

# The Relationship between Husband's Assistance and Pain During Birth at BPM Zahriah Stabat District in 2022

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## ABSTRACT

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Labor pain is very important to pay attention to because pain in labor can weaken uterine contractions and result in prolonged labor and even death. Efforts that can be made to reduce pain are by providing the closest person, namely assistance from the husband, because the effect of feeling pain in every mother in labor can be minimized by making the husband as a delivery companion. This study aims to find out about the relationship between husband's mentoring and pain during childbirth at BPM Zahriah, Stabat District in 2022. The results of the study showed that the husband's assistance at BPM Zahriah, Stabat sub-district was in the good category (79.17%), the category of pain during labor at BPM Zahriah, Stabat sub-district was (50.0%). The results of the analysis with a value of  $p = 0.005$  so that the conclusion is that there is an effect of the relationship between husband's assistance and pain during childbirth in post partum mothers at BPM Zahriah, Stabat District in 2022. Data was collected using a questionnaire and for pain measurement using a checklist. The conclusion in this study is that there is a relationship between husband's assistance and pain in childbirth at BPM Zahriah, Stabat District in 2022. Suggestions in this study are expected for BPM Zahriah to continue to encourage and support Husband Assistance for mothers in labor to reduce pain during childbirth.

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## INTRODUCTION

Childbirth is the process by which the baby, placenta and amniotic membranes leave the mother's uterus (Febrianti, 2019). Mothers who are in labor must experience pain. Pain in labor is a physiological thing, this pain is caused by contractions and stretching of the lower uterine segment and cervix (Cut Mutiah, 2022). Severe and untreated labor pain will be fatal to the mother, because it can affect the mother's condition of fatigue, fear, worry and cause stress. Stress can cause weak uterine contractions resulting in long labor and even death for the mother (Biswan, Novita and Masita, 2017).

To reduce maternal mortality, normal delivery care is carried out by emphasizing the five common threads in providing delivery care. One of them is by providing maternal care during labour, care provided by presenting a companion who always accompanies the mother during labor

(APN, 2018). Assistance is carried out by inviting the husband to provide emotional support which makes the mother feel confident and not afraid to face childbirth.

According to WHO (World Health Organization) Every day around 830 women of childbearing age die due to problems related to pregnancy and childbirth. In 2015, 303,000 women died during pregnancy and childbirth. As many as 99% of all maternal deaths occur in developing countries, the Maternal Mortality Rate (MMR) in developing countries in 2015 is 239/100,000 Live Births (KH) compared to 12/100,000 KH in developed countries and the mortality rate of children under the age of 5 years 43/1,000 KH (WHO, 2017).

Currently, the maternal mortality rate in Indonesia is still high. Based on the 2015 Antara census population survey, the MMR in Indonesia is 100,000 live births (Ministry of Health, 2017). Maternal mortality in Indonesia is caused by three main causes, namely bleeding, hypertension in pregnancy, and infection (Ministry of Health, 2017) MMR in North Sumatra is 85 per 100,000 live births (SUMUT Prov Health Profile, 2017). Based on reports from the North Sumatra Health Office, the AKI in North Sumatra from 2016 was 240 people and in 2017 it decreased to 194 people, as well as the infant mortality rate in 2017 there were 1062 people, down from 1080 in 2016 (Dinkes Prov. North Sumatra, 2019).

Every mother who is about to enter labor will experience feelings of fear, worry, or anxiety, especially for primiparous mothers. Feelings of fear can increase pain, the muscles become tense and the mother becomes tired quickly which will eventually hinder the delivery process. Anxiety is a disorder of feelings characterized by feelings of fear or worry that are deep and ongoing, do not experience interference in assessing the reality of Reality Testing Ability/RTA, are still good (Walyani, 2020).

Supportive care during childbirth is the standard for midwifery services. Supportive care means being active and participating in ongoing activities. Husbands are very important birth attendants and are encouraged to play an active role in supporting mothers and identifying possible steps for the comfort of mothers (Yanti, 2020).

