

THE EFFECT OF HUSBAND'S ACCOMPANYING ON REDUCING ANXIETY IN THE DELIVERY PROCESS OF PRIMIGRAVIDA MOTHERS TIME I AT PEUREULAK HEALTH CENTER EAST ACEH IN 2023

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ABSTRACT

Childbirth is an important event that is eagerly awaited by every married couple. So all moral and material support is provided by the husband, family and even all members of society, for the welfare of the mother and fetus. The presence of a companion during childbirth can have a positive effect on childbirth, namely reducing morbidity, reducing pain, shortening labor, and reducing the number of deliveries by surgery, including caesarean section. Based on an initial survey conducted by researchers at the Peureulak Health Center, East Aceh, data on the number of primigravida mothers giving birth from January to April 2023 was 30 people. Among the 30 primigravida patients, interviews were conducted with 18 patients, of which 11 primigravida mothers were not accompanied by their husbands when they were about to give birth. The type of research used in this research is observational analytical research with a cross sectional approach. The location of this research was the Peureulak Health Center, East Aceh. The reason for choosing the Peureulak Health Center in East Aceh as the research site was because the number of primiparous women giving birth at the clinic was quite large. This research starts from the preparation of the thesis to the research plan from April to June 2023. The data used in this research are primary data and secondary data. This data was collected by distributing questionnaires. The majority of husbands' assistance during the birth process of primigravida mothers in the first stage was good. The anxiety level of mothers in the first stage of labor is mostly mild anxiety. There is an influence of husband's assistance on reducing anxiety during the first stage of labor for primigravida mothers at the Peureulak Health Center, East Aceh in 2023 with a p value <0.05. Through this research, it is hoped that health services can facilitate assistance to husbands and families during the first stage of labor and pay more attention to the anxiety of mothers in the first stage of labor.

Keywords: *Husband Accompanying, Reducing Anxiety, Delivery Process, Primigravida*

INTRODUCTION

Labor or giving birth to a baby is a normal process in women of childbearing age. Childbirth is an important event that is eagerly awaited by every married couple. So all moral and material support is provided by the husband, family and even

all members of society, for the welfare of the mother and fetus. However, when approaching the birth process, various feelings will be mixed in the hearts of pregnant women. Apart from being impatient to see your baby being born into the world, fear and anxiety about the birthing process are raging in your mind.

The anxiety experienced by mothers in labor will increase over time as contractions in the abdomen become more frequent so that this situation will create stress for the mother during labor. The psychological stress experienced by mothers when giving birth causes increased pain and anxiety.

To reduce anxiety during childbirth is the presence of a companion, such as a husband, biological mother, sibling or female friend of the mother. The presence of a second person or companion or birth attendant can provide comfort during childbirth. The presence of a companion during childbirth can have a positive effect on childbirth, namely reducing morbidity, reducing pain, shortening labor, and reducing the number of deliveries by surgery, including caesarean section.

Based on an initial survey conducted by researchers at the Peureulak Health Center, East Aceh, data on the number of primigravida mothers giving birth from January to April 2023 was 30 people. Among the 30 primigravida patients, interviews were conducted with 18 patients, of which 11 primigravida mothers were not accompanied by their husbands when they were about to give birth. Seven primigravida mothers were accompanied by their husbands when they were about to give birth. The results of interviews with 18 primigravida mothers showed that the psychological condition of mothers who were accompanied by their husbands felt more confident and their anxiety levels were not too high compared to mothers who

gave birth without being accompanied by their husbands.

METHOD

The type of research used in this research is observational analytical research with a cross sectional approach. The location of this research was the Peureulak Health Center, East Aceh. The reason for choosing the Peureulak Health Center in East Aceh as the research site was because the number of primiparous women giving birth at the clinic was quite large. This research starts from the preparation of the thesis to the research plan from April to June 2023.

