

## **EFFECTIVENESS OF HUSBAND'S ASSISTANCE ON THE PROCESS OF LABOR PROGRESS AT TAMALANREA JAYA COMMUNITY HEALTH CENTER, MAKASSAR**

Uliarta Marbun<sup>1</sup>, Irnawati<sup>2</sup>, Lili Purnama Sari<sup>3</sup>, Agnes Rwine Dielsa Sterdi<sup>4</sup>  
<sup>1,2,3,4</sup>Departement of Midwifery, Nani Hasanuddin Health Science Institute

*Correspondence Author: uliartamarbun86@gmail.com*

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### **Abstract**

**Background:** Childbirth is the process of expelling the results of conception (fetus and placenta) that have reached term or can live outside the womb through the birth canal or through other means, with assistance (own strength) and is the peak point in terms of psychosocial and emotional aspects, where women experience stress, physical pain, and threats of danger that could occur. **Objective:** This study aims to determine the effectiveness of husband's assistance in the labor process at the Tamalanrea Jaya Health Center, Makassar. **Method:** The type and method of research used is an analytical survey with a cross-sectional approach. The study was conducted on June 18 - July 18, 2019. The sample referred to in this study were all mothers who gave birth at the Tamalanrea Jaya Health Center, Makassar. The sampling technique in this study was Accidental Sampling. Data collection was carried out by directly observing the mother giving birth and seeing the progress of her labor. Data analysis using the chi-square test with  $\alpha = 0.05$ . **Result:** The results obtained from patients who were accompanied by their husbands, 19 people (63.33%) experienced a smooth delivery process and patients who were not accompanied by their husbands, 11 people (36.67%) mostly experienced an uneventful delivery. Bivariate analysis showed a p value = 0.000 which means  $p < \alpha$ , meaning there is an influence between husband's assistance and smooth delivery. **Conclusion:** conclusion of this study is that there is a relationship between husband's assistance and smooth delivery. Husband's assistance is effective in helping smooth delivery. Delivery without assistance will increase the risk of uneven delivery.

**Keywords:** *Husband's assistance, progress of delivery*

## **BACKGROUND**

Husband's assistance during childbirth plays an important role for the mother because it can affect the mother's psychology. A comfortable, relaxed and calm psychological condition can be formed through the support of family affection. Forms of support can be in the form of mental support, sharing experiences during the labor process, or other positive things that affect the mother's strength when giving birth to her baby. Husband's assistance is the husband who accompanies or accompanies his wife during the labor process. In a study conducted by Dr. Roberto Sosa (2001) quoted from Musbikin in his book entitled Guide for Pregnant and Childbirth Mothers, it was found that mothers who were accompanied by a friend or close family (especially the husband) during the labor process had a lower risk of experiencing complications that required medical treatment than those who were not accompanied (Mutmainnah Annisa UI, 2017). The smoothness of the labor process can be seen from the length of the labor process and the absence of complications during labor. In reality, there are still many mothers who experience difficulties in the labor process due to excessive fear which inhibits the labor process. The report results from the World Health Organization (WHO, 2016) showed that maternal mortality rates worldwide have decreased to an estimated 303,000 or an estimated 830 women die every day due to complications from pregnancy and childbirth. Almost all maternal deaths (99%) occur in developing countries. The comparison of maternal mortality rates in developing countries in 2015 was 239 people/100,000 live births and 12 people/100,000 live births in developed countries.

