



The Role of Husband in Overcoming Anxiety in Primigravida Pregnant Women in PMB Yuni Nur Astuti, S.Tr.Keb Sukoharjo

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Abstract

Pregnancy is a crucial phase in a woman's life, especially during the first pregnancy (primigravida), which is often accompanied by high anxiety. This study aims to explore the husband's role in alleviating anxiety in primigravida mothers at PMB Yuni Nur Astuti Sukoharjo. Through a descriptive qualitative approach, data was collected through in-depth interviews with primigravida mothers, their husbands, and midwives. The results show that emotional and practical support from the husband plays a significant role in reducing the mother's anxiety. This support includes attention, affection, assistance with household chores, and preparation for childbirth. The husband's support also creates a sense of security, enhances the mother's readiness for childbirth, and helps the mother maintain emotional balance during pregnancy. This study emphasizes the importance of the husband's active role in improving the well-being of the mother and fetus, and encourages the husband's involvement from the early stages of pregnancy to reduce the risk of complications. Therefore, a proactive and supportive husband can have a significant positive impact on the mental and physical health of primigravida mothers.

Keywords: *Pregnancy, Anxiety, Primigravida, Husband's Role, Emotional Support*

1. INTRODUCTION

Pregnancy is a crucial phase in a woman's life that involves physical, emotional and psychological changes. Especially in first pregnancies or primigravida, this phase is often accompanied by high anxiety due to ignorance and uncertainty about the process of pregnancy and childbirth. Such anxiety not only affects the mother's mental health, but also impacts the physical health and development of the foetus.

According to WHO data (2019), the maternal mortality rate (MMR) reached 289,000 with most of these deaths occurring in

developing countries. In Indonesia, the maternal mortality rate per 100,000 live births is still high, with 205 cases in 2019 (Sali Susiana, 2019). One of the factors causing maternal mortality is excessive anxiety during pregnancy and labour. This anxiety can trigger various complications such as high blood pressure, preeclampsia, and even death.

First pregnancy, also known as primigravida, is an important event for first-time mothers. Primigravida mothers often experience anxiety because they do not yet understand the changes that will occur in their bodies, including physical, hormonal and psychological changes. In the third trimester of

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pregnancy, anxiety increases due to concerns about childbirth, including fears of possible labour failure and complications that could occur to the mother or fetus. This anxiety can affect physical and psychological conditions, potentially leading to complications (Nurianti, Saputri & Crisdayanti Sitorus, 2021).

Anxious expectant mothers show symptoms such as tension, panic and prolonged stress, which can interfere with uterine contractions and increase the risk of pregnancy complications. This can lead to miscarriage and high blood pressure which can lead to preeclampsia. In the face of labour, all the fears and anxieties that the mother is experiencing. In pregnancy, the most needed support is that of the husband, who can help calm and reduce the mother's anxiety. In this context, the husband's role is crucial.

Husband support is not only physical presence, but also emotional, psychological, and practical support during pregnancy. Husbands who provide attention, affection, and emotional support can help pregnant women feel calmer and safer. In addition, husband's support can also prepare pregnant women to face the labour process better. The husband's role in accompanying pregnant women, providing advice, and preparing for financial needs during pregnancy and labour is very important for the welfare of the mother and fetus.

The husband's involvement from the beginning of pregnancy will help ease the burden on the couple in dealing with the various changes in the body due to the presence of the foetus. The husband's contribution during pregnancy is crucial to the wife's success until labour, which always requires the husband's attention. Husbands need to prepare additional funds to meet the needs during pregnancy and labour. The husband's role is very important in reducing the anxiety of pregnant women before labour, and also in ensuring that pregnant women get adequate rest.

Previous research conducted by Isnaniar, Wiwik Norlita, and Salmi Gusrita at Harapan Raya Health Centre Pekanbaru involved 928 pregnant women respondents. From the study

that took place between January and December 2018, there were 33 respondents who were willing and able to be included. The findings from this study indicate that support from a partner (husband) is one of the effective factors in reducing anxiety in pregnant women. Husband involvement is very important throughout pregnancy and childbirth because such support can increase self-confidence and build mental resilience in pregnant women (Isnaniar, Norlita & Gusrita, 2020). The results of previous studies show that the role of husbands has a significant impact on reducing anxiety levels in pregnant women.

