

Husband's Support for the Childbirth Process: Concept Analysis

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Abstract: It is hoped that the husband's support will make the mother feel calm so that the mother can face the delivery process smoothly. Lack of social support from the husband is a significant determinant of depression in childbirth. The purpose of conducting a conceptual analysis of a husband's help, in the beginning, is to find out how much the benefits or effects of a husband's support during childbirth are. The method used in this concept analysis refers to the technique developed by Walker & Avant using the PubMed and Scopus databases both domestically and abroad. The process of conceptual analysis goes through the stages of choosing a concept, determining goals, identifying the use of the idea, determining attributes, creating a case model, making borderline and contrary cases, identifying antecedents and consequences and determining empirical references. Husband's physical and psychological support, as well as support in undergoing childbirth, has a positive impact in reducing anxiety and labour pain to complications of labour and postpartum.

Keywords: Husband's Support, Childbirth, Concept Analysis

PENDAHULUAN

The most common psychological condition following childbirth may harm the social and cognitive health of partners, infants, and children(1). Postpartum depression (PPD) has been identified as one of the most severe global public health problems in the last decade. The pooled prevalence of PPD was 34% (95% CI: 21-46%). Risk factors for PPD during the COVID-19 pandemic are defined as socio-demographic and clinical characteristics, stress and anxiety, and lack of various husband supports(2). The husband's support increases the mother's readiness to face the birth process by providing attention and building a good relationship with the pregnant woman so that the mother can express what she feels to her husband. It is hoped that the husband's support will make the mother feel calm so that the mother can face the birthing process smoothly (3). Lack of social support from the husband and a history of previous pregnancy complications are the main determining factors for labour depression (3). The form of support the husband gives to the wife during the birthing process is accompanying the wife during childbirth. A husband's involvement during the pregnancy can positively impact the birth mother, who can receive psychological and moral support. Support from the husband provides positivity during the birthing process, such as making labour smoother. The presence of the husband's consent is

significant for mothers ready for the birth process and positively impacts mothers not to feel afraid during childbirth. (4)

Several other studies also found a relationship between the husband's support and pregnant women's anxiety in facing childbirth (5). Prolonged labour is one of the causes of high MMR in Indonesia. Several factors that contribute to protracted labour include the mother's ineffective power during childbirth, a baby that is too big, a mismatch in the size of the pelvis with the baby's head and the mother's psychology being unprepared for childbirth (6). The husband's support is crucial during pregnancy and preparation for childbirth. A husband's physical and psychological support can reduce anxiety levels and increase self-confidence during pregnancy and facing the birth process (7).

Support from the husband and family is an external factor in the support system that can help reduce labour pain. The better the support provided by the husband during the birth process, the lower the pain the mother feels during the birth process (8). The husband's support given to his wife is a natural form of concern and responsibility for the lives of his wife and children (9). The husband's support is the support given by the husband to his wife, a form of support where the husband can provide psychological assistance in the form of motivation, attention and acceptance. (10)

The aim of conducting a conceptual analysis of the husband's support during childbirth is to determine how much benefit or effect arises from the husband's support during delivery. Apart from the benefits of a husband's help, we also want to know the products or impacts of a poor husband's permission.

METHODS

The method used in this concept analysis refers to the technique developed by Walker & Avant (2014), namely 1) selecting a concept, 2) determining objectives, 3) identifying the use of the concept, 4) determining attributes, 5) creating a case model, 6) creating borderline and contrary cases, 7) identifying antecedence and consequences and 8) determining empirical referents. A literature search used the keywords "analysis concepts", maternity, "childbirth", support, husband, labour, and pregnancy. The database used is Google Scholar, Scopus, and PubMed. The criteria for articles selected in this concept analysis are that they are in English and Indonesian, published between 2018 and 2023 and are open access.

RESULT

The stages of concept analysis developed by Walker & Avant in sequence are as follows:

1. Choose concept

The concept of the husband's support for childbirth was chosen in the theoretical analysis based on the phenomenon that childbirth is a period that is eagerly awaited by pregnant women but simultaneously creates feelings of anxiety about facing it (11). Childbirth is stressful for a mother; increasing age will cause uncomfortable feelings. Many mothers will experience joy, anxiety, fear, and panic during the birthing process. At this time, the husband's support turns out to have an essential influence on the mother's psychological condition giving birth. A husband who provides support through direct touch and motivation can stimulate contractions, thus speeding up the labour process. The higher the husband's support, the lower the anxiety facing childbirth in pregnant women. On the other hand, the lower the husband's support, the higher the pressure in facing childbirth in pregnant women. Support from a husband, such as emotional, appreciation, instrumental, and informative support, can help pregnant women feel more prepared to face childbirth. It can create feelings of security and confidence because they are not struggling alone to face childbirth. (10)

2. Goal

This concept analysis was carried out for information and the development of operational meaning regarding the husband's support for childbirth. Some literature explains that good husband support will have a positive impact, such as speeding up birth and reducing anxiety (5).

