Husband’s Anxiety And Cooping Level In Dealing A Sectiony Caesarian And Normal Wife Delivery Process At Home ILL Mother And Child

Natama High Click

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Abstract

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Abstract - Anxiety is an emotional response to judgment that describes a state of confusion, worry about something that will happen with no apparent cause. When anxiety occurs, individuals will adopt certain techniques as coping with the events they are experiencing. The design of this study is a comparative design which aims to analyze the level of anxiety and coping of the husband in dealing with the process of giving birth to his wife by caesarean section and normal. This research was conducted by RSIA Natama Tebing Tinggi from March to May 2014, with the number of samples studied was 30 people using purposive sampling technique. Data was collected using a questionnaire, which consists of 3 parts, namely demographic data, data on the husband’s level of anxiety facing childbirth and data on the husband’s coping with the wife’s delivery. The results showed that the average level of anxiety of the husband facing the wife’s delivery by caesarean section was 40.33 while the husband who faced the wife’s delivery normally was 35.66 and the average coping rate of the husband who faced the wife’s delivery by caesarean section was 12.46 while the average husband’s coping with his wife’s normal delivery is 13.53. The results of data analysis in this study indicate that there are differences in the husband’s level of anxiety in dealing with the wife’s delivery by caesarean section and normal and there is no difference in the husband’s coping in dealing with the wife’s delivery by caesarean section and normal.

Keywords:
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Cooping
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1. Introduction

Childbirth is the end of pregnancy and the starting point of life outside the womb for the newborn. There are two types of labor, namely normal delivery and caesarean section. Facing childbirth in general, a wife, family and even husband will experience anxiety. Anxiety that arises will definitely
cause the emergence of coping mechanisms in every family or husband who is facing the birth of his wife.

Normal delivery or spontaneous parturition is the process of moving the fetus, placenta and membranes out of the uterus through the birth canal. While delivery by caesarean section itself is a surgical procedure that aims to give birth to a fetus by opening the abdominal wall and uterine wall. Currently caesarean section is preferred by mothers who will give birth because at this time caesarean section is starting to be safe than before, due to antibiotics, blood transfusions, more perfect surgical techniques, and better anesthesia (Prawirohardjo, 2006).

Caesarean section This is generally done because of indications, both medical and non-indications. Fetal factors and maternal factors are medical indications for caesarean section. Non-medical indications are carried out because of a request from the patient himself or planned. Although caesarean section is preferred, there are things that must be noted that caesarean section is performed either for the benefit of the mother or the interests of the baby itself, therefore caesarean section is not performed and it is more advisable to do a normal delivery except in forced circumstances which can endanger the mother’s condition. or the fetus if it is not delivered immediately (Prawirohardjo, 2006).

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The process of childbirth faced by a wife will cause anxiety for the family and husband. Siti Nurjanah, (2013) in her research on 43 husbands who face the process of giving birth to their wives normally, found that husbands experienced anxiety and experienced mild anxiety more dominantly. Another gal with Desriva (2011) in her research entitled husband's level of anxiety in facing the wife's delivery by caesarean section at Sembiring Hospital found that husbands who faced wife's childbirth experienced anxiety but the dominant one experienced moderate anxiety. Generally, the husband in dealing with the delivery of his wife is caused by many factors such as: lack of knowledge or information about childbirth, anxiety if there is a failure of the birth process either normally or by caesarean section.

2. Method

The design used in this study is a comparative descriptive design. Comparative design is a research design that wants to compare one variable with another variable. This study compares the differences in the variables to be measured. The design of this study aims to see if there are differences in the level of anxiety and coping of the husband in dealing with the wife's delivery by caesarean section and normal.
After all data is collected, data analysis is carried out through several stages, including the first stage of editing, namely checking the names and completeness of the identity and data of respondents and ensuring that all answers have been filled in according to the instructions, the second stage of coding is giving certain codes or numbers on the questionnaire to make it easier tabulation, the third stage of processing is entering data from the questionnaire into a computer program, the fourth stage is cleaning, which is re-checking the data that has been entered to find out if there are errors or not.

Data that has been processed, demographic data is presented in the form of a frequency distribution. The husband's level of anxiety and coping with the process of giving birth to his wife by caesarean section and normally is presented in the form of distribution and percentage. Meanwhile, to identify differences in the level of anxiety and coping of the husband facing the wife's delivery by caesarean section and normal using bivariate analysis, namely the independent mean difference test (independent t-test). The independent t test was used because the data were normally distributed data.

3. Analysis And Results

Based on the results of the study, it is known that most of the respondents who face delivery by caesarean section are at the age of 26-35 years, (n = 7 or 46.7%), most of the respondents are Javanese (n = 8 or 53.3%). The majority of respondents' religion is Islam (n = 12 or 80.0%). Based on education level, most respondents are respondents with moderate education (n = 46.7%) and all respondents have jobs (n = 15 or 100.0%) with the highest income being above the minimum wage (n = 9 or 60.0%). Most respondents were multigravidarum (n=10 or 66.7%)

While the respondents who faced the wife’s childbirth with a normal process were mostly in the same age range as caesarean section 26-35 years (n= 8, 53.3%), the majority were Muslim (n = 10 or 66.7%). Based on education level, respondents have moderate education (n= 8 or 53.3%), all respondents are employed and generally have income above the minimum wage (n= 8 or 53.3%) and have more than 1 child (n= 12 or 80.0%).