There is also one previous study conducted by Wahyuni, Maimunah, and Amalia (2021). The results of previous research concluded that the support provided by husbands can significantly reduce the anxiety of pregnant women. The higher the level of anxiety experienced by pregnant women, the greater the support needed from husbands. Another study conducted by Isnaniar, Wiwik Norlita, and Salmi Gusrita (2020) at Puskesmas Harapan Raya Pekanbaru also showed that husband support is one of the effective support systems in reducing the anxiety of pregnant women.

There are differences between previous studies and this study. The difference is that the scope of analysis of this study comes from primigravida pregnant women and analyses from a different location and number of research objects with the two previous studies. This study has a higher research urgency considering the high maternal mortality rate in Indonesia and the negative impact of anxiety on maternal and foetal health. In PMB Yuni Nur Astuti, S.Tr.Keb. showed that many primigravida pregnant women experience anxiety due to lack of knowledge and support from their husbands. This anxiety can affect maternal and foetal health, increase the risk of complications, and even death. Therefore, research on the role of husbands in overcoming the anxiety of primigravida pregnant women is urgent to improve the quality of maternal and foetal health.

Another difference related to several previous studies with this research is that this study focuses on the role of husbands in

helping primigravida pregnant women overcome anxiety at PMB Yuni Nur Astuti, S.Tr.Keb Sukoharjo. There are results from this study that show the level of anxiety of primigravida pregnant women, the role of husbands who help in providing emotional and practical support to pregnant wives, and the high effectiveness of husband support in reducing the anxiety of primigravida pregnant women.

2. RESEARCH METHODS

This study applied a descriptive qualitative method with the main focus to understand how the role of husbands helps reduce the anxiety of primigravida pregnant women. This approach was chosen because it can provide a comprehensive picture of husbands' interactions and contributions in supporting their wives during their first pregnancy.

This research was conducted in the working area of PMB Yuni Nur Astuti, Sukoharjo, from October 2023 to May 2024. Data collection was conducted through in-depth interviews directly at the informants' homes, which took 15-30 minutes for each informant, with the aim of obtaining authentic and contextualised

data. The population in this study included all primigravida pregnant women and their husbands who had a check-up at PMB Yuni Nur Astuti.

In this study, there were research samples selected using purposive sampling technique. This sample was taken from a sample that was specifically selected based on the researcher's objectives, namely the main informant consisting of three husbands of primigravida pregnant women who met the inclusion criteria, namely legal husbands who took their wives for examination and lived in the same house and were willing to be interviewed.

Furthermore, the researcher used a sample of key informants consisting of three primigravida pregnant women who also met similar inclusion criteria. In addition, the researcher used sample of one midwife as a supporting informant who had at least one year of experience in conducting antenatal check-ups at the PMB.

The samples used by the researcher are described in Table 1 on the criteria of the informants used as purposive sampling. Table 1 also describes the inclusion and exclusion criteria for this study.

Table 1. Inclusion and Inclusion Criteria Exclusion

Type of Informant	Total	Inclusion Criteria	Exclusion Criteria
Key Informants	3	<ul style="list-style-type: none"> a. Legal husbands of primigravida pregnant women who deliver check-ups at PMB Yuni Nur Astuti b. Legal husbands of primigravida pregnant women who live in the same house and are willing to be participants c. Legal husbands of primigravida pregnant women who are willing to be interviewed and can 	<ul style="list-style-type: none"> a. Legal husband who does not deliver the pregnant woman for examination and does not live in the same house b. Unable to communicate well
Key Informant	3	<ul style="list-style-type: none"> a. Primigravida pregnant women who check in at Yuni Nur Astuti Maternity Centre b. Pregnant women who live in the same house as their husband c. Primigravida pregnant women who are willing to be interviewed and can communicate well 	<ul style="list-style-type: none"> a. Primigravida pregnant women who did not have a check-up at PMB Yuni Nur Astuti b. Pregnant women who do not live with their husbands c. Primigravida pregnant women who experienced miscarriage
Supporting Informant	1	<ul style="list-style-type: none"> a. Implementing midwives at PMB Yuni Nur Astuti who conduct ANC checks on pregnant women for at least 1 year of work 	<ul style="list-style-type: none"> a. Implementing midwives who work at PMB Yuni Nur Astuti < 1 year of employment.

