



The Relationship Of Maternity Companion Support To The Anxiety Of Maternity Mothers Facing The Primigravida Delivery Process At The Barusjahe Health Center, Karo Regency

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ABSTRACT

Childbirth is a normal physiological occurrence in life. Anxiety is an unpleasant emotional state characterized by fear as well as stressful physical symptoms. The impact of anxiety that is not treated seriously will affect the physical and psychological both mother and fetus. Mothers who experience stress and anxiety will experience an increase in the release of stress hormones, causing disruption of blood flow in the uterus and resulting in weak uterine muscle contractions. This event causes a longer labor process (long partus) and the risk of sectio caesaria as much as 54.8%. While the risk to the baby can cause premature birth, giving birth to babies with low birth weight (BBLR), emergency (fetal distress) and in the long term related to behavioral and emotional disorders of the child. The type of research is quantitative analytic with a cross sectional approach. The research was conducted in the working area of the Barus Jahe Health Center, Karo Regency, carried out in March-June 2023. The study population was all maternity mothers in the working area of the Barus Jahe Health Center totaling 45 people. The sampling technique used is Consecutive Sampling. The data analysis used was univariate analysis and bivariate analysis, the analysis used was Chi Square statistical test (X²) with $\alpha = 0.05$. The results showed that there were 16 (35.5%) respondents who experienced normal levels of anxiety, 8 (17.8%), respondents experienced mild levels of anxiety, 7 (15.5%) respondents experienced moderate levels of anxiety and 14 (31.1%) respondents experienced severe levels of anxiety. The results of the Chi Square test with continuity correction obtained a P value of 0.001 (<0.05), meaning that there is a relationship between childbirth companion support for the anxiety of maternity mothers facing the primigravida delivery process at the Barus Jahe Health Center, Karo Regency. The results of statistical tests can be concluded that there is an effect of childbirth companion support on the anxiety of maternity mothers facing the primigravida labor process at the Barus Jahe Health Center, Karo Regency with a Chi Square value by looking at continuity correction, obtained a P value of 0.001 (<0.05). It is expected that health workers provide education and communication to increase the understanding of childbirth companions in providing psychological support during childbirth.

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INTRODUCTION

Labor is the process of opening and thinning the cervix and the process of fetal expulsion that occurs in full-term pregnancy (37-42 weeks), spontaneous birth with a presentation of the back of the head that lasts 18 hours without complications, both mother and fetus (Prawirohardjo, 2015).

The process of childbirth often results in psychological aspects that cause various psychological problems for pregnant women, one of which is anxiety. Anxiety is the most common feeling experienced by pregnant women before delivery. Anxiety that often occurs when pregnant women before childbirth that is life-threatening mostly focuses on the relationship between anxiety, in the process of birth or the period of treatment and healing (Indah, 2019).

Anxiety is an unpleasant emotional state characterized by fear and stressful and unwanted physical symptoms. The symptom is a normal and appropriate response to stress but becomes



pathological when it does not match the severity of the stress, continues after the stress disappears or occurs in the absence of an external stressor (Craig, 2009) in (Susanti, 2017).

Anxiety in English is called anxiety taken from Latin, namely *angustus* which is interpreted as stiff. The focus on anxiety and fear is different despite their similarities. Anxiety is the emergence of worry about an unexpected danger that has not happened before, while fear is an action against an ongoing threat (Muliani, 2022). Anxiety is a psychological element that describes feelings, emotional states possessed by a person when facing reality or events in his life. (Lefrancois, 1980) states that anxiety is an unpleasant emotional reaction, characterized by fear, inhibition of personal desires and repressed feelings that arise in consciousness. Childbirth complications are conditions where the mother and fetus are threatened caused by direct interference during childbirth and become one of the causes of death of the maternity mother and fetus. Some complications that occur during labor include premature rupture of membranes (KPD), preterm labor, postmature pregnancy, malposition and malpresentation, pre-eclampsia and eclampsia, twin pregnancies (*gemelli*), and shoulder dystocia. This can lead to high Maternal Mortality Rate (MMR) and Infant Mortality Rate (AKB) at the time of delivery (Indah, 2019).