According to Riskesdas 2018 data, maternal health in Indonesia has improved as seen from the increasing proportion of pregnancy check-ups from 95.2% (Riskesdas 2013) to 96.1%. The proportion of deliveries in health facilities from 66.7% to 79.3% (Ministry of Health of the Republic of Indonesia). Based on data obtained in South Sulawesi, the number of maternal deaths reported by district/city health offices has increased and decreased, namely in 2012 the number of maternal deaths was 160 or 110.26 per 100,000 live births, while in 2013 it decreased to 115 or 78.38 per 100,000 live births, in 2014 it increased again to 148 or 93.20 per 100,000 live births (South Sulawesi Health Profile, 2014). According to the research results of Irmah Nur Lailia at BPM Arifin Surabaya, almost all mothers who give birth are aged 20-35 years which is known as a productive age, so that mothers are still strong enough to push during labor so that they have a small risk of complications during labor, of the 34 mothers who gave birth who were accompanied by their husbands during the labor process, almost all (85.3%) experienced smooth labor and a small portion (14.7%) experienced an uneventful labor process, while of the 27 mothers who were not accompanied by their husbands, most (74.1%) experienced an uneventful labor process and a small portion (25.9%) experienced a smooth labor process. Based on data obtained from the Tamalanrea Jaya Makassar Health Center for the last 1 (one) year, namely in 2018 the number of mothers giving birth was 37 people, in 2019 in the last 3 (three) months the number of mothers giving birth was 12 people. The number of referral patients was 38 people, including 15 people due to bleeding, 8 people due to breech position, 5 people due to preeclampsia, 2 people due to large babies, 1 person due to placenta previa, and 7 people due to serotinus. Based on the description above, complications can occur during childbirth due to lack of support and have an impact on the mother's condition, so researchers want to ensure whether the husband's assistance during childbirth is truly effective in the progress of labor and reducing the risk of complications.

## **METHODS**

This study is an analytical survey study using a cross-sectional design, namely data collection for dependent variables and independent variables is carried out together. The purpose of this study was to determine the effectiveness of husband's assistance on the

progress of labor and a comparison of the progress of labor accompanied by a husband with that not accompanied by a husband.

The study was conducted at the Tamalanrea Jaya Makassar Health Center on June 18 - July 18, 2019. The population in this study were 12 mothers giving birth at the Tamalanrea Jaya Makassar Health Center. The sample size in this study was determined from the number of mothers giving birth who were accompanied or unaccompanied. The minimum sample size is 30 samples. Sampling techniques are the methods used in sampling, in order to obtain samples that are truly in accordance with the entire research subject. In this study, the sampling technique used was Accidental Sampling, which was carried out based on chance. Anyone who is met as long as it is in accordance with the desired data requirements.

## RESULTS AND DISCUSSION

### 1. Univariate analysis

#### a. Parity

**Table 5.1** Frequency Distribution of Respondents Based on Parity at Tamalanrea Jaya Health Center Makassar

Paritas	Frekuensi (n)	Percentage %
Primipara	10	33,33 %
Multipara	20	66,67 %
Total	30	100%

Source: Primary data 2019

Based on table 5.1, the number of respondents with primiparity was 10 people (33.33%), while the number of respondents with multiprimiparity was 20 people (66.67%).

#### b. Husband's Accompaniment

**Table 5.2** Frequency Distribution of Respondents Based on Husband's Accompaniment at Tamalanrea Jaya Health Center, Makassar

Husband's support	Frekuensi(n)	Percentage (%)
Accompanied	19	63,33 %
Unaccompanied	11	36,67 %
Total	30	100 %

Source: Primary data 2019

Based on table 5.2, it shows that the number of respondents who were accompanied by their husbands was 19 people (63.33%), while those who were not accompanied were 11 people (36.67%).

#### c. Progress of Labor

**Table 5.3** Respondent Frequency Distribution Based on Delivery Progress at Tamalanrea Jaya Health Center, Makassar

Labor Progress	Frekuensi (n)	Percentage %
Fluent	22	73,33 %
Not smooth	8	26,67%
Total	30	100 %

Source: Primary data 2019

Based on table 5.3, it shows that the number of respondents with smooth deliveries was 22 people (73.33%), while the number of respondents with less smooth deliveries was 8 people (26.67%).

## 2. Bivariate Analysis

### a. The relationship between husband's support and the progress of labor

**Table 5.4** Relationship of Husband's Assistance to the Progress of Childbirth at Tamalanrea Jaya Health Center, Makassar

Husband's Accompaniment	Labor Progress				Total	p	
	Fluent		Not smooth				
	n	%	N	%	N	%	
Accompanied	19	63,33	0	0	19	63,33	0,000
Unaccompanied	3	10	8	26,67	11	36,67	
Total	22	73,33	8	26,67	30	100	

Source: Primary data 2019

Based on table 5.4, it shows that the number of respondents accompanied by their husbands was 19 people (63.33%). Mothers who experienced smooth labor were 19 people (63.33%) and those who experienced irregular labor were 0, while mothers who were not accompanied by their husbands were 11 (36.67%), those who experienced smooth labor were 3 people (10%) and those who experienced irregular labor were 8 people (26.67%). Three respondents who were not accompanied and experienced a smooth labor process were multiparous mothers and were accompanied by their mothers and siblings. Mothers feel more comfortable if accompanied by their parents and siblings, their anxiety is more resolved and they consider their parents and siblings to have more experience in giving birth so that their parents and siblings understand the mother's condition better and can be more reassuring. In accordance with Retno's theory (2014), where mothers giving birth prefer their mothers (biological or in-laws) after their husbands because they are considered to have experience in giving birth.

