

RELATIONSHIP BETWEEN HUSBAND'S SUPPORT TOWARDS PREGNANCY WITH THE INCIDENCE OF HYPEREMESIS GRAVIDARUM AT TANJUNG TIRAM COMMUNITY HEALTH CENTER, TANJUNG TIRAM DISTRICT, BATU BARA REGENCY IN 2023

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ABSTRACT

Pregnancy is a natural and physiological process. Every woman who has healthy reproductive organs who has menstruated and has had sexual intercourse with a man whose reproductive organs are healthy, is very likely to experience pregnancy. If the pregnancy is planned, it will provide a sense of happiness and hope. During the growth and development of pregnancy, the ability of a pregnant woman to adapt to the changes that occur in her physical and mental state is needed. This research design uses a descriptive research design with a quantitative cross-sectional approach where the data for each variable is studied at the same time. Descriptive-quantitative is a research method that is carried out to describe or illustrate a phenomenon that occurs in society without looking for a relationship between variables using statistical procedures or other means of quantification (measurement). The results of the study show the results of research developed by experts and previous researchers above, so the simultaneous hypothesis taken by the author from the researcher. Ho, namely there is a relationship between husband's support for pregnancy and the incidence of hyperemesis gravidarum. Based on the results of the study and discussion, it can be concluded that there is a relationship between husband's support for pregnancy and the incidence of hyperemesis gravidarum.

Keywords: Pregnancy, Natural, Reproduction, Menstruation.

INTRODUUCTION

Pregnancy is a natural and physiological process. Every woman who has healthy reproductive organs who has menstruated and has had sexual intercourse with a man whose reproductive organs are healthy, is very likely to experience pregnancy. If the pregnancy is planned, it will provide a sense of happiness and hope. During the growth and development of pregnancy, the ability of a pregnant woman

to adapt to the changes that occur in her physical and mental state is needed.

Changes in pregnant women, especially in the physical condition of pregnant women, namely changes in the body of pregnant women, there is an increase in pregnancy hormones such as HCG, estrogen and progesterone. This inability can cause changes in body function, especially the

gastrointestinal system which ultimately results in nausea and vomiting (Ratnasari: 2016).

This feeling of nausea is caused by increased levels of the hormones estrogen and Human Corionic Gonadotropin (HCG) in serum. The effect of this increase in hormones is not yet clear, perhaps because of the central nervous system or reduced gastric emptying. In general, women can adjust to this condition, although symptoms of severe nausea and vomiting can last up to 4 months (Safari F: 2017).

Hyperemesis gravidarum is vomiting that occurs until 20 weeks of pregnancy, where general conditions and daily work are disrupted and weight loss, dehydration, and acetone in the urine is not due to diseases such as appendicitis, pyelitis, and so on (Taufan: 2017).

Hyperemesis gravidarum is excessive nausea and vomiting that has disrupted daily activities. And there has been an electrolyte disturbance of ketosis, dehydration, and a decrease in body weight of 5%. There are various levels and require hospitalization for psychological treatment, additional fluid rehydration. Special drug treatment is needed (Ayu CI: 2015).

Hyperemesis gravidarum can cause carbohydrate reserves to be used up for energy needs so that the body's burning switches to fat and protein reserves. Due to imperfect fat burning, ketone bodies are formed in the blood which can increase the severity of clinical symptoms. Some gastric fluids and sodium, potassium, and calcium electrolytes are excreted through vomiting. (Ayu CI: 2015).

When experiencing hyperemesis gravidarum, mothers really need support from those closest to them, especially for

mothers who are pregnant for the first time. Where a woman will feel calm and comfortable with the support and attention of those closest to her, especially her husband. Where the husband will provide attention so as to reduce nausea and vomiting with the support of her husband (Siwi WE: 2017).

Husband's support and involvement during pregnancy have been proven to increase the readiness of pregnant women in facing pregnancy and the labor process, and even trigger breast milk production. The husband as the closest person is considered to know his wife's needs best. When pregnant, women experience changes both physically and mentally. An important task of the husband is to provide attention and build a good relationship with his wife, so that the wife consults at all times and with every problem she experiences in facing difficulties during pregnancy (Siwi WE: 2017).

The results of the Indonesian health profile, namely the decline in maternal mortality in Indonesia occurred from 1991 to 2007, namely from 390 to 228. However, the 2012 SDKI showed a significant increase in maternal mortality, namely to 359 maternal deaths per 100,000 live births. MMR again showed a decrease to 305 maternal deaths per 100,000 live births based on the results of the 2015 Inter-Census Population Survey (SUPAS) (Ministry of Health: 2016).