Anxiety disorders are the most common psychiatric disorders. According to The National Comorbidity Study, one in four people meet the diagnosis criteria for at least one anxiety disorder. Anxiety disorders are also more prevalent in women (30.5%) than in men (19.2%). Symptoms of anxiety that arise are different for each individual. Anxious symptoms can include anxiety, dizziness, palpitations, tremors and so on (Sarkhel, 2009) in (Sari, 2023). Labor pain can cause trauma to the mother because of the pain experienced during labor. In general, mothers experience trauma to get pregnant and give birth again because of the fear of experiencing pain that has previously been felt. For mothers who have given birth, labor pain is a very painful pain during labor (Chrisna Trirestuti, 2018).

The results of Tursilowati and Sulistyorini's (2007) research in (Kusmiran, 2017) show several important roles of husbands. First, the husband's participation in facing the labor process includes having to prepare extra funds, giving free time to always be with pregnant women, so that pregnant women can feel happy. Second, the level of anxiety of pregnant women in facing the labor process is in the range of mild anxiety such as: dizziness, nausea, vomiting and even feeling fetal movements that are not as usual. Third, there is a very meaningful relationship between the participation of the husband and the level of anxiety that can make the mother's pregnancy journey smoother and safer so that the delivery process is easy.

Other family support (such as parents and relatives) is also needed by pregnant women in facing childbirth. Parents and relatives play an important role in motivating pregnant women and providing knowledge and sharing experiences to pregnant women to prevent anxiety experienced by pregnant women. The success of maternal health efforts, among others, can be seen from the Maternal Mortality Rate (MMR) indicator. MMR is the number of maternal deaths during pregnancy, childbirth and postpartum caused by pregnancy, childbirth, and postpartum or its management but not due to other causes such as accidents or falls in every 100,000 live births. Efforts to accelerate MMR reduction can be done by ensuring that every mother is able to access quality maternal health services, such as pregnant women's health services, childbirth assistance by trained health workers in health care facilities, postpartum care for mothers and babies, special care and referrals in case of complications, ease of obtaining maternity and maternity leave, and family planning services (Profil Kesehatan Indonesia 2014, 2014).

Another effort made to reduce maternal mortality and infant mortality is by encouraging that every delivery is assisted by trained health workers. The success of this program is measured through indicators of the percentage of deliveries in health care facilities (PF coverage) (Profil Kesehatan Indonesia 2014, 2014). Research on the Relationship of Childbirth Companion Support to Maternity Mothers' Anxiety Facing the Primigravida Labor Process is still very limited and needs to be done further research using different variables. From the results of Febri Research (2017) concluded that

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there is a relationship between family support and the level of anxiety of pregnant women facing the labor process p value of 0.008 with the level of maternal anxiety in the moderate category. This is in line with Rahimah's research (2015) saying that there is family support with the level of maternal anxiety in facing childbirth (p value -0.001). The purpose of this study was to analyze the Relationship of Childbirth Companion Support to Maternity Mothers' Anxiety Facing the Primigravida Delivery Process at the Barus Jahe Health Center, Karo Regency.

METHOD

This research is included in the type of analytical quantitative research with the design of the approach used is "cross sectional" where each subject is observed at once at the same time, meaning that the subject is only observed once and measured according to their circumstances at the time of observation (Notoatmodjo, 2015). The research was carried out at the Barus Jahe Health Center, Karo Regency in 2023. The population in this study was all maternity mothers at the Barus Jahe Health Center totaling 45 people. The sampling technique used is consecutive sampling where the selection of samples by determining subjects that meet the research criteria and are included in the study up to a certain period of time. The data analysis technique used is the *Chi Square statistical test (X²)* with $\alpha = 0.05$ If the test results show $p < 0.05$ then the relationship between variables is meaningful (significant).

RESULTS AND DISCUSSION

In this study, we want to see how the effect of childbirth companion support on the anxiety of maternity mothers facing the primigravida labor process.

