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## THE RELATIONSHIP OF FAMILY SUPPORT WITH THE LEVEL OF ANXIETY OF PREGNANT WOMEN BEFORE DELIVERY

Debby Yolanda<sup>1\*</sup>, Kricillia Molly Morita<sup>2</sup>

<sup>1,2</sup>Universitas Mohammad Natsir Bukittinggi

\*Email Korespondensi: [debbydiko@gmail.com](mailto:debbydiko@gmail.com)<sup>1\*</sup>, [kricillia1981@gmail.com](mailto:kricillia1981@gmail.com)<sup>2</sup>

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### ABSTRACT

*Anxiety during the 1st stage of labor is caused by fear of giving birth, fear of increasing pain, fear of damage or deformity to the body such as episiotomy, suture rupture or caesarean section, and the mother is afraid of injuring her baby. The aim of this research is to determine the relationship between family support and the level of anxiety of pregnant women before giving birth in BPM Padang Panjang City. This type of research is descriptive analytic with a cross-sectional study design. The research sample was 40 respondents. Analysis with chi-square test. with a confidence level of 95%. The results of the study showed that more than half of the respondents received family support during childbirth, namely 22 (55.0%), more than half of the respondents were not worried about giving birth, namely 17 (42.5%). There is a significant relationship between family support and maternal anxiety facing childbirth with a p value of 0.002 and an OR value of 11.700. It was concluded that there was a relationship between family support and the level of anxiety facing childbirth. To midwives to reduce the anxiety of pregnant women in the third trimester in facing childbirth by providing health education before taking action and improving the quality of midwifery services and increasing effectiveness in providing midwifery care to birthing patients.*

**Keywords:** family support, anxiety

### INTRODUCTION

Childbirth is a series of events in the family of a baby who is already in the mother's womb, followed by the expulsion of the placenta and fetal membranes from the mother's body. In obstetrics, there are various types of labor, including spontaneous labor, recommended labor, and artificial labor. The birthing process is a physiological process experienced by women where in this process a series of major changes occur in the mother to expel the fetus either through the birth canal or

other ways with or without assistance (Prawirihardjo, 2016).

Anxiety during the first stage of labor is caused by fear of giving birth, fear of increasing pain, fear of damage or deformity to the body such as episiotomy, rupture of sutures or caesarean section, and the mother is afraid of injuring her baby. The mother's knowledge in dealing with childbirth is a very important factor influencing whether or not the birth process goes smoothly. Anxiety causes feelings of

displeasure and discomfort due to worry. (Nining, 2023)

This first stage will definitely be experienced by every pregnant mother who is about to experience labor, so we as midwives must know the physiological and psychological changes that a mother who is about to give birth will most likely experience, apart from that, the midwife must also determine what care management is appropriate to provide to the child. mothers who will give birth while they are in the first stage (Abraham, 2016).

A birth companion is a supporting factor in a smooth delivery, because the effect of a woman's feelings towards childbirth are different, related to her perception of supportive people, from those closest to her who can influence the mother's anxiety. After going through a lot of research, the husband's presence provides support to the wife to help the birthing process because it makes the wife calmer. Psychological factors in facing childbirth are factors that greatly influence whether or not the birth process goes smoothly (Musbikin, 2017).

Based on the results of research conducted by (Ulfa Suryani. 2021) regarding Family Support Related to Maternal Anxiety When Facing Childbirth, the research results show that more than half of pregnant women experience moderate anxiety when facing childbirth and more than half of pregnant women do not receive family support when facing childbirth. labor. There is a relationship between family support and maternal anxiety during childbirth with a value of  $p=0.007$  ( $p<0.05$ ).

Pregnant women who are anxious about giving birth need their family, especially their husbands, to reassure them. Apart from that, it is also related to birth support factors and the facilities available at

the birth location. Anxiety is a state of worry, irrational restlessness, or frightening, unsettling feelings that can manifest in a number of different bodily symptoms. complications during childbirth, and the last is fear of pain during childbirth (Alfiani, 2021).

Many factors influence patient anxiety, the mechanism of anxiety is psycho-neuro-immunology or psycho-neuro-endocrinology. However, not everyone who experiences psychosocial stressors will experience anxiety disorders. This depends on the structure of a person's personality development, namely age, level of education, experience, gender, support from family, friends and society (Notoatmodjo, 2016).

Until now, most people think that giving birth is a scary experience. This anxious reaction will continue if the client never or does not receive enough information related to the disease and the actions taken against him

Based on the results of a preliminary study conducted by researchers at BPM Padang Panjang City, it was found that 10 mothers who were about to give birth said they were worried about the birth they would face. 5 people said they still didn't know about childbirth. 5 people said there was a lack of support from their family before giving birth, their family did not accompany them, especially their husbands.