The husband is a very important birth attendant and is encouraged to play an active role in supporting the mother and identifying possible steps for the comfort of the mother. Husband's support in the delivery process will have an effect on the mother, namely in terms of emotions, calm mother's emotions cause her nerve cells to release the hormone oxytocin whose reaction will cause contractions in the uterus to expel the baby (Sari and Kurnia, 2015).

The government has also created an alert husband program with the aim of increasing the husband's role by forming maternal assistance which is carried out by the husband, the husband is ready to prepare costs, ready to take his wife for pregnancy and delivery checks, ready to look after and accompany the wife in childbirth.

The husband's presence will bring calm and keep the mother away from stress and anxiety which complicate the birth and delivery process, have a positive influence psychologically, and also have a positive impact on the readiness of the mother physically. The husband as a wife's companion plays an important role in following the entire delivery process (Yanti, 2020).

Husband's assistance during childbirth has an important role for the mother because it can affect the mother's psychology. Psychological conditions that are comfortable, relaxed and calm can be formed through the support of family affection. The form of support is in the form of mental support, sharing experiences during the birth process, or other positive things, so that it affects the strength of the mother when giving birth to her baby, according to Bobak (2015).

Based on an initial survey conducted by researchers on July 20 2022 at BPM Zahriah, Stabat District, the number of mothers giving birth in July was 6 people. The problem that often occurs at BPM Zahriah Stabat Subdistrict when mothers enter the first stage of the deceleration phase, almost all mothers are unable to hold back the urge to push during contractions and scream every time a hiss appears. The average pain is in Very Severe Pain (score 8-10) especially in the active phase deceleration opening 7-10cm due to cervical dilatation being slow, within 2 hours from 9 cm dilating

to 10 cm accompanied by severe pain, stabbing and stiffness objectively it seems that the client is no longer able to communicate, and cannot follow orders, and cannot indicate the location of the pain he is feeling.

Based on the results of observations of 6 patients who were going to give birth at BPM Zahriah, Stabat District, it was found that 4 mothers who gave birth were not accompanied by their husbands during labor because they were afraid to see blood, and felt unable to hear that their wife was in pain, afraid to see the birth process, and there was also whose husbands work out of town so mothers tend to be accompanied by other family members. Meanwhile, 2 husbands accompanied their wives, wiping the wife's sweat and giving words of flattery to motivate mothers during childbirth. So that the pain felt by the mother feels lighter because the husband's touch and support makes the mother stronger and more comfortable during the birth process.

The purpose of this research is to find out about "The Relationship between Husband's Assistance and Pain During Birth at BPM Zahriah Stabat District in 2022 and to find out how Husband Assistance with Pain During Birth at BPM Zahriah, Stabat District in 2022. To find out how the intensity of pain during childbirth is reduced with assistance from husbands at BPM Zahriah, Stabat District in 2022. To find out the Relationship between Husband's Accompaniment and Pain When giving birth at BPM Zahriah, Stabat District in 2022.

## RESEARCH METHOD

This research is a descriptive correlation research that is research aimed at explaining the relationship between the two independent variables and the dependent variable (Notoadmodjo, 2014). Where the independent variable (X) is the Husband as Wife's Companion and the dependent variable (Y) is Pain Reduction. The research design uses a cross sectional approach, namely research that aims to explain The Relationship between Husband's Assistance and Pain During Birth at BPM Zahriah, Stabat District.

This research will be carried out at BPM Zahriah Stabat District, with the consideration that no research has ever been conducted with the same title, there are maternity visits, there is a population and sample that includes it, and there are supporting references. This research will be carried out from July to November 2022, namely starting to conduct a literature search, preparation of Proposals, Proposal seminars, research, data analysis and preparation of the final report.

The population is the entire object of research or the object under study (Notoatmodjo, 2018). The population that will be carried out in this study are mothers who make maternity visits at BPM Zahriah in 2022 as many as 30 mothers who give birth with normal deliveries within 6 weeks. The sample is part of the number and characteristics possessed by the population (Notoatmodjo, 2018). Sampling uses *Purposive Sampling* namely the sampling technique using certain criteria (Sugiyono, 2016). The criteria selected in this sample were normal birth mothers who were accompanied by their husbands at BPM Zahriah, Stabat District in a period of 6 weeks, as many as 24 people.

