THE CORRELATION BETWEEN FAMILY SUPPORT SYSTEMS AND ADHERENCE TO ANTENATAL CARE VISITS AT THE UJUNG COMMUNITY HEALTH CENTER, PADANG, UJUNG PADANG DISTRICT, SIMALUNGUN REGENCY, NORTH SUMATRA PROVINCE, IN 2024

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ABSTRACT

Antenatal care (ANC) is one of the most important preventive measures in reducing the risk of pregnancy (AKI) and childbirth (AKB). Pemeriksaan ANC is a range of health services provided to the hamil from the beginning of the hamilan to the end of the persalinan. The purpose of this study is to analyze The Correlation Between Family Dynamics and Parental Adherence to ANC Services at the Ujung Padang Public Health Center, North Sumatra in 2024. The research methodology used is a cross-sectional design, with a population of approximately 30 people per ibu hamil in Puskesmas Ujung Padang. Using the whole sampling technique, the entire population is sampled. Data analysis is carried out using the chi-square analysis revealed a statistically significant association between family dynamics and parental involvement in ANC. With a p-value of 0.001 ($p < 0.05$) among 30 respondents, the findings indicate that strong family ties are closely linked to increased participation in antenatal care. Because of this, it is recommended that health care providers continue to raise the standard of prenatal care.

Keywords: Family Support, ANC Visits, Pregnant Women

Introduction

Pregnancy is the physiological state in which an embryo or fetus develops within the uterus following the fertilization of an ovum by sperm. This gestation period extends from conception until childbirth(Verawati, Meiranny and Rahmawati, 2021).

Pregnancy is a process that women all over the world experience. From conception to birth, the gestation period begins. The normal duration of pregnancy is 280 days (40 weeks or 9 months and 7 days) calculated from the first day of the last menstrual period (Sari and Manurung, 2023).

Antenatal care (ANC), also known as prenatal care, is a crucial step in reducing the maternal mortality rate (MMR) and infant mortality rate (IMR). Pregnant women are instructed to have at least six ANC visits throughout their pregnancy, with one in the first trimester, two in the

second, and three in the third (Ministry of Health, 2021). However, the reality Current empirical evidence continues to highlight suboptimal adherence among pregnant women regarding standardized

Antenatal Care (ANC) visits. ANC is defined as a comprehensive series of health services specifically designed for expectant mothers from the beginning of pregnancy until delivery. The primary goal of ANC is to detect potential risks during pregnancy and childbirth early, help reduce maternal mortality, and optimally monitor fetal health (Organization, 2022).

A deficiency in Antenatal Care (ANC) visits often contributes to a lack of awareness regarding pregnancy danger signs. Such gaps in knowledge can lead to severe complications, including undetected hemorrhaging, which poses a significant risk to both maternal and fetal health (Widiyanti, Julita Sari and Yuniarti, 2023).

Early ANC services are crucial aiming to ensure a healthy pregnancy, safe delivery, and comprehensive postpartum care. To achieve this, pregnant women are advised to undergo regular clinical examinations, including at least monthly visit until the fourth month of pregnancy, two monthly visits from the fifth to ninth month, and one weekly visit during the final month of pregnancy

Antenatal care is essential to ensure that the natural course of pregnancy continues normally, ensuring that pregnant women can have a healthy and safe pregnancy. Antenatal care is crucial for pregnant women because it can reduce maternal and infant mortality rates by understanding the risks and complications that can occur during pregnancy, childbirth, and the postpartum period (Kholidah Lubis,

Parningotan Simanjuntak and Depi Juliani Manik, 2022).

The Maternal Mortality Rate (MMR) is defined as the number of maternal deaths per 100,000 live births during a specified periodlife years (KH). It can be seen that the coverage of pregnancy check-up services, both the first visit (K1) and the fourth visit (K4), shows an increasing trend from year to year (Kemenkes, 2021).

Antenatal care is health care provided by healthcare professionals in accordance with established service standards. One indicator used in antenatal care is K4 coverage (Susanti Pasaribu et al., 2024).

Behavioral and non-behavioral causes are the two main factors that affect prenatal care. Thus, the behavior itself is determined or constituted by three factors: the predisposing factor, which includes age, education level, parity, employment position, knowledge, and attitude. Family income, distance from home, and media information are examples of supporting factors. Reinforcing factors include husband/family support (Siti Maryam and Erin Padilla Siregar, 2023).

Prenatal checkups are essential to monitor the natural progression of pregnancy and ensure optimal maternal and fetal health. Statistics indicate that approximately 15% to 20% of pregnant women will develop high-risk conditions or obstetric complications that require specialized medical intervention may cause life to the mother and fetus if not treated properly (Bangun Br et al., 2024).

Research Method

This study used a cross-sectional methodology and a descriptive correlational research design. The cross-sectional approach is an observational research method that collects data from a specific population or sample at a single point in time. The main objective is to describe the characteristics of the population and identify the relationship between various variables at a certain time. the objective of this study is to evaluate the determinants of adherence to Antenatal Care (ANC) visits among pregnant women at the Ujung Padang Public Health Cente Community Health Center, Ujung Padang District, Simalungun Regency, North Sumatra Province in 2024 is related to family support.

