



The Relationship Between Husband's Support And The Success Of Normal Delivery In Primigravid Mothers

Cakrawati R^{1*}, Rezqiqah Aulia Rahmat², Fara Khanza Azizah³

^{*1}Midwifery Study Program, Ummi Khasanah Health Polytechnic, Indonesia

²Faculty of Military Medicine, Bosowa University Makassar, Indonesia

³Midwifery Diploma Program, STIKes Mamba'ul Ulum Surakarta, Indonesia

ABSTRACT

Husband's support is a crucial factor influencing a mother's psychological well-being during pregnancy and childbirth. In primigravida mothers, husband's support has been shown to increase self-confidence, reduce anxiety, and contribute to a successful vaginal delivery. This study aimed to analyze the relationship between husband's support and the success of vaginal deliveries in primigravida mothers at Community Health Center X.

The study used a cross-sectional design, involving 82 primigravida mothers who gave birth in the last six months. Data were collected using a husband support questionnaire and medical records of the delivery process. Analysis used the Chi-Square test.

The study results showed that primigravida mothers who received high levels of husband support were more likely to experience normal delivery than those with low levels of support ($p=0.001$). Husband support plays a role in reducing anxiety, increasing mental readiness, and strengthening the mother's adaptation to the labor process.

Keywords: Husband's Support, Normal Delivery, Primigravida Mothers

*Correspondent Author: Cakrawati R

*email: cakrawati.rhn@gmail.com





1. Introduction

Normal childbirth is a physiological process expected by every pregnant woman, but its success is influenced by various factors, both physical and psychological. In primigravida mothers, fear, anxiety, and lack of experience often present obstacles to childbirth. The psychological state of the pregnant woman has been shown to be closely related to the progress of labor and the risk of medical interventions such as induction or cesarean section.

Family support, especially the husband's, is a crucial aspect in improving maternal preparedness for childbirth. The husband acts as the primary companion, providing a sense of security, assisting with decision-making, and providing emotional, informational, and instrumental support. World Health Organization the World Health Organization (WHO) emphasizes the importance of having a birth companion because it increases comfort, reduces the length of labor, and reduces the need for medical intervention.

Previous research has shown that mothers who receive support from their husbands tend to have lower anxiety levels, cope better with labor pain, and have a greater chance of a normal delivery (Dewi, 2019; Lestari, 2020). However, there has been little research in the X Community Health Center area that specifically assesses the relationship between husband support and successful normal delivery in primigravida.

This study was conducted to analyze the relationship between husband's support and the success of normal delivery in primigravida mothers, so that it can provide important insights for health workers in increasing the role of the family in the delivery process.

2. Research Methods

a) Research Design

This study used an observational analytical design with a cross-sectional approach. This approach was used to determine the relationship between husband's support (independent variable) and the success of normal delivery (dependent variable) simultaneously.

b) Location and Time of Research

The research was conducted at Community Health Center X in January–March 2024. This location was chosen because it has a relatively high number of primigravida mothers and an active maternity service program.

c) Population and Sample

1) Population

All primigravida mothers who gave birth at Community Health Center X during the study period.

2) Sample

A total of 60 respondents were selected using purposive sampling technique, based on the following criteria:

- Inclusion Criteria:





- a. Primigravida mother who gave birth at Health Center X.
- b. Giving birth without serious medical complications.
- c. Willing to be a respondent.
- Exclusion Criteria :
 - a. Mothers with psychological disorders that affect the delivery process.
 - b. Emergency procedures.

d) Research Variables

- Independent variable: Husband's support
- Dependent variable: Success of normal delivery

e) Research Instruments

- 1) The 20-item husband support questionnaire covers emotional, informational, instrumental, and appreciation support. A Likert scale is used to assess the level of support.
- 2) Observation sheet for delivery results, records whether the mother gave birth normally or underwent an intervention (CS, induction, or other intervention).