### Operational definition

Table 1. Operational Definition

No	Research variable	Operational definition	Measuring instrument	Results Measure	Scale
<b>Independent Variable</b>					
1	Husband Assistance	Husband's assistance during the process of giving birth to his wife at BPM Zahriah, Stabat District	Questionnaire	1. Well 2. Not enough	Ordinal
<b>Dependent Variable</b>					

No	Research variable	Operational definition	Measuring instrument	Results Measure	Scale
1	Labor Pain	The feeling of pain felt by mothers who will give birth at BPM Zahriah, Stabat District	Pain scale checklist sheet Bourbanist	1. Mild Pain: 1-3 2. Moderate Pain :4-6 3. Severe Pain: 7-9 4. Very Severe Pain :10	Ordinal

### Data Collection Techniques and Research Instruments

Data collection was compiled and modified by researchers with reference to the conceptual framework and literature review. Data collection was carried out using primary data (questionnaire/questionnaire). A questionnaire/questionnaire is a way of collecting data or research on a problem which generally concerns the public interest/many people (Notoatmodjo, 2018). This technique is carried out by circulating a list of statements/questionnaires submitted in writing to a number of respondents to obtain answer information.

Researchers will submit an application letter to conduct research at BPM Zahriah Stabat District. After receiving an application letter from the Chancellor of Haji University, North Sumatra, the researchers met to request permission from BPM Zahriah, Stabat District, to be able to conduct research by explaining the aims, objectives, procedures and benefits of the research to be carried out as well as making a planned research schedule at that location.

Researchers will make an agreement with BPM Zahriah that researchers will make mothers who will give birth at BPM Zahriah as samples in the study. Before doing research. The researcher asked for the respondent's willingness to become a research subject through the consent form. Respondents who received the consent were asked to sign the consent form and were considered valid as samples in the study. When conducting research, researchers provide information regarding the aims, objectives, objectives, procedures and benefits of carrying out this research.

Researchers will begin to conduct research on The Relationship between Husband's Assistance and Pain During Birth at BPM Zahriah, Stabat District. use the Checklist sheet with Bourbanis pain scale in accordance with the procedures for carrying out the research. To see roles Husband's Assistance with Pain During Birth at BPM Zahriah, Stabat District used a questionnaire sheet of 20 items with the answer options "done" (value 1) and the answer option "Not done" (value 0), then the total score for the variable Husband's Presence as Wife's Companion is 20, so, a) Good, if the respondent's answer has a total score of 15-20, b) Poor if the respondent's answer has a total of 1-14

The instrument used to determine Pain during Labor at BPM Zahriah, Stabat District was used using an observation sheet using the Visual Bourbanis pain scale with the provisions:

- 0 : No Pain
- 1-3 : Mild pain, objectively the client can communicate well.
- 4-6 : Moderate pain, objectively the client hisses, smirks, can show pain, can describe it and can follow orders well.
- 7-9 : Painful severe, objectively the client sometimes cannot follow orders but still responds to actions, can indicate the location of pain, cannot describe, cannot be overcome by changing the position of deep breathing and distraction.
- 10 : The pain is very severe, the patient is no longer able to communicate and hit.

Instruments that will be used to find out The Relationship between Husband's Accompaniment and Pain During Birth at BPM Zahriah, Stabat District in 2022. The instrument used for the husband's assistance variable used observation where the point has been determined for assessing. Meanwhile, to reduce labor pain, the Visual Bourbanis pain scale sheet was used.

### Validity test

Validity is a measure that shows the level of validity or reliability of an instrument. A valid or pious instrument has high quality. Conversely, instruments that are less valid have low validity.

A questionnaire is said to be valid if the questions on the questionnaire are what the questionnaire will measure. In this case several question items are used that can accurately reveal the variable being measured.

