The Activity Of Pregnant Women In The Pregnancy Class Reviewed From The Support Of Husband In Singogalih Village Tarik Sidoarjo District In 2020

Vidia Atika Manggiasih[1*], Anita Tripsilowati[2]
[1,2]Institut Ilmu Kesehatan STRADA Indonesia
[*]Corresponding Author : Vidiaatika.rifaskes2019@gmail.com

ABSTRACT

One of the causes of the inactivity of mothers to join the class of pregnant women is due to work, limited time, opportunities, education, knowledge, lack of self-motivation and lack of support from the husband. Preliminary survey results conducted in Singogalih Village, Tarik Sidoarjo District in January 2020, were obtained from 10 participants who were enrolled in the pregnant mother's class, only 4 pregnant women had attended the pregnant mother's class. This shows that there are still many pregnant women who have not yet joined the class of pregnant women. The design of this research is correlation analytic with cross sectional approach. The population studied was all pregnant women with samples of second and third trimester pregnant women of 20 pregnant women. The independent variable was examined by the husband's support while the dependent variable was activeness in taking the class of pregnant women. The sampling technique uses non-probability sampling technique by means of purposive sampling, which is taking samples in accordance with the wishes of researchers. The results were analyzed using the Spearman Rank statistical test. The results obtained by the significance value (α) is 0.05 with a correlation coefficient of 0.039 that the majority of respondents (65%) actively attend the class of pregnant women as many as 13 out of 20 pregnant women. Then the conclusion is that Ho is rejected and H1 is accepted, meaning that there is active activity of pregnant women in the pregnant class in terms of the husband's support about the pregnant class in Singogalih village, Tarik Sidoarjo district in 2020. Based on the results of research that the husband's support in the form of physical and psychological comfort obtained through knowledge that pregnant women need to be cared for, loved, and loved. If the pregnancy is accompanied by full support from her husband and family, then the pregnancy process will go well which will indirectly affect the health of the mother and the fetus she is carrying.

Keywords: Pregnant Women Class, Pregnancy, Social Support.

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INTRODUCTION

The class for pregnant women is a study group for pregnant women with a gestational age between 4 weeks to 36 weeks (before delivery) with a maximum number of participants of 10 people. In this class pregnant women will learn together, discuss and exchange experiences about maternal and child health (MCH) in a comprehensive and systematic manner and can be carried out on a scheduled and continuous basis. Pregnant women's classes are facilitated by midwives/health workers using the Pregnant Women's Class package, namely the MCH Handbook, Flip charts (flip charts), Guidelines for Conducting Pregnant Women's Classes,

Handbooks for Pregnant Women Class Facilitators and Pregnant Women's Exercise Books. Maternal mortality can be prevented by carrying out early detection in pregnancy (Hidayat, 2009). Therefore, antenatal care or antenatal care is a way for normal pregnant women and detects women with normal pregnancies. (Kusmiyati, 2009).

The number of maternal deaths in East Java Province has decreased significantly, from 642 deaths (2013) to 291 deaths (as of August 2014). The most common cause of death for pregnant women is preeclampsia and most of it is also caused by delays in family decision making to bring high-risk pregnant women to referral centers (East Java Health Office, 2015). There are 3 delays that cause pregnant women to be at risk of being helped, namely: the family is late in making decisions, late in arriving at the referral center, and late in getting treatment, he said. The results of a preliminary survey conducted in Singogalih Village, Tarik Sidoarjo District in January 2020 obtained data that there were 10 pregnant women in Singogalih Village, Tarik Sidoarjo District. However, out of the 10 participants who attended the class for pregnant women, only 4 pregnant women had attended the class for pregnant women. This shows that there are still many pregnant women who have not attended classes for pregnant women.

Causes of inactivity for mothers attending classes for pregnant women are due to work, limited time, opportunities, education, knowledge, lack of self-motivation and lack of support from husbands. Pregnant women do not understand and understand about classes for pregnant women, because of the lack of socialization about classes for pregnant women. But there are also people who do not support the activities of pregnant women classes because the community lacks knowledge about pregnant women classes (Prasetyowati, 2012)

Dissemination of guidelines, goals and benefits of classes for pregnant women, including independent practicing midwives to organize classes for pregnant women as well as motivation to improve the attitude of midwives towards classes for pregnant women so that they are more positive can help increase visits by mothers to classes for pregnant women. Mapping based on area and place of residence of pregnant women, making agreements on time and place based on the needs of pregnant women, midwives adjusting and spending time according to the agreement of the class group of pregnant women, increasing competence and choosing learning methods that are not boring, can increase the enthusiasm of pregnant women visiting class pregnant mother. The purpose of this study is to analyze the activity of pregnant women in the pregnant class in terms of husband's support for the pregnant class in Singogalih Village, Tarik Sidoarjo District in 2020.