Result

The primary focus of this study is the relationship between the peran dukungan keluarga and the tingkat kepatuhan ibu hamil in conducting ANC kunjungan in Ujung Padang Public Health Center, Simalungun Regency, North Sumatra in 2024. The research findings can be summarized as follows:

Table 1. Respondent Characteristics Based on he Relationship Between Family Support Systems and Compliance with Antenatal Care Schedules at the Ujung Padang Community Health Center, Ujung Padang District, Simalungun Regency, North Sumatra Province in 2024

No	Family Support	Frequency	Persentase (%)
1.	Yes	25	83,3
2.	No	5	16,7
	Amount	**30**	**100**

Based on table 4.1. It shows that of the 30 respondents, Characteristics Based on Family Support, 25 people (83.3%) received support and 5 people (16.7%) did not receive support

Table 2. Compliance of Pregnant Women in Conducting ANC Visits at the Ujung Padang Community Health Center, Ujung Padang District, Simalungun Regency, North Sumatra Province in 2024

No	Compliance	Frequency	Persentase (%)
1.	Obedient	20	66,7
2.	Not obey	10	33,3
	Amount	**30**	**100**

According to Table 4.2, out of the 30 mothers who responded, 20 people (66.7%) showed a high level of interest in providing prenatal care (ANC). On the other hand, 10 respondents (33.3%) did not participate in ANC kunjungan.

Table 3. Cross-tabulation of The influence of family support on expectant mothers' adherence to routine ANC visits at Ujung Padang Community Health Center, Ujung Padang District, Simalungun Regency, North Sumatra Province, 2024

Family Support	Compliance				Total		P-VALUE
	Obedient		Not obey				
	n	%	n	%	n	%	
Yes	17	56,7	8	26,6	25	83,3	
No	3	10	2	6,7	5	16,7	0,001
Amount	**20**	**66,7**	**10**	**33,3**	**30**	**100**	

Based on the results of the analysis of the relationship between keluarga dukungan and ibu hamil kepatuhan in performing ANC kunjungan, 25 people (83.3%) out of a total of 30 respondents were affected by keluarga dukungan. Of those that responded, 17 people (56.7%) expressed support for the ANC, while 8 people (26.6%) did not. Conversely, there are five respondents (16.7%) who do not receive family support, three people (10%) who do, and two people (6.7%) who do not receive ANC support.

Based on the aforementioned data and using the chi-square test in SPSS at a 5% significance level, a hypothesis was formulated to determine the relationship between the independent and dependent variables.

In Ujung Padang Community Health Center, Ujung Padang District, Simalungun Regency, In North Sumatra Province (2024), the Chi-square analysis yielded a p-value of 0.001 (p < 0.05), demonstrating a statistically significant relationship between family support systems and ANC adherence among pregnant women

Discussion

Prenatal care is defined as a systematic sequence of healthcare interventions designed for pregnant women, covering the entire period from conception until delivery Support from husbands and family is also a crucial determinant of pregnant women's adherence to ANC visits. Women who receive emotional, financial, and logistical support from their husbands are more likely to access healthcare services, particularly regarding transportation and costs. This support also strengthens the mother's motivation to optimally manage her pregnancy

An analysis of the data obtained from this study on The correlation between family support systems and adherence to antenatal care among pregnant women visits revealed that, it was found that out of 30 respondents, there were 25 people (83.3%) who received Family support and among them there were 17 people who were Compliant (56.7%), there were 8 people (26.6%) who were not Compliant. respondents who did not receive Family support were 5 people (16.7%) and among them there were 3 people (10%), who were Compliant there were 2 people (6.7%) who were not Compliant

Using the available data, statistical analysis was carried out through the test in SPSS at a 5% margin of error to assess the relationship between the study variables.

The chi-square statistical analysis resulted in a p-value of 0.001, which falls below the 0.05 significance threshold, thereby indicating a A significant

correlation exists between family support and adherence to antenatal care visits among pregnant women at the Ujung Padang Community Health Center, Ujung Padang District, Simalungun Regency, North Sumatra Province in 2024.

These findings align with previous research by (Afri Ningsih *et al.*, 2022), demonstrating that Family support serves as a critical determinant in enhancing adherence to antenatal care among pregnant women visits, with supported mothers being three times more likely to adhere than those without support

Family support, especially from husbands, significantly influences pregnant women's adherence to ANC visits. Higher ANC visit compliance was observed among mothers who were supported by their families both emotionally and practically, particularly through assistance with transportation, information sharing, and health-related decisions.

Family support not only boosts maternal motivation but also determines access to healthcare facilities. Mothers who lack support tend to experience barriers to accessing regular ANC services

Research conducted by(Wicaksana *et al.*, 2024) indicates that husband's support has a significant influence on maternal compliance with antenatal care (ANC), particularly in relation to anxiety levels among women in their third trimester of pregnancy. These findings are consistent with the results of the present study, which The findings demonstrate a significant association between family support systems and adherence to antenatal care among pregnant women visits at the Ujung Padang Community Health Center, Ujung Padang District, Simalungun Regency, North Sumatra Province in 2024.

Conclusion and Suggestion

Based on the results of the research that has been conducted to determine the Relationship between Family Support and Compliance of Pregnant Women in Conducting ANC Visits at the Ujung Padang Health Center, Ujung Padang District, Simalungun Regency, North Sumatra Province in 2024, it can be concluded as follows: The results of the Chi Square test obtained a significant value of 0.001 <0.05, so it can be concluded that there is a significant relationship between Family Support Factors and Compliance of Pregnant Women in Conducting ANC Visits at the Ujung Padang Health Center, Ujung Padang District, Simalungun Regency, North Sumatra Province in 2024

Acknowledgements

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