### Reliability Test

Reliability is an index that shows the extent to which a measuring device is trusted or reliable. This means the extent to which the measurement results remain consistent if the measurement is carried out twice or more for the same symptoms, using the same measuring instrument. The reliability test was carried out using a computerized method.

### Methods of Data Collection and Data Processing

Primary data is data created by researchers for the specific purpose of seeing to know The Relationship between Husband's Assistance and Pain During Birth at BPM Zahriah, Stabat District. Data were collected by the researchers themselves directly from the first source (mothers who were about to give birth and husbands). Primary data collection is done by observation and questionnaires. Secondary data, namely data obtained and found from the research site. In this research, the source of secondary data is to take demographic data from documents or records obtained from BPM Zahriah. Data processing is done by Editing (Data Checking), Coding (Coding on Data), Tabulation (Data Grouping), Entry (Data Entry), Data Processing (Data Processing).

Univariate data analysis was carried out to obtain an overview of the frequency distribution of respondents including the variables age, education, occupation, number of children, as well as descriptions of the independent variable (husband's assistance) and the dependent variable (pain of labor). After that, then described in the form of tables and narrated. Bivariate analysis was carried out to see the relationship (correlation) between the independent variable and the dependent variable (Notoatmodjo, 2018), Bivariate analysis conducted to test whether there is knowing The Relationship between Husband's Assistance and Pain During Birth at BPM Zahriah Stabat District in 2022

## RESULTS AND DISCUSSIONS

The characteristics in this study include: Age, Occupation, Education, and the number of children born can be seen in table 2

Table 2. Characteristics of Respondents

No	Characteristics	Frequency (f)	Percentage (%)
1	<b>Age of Respondents</b>		
	21 - 25 Years	9	37,50
	26 - 30 Years	8	33,34
	31 - 35 Years	5	20,83
	36 - 40 Years	2	8,33
	<b>Amount</b>	<b>24</b>	<b>100</b>
2	<b>Profession</b>		
	Self-employed	6	25
	Laborer	5	20,83
	Private sector employee	11	45,84
	civil servant	2	8,33
	<b>Amount</b>	<b>24</b>	<b>100</b>
3	<b>Education</b>		
	JUNIOR HIGH SCHOOL	5	20,83
	SENIOR HIGH SCHOOL	16	66,67

No	Characteristics	Frequency (f)	Percentage (%)
	College	3	12,50
	<b>Amount</b>	<b>24</b>	<b>100</b>
4	<b>Parity</b>		
	1	13	54,16
	2	7	29,17
	3	4	16,67
	<b>Amount</b>	<b>24</b>	<b>100</b>

Based on table 2, it can be seen from the 24 respondents at BPM Zahriah, Stabat District, that the age of the respondents was mostly 21-25 years, 9 people (37.50%), the work of the respondents was private employees, 11 people (45.84%), education of the respondents. were SMA as many as 16 people (66.67%) and the number of births Most were the first child as many as 13 people (54.16%).

#### Frequency Distribution of Husband Assistance Categories at BPM Zahriah Stabat District

To see the results of the frequency of the Husband Assistance category at BPM Zahriah, Stabat sub-district, you can see in table 3:

Table 3. Frequency Distribution of Husband Assistance Categories at BPM Zahriah Stabat District

No	Presence of Husband	Frequency (f)	Percentage (%)
1	Well	19	79,17
2	Not enough	5	20,83
	<b>Amount</b>	<b>24</b>	<b>100</b>

From table 3 it can be seen that Husband Assistance at BPM Zahriah Stabat District is in the good category, namely 19 people (79.17%) and husband assistance in the less category is 5 people (20.83%).

#### Frequency Distribution of Pain During Labor at BPM Zahriah Stabat District

To see the frequency distribution of pain during labor at BPM Zahriah can be seen in table 4:

Table 4. Frequency Distribution of Categories of Pain During Labor at BPM Zahriah Stabat District

No	Labor Pain	Frequency (f)	Percentage (%)
1	Mild Pain	12	50.0
2	Moderate Pain	9	37.50
3	Severe Pain	3	12.50
	<b>Amount</b>	<b>24</b>	<b>100</b>

From Table 4 it can be seen that the category of pain in BPM Zahriah, Stabat District, was in the Mild Pain category of 12 people (50.0%) and a small portion in the Severe Pain category of 3 people (12.50%).

