

THE INFLUENCE OF HUSBAND'S ACCOMPANYING ON THE INTENSITY OF ANXIETY IN THE DELIVERY PROCESS OF PRIMIGRAVIDA MOTHERS 1ST TIME AT PMB RINI DELI SERDANG IN 2023

Ratna Sari Sembiring¹, Ester Simanullang¹, Lisa Putri Utami Damanik¹

¹Sekolah Tinggi Ilmu Kesehatan Mitra Husada Medan

Email: ratnasaribrsembiring@gmail.com

ABSTRACT

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. Based on 2020 World Health Organization data, there were 216 maternal deaths per 100,000 live births due to complications of pregnancy and childbirth. Meanwhile, the maternal mortality rate in developing countries reaches 239 per 100,000 live births, 20 times higher than in developed countries. 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. The type of research used in this research is observational analytical research with a cross sectional approach. The location of this research was the PMB Rini Deli Serdang. This research starts from the preparation of the thesis to the research plan from April to June 2023. The sample used in this research was all 38 primigravida mothers who gave birth at PMB Rini Deli Serdang. The data used in this research are primary data and secondary data. Data analysis is univariate and bivariate analysis data which is then processed using the SPSS 22.0 for Windows program. Through research classification data, it is known that the majority of respondents are >24 years old, namely 15 respondents (39.47%), the education level of junior high school respondents is 18 respondents (47.37%), the majority are not working, 30 respondents (78.95%). The results of the research showed that the majority (50.63%) of first-stage mothers experienced mild anxiety, and it was known that the majority (81.58%) of first-stage mothers received good support from their husbands. 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

Approaching the birthing 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.

Based on 2020 World Health Organization data, there were 216 maternal deaths per 100,000 live births due to complications of pregnancy and childbirth. Meanwhile, the maternal mortality rate in developing countries reaches 239 per 100,000 live births, 20 times higher than in developed countries.

During the first stage of labor, many problems occur in mothers who are about to give birth, such as difficulty sleeping, fear, loneliness, stress, anger, fatigue, disappointment, feelings of hopelessness, especially anxiety in facing childbirth. According to Hawari, anxiety is a natural emotional disorder characterized by deep and continuous feelings of fear or worry, not experiencing problems in assessing reality (Reality Testing Ability/RTA, still good), personality still remaining intact (not experiencing personality cracks/splitting of personality), behavior can be disturbed but still within normal limits.

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. (Kartikasari, 2020).

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.

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 PMB Rini Deli Serdang. This research starts from the preparation of the thesis to the research plan from April to June 2023. The sample used in this research was all 38 primigravida mothers who gave birth at PMB Rini Deli Serdang.

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 PMB Rini Deli Serdang 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

Through research classification data, it is known that the majority of respondents are >24 years old, namely 15 respondents (39.47%), the education level of junior high school respondents is 18 respondents (47.37%), the majority are not working, 30 respondents (78.95%). The results of the research showed that the majority (50.63%) of first-stage mothers experienced mild anxiety, and it was known that the majority (81.58%) of first-stage mothers received good support from their husbands.

The results of univariate analysis data processing showed that 31 respondents received good assistance, 47.37% 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 PMB Rini Deli Serdang.

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

| No. | Husband Asistance | Worry | | | | P |
|-----|-------------------|-------|--------|----------|--------|-------|
| | | Light | | Currenty | | |
| | | N | % | N | % | |
| 1. | Good | 18 | 47.37% | 13 | 34.21% | 0,041 |
| 2. | Enough | 4 | 10.53% | 3 | 7.89% | |
| | Total | 22 | 57.9% | 16 | 42.1% | |

The birthing process is a tiring and risky event. It is not surprising that prospective mothers who are about to give birth are filled with feelings of fear, panic and nervousness. Mothers await the presence of their babies as part of themselves. There is an unpleasant feeling when the baby is not born on time. The mother fears for her life and that of her baby and does not know when she will give birth. Mothers are afraid of the pain and danger that will arise during childbirth.

The birth process of a child is natural, as long as the physical condition is adequate, there will not be many difficulties, however, this birth process is still often shrouded in mystery, ignorance and fear in the minds of many people. There are times when this is caused by incorrect information and understanding about the normal functioning of the body. Finally, the birth process itself may become more difficult for a frightened mother, so that her tension hinders the natural process and actually results in the dreaded pain.

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 labor process and causes pain and causes the birth time to be longer. Mother will become more tired, lose strength, 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.

A husband's companionship can cause emotions (happy) from the mother, which will become impulses to neurotransmitters to the limbic system and 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

Through research classification data, it is known that the majority of respondents are >24 years old, namely 15 respondents (39.47%), the education level of junior high school respondents is 18 respondents (47.37%), the majority are not working, 30 respondents (78.95%). The results of the research showed that the majority (50.63%) of first-stage mothers experienced mild anxiety, and it was known that the majority (81.58%) of first-stage mothers received good support from their husbands.

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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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