Based on an initial survey conducted by researchers at the Rina Hartati Clinic in Pangkalan Brandan, from the results of interviews with 10 pregnant women, 4 pregnant women received support from their husbands in the form of attention and concern about their wife's

pregnancy problems such as nausea and vomiting that occurred in the mother and accompanied their wives to the Upt. Tanjung Tiram Health Center, Tanjung Tiram District, Batu Bara Regency. And while 6 pregnant women were not accompanied by their husbands to the Health Center and came alone Based on this, the researcher was finally interested in conducting a study entitled "The Relationship between Husband's Support for Pregnancy and the Incidence of Hyperemesis Gravidarum at Upt. Tanjung Tiram Health Center, Tanjung Tiram District, Batu Bara Regency in 2023".

Method

a. Univariate Analysis

Univariate analysis is used to determine the characteristics of each research variable by calculating the distribution and percentage of each characteristic in each group (Notoatmodjo, 2012).

b. Bivariate Analysis

Bivariate analysis is carried out on two variables that are suspected to be related (Notoatmodjo, 2012). The statistical tests used in this study are the Chi Square (χ^2) test and the Fisher's Exact Test. This test is used because the data to be analyzed is categorical data. To see the significance of the results of statistical calculations, the significance limit is used with $\alpha = 0.05$ so that if the results of statistical analysis are found with a p value <0.05 , the relationship between the two variables is declared meaningful or significant.

4.1 Research Results

4.1.1 Univariate Results

From the results of the research conducted by researchers regarding the Relationship between Husband's Support

for Pregnancy and the Incidence of Hyperemesis Gravidarum at the Tanjung Tiram Health Center UPT, Tanjung Tiram District, Batu Bara Regency in 2023 there were 32 people.

Table 4.1.1
Distribution of Respondent Characteristics of the Relationship of Husband's Support to Pregnancy with Hyperemesis Incidence at UPT. Tanjung Tiram Health Center

		Var iab el	N	%
Pendidikan	SMP		2	6.3
	SMA		23	71.9
	PT (Perguruan Tinggi)		7	21.9
	Total		32	100
Pekerjaan	IRT		18	56.3
	Wiraswasta		12	37.5
	PNS		2	6.3
	Total		32	100
Usia	<20 Tahun		2	6.3
	21-35 Tahun		27	84.4
	>35 Tahun		3	9.4
	Total		32	100
Dukung Suami	Mendukung		19	59.4
	Tidak Mendukung		13	40.6
	Total		32	100.0
Hiperemesis	Hiperemesis		22	68.8
	Tidak Hiperemesis		10	31.3
	Total		32	100.0

Based on table 4.1.1 above, it is known that there are several characteristics of respondents, namely based on education, occupation, age, husband's support and the occurrence of hyperemesis gravidarum Pregnant women as research respondents. It is known that 32 respondents with the last

education of high school are 23 respondents (71.9%), while in terms of occupation are working as Housewives (IRT) which is 18 respondents (56.3%). In addition, based on the characteristics of the mother's age with the age of 21-35 years, namely 27 respondents (84.4%). While based on the support of the husband who supports are 19 respondents (59.4%), and experiencing hyperemesis are 22 respondents (68.8%).

Bivariate Results

Table 4.1.2
Frequency Distribution of Relationship between Husband's Support for Pregnancy and Hyperemesis Incidence at UPT. Tanjung Tiram Health Center

	Hiperemesis						P v
	Hiperem		Tidak		Jumlah		
	n	%	n	%	n	%	
Dukungan Suami							
Mendukung	10	31.30	9	28.10	19	59.40	0.020
Tidak Mendukung	12	37.50	1	3.10	13	40.60	
Jumlah	22	68.80	10	31.20	32	100.00	

Based on table 4.1.2 above, it is known that out of 32 respondents who received support from their husbands, 19 respondents did not experience hyperemesis gravidarum, namely 9 (28.10%) and those who experienced hyperemesis gravidarum were 10 (31.30%). In addition, it is also known that those who did not receive support from their husbands were 13 respondents (40.60%), those who did not receive support from their husbands included those who did not experience hyperemesis gravidarum as many as 1 respondent (3.10%) and those who experienced hyperemesis gravidarum as many as 12 respondents (37.50%).

Based on the statistical test using the Chi-Square test which has been corrected for the number of expected values (E) $< 5 = 4.06$, the test results used were the Fisher Exact Test with a p value = 0.020. Thus the p value $< \alpha 5\%$, $0.020 < 0.05$ so that it can be seen that there is a Relationship between Husband's Support for Pregnancy and Hyperemesis Gravidarum at the Tanjung Tiram Health Center UPT, Tanjung Tiram District, Batu Bara Regency in 2023.