The characteristics of the main informants selected are in accordance with the inclusion and exclusion criteria, which can be seen in the table below.

Table 2. Main informant characteristics

No	Informant	Age	Occupation	Last Education
1	Iu ₁	35	Self-employed	SMA
2	Iu ₂	30	Private Employee	SMK
3	Iu ₃	26	Chef	SD

The main instrument in this research is the researcher himself, who acts as a data collector. Data was collected through in-depth interviews with a pre-prepared interview guide. In addition, field notes and audio recordings were used to support the data collection process.

The data collection procedure began with meeting the midwife at PMB Yuni Nur Astuti to identify potential informants according to the criteria. After that, the researcher searched for potential informants in the PMB register book and determined the informants to be interviewed. In-depth interviews were then scheduled and conducted according to the time agreed with the informants. During the interview, the researcher provided informed consent and a letter of intent to the informant, and documented the interview results for further analysis.

To ensure the validity and reliability of the data, the validity test was conducted through consultation with an expert, namely a psychologist who is competent in the field of maternal anxiety pregnant and qualitative methods. The reliability test involved self-evaluation by the researcher regarding the understanding of qualitative methods and readiness to conduct research.

Data analysis in this study is to identify and determine the role of husbands in overcoming the anxiety of third trimester primigravida pregnant women in facing childbirth. According to (Rijali, 2019) the steps taken in analysing data are:

1. Data reduction

Reducing data means the process of selecting, simplifying, summarising and choosing the main things and focusing on the most important things. Therefore, the data that has been reduced will provide a clearer picture and will make it easier for researchers to collect data. Researchers will select and select any incoming data from the results of observations, interviews, and documentation, then process and focus all raw data to make it easier to present in the discussion.

2. Presentation of data

At this stage the researcher has presented the data in the form of narrative text to make it easier for researchers to understand what happened during direct research. In presenting the data, the researcher is in the form of a brief description of the interview results.

3. Drawing conclusions

Drawing conclusions is to conclude the research results that have been collected in the form of descriptions. The researcher's conclusion is based on a brief description of the interview results.

Data validity was tested using the triangulation method to compare data from various sources. In addition, this research applied credibility, transferability, dependability, and confirmability tests to ensure the accuracy and reliability of the data. The credibility test was conducted by using data triangulation and comparing the interview results with previous data. The transferability test was carried out by presenting the research report clearly and contextually. Dependability test was conducted through audit by auditor independent to ensure the reliability of the research process. Confirmability test was conducted by reflecting on the research results with expert researchers to ensure the objectivity of the results. Researchers ensure fair and equal treatment of all informants.

3. RESULTS AND DISCUSSION

3.1 Overview of the Research Area

The location of this study, conducted at PMB Yuni Nur Astuti, S.Tr.Keb., Bdn., which is located on Jalan Ciu Karangwuni, RT.01 / RW.03, Pranan, Polokarto District, Sukoharjo Regency, Central Java. The area around PMB is a residential area with high population mobility, totalling 86,944 people in 2022.

The centre provides comprehensive health services from 6:00 am to 9:00 pm, including antenatal care, delivery, MCH, and immunisation, and is trusted by the local community, especially pregnant women and children under five.

3.2 Informant Characteristics

a. Key Informant

The main informant data in this study was obtained through indepth interviews with interview guidelines, field notes, and mobile phones for voice recording.

There are characteristics for the main informants in this study, namely husbands who

are facing pregnant wives for the first time, totalling 3 people with the youngest age of 26 years and the oldest age of 35 years. The lowest education of the main informants is elementary school and the highest is senior high school.