Table 1. The Relationship of Childbirth Companion Support to the Anxiety of Maternity Women Facing the Primigravida Delivery Process at the Barus Jahe Health Center, Karo Regency in 2023

Maternity Support	Anxiety Level										P Value
	Normal		Light		Keep		Heavy		Amount		
	N	%	N	%	N	%	N	%	N	%	
No Support	6	13,3	2	4,4	1	2,2	3	6,7	12	26,5	0,001
Support	10	22,2	6	13,3	6	13,3	11	24,4	33	73,3	
Total	16		8		7		14		45	100	

The results of the analysis of the relationship between childbirth companion support and maternity mothers' anxiety facing the primigravida labor process at the Barus Jahe Health Center, Karo Regency in 2023, showed that of the 45 respondents, there were 16 people who experienced normal anxiety levels, including 6 people (13.3%) who did not receive support from labor companions and 10 people (22.2%) who were supported by labor companions. While at the level of mild anxiety there were 8 people including 2 people (4.4%) who did not receive support from birth companions and 6 people (13.3%) who received support from birth attendants. For moderate anxiety levels, there were 14 people, of whom 3 people (6.6%) did not receive support from birth attendants and 11 people (24.4%) who were supported by birth attendants. And the last is the level of severe anxiety there are as many as 14 people of whom 3 people (6.6%) experience severe anxiety and are not supported by a labor companion while those supported by a labor companion but are at the level of severe anxiety as many as 11 people (24.4%).

The results of the Chi Square test by looking at the continuity correction obtained a P value of 0.001 (<0.05), it can be concluded that there is a relationship between childbirth companion support for maternity mothers' anxiety in facing the primigravida delivery process at the Barus Jahe Health Center, Karo Regency in 2023.



The Relationship of Maternity Companion Support to Maternity Anxiety

Based on the results of research that has been done, there are most primigravida maternity mothers who do not get support from birth companions, namely as many as 12 people with a percentage of 26.5%. While maternity mothers who received support from birth attendants were 33 people with a percentage of 73.3%. From the number of respondents who were supported and not supported by their husbands, it can be seen that those who received the support of childbirth companions were higher in percentage at 73.3% compared to pregnant women who did not receive husband support.

The results of this study are in accordance with research conducted by (Kusmiran, 2017) with the results of research that the majority of respondents stated that childbirth companions provide high support to their pregnant wives. The forms of support provided vary, such as escorting the wife to pregnancy control, pouring out greater love, paying attention to the wife's condition during pregnancy, and so on. This support contributes positively to the psychological mood of pregnant women, especially to reduce the level of anxiety that appears in her first pregnancy. The results showed that the husband provided great support to his pregnant wife, especially in the face of childbirth. This is indicated by 91.1% who are included in the support in the high category. While and 6 other people or 10% level of support. So the conclusion is that there is a significant relationship between husband support and anxiety levels in third trimester primigravida mothers in the face of childbirth with a p value of 0.027 which is smaller than 0.05.

This study is also supported by other studies, namely The results showed that respondents who did not have husband support all experienced anxiety, namely there were 4 people, while respondents with husband support were mostly not anxious, there were 16 people. Thus, there is a tendency that pregnant women before childbirth with the support of their husbands are not anxious. Value $p=0.004$ (p). Husbands are encouraged to take an active role in supporting the mother and identifying possible steps for the mother's comfort. Respect the mother's desire to bring friends or relatives to accompany the mother during the delivery process (Susanti, 2017).

Also supported by the results of research (Raja, 2022) with childbirth assistance, it can provide psychological changes and increased hormones that are useful for reducing labor pain or information that can prevent trauma that can occur due to the labor process. Like a labor companion can give compresses and massage as a reduction in labor pain so that the mother can feel comfortable, ready to face the labor process can have an impact on the smooth process of fetal expulsion

CONCLUSION

There is a significant relationship between childbirth companion support and maternity mothers' anxiety facing the primigravida delivery process at the Barus Jahe Health Center, Karo Regency, with the results of the Chi Square test statistic by looking at continuity correction obtained a P value of 0.001 (<0.05). Therefore, it is expected that health workers as labor helpers will fully involve their husbands and families in providing support to maternity mothers during the labor process, but first they are educated appropriately so that the support can be felt by maternity mothers.

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