Based on the results of a study conducted at the Tamalanrea Jaya Makassar Health Center from 30 respondents, it was found that 73.33% of smooth deliveries were mostly accompanied by their husbands, while less smooth deliveries were found at 26.67% mostly without husband's assistance.

The researcher conducted observations using an observation sheet, namely by observing the husband's assistance during the labor process and monitoring the progress of labor, and in this study it was found that out of 30 mothers who gave birth accompanied by their husbands, 19 people experienced smooth deliveries, and those who were not accompanied by their husbands were 11 people, most of whom experienced uneventful deliveries. The results of the chi-square statistical test obtained a value of  $p = 0.000$  and  $\alpha = 0.05$ , because  $p = 0.000 < \alpha = 0.05$ , it can be concluded that there is a significant influence between husband's assistance on the progress of labor at the Tamalanrea Jaya Makassar Health Center.

This is in line with research by Laila (2014) which found that of the 34 mothers who gave birth accompanied by their husbands during the labor process, almost all (85.3%) experienced smooth labor, a small portion (14.1%) experienced an uneventful labor, while of the 27 mothers who gave birth who were not accompanied by their husbands during the labor process, the majority (74.1%) experienced an uneventful labor process and a small portion (25.9%) experienced a smooth labor process.

This shows that the husband's assistance during labor has an effect on the smoothness of the mother's labor, because indirectly the presence of a husband has a positive impact on the mother's psychology so that the labor process can run smoothly. What the labor companion does is provide food and drink, rub the mother's back, and help with the mother's needs and listen to the complaints felt by the mother during labor. In accordance with Eniyati's theory (2012) which states that the presence of a companion provides a sense of comfort to the mother during labor. With someone accompanying the mother, the mother will be more confident to ask or request directly or through the companion. A companion can provide comfort, security, encouragement and emotional support that can lift the mother's heart.

The husband's companionship during childbirth plays an important role for the mother because it can affect the mother's psychology. A comfortable, relaxed and calm psychological condition can be formed through the support of family affection. Forms of support can be in the form of mental support, sharing experiences during the labor process, or other positive things that affect the mother's strength when giving birth to her baby. This shows that the husband's companionship during labor affects the smoothness of the mother's labor, because the presence of a husband indirectly has a positive impact on the mother's psychology so that the labor process runs smoothly. This is in accordance with the theory of Richard and Diane (2009) that the mother's psychological state will affect the labor process so that support from a husband is needed at least in the form of touch and words of praise that make you comfortable, give you strength, and increase family harmony.

Family support, especially the husband, should accompany the mother in labor by touching his wife's hand with affection, intended so that the wife feels calm to face labor. In addition, the family must also provide motivation and convince the mother that her labor will go smoothly. Childbirth companions can be husbands, other family members or someone chosen by the mother who is experienced in the labor process. Encourage the mother to be accompanied by her husband, family member or friend of her choice during the labor process and encourage them to play an active role in supporting the mother and identifying steps that may greatly help the mother's comfort. In accordance with Rosyati's theory (2010) which states that midwifery care for childbirth support can be provided by presenting people who are considered important by the mother to accompany the mother during the labor process such as husbands, family or close friends. Husbands and families are encouraged to play an active role in supporting and carrying out activities that can provide comfort for the mother. The mother's companion during labor should be someone who cares about the mother, the most important thing is the person the mother wants to accompany her during labor. In addition to physical support, there is also moral support, in the form of calming the wife when the pain of contractions arises, providing encouragement to push during contractions, and calling the mother with a soft greeting. In accordance with Retnowati's theory (2016) that the presence of a husband to provide support is very important for the wife during the labor process, the presence of a husband who accompanies the mothers.

## **CONCLUSION**

The results of research conducted at the Tamalanrea Jaya Makassar Health Center by identifying the effectiveness of husband's assistance in the progress of labor can be concluded that husband's assistance during labor is effective in the progress of labor.

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