Table 5. Relationship between Husband's Assistance and Pain during Childbirth at BPM Zahriah, Stabat District

No	Presence of Husband	Labor Pain						Total	Mark P
		Light		Currently		Heavy			
		N	%	N	%		N		
1	Well	15	78.95	4	21.5	0	19	100	0.005
2	not enough	1	20.0	4	20.0	60.0	5	100	
	Total	16	98.95	8	41.5	60.0	24	100	

Based on the results of the research table 4.4 shows the results of the cross-tabulation between the Relationship of Husband's Assistance with Pain During Birth at BPM Zahriah Stabat District in 2022 it can be seen that out of 24 respondents (100%), namely mothers who feel mild pain accompanied by their husbands, the category is good during labor as many as 15 people (78.95%) and mothers who felt moderate pain accompanied by their husbands in the good category during labor were 4 people (21.5%) and mothers who experienced mild pain during labor but lacked husband's assistance were 1 person (20 %), and mothers who experienced moderate pain during

labor but lack of assistance from their husbands were 1 person (20%) and mothers who experienced severe pain during childbirth but lacked assistance from their husbands were 3 persons (60%).

Then we get a p value of 0.000 which is smaller than the error level ( $0.000 < 0.05$ ). So  $H_0$  is rejected and  $H_a$  is accepted, which means there is a relationship between husband's assistance and pain during childbirth at BPM Zahriah, Stabat District, in 2022.

### **Characteristics of Respondents**

Based on the characteristics of the respondents It can be seen from the 24 respondents at BPM Zahriah, Stabat District, that the age of the majority of respondents was 21-25 years old, as many as 9 people (37.50%). According to Adenika's 2013 study, it was explained that women aged 20-25 have high enthusiasm waiting for their children, especially children. first. The work of the respondents is 11 private employees (45.84%). The education of the respondents is high school, 16 people (66.67%). The results show that the education of respondents is high school. Notoatmodjo 2010 revealed that knowledge is a predisposing factor to changes in behavior. Education also influences knowledge and attitude. This is similar to research conducted by Arum Tini (2015) that education is closely related to everything related to human development, starting from physical development, health, skills, thoughts, feelings, will, social, up to making humans more perfect, making humans improve their quality of life. and the number of births Most were the first child as many as 13 people (54.16%).

### **Husband Assistance at BPM Zahriah Stabat District**

The results of the study revealed that 19 people (79.17%) received husband assistance in the good category and 5 people (20.83%) received moderate husband assistance. The husband's assistance given to the wife when facing labor will certainly make a good contribution, such as a sense of calm, comfort so that it can reduce pain.

Childbirth is a period that is quite heavy for the mother, where the process of labor and delivery is like a life and death gamble. The husband's presence to accompany the mother during childbirth and attendance is highly recommended, where the husband can play an active role in supporting and accompanying the mother who may really help provide comfort for the mother (Rilyani, 2017).

The husband's presence changes the situation for the better and can minimize postpartum trauma, and mothers who are accompanied by their husbands during labor do not need much painkillers (Rilyani, 2017).

According to Nurul (2017) The husband's presence during childbirth is care carried out by the husband who is supportive and active and participates in activities during childbirth. The presence of the husband in childbirth makes a very big contribution, because the presence of the husband can give a mother a sense of security and comfort in the process of childbirth. Midwives or other health workers are only as delivery assistance facilities so that delivery runs smoothly (Astuti, 2012). From the results of the study it can be concluded that the presence of the husband as a birth attendant can provide encouragement and emotional support that is encouraging, reduces pain and anxiety and speeds up the delivery process.

This is supported by research conducted by Irmah with the title Husband Assistance for Smooth Delivery Process at BPM S Surabaya, which states that Husband's assistance during childbirth affects the smooth delivery of mothers, because indirectly assistance from husbands has a positive impact on the mother's psychology so that the delivery process can run smoothly.

