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The Relationship Between Husband's Support and the Intensity of First Stage Labor Pain at the Midwife Umi TPMB, Bekasi

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ABSTRACT

This study is a high maternal mortality rate due to labor complications, which is mostly related to lack of psychological support, including from husbands. Husband support during labor plays an important role in reducing pain intensity by increasing the mother's sense of security and comfort. This study aims to determine the relationship between husband support and the intensity of labor pain in the first stage at TPMB Bidan Umi, Bekasi Regency. The purpose of this study was to determine whether there was a relationship between husband support and the intensity of labor pain in the first stage. This study used a quantitative method with a cross-sectional design. The sample taken was 30 mothers who gave birth normally and were accompanied by their husbands during the first stage at TPMB Bidan Umi. Data were collected using a questionnaire related to husband support and the scale of labor pain intensity, which were analyzed using the Spearman Rank statistical test. The study showed that there was a significant relationship between husband support and the intensity of labor pain in the first stage ($p\text{-value} < 0.05$). Good husband support, both emotionally and physically, contributes to reducing the intensity of labor pain. This study recommends that health workers improve education and counseling for husbands to support their wives during the labor process. Increasing education for married couples about the importance of husband support during labor. And providing prenatal counseling programs that involve husbands, so that they are more emotionally and physically prepared to accompany mothers during labor.

Keywords: Husband's support, intensity of labor pain in the first stage.

INTRODUCTION

The World Health Organization (WHO) states that 90% of women give birth normally, while 10% of women can experience pathological cases (Utami & Putri, 2020). Birth is the peak of a pregnancy which is the highest point of all preparations made. Every mother certainly expects a smooth

delivery process (Kusyati, 2012). During childbirth, the biggest causes of maternal death in order are complications of bleeding, eclampsia, infection, prolonged labor, obstructed labor and miscarriage (Wahyuni et al., 2019). The biggest cause of maternal death from 2014-2017 was bleeding, while to reduce the incidence of childbirth complications, the

participation of the family (especially the husband) is needed, this is in line with government policies and strategies in order to reduce the incidence of childbirth complications in Indonesia through the MPS (Making Pregnancy Safer) program (Ningdiah et al., 2022). The expected result of this strategy is an increase in the active role of the family during the pregnancy and childbirth process (Widiawati & Legiati, 2017). The World Health Organization (WHO) has recommended that birth companions be chosen by the mother herself. However, currently male participation in reproductive health is still low, many husbands are still unable to show full support for the birth process, there are 68% of births in Indonesia that are not accompanied by their husbands during the birth process. The effect of not having a husband accompany them during labor has an impact on anxiety in the mother so that there is an increase in catecholamine levels which causes decreased blood flow to the uterus, weakened uterine contractions, decreased blood flow to the placenta, reduced oxygen available to the fetus and can increase the length of labor. ((Nurlita Bintari et al., 2019)

The Ministry of the Republic of Indonesia stated that most or around 90% of labor is accompanied by pain, according to a number of studies. The causes include physiological and psychological factors. The physiological factors in question are uterine contractions, while the psychological factors in question are excessive fear and anxiety. Excessive and prolonged pain can cause anxiety and psychological stress which ultimately affects the physical condition of the mother in labor, such as increased blood pressure, respiratory rate, and heart rate during labor which can cause the mother to become tired and cause prolonged labor and can endanger the fetus and mother (Arifin

& Alyensi, 2018). The results of a study on the health of West Java Province showed that almost 90% of mothers in labor experienced pain during labor with a division of mild-moderate pain intensity 23%, moderate-severe pain 61%, and mothers in labor who experienced very severe pain 16%. (Falina et al., 2024)

METHOD

This type of research is a quantitative study by looking at the relationship between husband's assistance and the intensity of labor pain in the first stage at TPMB Bidan Umi, Bekasi Regency in 2024. This study was conducted from December to January 2025. The population of this study was all mothers giving birth at the Bidan Umi clinic, totaling 30 couples of mothers giving birth and their husbands. The sampling method in this study uses the saturated sampling method, namely a sample collection technique where all members of the population are used as samples. By using a cross-sectional design, namely an observational analytical research design that aims to determine the relationship between variables where the independent variables and dependent variables are identified at one time unit.

RESULTS

Table 1 Univariate Analysis of Husband's Support

Husband Support	Frequency	Percentage (%)
Good	27	90
Enough	3	10
Amount	30	100

Univariate analysis of the husband's support variable showed that most respondents received good husband support during the labor process, with a frequency of 27 people (90%). As many as 3

respondents (10%) received sufficient husband support. These results indicate that most husbands play a significant role in providing support to their wives, which can contribute to comfort and pain management during the first stage of labor.

Tabel 2 Analisis Univariat Intensitas Nyeri Persalinan

Pain Intensity	Frequency	Percentage (%)
Very Mild Pain	24	80
Moderate Pain	6	20
Amount	30	100

Univariate analysis of the pain intensity variable showed that most respondents experienced mild pain during the first stage of labor, with a frequency of 24 people (80%). As many as 6 respondents (20%) experienced moderate pain. These data indicate that the majority of mothers in labor in this study felt relatively low pain intensity, which was likely influenced by various factors, including husband's support which was predominantly in the good category.

Table 3 Spearman Rank Test

Kesalahan! Nama file tidak ditentukan.