METHODS

This research includes cross-sectional analytic research with a survey (survey research). The population in this study were all pregnant women in their second and third trimesters who visited Singogalih Village, Tarik Sidoarjo District in 2020. Samples were taken using the accidental sampling technique, totaling 20 respondents. The variables in this study were husband's support on an ordinal scale and the variable depending on the activeness of attending pregnant women's classes on a nominal scale. This research was conducted in Singogalih Village, Tarik District, Sidoarjo Regency from January to July 2020 and the measuring instrument in this study used the MCH book and a questionnaire which had been tested for validity and reliability with the results of the validity test using the Pearson test obtained all items on Sig. (2-tailed) < 0.05, which means that all items are valid and for the reliability test, Cronbach's Alpha if Item Deleted > 0.6 means that all items are reliable or consistent. In this study, prior to data collection, a letter of introduction was submitted from the Faculty of Nursing Study Program Midwifery DIV IIK Strada then submitted to Singogalih Village, Tarik Sidoarjo District to request permission for initial data

collection. After obtaining permission, the researcher then asked the respondent's permission to be used as a subject in conducting a preliminary study to determine the effect of husband's support on the activeness of pregnant women in the pregnant class. Data collection was done using observation. Researchers proceed to the preparation of the proposal. After the research proposal is carried out, it is then followed by the preparation of a thesis. In collecting data from respondents, the next steps taken by researchers are data processing by editing, coding, scoring based on a Likert scale, tabulating, data entry and cleaning. The analysis in this study uses the chi square test with its interpretation. If the p value > level of significant (0.05) then the conclusion is that Ho is accepted and H1 is rejected, meaning that there is no activeness of pregnant women in the pregnant class in terms of husband's support about the pregnant class in Singogalih Village. Tarik Sidoarjo District in 2020 and if the p value < level of significance (0.05) then the conclusion is Ho is rejected and H1 is accepted, meaning that there is activeness of pregnant women in the pregnant class in terms of husband's support regarding the pregnant class in Singogalih Village, Tarik Sidoarjo District in 2020.

RESULTS

Characteristics of Respondents

The characteristics of the respondents in this study consisted of the age and education of the respondents. The number of samples in this study were 20 respondents.

Table 3. Frequency Distribution of Respondent Characteristics in Singogalih Village, Tarik District, Sidoarjo

No	Characteristics of Respondents	F	%
1	**Age of Respondents**		
	<20 years	2	10
	20-35 years	15	75
	>35 years	3	15
2	**Respondent Education**		
	Elementary (Elementary/Junior High School)	2	10
	Intermediate (SMA/SMK/SMU)	14	70
	High (DIII,SI,S2)	4	20

Based on table 3 above, it is known that almost all respondents are aged 20-35 years, namely 15 respondents (75%) of a total of 20 respondents. And most of the respondents had secondary education (SMA/SMK/SMU), namely 14 respondents (14%) of a total of 20 respondents.

Special Data
1. **Husband's Support About Classes For Pregnant Women**

Table 4. Table of Frequency Distribution of Husband's Support Regarding Classes of Pregnant Women in Pregnant Women

Husband's support	Frequensy	Percentage (%)
Strongly agree/Very good	6	30
Agree / Fine	7	35
Disagree / Not good	4	20
Strongly disagree/very unfavorable	3	15
Total	20	100

Source: Research Primary Data for 2020

Based on table 3 above it can be interpreted that most of the husband's support (35%) is good as many as 7 people

2. Activeness Participating in Classes for Pregnant Women

Table 5. Table of Frequency Distribution of the Activeness of Attending Classes for Pregnant Women in Pregnant Women

Activeness	Frequensy (f)	Percentage (%)
Activ (3 x)	13	65
Pasiv (< 3 x)	7	35
	20	100

Source: Research Primary Data for 2020

Based on table 4 above, it can be interpreted that the majority of respondents (65%) actively attended classes for pregnant women as many as 13 people.

3. The Activeness Of Pregnant Women In Attending Classes For Pregnant Women In Terms Of Husband's Support

Table 6. Cross-tabulation of the Activeness of Pregnant Women in Taking Classes of Pregnant Women in terms of Husband's Support

Husband's Support Class Mother Pregnancy Crosstabulation			Class Mother Pregnancy		Total
			activ	Pasiv	
Husband's_support	Very Good	Count	5	1	6
		% of Total	25.0%	5.0%	30.0%
	Good	Count	6	1	7
		% of Total	30.0%	5.0%	35.0%
	Not Good	Count	1	3	4
		% of Total	5.0%	15.0%	20.0%
	Very Not Good	Count	1	2	3
		% of Total	5.0%	10.0%	15.0%
Total		Count	13	7	20
		% of Total	65.0%	35.0%	100.0%

Source: Research Primary Data for 2020

Based on the cross-tabulation results, it shows that husbands who have good support regarding classes for pregnant women will actively participate in classes for pregnant women (30%), namely as many as 6 people.

The results of the study showed that the significance value (α) was 0.05 with a correlation coefficient of 0.002. Based on hypothesis testing using the chi square statistical test with a significance level (α) = 0.05, it can be concluded that there is a relationship between husband's support and activeness in attending classes for pregnant women because the significance value (ρ) 0.002 is greater than α = 0.05.