### **Pain During Labor at BPM Zahriah, Stabat District**

Pain during labor at BPM Zahriah Stabat District, 12 mothers with Mild Pain (50.0%), 9 mothers with Moderate Pain (37.50%), and 3 mothers with Severe Pain (12.50%) (%). These results illustrate that most mothers experience mild pain. And based on the results of the study it was found that most of those who felt mild pain were primiparous mothers.

Like the research conducted by Arum Tini (2015) which stated that mild labor pain was due to a psychological influence where mothers who received good husband's assistance would feel their husband's emotional support and this could divert the mother's attention and reduce the stressor

level which became a pain stimulus when labor so that the intensity of pain can be reduced. Pain is an emotional experience that is subjective in that each patient with different individual pain intensity and country is handled because it will have an impact on the patient's own psychology (Thamrin, 2019).

Labor pain is a subjective experience of physical sensations associated with uterine contractions, cervical dilatation and effacement, and fetal descent during labour. Stage 1 labor pain is the result of dilation of the cervix and lower uterine segment with further distension, stretching and trauma to the muscle fibers and ligaments (Rika and Aryanti, 2014). Pain management is usually only given medication, while non-pharmacological administration is not considered even though one of the treatments that needs attention is the provision of non-pharmacological therapy, one of which is by presenting the closest prang as a delivery companion (Tamrin, et al, 2019).

### **The Relationship between Husband's Assistance and Pain During Birth at BPM Zahriah Stabat District in 2022**

Childbirth is a very important factor for every woman, to facilitate and expedite the delivery process several factors are needed, namely power, passage, passage, psychic and mother's position, but there are several supporting factors, one of which is the presence of the husband. The presence of the husband is not absolutely the main factor in the smooth running of the delivery process, but if this is neglected it will affect the mother's psychology because during labor the mother in labor really needs support, enthusiasm from the companion, especially her husband (Efrarianti, 2018).

The results of the cross-tabulation between the relationship between husband's assistance and pain during childbirth at BPM Zahriah, Stabat sub-district in 2022, it can be seen that 15 of the 24 respondents (100%) experienced mild pain accompanied by their husbands in the good category during labor (78, 95%) and mothers who felt moderate pain accompanied by their husbands in a good category during labor were 4 people (21.5%) and mothers who experienced mild pain during labor but lacked husband's assistance were 1 person (20%), and mothers who experienced moderate pain during labor but lack of assistance from husbands by 1 person (20%) and mothers who experienced severe pain during labor but lack of assistance from husbands by 3 persons (60%). Then we get a p value of 0.000 which is smaller than the error level ( $0.000 < 0.05$ ). So  $H_0$  is rejected and  $H_a$  is accepted, which means there is a relationship between husband's assistance and pain during childbirth at BPM Zahriah, Stabat District, in 2022.

The results of this study are in accordance with the results of research conducted by Cut Mutiah, et al. Research conducted by Cut Mutiah et al entitled *The Effect of Childbirth Assistance on Reducing Pain Intensity in Primigravida Mothers in 2022*, states that there is a correlation coefficient where the lower the husband's assistance, the intensity of labor pain will be more severe. This has a psychological effect where mothers who receive good husband's assistance will feel their husband's emotional support and this can divert the mother's attention and reduce the stressor level which becomes a stimulus for pain during childbirth so that the intensity of pain can be reduced. Where in the active phase is the most tiring time due to the emergence of pain caused by more adequate uterine contractions.

Likewise with Arum's research (2015) good husband assistance will feel the husband's emotional support and this can divert the mother's attention and reduce the level of stressor which becomes a stimulus for pain during childbirth so that the intensity of pain can be reduced.

## **Conclusion**

Based on research conducted at BPM Zahriah, Stabat District, it can be concluded that the husband's role as a mentor at PBM Zahriah, Stabat District, is in the good category. Most of the pain during childbirth at BPM Zahriah, Stabat District, was in the Mild Pain category. There is a Relationship between Husband's Assistance and Pain During Birth at BPM Zahriah Stabat District in 2022

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