that 66% of husbands support their wives in facing childbirth at BPS Istri Utami Sleman and are reinforced by Widya Nur Indah Sari's research (2018) that 57.14% when facing childbirth receive support from their husbands. (Widya Nur Indasari, 2018). Husband's support can improve health and adaptation in facing childbirth. This is in accordance with the results of research by Dib s et all (2020), that mothers are 70% confident that they can overcome the birth situation with support from their own health (E, Dib S et all, 2020). Researchers assume that the husband's support during the birth process has a big influence in reducing anxiety, giving strength, it is hoped that all forms of support can provide positive suggestions so that there is smoothness and safety from the beginning of the process until the birth is complete.

Pregnant women when facing childbirth experience great anxiety. This is in line with the research results of Charlotte V. Farewell et all (2020), 60% of mothers during childbirth had very or moderate anxiety when facing childbirth (Farewell C V.,Jawell. Et all, 2020). Then it was strengthened by research by Claudia Ravaldi, Alfredo Vannacci (2020) that 29.5% of mothers during childbirth experienced anxiety (Ravaldi C. Vannacci A, 2020).

Researchers assume that the majority of pregnant women who experience severe anxiety

are because their husbands do not support them, so it can be seen that husband's support influences anxiety when facing childbirth. Anxiety can occur due to several factors, namely age, education level, work and support from the husband. Having support from the husband can reduce the level of anxiety during childbirth because the mother in labor feels cared for and cared for. Lack of husband's support causes individuals to feel uncomfortable, anxious, irritable, afraid and worried.

Researchers assume that the husband's support during the birthing process has a big influence in reducing anxiety, giving strength, it is hoped that all forms of support can provide positive suggestions so that there is smoothness and safety from the initial process until the birth is complete.

The limitations of researchers in this case are that the number of respondents is certainly still insufficient describe the real situation. and In the process of collecting data, information provided by respondents through questionnaires sometimes does not show the respondents' opinions In fact, this happens because sometimes there are differences in thoughts and assumptions and different understandings of each respondent, as well as other factors such as honesty factor in filling out respondents' opinions in their questionnaires

## CONCLUSION

Based on the results of the research conducted, it can be concluded that there is an influence between husband's support and childbirth preparation in the Bontomarannu Health Center Work Area, with a significance value of  $p=0.017$ . The Influence of Anxiety Level on Childbirth Preparation in the Bontomarannu Health Center Working Area Where the Significance Value is  $P=0.028$

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