Discussion

Relationship between Husband's Support for Pregnancy and the Incidence of Hyperemesis Gravidarum at UPT. Tanjung Tiram Health Center.

Based on table 4.1.2 above, it is known that out of 32 respondents who received support from their husbands, 19 respondents did not experience hyperemesis gravidarum, namely 9 (28.10%) and those who experienced hyperemesis gravidarum were 10 (31.30%). In addition, it is also known that those who did not receive support from their husbands were 13 respondents (40.62%), those who did not receive support from their husbands included those who did not experience hyperemesis gravidarum as many as 1 respondent (3.10%) and those who experienced hyperemesis gravidarum as many as 12 respondents (37.50%).

Based on the statistical test using the Chi-Square test which has been corrected for the number of expected values (E) $< 5 = 4.06$, the test results used were the Fisher Exact Test with a p value = 0.020. Thus the p value $< \alpha 5\%$, $0.020 < 0.05$ so that it can be seen that there is a Relationship between Husband's Support for Pregnancy and Hyperemesis Gravidarum at UPT. Tanjung Tiram Health Center, Tanjung Tiram District, Batu Bara Regency in 2023.

The involvement of the husband since the beginning of pregnancy will certainly make it easier and lighter for the couple to undergo and overcome various changes that occur in their bodies due to the presence of a "tiny human" in their stomach. In fact, the active involvement of the husband during pregnancy, according to a study published in an article entitled "what your partner might need from you during pregnancy", United States, the success of a wife in meeting the needs of breast milk for her baby in the future is largely determined by how big the role and involvement of the husband is during her pregnancy. (Siwi: 2017)

Pregnancy is a sensitive time for a woman, so as much as possible a husband provides an atmosphere that supports his wife's feelings, for example by taking his wife for a light walk, accompanying his wife to the doctor to check her pregnancy and not creating problems in communication. Whether or not the husband's support is obtained depends on the intimacy of the relationship, the presence or absence of meaningful communication, and the presence or absence of problems or concerns about the baby. (Siwi: 2017)

According to the researcher's assumption, husband's support during pregnancy is very necessary for the welfare of the mother and child. Physically, the needs of the mother and child are met, and nutrition is sufficient. However, pregnant women who receive husband's support still experience hyperemesis gravidarum. This is

because excessive hormone activity causes continuous nausea and vomiting. With the support of the husband during this pregnancy, including the husband's participation in choosing food, giving full attention to the wife, following every physical development of the mother and fetus during pregnancy will make the mother feel comfortable. As if the mother with increasing stress levels which are also caused by a lack of husband's support will also increase the increase in hyperemesis gravidarum in the mother.

Conclusions And Recommendations

Based on the results of the study conducted on the Relationship between Husband's Support for Pregnancy and the Incidence of Hyperemesis Gravidarum at UPT. Tanjung Tiram Health Center, it can be concluded that:

1. Respondents who received husband's support for pregnancy were 19 respondents (59.40%) while those who did not receive support were 13 respondents (40.60%).
2. Respondents did not experience hyperemesis gravidarum, namely 1 respondent (3.10%) while those who experienced hyperemesis gravidarum were 12 respondents (37.50%)
3. Relationship between Husband's Support for Pregnancy and the Incidence of Hyperemesis Gravidarum at UPT. Tanjung Tiram Health Center with a p value of 0.020. Thus, the p value $< \alpha$ 5%, $0.020 < 0.05$.

Suggestion

Based on the explanation in the previous chapter, the researcher provides suggestions to related parties, including:

1. For Respondents

As input for mothers to improve good communication in the family, especially between husband and wife, so that during pregnancy the mother better support from her husband to improve the welfare of the mother during pregnancy, thereby reducing the morbidity experienced by the mother.

2. For Research Places

As input for health workers, especially midwives working at UPT. Tanjung Tiram Health Center to carry out promotive actions such as counseling, which contains health science, health education or Communication Information Education (KIE) to husbands who accompany mothers during pregnancy visits.

3. For Education

By conducting this research, it is hoped that it can become a source of knowledge, especially for the development of knowledge about the relationship between husband's support for pregnancy and the incidence of hyperemesis gravidarum as an additional source of information and references to enrich knowledge in educational institutions, especially in the field of libraries.

4. For Further Researchers

For further researchers, it is hoped that they can conduct research by developing other variables in order to get better results.

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