3.1 Characteristics of Anxiety Levels of Husbands Facing Wife's Childbirth

The results of the study on the husband's level of anxiety in dealing with the process of giving birth to his wife by caesarean section and normal at RSIA Natama Cliff High are depicted in the table of frequency and percentage distributions contained in table 1 below:

<table>
<thead>
<tr>
<th>Category</th>
<th>Labor Sc</th>
<th>Labor Normal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Husband's anxiety</td>
<td>Light</td>
<td>Current</td>
</tr>
<tr>
<td></td>
<td>F</td>
<td>%</td>
</tr>
<tr>
<td>Light</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Currently</td>
<td>11</td>
<td>73.3</td>
</tr>
<tr>
<td>Panic Weight</td>
<td>4</td>
<td>26.7</td>
</tr>
<tr>
<td></td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Amount</td>
<td>15</td>
<td>100</td>
</tr>
</tbody>
</table>

Based on table 1 regarding the husband's level of anxiety facing the process of giving birth to his wife by caesarean section and normal, it can be seen that the distribution of the frequency and percentage of anxiety levels of husbands who face the process of giving birth to their wives normally are moderate anxiety levels (n = 14 or 93.3%). Likewise, the distribution of the frequency and percentage of the anxiety level of the husband facing the delivery of his wife by caesarean section was at a moderate level of anxiety (n = 11 or 73.3%). There were no respondents with a level of panic anxiety in husbands who were facing the process of giving their wives both section and normal births.
### 3.2 Coping Characteristics of Husbands Facing Wife's Childbirth Process

The results of the study on husband's coping in dealing with the wife's delivery process by caesarean section and normal at RSIA Natama Cliff High are depicted in the frequency distribution table and the percentages contained in table 2 below:

<table>
<thead>
<tr>
<th>Category</th>
<th>Labor Sc</th>
<th>Labor Normal</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>F %</td>
<td>F %</td>
</tr>
<tr>
<td>Adaptive</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Maladaptive</td>
<td>15</td>
<td>100</td>
</tr>
<tr>
<td>Total</td>
<td>15</td>
<td>100</td>
</tr>
</tbody>
</table>

Based on table 2 above regarding the distribution of the frequency and percentage of husband's coping in facing the process of giving birth to his wife by caesarean section and normal, it can be seen that 30 husbands who face the process of giving birth to their wives all have adaptive coping.

### 3.3 Comparison of Husband's Anxiety Facing Wife's Childbirth

The table below will describe the differences in the level of anxiety of husbands who face the wife's delivery by caesarean section and normal. Bivariate analysis was used to identify whether or not there were differences in the husband's level of anxiety facing normal wife delivery and caesarean section.

<table>
<thead>
<tr>
<th>Worry husband</th>
<th>mean</th>
<th>SD</th>
<th>T</th>
<th>df</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>SC Suami</td>
<td>40.33</td>
<td>6.01</td>
<td>2,533</td>
<td>28</td>
<td>0.17</td>
</tr>
<tr>
<td>Normal Husband</td>
<td>35.66</td>
<td>3.82</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Based on the table above, it is found that the average husband's coping in dealing with the normal delivery of his wife is 35.66 with a standard deviation (SD) of 3.82. While the husband's anxiety facing childbirth wife by caesarean section is 40.33 and the standard deviation is 6.01. Testing of data analysis was carried out using independent t test because the data were normally distributed. The t value is 2,533 with a p value of 0.17. In the results of the independent t test, it is seen that the t count is 2.533 at df 28 with a 95% significance level, while the t table value at df 28 with a 95% significance is 2.048 so it can be concluded that Ho is rejected and Ha is accepted. In this case it is also seen that the value of p = 0.017 <0.05 which means Ha is accepted.

### 3.4 Comparison of Husband's Coping Facing Wife's Childbirth Process

The table below will describe the differences in the coping mechanisms of respondents who face the wife's birth either normally or by cesarean section. Bivariate analysis is used to identify whether or not there are differences in the husband's coping mechanisms facing the labor process wife normally and caesarean section.

<table>
<thead>
<tr>
<th>Coping</th>
<th>mean</th>
<th>SD</th>
<th>t</th>
<th>df</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>SC Suami husband</td>
<td>12.42</td>
<td>0.86</td>
<td>28</td>
<td>0.72</td>
<td></td>
</tr>
</tbody>
</table>
Based on the table above, it is found that the average husband’s coping in dealing with the normal delivery of his wife is 13.53, with a standard deviation (SD) of 1.06. Meanwhile, the husband who faced the delivery of his wife by caesarean section was 12.4 and the standard deviation was 2.09. The t value of 1.86 with a p value of 0.72 indicates that Ho is accepted. On test results independent t-test it can be seen that the t count is 1.86 at df 28 with a 95% significance level, while the t table value at df 28 with a 95% significance is 2.048 so it can be concluded that Ho is accepted. In this case, the p value = 0.72 > 0.05, which means Ho is accepted.

4. Conclusion

The husband’s anxiety level facing the delivery of his wife by caesarean section had the most moderate anxiety (n=11 or 73.3%) and severe anxiety as many as 4 people (26.7%). The husband’s anxiety level facing the wife’s normal delivery was mostly moderate anxiety (n= 14 or 93.3) and mild anxiety (n=1 or 6.7%). Husband who is facing the delivery of his wife by caesarean section all experienced adaptive coping (n= 15 or 100%).

Husbands who face the normal delivery of their wives all have adaptive coping (n= 15 or 100%) There are differences in the level of anxiety of husbands who face cesarean and normal delivery of their wives, husbands who face delivery of their wives by sc are more anxious than husbands who face normal delivery of their wives. Meanwhile, the husband’s coping mechanism who faced the wife’s delivery by ceasarean section and normal did not have any difference.

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