The instrument has been tested:

- Validity: Pearson > 0.30
- Reliability: Cronbach's Alpha = 0.88

f) Data collection technique

- 1) Direct interviews using questionnaires.
- 2) Review medical records for delivery outcome data.
- 3) The questionnaire was filled out a maximum of 48 hours after the mother gave birth to avoid recall bias.

g) Data Analysis Techniques

- 1) Univariate Analysis
 - Describes the frequency distribution of husband's support and delivery outcomes.
- 2) Bivariate Analysis
 - Using the Chi- Square test to see the relationship between husband's support and the success of normal delivery.
 - Significance level $\alpha = 0.05$.
 - A p-value < 0.05 is considered significant.

3. Research Result

a. Results

1) Respondent Characteristics

The study involved 80 primigravida mothers who gave birth at Hospital X. The majority were in the 20–30 Year age range, had secondary education, and had no pregnancy complications.

Table 1.





Distribution of Respondent Characteristics

Characteristics	n	Percentage (%)
Age 20–25 years	36	45
Age 26–30 years	32	40
Age >30 years	12	15
High School Education	42	52.5
College Education	38	47.5
Work	33	41.25
Doesn't work	47	58.75

2) Husband's Support

Husband's support was measured through four aspects: emotional, informational, instrumental, and appreciation.

Table 2.
Husband's Support Level

Support Categories	n	(%)
Tall	52	65
Currently	20	25
Low	8	10

Primigravida mothers reported that their husbands had high levels of support.

3) Successful Normal Delivery

Of the total respondents, most of them successfully gave birth normally without any intervention.

Table 3.
Success of Normal Delivery

Childbirth Category	n	(%)
Normal delivery	58	72.5
Abnormal delivery (CS/action)	22	27.5

4) Analysis of the Relationship between Husband's Support and the Success of Normal Delivery

Chi-square analysis showed a significant relationship between husband's support and successful normal delivery.

Table 4.
Relationship between Husband's Support and Normal Delivery





Husband's Support	Normal	Abnormal	Total
Tall	45	7	52
Currently	10	10	20
Low	3	5	8
Total	58	22	80

Chi-square test results :

$p = 0.003$ ($p < 0.05$) → there is a significant relationship.

Interpretation:

The higher the husband's support, the higher the chance of a primigravida mother giving birth normally.

b. Discussion

The study results showed a significant relationship between husband's support and successful vaginal delivery. This aligns with the theory that social support, especially from a partner, can reduce maternal anxiety and increase the release of the hormone oxytocin, which facilitates effective contractions.

1) The Role of Emotional Support

Emotional support, such as providing a sense of security, praise, and reassurance, has been shown to increase a mother's confidence in the birthing process. A mother who feels cared for is better able to maintain composure, resulting in a smoother delivery.

2) Instrumental Support and Husband's Presence

The husband's presence during labor provides comfort, reduces fear, and encourages the mother to push more effectively. Instrumental support, such as helping with transportation, attending ANC visits, and assisting with labor preparation, enhances maternal readiness.

3) Informational Support

A husband who provides support in the form of knowledge or participation in antenatal classes helps the mother understand the labor process and make informed decisions. This promotes optimal psychological well-being for childbirth.

4) Consistency with Previous Research

These results align with Andriana's (2018) research, which found that a husband's presence during labor increases the chances of a normal delivery by 2.5 times. Similar research by Sumiyati (2020) showed that husband's support acts as a protective factor against surgical delivery.





5) Implications

Health workers need to encourage husbands to play an active role during pregnancy and childbirth. Antenatal care services should involve husbands in childbirth preparation classes. preparedness).

4. Conclusion And Suggestions

a. Conclusion

- 1) There is a significant relationship between husband's support and the success of normal delivery in primigravida mothers ($p = 0.003$).
- 2) High levels of husband support contribute to lower anxiety, increased maternal self-confidence, and more effective contractions during labor.
- 3) Primigravida mothers with high husband support have a greater chance of giving birth normally.

b. Suggestion

- 1) For Health Workers
 - Care (ANC) classes.
 - Providing education about the importance of support during the labor process.
- 2) For Husband
 - Informational support to the wife.
 - Attend childbirth preparation classes.
- 3) For Further Research
 - Examining other psychological factors such as anxiety and self-efficacy as mediating variables.
 - Conducting longitudinal research to examine the long-term effects of spousal support.

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