Variabel	Pain Intensity	Total
Spearman	Koefisien	
	Very Mild Pain	Moderate Pain
Husband	24	3
Good Support	0	3
		7
		0,00
		0,667

Enough

Total	24	6	3
			0

The results of the analysis showed that those who received good husband support were 27 respondents, those who experienced mild pain were 24 respondents (80%) and those who experienced moderate pain were 3 respondents and those who received sufficient husband support were 3 respondents (20%) experiencing moderate pain. Those who received sufficient husband support, all (100%) experienced moderate pain. These data indicate a tendency that good husband support contributes to lighter pain intensity during the first stage of labor.

The results of the analysis using the Spearman Rank test showed a significance value of 0.00, which means that there is a significant relationship between husband's support and the intensity of labor pain in the first stage. The correlation coefficient value of 0.667 indicates that the relationship is positive and strong, so that the better the husband's support, the lower the intensity of pain felt by the mother in labor.

DISCUSSION

Husband support at TPMB Bidan Umi Bekasi Regency during the first stage of labor showed a significant role in providing comfort for mothers in labor. Based on univariate analysis, the majority of respondents received good support from their husbands, with a frequency of 27 people (90%), while 3 respondents (10%) received sufficient support. This support includes emotional, physical, and informational aspects, which help mothers face the labor process more calmly. The active role of husbands

in providing this support can ease the psychological burden and help reduce the intensity of pain felt.

Reducing the incidence of labor complications requires the participation of families, especially husbands, who can provide the emotional and physical support that mothers really need during the labor process. This is in line with the policy of the Indonesian government through the Making Pregnancy Safer (MPS) program, which aims to improve the quality of care for pregnant and childbirth mothers. The MPS program encourages family involvement in accompanying mothers, with the hope of

reducing the risk of complications and increasing the safety of mothers and babies (Ningdiah et al., 2022). Good husband support during labor, as seen in this study, can contribute to creating an environment that supports maternal health, thereby reducing the potential for labor complications.

The results of this study indicate the importance of the presence and involvement of husbands in accompanying their wives during labor. Good support from husbands not only has a positive impact on the labor experience but can also improve the emotional relationship between partners. Therefore, efforts to increase husbands' awareness and skills in providing support during the labor process need to be a concern in public health education programs.

Husband support at TPMB Bidan Umi Bekasi Regency during the first stage of labor showed a significant role in providing comfort for mothers in labor. Based on univariate analysis, the majority of respondents received good support from their husbands, with a frequency of 27 people (90%), while 3 respondents (10%) received sufficient support. This support includes emotional, physical, and

informational aspects, which help mothers face the labor process more calmly. The active role of husbands in providing this support can ease the psychological burden and help reduce the intensity of pain felt.

Each person's pain is different from one another, a person's pain has a level such as the data obtained, 24 (80%) mothers in labor experienced mild pain, respondents were still able to communicate actively but their cheerfulness decreased, especially during uterine contractions by showing a slight crying expression while holding their stomach which was contracting and 6 (20%) mothers in labor experienced moderate pain, their ability to communicate actively decreased because there was a phase of holding back pain, namely only speaking when asked or spoken to, the face began to show an expression of pain, namely crying accompanied by anxiety during uterine contractions, holding the contracting stomach while writhing (Rejeki et al., 2020)

Sari (2018) Labor pain is a subjective experience that involves intense physical sensations, which are associated with uterine contractions, cervical dilation and resection, and the descent of the fetus during the birth process. This process produces pain that varies in intensity, depending on the physical and psychological factors of the mother, such as physical condition, mental readiness, and support received, especially from the husband. Good emotional support from a partner can help reduce pain

perception by lowering anxiety levels and providing a sense of security, which contributes to a calmer labor experience and reduces the pain felt by the mother.

The results of this study indicate the importance of the presence

and involvement of the husband in accompanying his wife during labor. Good support from the husband not only has a positive impact on the labor experience but can also improve the emotional relationship between partners. Therefore, efforts to increase the awareness and skills of husbands in providing support during the labor process need to be a concern in public health education programs.

The results of the analysis showed that good husband support tended to be associated with lower pain intensity during the first stage of labor. Of the 27 respondents who received good husband support, 24 respondents (80%) experienced mild pain, while 3 people experienced moderate pain and 3 respondents (20%) who received sufficient husband support experienced moderate pain. These data indicate that good husband support can affect the mother's pain perception, by providing a sense of security and comfort during the labor process. Further analysis using the Spearman Rank test showed a significant value.

This is in line with research (Puspitasari et al., 2019) findings showing a negative correlation, whereby the greater the support from the husband and family, the lower the intensity of labor pain experienced by the mother. Suggestions for midwives working in the delivery room, in particular, are to provide more varied pain management care to help the mother find appropriate pain coping strategies.

In line with research (Cut Mutiah et al., n.d.) There is a significant difference in the effect of husband's support on reducing labor pain in primigravida mothers. Husband-assisted labor can reduce pain compared to family support. in line with research on the effect of birth companions on reducing labor pain

intensity ($C=0.847$), therapeutic. (Nurhaeda & Rizqy Wahyuni, 2022) communication also has an effect on reducing labor pain intensity ($C=7.70$). It was concluded that birth companions and therapeutic communication influence the reduction of labor pain intensity.

CONCLUSION

Based on the results of research that has been conducted on the relationship between husband's support and the intensity of pain during the first stage of labor in 2024-2025, it can be concluded that good husband's support contributes to lighter pain intensity during the first stage of labor.

SUGGESTION

Increasing education for married couples about the importance of husband support during labor. And providing prenatal counseling programs that involve husbands, so that they are more emotionally and physically prepared to accompany mothers during labor.

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