

**The Relationship Between Husband's Support and Self-Adaptation of Primigravida Pregnant Women in Alas Rajah Village Blega District Bangkalan Regency****Sri Wilujeng¹, Wulan Diana^{1*}, Siti Khatijah²**¹Artha Bodhi Iswara College of Health Sciences, Surabaya, Indonesia²University Tun Hussein Onn, Malaysia**Correspondent Author:**

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dianawulan227@gmail.com**Keywords:**Husband's Support,
Primigravida Pregnant
Women, Self-Adaptation**Abstract**

Pregnancy is a physiological and normal process, which is not only related to the biological aspect but also related to the social, cultural, psychological, emotional, and spiritual aspects of a woman's life. Support is one of the important things to build coping mechanisms for self-adaptation in accepting conditions in pregnant women. The research aimed to determine the relationship between the husband's support and self-adaptation of primigravida pregnant women. The research design was a cross-sectional approach. The independent variable was the husband's support and the dependent variable was the self-adaptation of primigravida pregnant women. The population is primigravida pregnant women in Alas Rajah Village, Blega District, Bangkalan Regency. It is 47 with a sample of 42 pregnant women using probability sampling with a random sampling technique. The data collection technique used questionnaires. The statistical test uses the Spearman rank test with ($\alpha \leq 0.05$). The research results showed that 24 people (57.1%) showed good husband support and 19 people (45.2%) showed good self-adaptation of primigravida pregnant women. The results of the Spearman test, the value $p=0.000$, means that there is a relationship between husband's support and self-adaptation of primigravida pregnant women, with a correlation coefficient of 0.774, it means the level of strong relationship between husband's support and self-adaptation in primigravida pregnant women. It is recommended that husbands provide full support so that the pregnant women feel they get the attention and therefore they can adapt to pregnancy conditions. This will have a positive impact on the continuity of the pregnancy.

INTRODUCTION

Pregnancy is a series of physical, psychological, social, and spiritual changes for a women (Prawirohardjo, 2013). According to Underdown, A. and Barlow, 2012, pregnancy is a natural process but it will bring several changes for a woman which include physical, social, psychological, cultural, and spiritual aspects of a woman. Pregnancy for a woman is a new opportunity to become a woman with new responsibilities. During pregnancy, women try to adapt to a new role, namely as a mother. Women will also process more complex social and cognitive learning (Bobak, Lowdermilk, 2012).

Kuswanti stated that pregnant women will experience psychological changes in themselves and will begin to adapt to changes in their new roles through several stages (Kuswanti, 2014). Psychological changes are related to biological changes that play a role in every pregnancy, Adaption of the psychology of pregnancy in the 1st trimester at this time the prospective mother tries to accept the pregnancy. Apart from that, the increase in the hormone estrogen and progesterone in the body of pregnant women will affect physical changes so that many pregnant women feel disappointment, rejection, anxiety, and sadness. In the 2nd trimester, it is often called the glow of health, the mother feels healthy. This is because the woman feels good and is free from the discomfort of pregnancy. The 3rd trimester is called the waiting period, which is the time to prepare for birth. The mother begins to worry about her life and her baby, she does not know when she will give birth, and the feeling of discomfort

reappears due to changes in body image, namely feeling strange and ugly, the mother needs support from her husband, family, and midwifery (Widaryanti, 2020).

Based on 2016 World Health Organization (WHO) data, anxiety in pregnant women is 10% (WHO, 2016). Meanwhile, in Indonesia, in 2020 the prevalence of risk of depression or anxiety in handling vaginal birth is 10-25%, and anxiety in handling birth via cesarean section is 15-25% (Kemenkes, 2021). Based on the results of a preliminary study conducted at the Alas Rajah Ponkesdes, Blega District, Bangkalan Regency in December 2022, of the 10 primigravida pregnant women who filled out the questionnaire, it was found that 6 primigravida pregnant women were unable to adjust to the changes that occurred during pregnancy.

According to Stuart & Sundeen (2008), several factors influence anxiety in pregnant women, namely the health status of the mother and baby, age, education, work, economy, and family support, especially the husband. The results of Parina, Elsi, et al research on factors related to anxiety of third-trimester primigravida pregnant women in the working area of Sungai Pinang Community Health Center, Pinang District, Ogan Ilir Regency, show that there is a significant relationship between age, education, ANC frequency and husband's support with the level of Anxiety in Third Trimester Pregnant women (Parina & Afrika, 2023). The same research was conducted by Annisa et al, that there is a significant relationship between knowledge, family support, parity, education, age, and anxiety of pregnant women facing childbirth at the Baiturrahman Community Health Center (Annisa et al., 2023).