3. Identify all uses of the concept model

The literature used as a study in this concept analysis is searching scientific articles from various understandings, information, and different points of view regarding the husband's support and childbirth. According to the KBBI, support can mean supporting or providing support. Meanwhile, another definition of support is an effort given to someone, morally and materially, to motivate others to carry out an activity.

4. Define attribute

Determining attributes is a core part of the concept analysis process. This is because, at this stage, the characteristics or qualities that form the concept are defined. The attributes that have been identified will differentiate one image from another. Details that form the husband's support include physical, moral, material and motivational support.

The husband's physical support, namely by physically accompanying his wife throughout the pregnancy and delivery process. Moral support from a husband is a form of a husband's moral responsibility by attending him during the birthing process by providing support and motivation and showing that all this is done together and the husband's presence is a real support in waiting for the birthing process. Material support in this concept is how much the husband is prepared to support the birthing process, including financing and completeness of facilities for both delivery and the baby's equipment.

5. Make a Case Model

Creating a case model is an attempt to explain each characteristic of the concept in the exemplary case. Cases can come from facts that occur in the environment, literature or the result of the author's construction.

Wati (25 years old) is pregnant with her first child and is in the delivery room in the first stage. During pregnancy, Wati diligently and routinely carries out antenatal care (ANC) checks and is always accompanied by her husband as a form of support and togetherness. During the birth process, mother Wati felt afraid and anxious; she was always supported by her husband, who was beside her and assured her that she and her baby would be fine. Following her husband's position, Mrs Wati is giving birth with BPJS class I insurance.

The husband's physical and moral support, namely his presence beside his wife during the birthing process, can reduce his wife's anxiety and provide health insurance in the form of BPJS Health Class I as a form of material support from the husband. The cases above show that good husband support has a positive effect in reducing anxiety and speeding up the birthing process.

6. Make borderline and contrary cases

Creating borderline cases aims to explain examples where some characteristics of the concept are absent. Meanwhile, contrary cases are cases that do not describe the idea in question because there are no characteristics of the image at all. Cases Borderline. Intan (27 years old) is pregnant with her first child and preparing for childbirth. She lives with her husband and is far from her family because she goes with her husband to his place of service. She said she was sometimes haunted by fear and anxiety about giving birth, but her husband always accompanied her and assured her that she could give birth usually and safely. This always reassures her and makes her strong and enthusiastic about

going through labour. Her husband seemed to always be beside her during the birthing process. Contrary Niar (32) is pregnant with her third child. Until she gave birth, Niar's mother continued her activities as usual and considered this birth to be expected. She underwent delivery at the maternity clinic like her first and second child. He prepared everything until the birth took place without any fear or anxiety about the birth. Based on the examples of borderline cases above, it is known that the husband's support significantly influences the process of pregnancy and childbirth. Both from the psychological side of the birthing mother and her readiness to undergo birth.

7. Identify antecedence dan consequences

a. Antecedence

Factors that influence a husband's support to provide physical support are work, age, and level of education; this greatly affects the husband's ability to be present to provide support, either because his work is far away or because he is more afraid of the birth process due to his younger age. Likewise, help can be influenced. By family support

b. Consequences

Namely, in the form of optimal husband support for the birth process so that birth complications can be avoided due to maximum husband support, such as excessive anxiety can be avoided..

8. Empirical Referents

The concept of a husband's support for childbirth has been widely researched using proven measuring tools such as analysis and questionnaires (12). The results of Spearman's study (3) found that good husband support positively impacts childbirth.

DISCUSSION

Based on the results of this concept analysis, what is meant by husband's support is the presence or presence in providing support both physically, psychologically and directly in undergoing the birthing process so that a mother experiencing labour does not feel alone, which can cause problems such as anxiety, birth pain and several complications—Postpartum like baby blues syndrome.

Husbands are expected to motivate and accompany pregnant women continually. Apart from that, the support given by the husband while the wife is pregnant can also reduce anxiety and restore self-confidence for the mother during the pregnancy and childbirth process. This is to the concept of an alert husband, namely that the husband's alertness to recognize the danger signs of pregnancy and the husband's readiness to accompany the wife to a health service for a pregnancy check-up is expected. At every pregnancy check-up visit, the husband always accompanies the wife so that they know the condition of their wife's pregnancy. (13)

The husband's support is a form of interaction that includes giving and receiving absolute protection. This protection makes a person give love attention and feel a good connection to their partner. (3)

CONCLUSION

Based on the analysis of the husband's support for childbirth, the husband's support, both physically, psychologically and supportively during birth, has a positive impact in reducing anxiety and labour pain as well as childbirth and postpartum complications. Nurses need to provide opportunities for husbands to accompany their wives in the delivery room during the birthing process. Limitations: reading sources about

"husband support" are very limited in PubMed opportunities for husbands to be present in the delivery room to accompany their wives during the birthing process. Limitations: reading sources about "husband support" are very limited in PubMed

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