

Emotional Support of Husband with Primigravida Pregnant Women's Anxiety Level in Childbirth at RSU Imelda Pekerja Indonesia

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ABSTRACT

Primigravida mothers generally have difficulty detecting changes in their bodies that cause discomfort during pregnancy. Your husband's support during her pregnancy will help her feel safe and at ease. The goal is to determine the emotional support of husbands with the level of anxiety of Primigravida pregnant women in the delivery process at RSU Imelda Pekerja Indonesia. In this study, it showed that the majority of mothers did not get the support of their husbands, namely 24 (43%). The anxiety level of pregnant women is mostly moderate anxiety, which is 22 (52%). Based on the chi square test, a p value = 0.003 was obtained, so it can be concluded that there is a significant relationship between demotional support sumai and the level of anxiety of pregnant women Primigravida in labor. There is a significant relationship between the emotional support of the husband and the level of anxiety of pregnant women when facing childbirth. Mothers who give birth comfortably and calmly will reduce the occurrence of anxiety during labor.

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INTRODUCTION

Anxiety and fear are often used interchangeably, but fear usually refers to a specific threat, while anxiety refers to a general threat. A person suffering from anxiety will feel unsettled and afraid (Saputra *et al.*, 2013). Childbirth is the final stage of the pregnancy process that has been passed by a woman and family during the first three trimesters. The function of health workers is to monitor childbirth for early diagnosis of difficulties that occur and help and support mothers who give birth by working with families (Isnaniar *et al.*, 2020).

Previous research said that the role of the husband affects the level of anxiety of pregnant women. Third trimester pregnant women are expected to pay more attention to their physical and psychological conditions, and ask their husbands to always provide support and participate in pregnancy maintenance and preparation for childbirth (Isnaniar *et al.*, 2020).

Previous research said that there was a relationship between family support and anxiety levels in third trimester primigravida pregnant women facing childbirth with spearman correlation rank $p = 0.001$ (Isnaniar *et al.*, 2020). Mothers who received family support were mostly aged 20-30 years (70.0%), had a high school education (53.3%), were not employed (66.7%), and lived with their husbands and parents (56.6%) (Isnaniar *et al.*, 2020).

METHOD

This research is a quantitative research with a *cross sectional* approach. This research was conducted at RSU Imelda Pekerja Indonesia from September – November 2023. The population in this study was primigravida mothers who wanted to give birth. The sampling technique with a total of 42 Primigravida mothers. Data collection in this study using questionnaires.

RESULTS AND DISCUSSION

Here is a table of respondent characteristics:

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Table 1 Characteristics of Respondents

No	Characteristics	Total	Percentage
Age			
1	< 20 years	16	38%
2	20 - 35 years	13	31%
3	> 35 years	13	31%
Mother's Education			
1	SD	14	33%
2	SMP	10	24%
3	SMA	12	29%
4	PT	6	14%
Husband Support			
1	Support	18	57%
2	Not Supported	24	43%
Anxiety Level of Pregnant Women			
1	Mild Anxiety	8	19%
2	Moderate Anxiety	22	52%
3	Severe Anxiety	12	29%

Based on table 1 shows that the age of primigravida mothers is mostly aged < 20 years (38%). The majority of maternal education is elementary school as many as 14 (33%) and minority PT 6 (14%). The majority of pregnant women do not receive support from their husbands, namely 24 (43%) and the majority experience moderate anxiety 22 (52%).

Table 2. Relationship of Husband Support with Anxiety Levels Tingkat_Kecemasan *
Crosstabulation Husband Support

Anxiety Level			Husband Support		Total
			Not Supported	Support	
Anxiety Level	Mild Anxiety	Count	3	5	8
		Expected Count	6.3	1.7	8.0
	Moderate Anxiety	Count	18	4	22
		Expected Count	17.3	4.7	22.0
	Severe Anxiety	Count	12	0	12
		Expected Count	9.4	2.6	12.0
Total	Count	33	9	42	
	Expected Count	33.0	9.0	42.0	

Based on table 2 shows that the majority of pregnant women experience moderate anxiety 22 people, who do not get the support of their husbands 18 and who get the support of 4 people. While pregnant women who experienced severe anxiety 12 people and all of them did not receive emotional support from their husbands.

Tabel 3. Chi-Square Reviews

	Chi-Square Tests		
	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	11.426 ^a	2	.003
Likelihood Ratio	12.198	2	.002
Linear-by-Linear Association	10.138	1	.001

Based on table 3 shows that the *value of Asymptotic Significance* is 0.003, so it can be concluded that there is a significant relationship between the emotional support of the husband and the level of anxiety of pregnant women during labor.

Discussion

The Relationship of Husband's Emotional Support with the Level of Anxiety of Primigravida Pregnant Women in the Labor Process

In this study, it showed that the majority of mothers did not get the support of their husbands, namely 24 (43%). The anxiety level of pregnant women is mostly moderate anxiety, which is 22 (52%). Based on the chi square test, a p value = 0.003 was obtained, so it can be concluded that there is a significant relationship between demotional support sumai and the level of anxiety of pregnant women Primigravida in labor. This study is in line with previous researchers who said that there is a relationship between husband support and anxiety of pregnant women in facing childbirth with a p value of 0.040 and it is recommended for husbands to provide support to wives who will face childbirth (Nurianti et al., 2021).

This study is also in line with previous researchers who said there was a significant relationship between husband support and the level of anxiety of pregnant women before childbirth so that the role of the husband is also needed (Dwiwanto et al., 2021). Primigravida mothers who receive adequate assistance from their husbands in facing childbirth will not experience worry. This is because mothers who receive the support of their husbands feel calmer, more confident, and stronger in undergoing the labor process (Aisyah and Syarifatul, 2021).

The husband's support and efforts in the psychological element affect anxiety, so efforts must be made to reduce anxiety levels (Murdayah et al., 2021). Adolescent pregnant women who receive good husband support will design a mature birth plan, which will also provide safety to the mother and fetus (Farida et al., 2019).

CONCLUSION

There is a significant relationship between the emotional support of the husband and the level of anxiety of pregnant women when facing childbirth. So that the role of the husband greatly affects the smooth process of primigravida mothers during childbirth.

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