Table 3. Characteristics of Key Informants

No	Informant	Age	Occupation	Last Education
1	Iu ₁	35	Self-employed	SMA
2	Iu ₂	30	Private Employee	SMK
3	Iu ₃	26	Chef	SD

b. Core Informant

Core informant data in this study using process interview indepth interview and assisted with tools, namely interview guidelines, field notes and mobile phones to record sound during the interview. The characteristics of the selected core informants are in accordance with the inclusion and exclusion criteria, which can be seen in the table below:

Table 4. Characteristics of Core Informants

No	Informant	Age	UK	GPA	Guarantee	Occupation	Last Education
1	Ii ₁	26	31mg	G1P0A0	BPJS	Housewife	SMA
2	Ii ₂	27	33mg	G1P0A0	BPJS	Private Employee	D3
3	Ii ₃	25	31mg	G1P0A0	BPJS	Housewife	SMK

Characteristics of Core Informants with anxiety during pregnancy totalled 3 people, 25 years old as the youngest age and the oldest age was 27 years old. The lowest education of informants is SMA / SMK with the criteria of 2 people, and the highest education is D3 graduation with the criteria of 1 person. All key informants use BPJS coverage.

c. Supporting Informants

Supporting informant data in this study was taken using the results of an in-depth

interview, then this research was also assisted by tools, namely interview guidelines, field notes and mobile phones to record sound during the interview. The characteristics of the selected supporting informants are in accordance with the inclusion and exclusion criteria, which can be seen in the table below.

Supporting informants in this study consisted of 1 midwife aged 24 years with the last education D3 Midwifery and work experience for 2 years.

Table 5. Characteristics of Supporting Informants

No	Informant	Age	Occupation	Length of Service	Last Education
1	Ip	24 years old	Midwife	2 years	D3 Midwifery

3.3 Presentation of Results

Because anxiety factors in primigravida pregnant women can be caused by various factors, such as physical and hormonal changes, as well as concerns related to the process of childbirth and the health of the baby. Primigravida expectant mothers tend to experience higher anxiety as this is their first experience with pregnancy and labour. Factors contributing to this anxiety include a lack of knowledge about pregnancy and labour, as well as a lack of social support.

The role of husbands to overcome anxiety factors for primigravida pregnant women is very important. The results showed that husbands who are actively involved in the pregnancy process can help reduce anxiety in their wives. Forms of support provided by husbands include emotional support, for example by providing attention and affection, as well as practical support, such as helping with household tasks and accompanying the wife during pregnancy checks.

3.4 Discussion

a. Husband Assistance

Inf	Interview Excerpts
Iu1	"I always take my wife and accompany her during check-ups" "I also prepared the necessities my wife needed during her pregnancy"

Husband's assistance is one of the crucial aspects in the pregnancy process. Based on interviews conducted with several informants, husband's assistance includes various forms of support, both physical and psychological. The main and key informants stated that husbands accompany their wives during pregnancy check-ups or consultations with midwives. This is not only to provide a sense of comfort and security for pregnant women, but also to show the husband's commitment and concern for the health of the mother and foetus.

The results of this study are in line with previous research, as revealed by Istikhomah & Suryani (2014), the role of husbands is very important in reducing anxiety and increasing feelings of security in pregnant women during visits antenatal care (ANC). However, the

results of previous studies are different from the results of this study. The results of this study include several forms of support from husbands to accompany their wives physically and psychologically. This support is not only limited to accompanying during the examination, but also includes the preparation of pregnant women's daily needs.

In accordance with the explanation above, the results of this study also have differences with previous research conducted by Pohan (2021). In that study, it was found that husbands who were actively involved in the pregnancy and labour preparation process had a higher level of satisfaction with their role as future fathers. This also had a positive impact on the marital relationship, where husbands and wives felt closer and more united in facing every challenge during pregnancy and childbirth. Therefore, it is important for husbands to realise how big their role is in supporting their wives during pregnancy. By providing full support, husbands not only help their wives navigate pregnancy better, but also prepare themselves to be ready and responsible fathers. Husband's awareness and involvement in every stage of pregnancy will create a positive and supportive environment for the growth and development of the baby to be born. Husbands who are actively involved in mentoring also provide easier access to health services and help in early detection and prevention of pregnancy complications. Husbands who are always on standby and pay extra attention when their wives want to leave the house, ensure that their wives feel safe and supported. For example, one informant stated that her husband always picks her up when the weather conditions are bad or it is close to night time, showing a high level of concern for her safety.

The role of husbands is also evident in the way they respond to their wives' emotional needs. Although not discussed further in the context of emotional support and appreciation, small attentions such as always being there to listen to complaints and accompanying the wife when she is not feeling well wife feels anxious, goes a long way in reducing feelings of fear and discomfort during pregnancy. Research shows that these small attentions can

mean a lot to pregnant women, making them feel more valued and cared for in their daily lives.