The data used in this research are primary data and secondary data. Primary data is data obtained from interviews with primigravida mothers giving birth. Secondary data is data obtained from medical records, namely data from mothers giving birth at the Peureulak Health Center, East Aceh who gave birth in April-June 2023. This data was collected by distributing questionnaires. Data analysis is univariate and bivariate analysis data which is then processed using the SPSS 22.0 for Windows program.

RESULT AND DISCUSSION

The results of the research showed that the majority of respondents were aged 20-24 years, namely 13 respondents (43.33%), the education level of the respondents was high school as many as 16 respondents (53.34%), the majority did not work as many as 26 respondents (86.67%). The effect of husband's assistance on reducing anxiety in the first stage of labor of primigravida mothers at the Peureulak Community Health Center was obtained. The results of the bivariate analysis showed that 27 respondents received good assistance, 59.26% experienced mild

anxiety. Meanwhile, 3 respondents received sufficient assistance. From the Fisher exact test, a significant value of 0.041 was obtained, which means $p < 0.05$, so that H_0 was rejected and H_a was

accepted, meaning that there was an influence between husband's assistance on reducing anxiety in the first stage of labor for primigravida mothers at the Peureulak Community Health Center.

Tabel 1. Frequency distribution of maternal anxiety in the first stage at the Peureulak Community Health Center

No.	Husband Assistance	Worry				P
		Light		Currenty		
		N	%	N	%	
1.	Good	16	59,26%	11	40,74%	0,041
2.	Enough	2	66,67%	1	33,33%	
	Total	18	60%	12	40%	

The results of the research showed that the majority of respondents received husband's assistance in the good category, 27 people (90%) and 3 people (10%) received husband's assistance in the adequate category. The husband's assistance given to the wife when facing childbirth will certainly make a good contribution, such as a feeling of calm and comfort so that it can reduce the level of anxiety in mothers in the first stage.

Based on table 1, maternal anxiety in the first stage of birth at the Peureulak Community Health Center shows that of the 30 respondents, the majority of mothers with mild anxiety were 18 people (60%), moderate anxiety was (36.67%) and 1 person had severe anxiety (3.33%) . These results illustrate that the majority of mothers have a mild level of anxiety.

Anxiety experienced by the mother during childbirth, the mother will feel pain or excessive pain. Fear will hinder the

birthing process because when the human body receives fear signals, the body will activate the alert and defense centers. As a result, the uterus only gets a little blood flow, which hinders the birthing process and causes pain and causes the birth time to be longer. The mother will become more tired, lose strength, and opening will take longer. Feelings of fear during the labor process can affect the vagina and the smoothness of the opening, which can disrupt the labor process.

Family support, especially the husband, plays a very important role in maintaining or maintaining a person's integrity, both physically and psychologically. A person in a state of stress will seek support from other people so that with this support, it is hoped that they can reduce anxiety. Apart from playing a role in protecting someone from sources of stress, husband's support also has a

positive influence on the health condition of pregnant women. Someone with high family support will be able to deal with stress well. From the research results, the husband's assistance can cause emotions (happy) from the mother, which will become impulses to neurotransmitters to the limbic system.

It is passed to the amygdala and then to the hypothalamus, causing stimulation of the ventromedial nucleus and the area around it, causing a feeling of calm and ultimately decreasing anxiety. A mother's anxiety during childbirth is influenced by many factors apart from her husband's assistance. These factors include economics, education, age, family support, parity, physical violence by the husband, and previous depression from a medical history.

CONCLUSION

1. The majority of husbands' assistance during the birth process of primigravida mothers in the first stage at the Peureulak Health Center, East Aceh, was good.

2. The anxiety level of mothers in the first stage of labor at the Peureulak Health Center, East Aceh, is mostly mild anxiety.

3. There is an influence of husband's assistance on reducing anxiety during the first stage of labor for primigravida mothers at the Peureulak Health Center, East Aceh in 2023 with a p value <0.05.

Through this research, it is hoped that health services can facilitate assistance to husbands and families during the first stage of labor and pay more attention to the anxiety of mothers in the first stage of labor.

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