The solution to overcome the problem of self-adaptation in pregnant women is to invite the person closest to the pregnant mother, namely her husband. Through various forms of support provided by husbands, it is hoped that mothers can adapt better during pregnancy. This is not solely due to their responsibilities as mothers which make them more mature, but also due to the experience of facing conflicts during pregnancy. The support given by a husband can help a mother learn to recognize, accept, and use new feelings about herself and get through the days of the nine months with hope and joy (Rustam, 2012). Husbands play an important role in helping calm a wife's physical and psychological condition. Due to the lack of attention and support from her husband, the mother feels afraid, anxious, and worried about facing her condition so that the mother will easily experience stress and lose strength in facing the birthing process (Musbikin, 2005).

According to research conducted by (Febriati, 2022). that of the 58 pregnant women who had their pregnancy checked at the Piyungan Community Health Center, 42 (72%) pregnant women received family support, and 43 (74.1%) pregnant women experienced positive psychological changes. Bivariate analysis results there is a relationship between family support and adaption to psychological changes in pregnant women so the role of the family is very important for the health of family members. This statement means that family support which includes, the behavior of family members regarding the acceptance of sick family members is the role and function of the family in increasing psychological support (Friedman, 2013). The husband's active role during pregnancy has a positive impact, namely strengthening the relationship between husband and wife both during and after childbirth (Eddy & Fife, 2021). Based on the description above, the researcher wants to examine further the relationship between the husband's support and self-adaptation of primigravida pregnant women in Alas Rajah Village, Blega District, Bangkalan Regency.

RESEARCH METHODS

The type of research used is correlational analysis research, namely research that analyzes whether there is a relationship or difference between variables (Sugiyono, 2016), and uses a cross-sectional approach. A cross-sectional approach is a research that takes

measurements once at one certain time (Nursalam, 2013). The research was conducted in Alas Rajah Village, Blega District, Bangkalan Regency from January to June 2023. The populations in this research were 47 primigravida pregnant women in Alas Rajah Village, Blega District, Bangkalan Regency. Sampling in this research was carried out using Probability Sampling using the Simple Random Sampling Technique, that is, sampling from the population was carried out randomly without paying attention to the strata in the population. This research used a sample of 42 primigravida pregnant women.

The independent variable in this research was the husband's support and the dependent variable was self-adaptation in primigravida pregnant women. The measuring instrument used in this research was the husband's support questionnaire which contained 13 questions about husband's support and 7 questions about self-adaptation of primigravida pregnant women. The research questionnaire was created by the researcher himself. Before being distributed to respondents, the questionnaire was tested for validity and reliability first. The validity test uses the Pearson product moment and the reliability test uses the a-Cronbach formula. Measuring husband's support and self-adaptation of primigravida pregnant women using a Likert scale which is categorized into 3 criteria, namely good if the score is 76-100%, sufficient if the score is 56-75%, and poor if the score is less than 56%. After obtaining permission from the research site, the researcher distributed questionnaires to respondents. The researcher explains the research that will be carried out. If they agree, the respondent is asked to sign an informed consent sheet. Researchers will maintain the confidentiality of respondents by only including initials and codes on the questionnaire sheet. Data were tabulated using a frequency distribution and then analyzed using the Spearman Rank correlation test with significance, namely $\alpha \leq 0.05$.

RESULT

Table 1
Frequency Distribution of Characteristics Age and Education of Primigravid Pregnant Women in Alas Rajah Village, Blega District, Bangkalan Regency

No	Age	Frequency	Percentage (%)
1	17-25 years (Late teens)	23	54.8
2	26-35 years (Early adulthood)	19	45.2
Amount		42	100.0
No	Class	Frequency	Percentage (%)
1	Elementary-Junior High (Basic)	32	76.2
2	Senior High School (Middle)	7	16.7
3	Higher Education (High)	3	7.1
Amount		42	100.0

Table 1 above showed that of the 42 primigravida pregnant women, more than half were aged 17-25 years, namely 23 people (54.8%). the majority had elementary-middle school (basic) education, namely 32 people (76.2%), of the 42 primigravida pregnant women.