## RESEARCH METHODS

This research used a cross-sectional research design with a retrospective approach. A cross sectional study is an observational (non-experimental) only descriptive and is also an analytical study. Cross sectional includes all types of research in which variables are measured only once, at one time. The population of this study



was 40 mothers giving birth in BPM Padang Panjang City. The number of samples in this research was 40 respondents with a total sampling technique. The research was conducted in September-November 2024. The analysis used was bivariate with *Chisquare* test.

Based on the background above, the author conducted research to find out "What is the relationship between family support and the level of anxiety of pregnant women before giving birth."

## RESULTS AND DISCUSSION

### Univariate Analysis

Based on table 1, it can be seen that more than half of the respondents received family support during childbirth, namely 22 (55.0%). It can be seen that more than half of the respondents were not worried about giving birth, namely 17 (42.5%).

**Table 1. Frequency distribution of family support and maternal anxiety**

Family support	f	%
Does not support	18	45,0
Support	22	55,0
Total	40	100,00
Anxiety	f	%
Anxiety	17	42,5
Not Worried	23	57,5
Total	40	100,00

### Bivariate Analysis

**Table 2. Relationship between family support and maternal anxiety facing childbirth**

Family support	Anxiety				Amount		p Value	OR (95% CI)
	Anxiety		Not Worried		N	%		
	n	%	N	%				
Does not support	13	72,2	5	27,8	18	100	0,002	11,700
Support	4	18,2	84	81,8	22	100		
Jumlah	17	42,5	23	57,7	40	100		

Based on table 2, it is known that of the 18 people who did not receive family support, there were 13 respondents (72.2%) who were anxious about giving birth. Of the 22 respondents who received family support, there were 4 respondents (18.2%) who were anxious about giving birth. The statistical

test results show a p value of 0.002, meaning that  $H_0$  is rejected, so it can be concluded that there is a significant relationship between family support and maternal anxiety facing childbirth.

After further analysis, it was found that the OR value was 11.700, meaning that respondents who did not receive family



support were 12 times more likely to experience anxiety than respondents who received family support.

### **The relationship between family support and maternal anxiety facing childbirth**

The statistical test results show a p

value of 0.002, so it can be concluded that there is a significant relationship between family support and maternal anxiety facing childbirth.

A birth companion is someone who can do a lot to help the mother during labor. A companion is someone who accompanies or is directly involved as a birth guide, who provides support during pregnancy, childbirth and postpartum, so that the birthing process goes smoothly and provides comfort for the birthing mother (Rukiyah, Y, A & Yulianti, L. 2014) .

Based on the results of research conducted by (Ulfa Suryani. 2021) regarding Family Support Related to Maternal Anxiety When Facing Childbirth, the research results show that more than half of pregnant women experience moderate anxiety when facing childbirth and more than half of pregnant women do not receive family support when facing childbirth. labor. There is a relationship between family support and maternal anxiety during childbirth with a value of  $p = 0.007$  ( $p < 0.05$ ).

Similar to the results of research conducted by (Halida Fadilla, 2024) regarding the relationship between family support, knowledge and behavior of pregnant women on the level of anxiety of pregnant women before giving birth, it is stated that the results of this study show a relationship between family support and anxiety with a p-value  $< 0.001$ .

According to researchers, birth companions, especially husbands, are really

needed so that mothers are calmer when facing birth. The husband's role is very important because the husband is a supporter during pregnancy so that the mother does not worry about giving birth. Husbands are a source of practical help and include direct assistance in the form of materials, equipment, time, or help with work when experiencing anxiety. Therefore, it is hoped that the husband will always accompany the mother during childbirth so that the mother's anxiety can be overcome.

Feelings of anxiety arise because pregnant women think about the risks of pregnancy, the birthing process and the condition of the baby to be born. Anxiety of pregnant women who will face the birth process is one of the emotional disorders that is often encountered and causes quite serious psychological impacts. Anxiety is a vague and pervasive worry related to feelings of uncertainty and helplessness. This emotional state has no specific object, is experienced subjectively and communicated interpersonally. Anxiety and anxiety during pregnancy are inevitable events, almost always accompany pregnancy, and part of a normal process of adjustment to the physical and psychological changes that occur during pregnancy. These changes occur due to hormonal changes which will make it easier for the fetus to grow and develop until birth

### **CONCLUSION**

The research results showed that of the 18 people who did not receive family support, there were 13 respondents (72.2%) who were anxious about giving birth. Of the 22 respondents who received family support, there were 4 respondents (18.2%) who were anxious about giving birth. The statistical test results show a p value of 0.002, meaning that  $H_0$  is rejected, so it can be concluded that there is a significant relationship



between family support and maternal anxiety facing childbirth. After further analysis, it was found that the OR value was 11.700, meaning that respondents who did not receive family support were 12 times more likely to experience anxiety than respondents who received family support.

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