

The Influence of Husband's Support on Mother's Readiness for the Labor Process at TPMB Ny. Afita Delianah, Turen, Malang

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Abstract: Every pregnant woman requires proper care throughout her pregnancy, as it is a critical time for both the mother and the developing fetus. However, many husbands tend to leave their wives to cope on their own, especially after childbirth, not fully realizing the emotional and psychological challenges their wives face. Pregnancy often brings anxiety and fear, and during this time, a pregnant woman greatly needs support from her husband, family, and others around her. The husband's reactions and behaviors, along with his attitude towards the pregnancy and childbirth, can significantly influence the mother's emotional and psychological readiness for labor. A supportive husband can help reduce anxiety and increase the mother's confidence and preparedness for the labor process. This study aims to examine the relationship between husband's support and the mother's readiness in facing the labor process. The research design used for this study is correlational, which aims to identify the relationship between variables. The sample for this study consisted of pregnant women attending TPMB Ny. Afita Delianah in Turen Subdistrict, Malang Regency. Data was collected through a structured questionnaire, and statistical analysis was performed using the Chi-Square test. The results of the study indicated a significant relationship between husband's support and the mother's readiness for labor, with a p-value of 0.001 ($p < 0.05$). This finding underscores the importance of involving husbands in the pregnancy and labor process, as their emotional and practical support can have a profound impact on the mother's mental and emotional state. It is essential that healthcare professionals and family members encourage and provide opportunities for husbands to actively support their wives during this critical time, as it can positively affect the overall childbirth experience.

Keywords: Labor Process; Husband's Support; Maternal Readiness

1. Introduction

One form of support that husbands can provide to their wives during labor is by being present throughout the childbirth process. A husband's involvement during pregnancy and labor has been shown to have a positive impact on the mother, particularly in providing psychological and emotional support. The presence and support of a husband can contribute to a smoother labor process by creating a calm and reassuring environment (Murni, 2012). Every pregnant woman requires proper care throughout her pregnancy. However, many husbands tend to leave their wives to cope with the challenges alone, especially after childbirth. This may be due to a lack of awareness that pregnancy is often accompanied by anxiety and fear experienced by the mother. In such circumstances, support from the husband, family, or others is crucial. The husband's reaction and behavior toward the pregnancy, as well as his attitude toward childbirth, can significantly influence his level of attention and involvement in the process (Oswari, 2014).

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2. Research methods

Several recent studies highlight the significant relationship between husband's support and maternal readiness for childbirth. Rahmi (2022) found that there is a significant correlation between husband's support and maternal readiness in facing childbirth, with a p-value of 0.001, indicating the critical role of emotional and practical support from husbands during the labor process. Similarly, Nurhidayati and Siti (2023) emphasized that higher levels of husband support are linked to increased maternal readiness and reduced anxiety before delivery, underlining the psychological benefits of husband involvement. Furthermore, Sufian and Hassen (2022) noted that husbands' active participation in birth preparedness is a key factor in improving maternal health outcomes, including better emotional and physical readiness for labor. These studies reinforce the importance of involving husbands in the pregnancy and labor process, as their support directly impacts maternal readiness and overall childbirth experience.

3. Result and Discussion

Table 1. Frequency Distribution of Respondents Based on Age, Education, Employment, Parity, Compliance, and Incidence of Anemia in Health Center Tanjung Kab. Tabalong

South Kalimantan		
Characteristics Of Respondents	f	%
Age		
< 20 thn	1	4,0
20-35 thn	22	88,0
> 35 thn	2	8,0
Education		
Elementary School	2	8,0
Junior High School	9	36,0
Senior High School	12	48,0
Higher Education/University	2	8,0
Employment		
Housewife	22	88,0
Entrepreneur	2	8,0
Government employee	1	4,0
Pariy		
<i>Primiparous woman</i>	6	24.0
Multiparous woman	16	64.0
Grand multiparous woman	3	12.0

Based on the data above, the majority of respondents were aged 20–35 years, totaling 22 individuals (88%). Most of the respondents had a high school education, with 12 individuals (48%). The majority of respondents were housewives, accounting for 22 individuals (88%). Regarding parity, most of the respondents were multiparous women, with 16 individuals (64%).

Table 2. Frequency Distribution of Husband's Support

Category of Support	Frequency (n)	Percentage (%)
High	15	60
Moderate	7	28
Low	3	12
Total	25	100

Based on the data in Table 2, the majority of husbands' support fell into the high category, with 15 respondents (60%), while only a small portion of respondents, totaling 3 (12%), received low support.

Table 3. Frequency Distribution of Maternal Readiness

Category of Readiness	Frequency (n)	Percentage (%)
High	14	56
Moderate	8	32
Low	3	12
Total	25	100

Berdasarkan Tabel 3 di atas, diketahui bahwa kesiapan ibu sebagian besar berada dalam kategori tinggi, yaitu sebanyak 14 responden (56%), sedangkan kategori kesiapan yang rendah hanya dialami oleh sebagian kecil responden, yaitu sebanyak 3 orang (12%).

4. Conclusion

The statistical analysis in this study employed the Chi-Square test. The results indicated a significant relationship between husband's support and maternal readiness in facing the labor process, with a p-value of 0.001 (< 0.05). Therefore, a meaningful relationship exists between husband's support and the mother's readiness during childbirth at TPMB Ny. Afita Delianah. It is recommended that husbands become more actively involved in the pregnancy and childbirth process to enhance the mother's physical and psychological preparedness.

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