Table 2
Frequency Distribution of Characteristics Occupation and Trimesters of Primigravid Pregnant Women in Alas Rajah Village, Blega District, Bangkalan Regency

No	Occupation	Frequency	Percentage (%)
1	Housewife	26	61.9
2	Farmers	9	21.4
3	Private	7	16.7
	Amount	42	100.0
No	Trimesters	Frequency	Percentage (%)
1	1	20	47.6
2	2	12	28.6
3	3	10	23.8
	Amount	42	100.0

Table 2 showed that the majority were housewives, namely 26 people (61.9%), of the 42 primigravida pregnant women. Almost half were in the 1st trimester, namely 20 people (47.6%), of the 42 primigravida pregnant women.

Table 3
Cross-tabulation of the Relationship between Husband's Support and Adaptation of Primigravida Pregnant Women in Alas Rajah Village, Blega District, Bangkalan Regency

No	Husband's support	Self-Adaptation						N	%
		Good		Enough		Not enough			
		n	(%)	n	(%)	n	(%)		
1	Baik	18	75.0	6	25.0	0	0.0	24	100
2	Enough	1	7.1	11	78.6	2	14.3	14	100
3	Not enough	0	0.0	0	0.0	4	100	4	100
	Amount	19	45.2	17	40.5	6	14.3	42	100
r Coefficient = 0.774		p value = 0.000		a ≤ 0.05					

Table 3 showed that of the 42 primigravida pregnant women, more than half had good husband support, namely 24 people (57.1%). The table above shows that of the 42 primigravida pregnant women, almost half had good self-adaptation, namely 19 people (45.2%). The table showed that of the 24 primigravida pregnant women with good husband support, the majority (75%) had good self-adaptation. All (100%) had poor self-adaptation, of the 4 primigravida pregnant women with less husband support. The results of the Spearman rank statistical test with the help of the SPSS program obtained a value of $p = 0.000$, so $\alpha < 0.05$, which means there is a relationship between husband's support and self-adaptation of primigravida pregnant women in Alas Rajah Village, Blega District, Bangkalan Regency, with a correlation coefficient of 0.774, meaning there is a strong relationship between husband's support and self-adaptation in primigravida pregnant women.

DISCUSSION

Husband's Support for Pregnant Primigravida Women in Alas Rajah Village, Blega District, Bangkalan Regency

The research results in Table 3 showed that more than half (57.1%) of primigravida pregnant women have good husband support. The majority of respondents answered that their husbands always accompany them when carrying out pregnancy checks, pay attention to nutritional needs during pregnancy, help with housework which is the wife's task, and remind wives to take time to rest so they don't get too tired doing housework. The husband is the most important person for a pregnant mother. Supports provided by a husband as a prospective father, namely : (1) Emotional support, namely the husband provides full psychological support to the wife by showing concern and attention and being sensitive to the needs and emotional changes of pregnant women, (2) Instrumental support, namely husband's support provided to meet the physical needs of pregnant women with the help of other families, (3) Information support, namely support from the husband to provide information he has obtained regarding pregnancy, and (4) Behavioral support, namely support from the husband in making the right decisions to care for his wife's pregnancy (Yeyeh, 2013)

The results of research conducted by Mabururi et al., (2022), showed that the support given by husbands to pregnant women in the form of positive support can have a positive impact on the development and growth of the fetus in the womb, and the physical and psychological health of pregnant women. The form of husband's support is not only related to finances but is also related to support, affection, appreciation, fostering a sense of self-confidence, two-way communication, honesty, caring, responsiveness, and readiness of a husband as a future father. The research results Asi et al. (2018) of show that 22 people (61.1%) of pregnant women received support from their husbands. The husband's support, both physically and psychologically, is very necessary for pregnant women. Full support from a husband is very important for a pregnant mother so that the pregnancy process runs well and can indirectly affect the health of the mother and fetus.

According to researchers, the husband's support is very important for pregnancy, especially for primigravida pregnant women. This is because, in the first pregnancy, mothers sometimes experience situations of fear or anxiety regarding the physical and psychological changes experienced during pregnancy, so husbands must always motivate and provide reinforcement to pregnant women. It is hoped that the support provided by a husband can reduce anxiety and restore the prospective mother's sense of self-confidence. A husband's form of support can be done by being patient, always understanding, paying attention, and helping and serving his wife during pregnancy. Most primigravida mothers experience physical conditions such as changes in body shape and many physical changes they complain about. Apart from physical conditions, the psychosocial conditions of most primigravida mothers are at risk (Fatmawati et al., 2020)

Adaptation of Primigravida Pregnant Women in Alas Rajah Village, Blega District, Bangkalan Regency