Husband's assistance has a positive impact on the health behaviour of pregnant women. Husbands who actively accompany pregnant women are often involved in health-related decision-making, such as choosing healthy foods, reminding their wives to rest, and ensuring that their wives follow the doctor's or midwife's recommendations. This helps pregnant women to maintain a healthier lifestyle, which in turn can improve maternal and foetal health. For example, actively involved husbands are more likely to support their wives to participate in light physical activities recommended during pregnancy, such as walking or pregnancy exercises. Husbands can also play a role in providing health education to their wives. Husbands who actively seek information about pregnancy, labour and infant care can help wives better understand what happens during pregnancy and the preparations that need to be made. That way, husbands and wives can work together to make decisions that are best for the health of mother and baby. This education also includes the importance of regular check-ups, maintaining a regular diet, and avoiding bad habits such as smoking and drinking alcohol during pregnancy.

Husbands can also support their wives in maintaining mental health during pregnancy. Pregnancy is often accompanied by drastic mood and emotional changes due to hormonal changes. A caring husband who is sensitive to these changes can help his wife cope with stress and anxiety by providing necessary emotional support. For example, husbands can invite their wives to talk about their feelings and concerns, as well as provide moral support so that their wives feel calmer and more confident in facing pregnancy.

b. Emotional Support

Emotional support from husbands is very important in helping to reduce anxiety in primigravida pregnant women. Husbands who provide attention and affection to their wives can make pregnant women feel calmer and safer.

Inf	Interview Excerpts
Iu1	"My husband always listens to my complaints. If I'm sad, he always comforts me and takes me out to the mall, because I like to go to the mall." "Later from me, I usually give input and motivation so that I don't worry too much. The result is that they can be equally calm"

In this study, it was found that pregnant women who received good emotional support from their husbands tended to have lower levels of anxiety. This emotional support can include listening to the wife's complaints and concerns, providing soothing words, and ensuring that the wife feels valued and loved.

Open communication between husband and wife is an important aspect of effective emotional support. Husbands who actively listen and communicate with their wives about their concerns and feelings help reduce anxiety. Expectant mothers feel heard and understood, which can significantly lower stress levels. Acknowledging the wife's feelings and concerns without judgement or trivialising them is also a highly effective form of support. The physical and emotional presence of husbands, both at home and during pregnancy control, provides a sense of security and stability for pregnant women.

Emotional support can also be shown through simple actions such as giving a gentle massage to reduce physical tension, or simply being with your wife when she feels anxious or scared. A husband who understands his wife's emotional state and provides the right support at the right time can help reduce anxiety significantly. The presence of a caring and understanding husband can make pregnant women feel stronger and more confident in facing the pregnancy and labour process.

Research has also shown that husbands who are able to maintain their own emotional stability can be more effective in providing support to their wives. Husbands who are stressed or anxious tend to add to the emotional burden on their wives. Therefore, it is important for husbands to also seek support or counselling if they are feeling depressed, so

that they can be more effective in supporting their wives.

c. Appreciation Support

Inf	Interview Excerpt
Iu1	"When my husband found out I was pregnant, he was so happy that he cried in gratitude." "My husband also never forces me to do housework, sometimes he does it"

Appreciation support is another aspect of husband support that is an important aspect in reducing anxiety in primigravida pregnant women. Appreciation support involves recognising and appreciating the wife's role and efforts in undergoing pregnancy. This appreciation can take the form of expressions of gratitude, praise, or tangible actions that show that husbands value and respect their wives. Providing appreciation support helps to increase pregnant women's self-esteem and self-confidence. Pregnant women who feel valued by their husbands tend to have a more positive view of themselves and the pregnancy situation. This can reduce feelings of anxiety and worry that often arise during pregnancy.

Husbands who provide consistent appreciative support also help build a closer and more harmonious relationship with their wives. An affectionate and strong relationship between husband and wife can be a source of strength and comfort for pregnant women, which in turn can help reduce their anxiety. Appreciation can also take the form of small gifts or surprises that show that husbands think about and care for their wives. These actions, although simple, can have a huge positive impact on the emotional wellbeing of pregnant women.