DISCUSSION

Husband support

The results of the study show that based on table 3 above it can be interpreted that most of the husband's support (35%) is good as many as 7 people. A form of sufficient attention from the husband to the woman (wife) which will make the mother feel calm, so that it has a positive effect on the activity of pregnant women in attending pregnancy classes.

According to Musbikin (2015) husband's support is a form of sufficient attention from the husband to the woman (wife) which will make the mother feel calm, so that it has a positive effect on the growth and health of the baby. Husband's support is needed because the husband is a good motivator for a mother. According to Gottilieb (1983) quoted by Nursalam (2017) there is an effect of social support on health but how does it happen? Research has primarily focused on the effect

of social support on stress as an intermediary variable in health behavior and health outcomes. Two main theories are proposed, the buffer hypothesis and the direct effect hypothesis.

On average, pregnant women do not get the support of their husbands, this is because almost all of their husbands are workers, so that their husbands do not have enough time to pay attention to their wives. Lack of attention from the husband to the wife which will make the mother feel less cared for and the husband does not invite the mother or order the mother to attend pregnant women's classes so that the mother is not active in attending pregnancy classes

Active participation in classes for pregnant women

The results of the study show that based on table 4 above it can be interpreted that the majority of respondents (65%) actively attended classes for pregnant women as many as 13 people. Mothers who are not active in attending classes for pregnant women do not gain knowledge and skills regarding pregnancy, pregnancy care, childbirth, postpartum care, newborn care, myths, infectious diseases and birth certificates.

The Pregnant Women Class is a study group for pregnant women with a gestational age between 4 weeks to 36 weeks (before delivery) with a maximum number of participants of 10 people. In this class pregnant women will learn together, discuss and exchange experiences about maternal and child health (MCH) in a comprehensive and systematic manner and can be carried out on a scheduled and continuous basis. Pregnant women's classes are facilitated by midwives/health workers using the Pregnant Women's Class package, namely the MCH Book, Flip charts, Guidelines for Implementation of Pregnant Women's Classes, Handbook for Pregnant Women Class Facilitators and Exercise Books for Pregnant Women (Ministry of Health Republic of Indonesia, 2011). Factors that influence pregnant women's behavior in taking pregnant women's classes include age, parity, reproductive health status, mother's occupation, mother's education, mother's knowledge about pregnancy, childbirth and postpartum, mother's attitude towards pregnant woman class, mother's perception of pregnant woman class , access to health facilities (distance from residence to health facility) and access to information, economic status (family income), role of health workers, husband's support, community support (Kartini, 2012).

Most of the respondents did not take part in class activities for pregnant women, this was due to the lack of information that mothers obtained about classes for pregnant women and this program was a program that had just been promoted in Singogalih Village, Tarik sub-district, Sidoarjo, so mothers did not understand what a class for pregnant women was, the benefits from the pregnant women class and when the pregnant women class was held, especially for primiparous women.

Relationship between husband's support factor and the class activity of pregnant women

Based on the cross-tabulation results, it shows that husbands who have good support regarding classes for pregnant women will actively participate in classes for pregnant women (30%), namely as many as 6 people. The results of the study showed that the significance value (α) was 0.05 with a correlation coefficient of 0.002. Based on hypothesis testing using the chi square statistical test with a significance level (α) = 0.05, it can be concluded that there is a relationship between husband's support and activeness in attending classes for pregnant women because the significance value (ρ) 0.002 is greater than α = 0.05

Husband's support for his wife is something that is really needed, it is highly recommended that the husband should give greater support to his wife who is pregnant. Husband's support is the availability of financial resources given by the husband to his wife in the form of physical and psychological comfort obtained through the knowledge that the individual is cared for, loved and

cared for. Social support and family and husband greatly affect the process of a mother's pregnancy, if pregnancy is accompanied by full support from her husband and family, then the pregnancy process will go well which will indirectly affect the health of the mother and the fetus she contains. Pregnancy will have an impact on the continuity of family life, either in the form of increasing costs, reducing or increasing workload, physical changes and reducing the frequency of relationships with other people, all of which will cause stress for pregnant women (Bobak, 2004 in Nurhidayah, 2013). There is a positive relationship There is a significant difference between husband's support and the activity of pregnant women classes, mothers who receive less attention from husbands cause mothers to be lazy to attend classes for pregnant women, feel less attention from husbands because husbands work and no one reminds mothers to attend classes for pregnant women so mothers are less active in participating pregnant women class. Meanwhile, pregnant women who get full support from their husbands tend to like giving advice to mothers to attend classes for pregnant women and to accompany mothers when attending classes for pregnant women, causing mothers to become more enthusiastic and active in attending classes for pregnant women.

CONCLUSION

1. Nearly half (35%) of pregnant women in Singogalih Village, Tarik Sidoarjo District, in 2020 received good support from their husbands, namely 7 people.
2. The majority (65%) of pregnant women in Singogalih Village, Tarik Sidoarjo District in 2020 actively attended classes for pregnant women, namely 13 people.
3. There is a relationship between husband's support and the activity of pregnant women classes in Singogalih Village, Tarik Sidoarjo District in 2020.

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