The research results in Table 3 showed that almost half (45.2%) of primigravida pregnant women have good self-adaptation. Based on the answers to the questionnaire, pregnant women are ready to maintain their health during pregnancy so that the baby they are carrying remains healthy and develops well, and mothers can also adapt to the changes that occur during pregnancy. This is in line with research conducted by Febriati (2022), namely from 43 pregnant women, showing the results that 74.1% of pregnant women experienced adaptation to positive psychological changes. Pregnancy is a physiological process that almost always occurs in every woman. Pregnancy occurs after the sperm and ovum meet, grow, and develop in the uterus for

259 days or 37 weeks or up to 42 weeks (Nugroho, T, 2014). Pregnancy is a natural process, but it will provide several changes for a woman. These changes can include physical, social, psychological, cultural, and spiritual aspects of a woman (Underdown, A. and Barlow, 2012)

According to research conducted by (Mamik, 2014), the results showed that 28 pregnant women (64.4%) were able to accept the changes in physiological body image that occurred to them well. This can be illustrated by the acceptance of changes in the mother's stamina which makes her tired quickly which can be well received by pregnant women. Meanwhile, 25 pregnant women received psychological body images well (55.5%). This can be demonstrated by acceptance of changes in the mood of pregnant women which are described as irritability and impatience during pregnancy. According to Bobak, Lowdermilk (2012), hormonal changes will cause changes in mood in pregnant women, which can lead to erratic behavior and irritability. These results have implications for the need to develop positive self-esteem and body image that will support primigravida mothers in adapting to the changes that occur as a result of pregnancy (Pyollan Tarekh Ayodya & Jayanti, 2023)

A pregnant mother can learn to achieve her role as a mother through a process or series of activities and exercises. In this way, a woman as a prospective mother can learn about the role she will experience in the future when she gives birth. In this way, a pregnant mother can adapt to psychological changes during pregnancy and after childbirth (Widaryanti, 2020).

According to researchers, the psychological adaptation of pregnant women needs to be conditioned. This aims to ensure that mothers are calm during pregnancy and facing childbirth. Because pregnancy is a very psychologically vulnerable period, distress or anxiety can have negative consequences for the mother and her unborn baby. Some of the impacts that occur on pregnant women are physical and psychological changes that result in changes in a person's behavior.

The Relationship between Husband's Support and Personal Adaptation in Primigravida Pregnant Women in Alas Rajah Village, Blega District, Bangkalan Regency

The cross-tabulation results in Table 3 showed that the better the husband's support, the better the self-adaptation of primigravida pregnant women. Conversely, the less support the husband has, the less self-adaptation experienced by primigravida pregnant women. After carrying out the Spearman rank statistical test, it was found that the value $\rho = 0.000$, so $\rho < 0.05$, which means there is a relationship between husband's support and self-adaptation of primigravida pregnant women in Alas Rajah Village, Blega District, Bangkalan Regency.

Research by Sulistyaningsih et al. (2019) shows similar results, namely that there is a relationship between the husband's support and self-acceptance behavior in early pregnant women in Tlogosari Village, Tlogowungu District, Pati Regency ($p = 0.002 < \alpha = 0.05$). This means there is a relationship between the husband's support and the self-accepting behavior of early pregnant women in facing pregnancy.

According to Stuart & Sundeen (2008), several factors influence anxiety in pregnant women, namely the health status of the mother and baby, age, education, work, economy, and family support, especially the husband. One factor that can influence self-adaptation is the support of the husband and family. This support is needed by a pregnant mother to face psychological changes. The support and love provided will help the mother in the adaptation process. Apart from the support provided, mothers can also adapt because of the information they get, whether from the media or other people. The more information you get, the more you can try to adapt.

According to researchers, the changes experienced by primigravida pregnant women, both physiologically and psychologically, require attention from the family, especially the husband as the person closest to the pregnant mother. This form of attention is in the form of

physical support (accompanying the wife during antenatal visits), emotional support (giving extra attention and affection when the wife is pregnant), informational support (providing additional information on important matters in caring for the pregnancy), and financial support (providing facilities both costs and transportation to carry out ANC). In the results of this study, primigravida pregnant women with the support of good husbands mostly have good self-adaptation and this can have an impact on the mental health of mothers who accept their condition during pregnancy.

CONCLUSION

During pregnancy, the mother will experience physical and psychological changes. This is because there are changes in the hormone estrogen and progesterone during pregnancy. The changes that occur during pregnancy require the mother to be able to adapt to these various changes. The husband's support is very important so that the wife can accept the conditions experienced during pregnancy so that the wife can carry out the pregnancy well.

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