In addition, appreciative support has the benefit of improving communication and trust in the husband-wife relationship. When husbands actively show their appreciation, wives feel more comfortable to share their feelings and concerns, thus enabling husbands to provide more effective support. In other words, appreciative support reinforces the positive cycle of emotional and practical support provided by husbands.

d. Cost Preparation

Inf	Interview Excerpts
Iu1	"Alhamdulillah, we have prepared for more funds, labour preparation funds, funds during pregnancy from clothes, vitamins, etc." "The husband has also prepared funds to buy baby equipment"

Cost preparation is one of the most important aspects of planning for pregnancy and childbirth. The costs that need to be prepared are not only for the delivery itself, but also include routine pregnancy check-ups, maternal needs, and preparation for the baby's needs after birth. Careful cost preparation can help couples face pregnancy and childbirth with more peace of mind, without having to worry about financial problems that can arise.

One informant revealed that they use BPJS as the main source for examination and delivery costs, but also have personal funds as a backup. This is important to cover costs that may not be covered by BPJS or other urgent needs. Another informant also mentioned that they have prepared a special fund for baby supplies and transport to health facilities. This includes purchasing items such as baby clothes, toiletries, and other daily necessities.

Transport is also an important part of cost preparation. Husbands often prepare adequate means of transport to ensure that wives can reach health facilities safely and comfortably. One informant stated that they use a motorbike as their main means of transport for pregnancy control and labour preparation. Although simple, this shows how important it is to be prepared in terms of transport during pregnancy.

Furthermore, cost preparation also involves careful financial planning. Couples who already have a good financial plan in place tend to be better prepared to deal with unexpected costs during pregnancy. This includes saving regularly and allocating a portion of income for the health needs of the mother and baby. With good preparation, couples can reduce financial stress and focus on the health and well-being of the mother and foetus.

Cost preparation also includes long-term planning, such as preparing for children's future education costs. Some couples are starting to consider investing or saving for education early on to ensure that their children get a good education without financial constraints. This approach shows a high level of awareness of the importance of sustainable financial planning for families.

In addition, financial education is also important in preparing for expenses during pregnancy. Couples who have a good knowledge of financial management tend to be better able to manage their budget efficiently. They can prioritise spending and avoid unnecessary debt. Some informants stated that they attend seminars or financial counselling to improve their understanding of family financial management. This is a very positive step in ensuring financial stability during pregnancy and after the birth of the child.

There are limitations to this research, namely difficulties in finding the availability of the main informant because he was not ready and refused to be interviewed. For the interview process, the researcher had difficulty determining and equating schedules and times between respondents and researchers due to the tight schedule of researchers with college hours and busy main informants. In addition, there were obstacles when the day and time had been agreed upon but the respondent disappeared and was difficult to contact, so the researcher had to look for a backup respondent.

CONCLUSIONS

The role of husbands in overcoming the anxiety of primigravida pregnant women is very important. Support provided by husbands, both emotionally and practically, is proven to reduce the level of anxiety experienced by wives. When husbands are actively involved in the pregnancy process, such as accompanying health checks and providing attention, this creates a sense of security and comfort for pregnant women. In addition, husbands' involvement also contributes to marital satisfaction. This has a positive impact on the mother's mental and physical health as well as foetal development. Thus, husband support is a

key factor in reducing the risk of complications during pregnancy.

ADVICE

For husbands, it is highly recommended to be more actively involved in the pregnancy process and provide the support needed by their wives. For health professionals, it is important to educate husbands about their role in supporting the health of pregnant women. Organising programmes or seminars that involve husbands in antenatal education can also be a good step, so that they can be aware of their role in supporting the health of pregnant women understand more about pregnancy and how to provide effective support. With these steps, we hope to create a more supportive environment for pregnant women, which in turn will improve the quality of maternal and foetal health.

The author also provides practical recommendations for the implementation of the results of this study that can be used for further research. First, researchers can conduct a study entitled "The Effect of Local Rice for Diet on the Nutrition of Pregnant Women in Remote Areas". Second, future researchers can analyse "The Use of 3d Ultrasound as a Renewable Technology to Reduce Concerns in Pregnant Women".

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