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THE RELATIONSHIP BETWEEN AGE AND HUSBAND'S SUPPORT WITH MOTHER'S ANXIETY IN CHILDBIRTH

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ABSTRAK : HUBUNGAN USIA DAN DUKUNGAN SUAMI DENGAN KECEMASAN IBU BERSALIN

Kecemasan pada ibu bersalin adalah salah satu masalah kesehatan mental yang dialami oleh ibu bersalin, kecemasan pada ibu bersalin dipengaruhi oleh beberapa faktor yaitu cemas sebagai akibat dari nyeri persalinan, keadaan fisik ibu, riwayat pemeriksaan kehamilan,kurangnya pengetahuan tentang proses persalinan, kurangnya dukungan dari suami/keluarga, dan usia. Diwilayah panjang, didapatkan ibu inpartu yang mengalami kegelisahan, terlihat tidak tenang, dan mengalami nyeri yang paling banyak terdapat di PMB Wirahayu S.Tr.Keb.

Tujuan penelitian ini untuk mengetahui hubungan Usia dan Dukungan suami dengan kecemasan pada ibu bersalin di PMB Wirahayu S.Tr.Keb wilayah panjang, kota Bandar Lampung tahun 2024.

Metode penelitian ini merupakan penelitian survei analitik dengan rancangan *Cross sectional,* total populasi dalam penelitian ini yaitu 60 responden ibu bersalin data yang diambil adalah data primer yang di ambil secara langsung, alat pengumpulan data yaitu kuisioner. Analisis mengunakan uji *rank Spearman.*

Hasil didapatkan tidak ada hubungan antara usia dengan kecemasan ibu bersalin PMB Wirahayu S.Tr.Keb wilayah panjang, kota Bandar lampung tahun 2024 karena P-Value 0,861 > 0,05. Dan terdapat hubungan antara Dukungan suami dengan Kecemasan pada ibu bersalin di PMB Wirahayu S.Tr.Keb wilayah panjang, kota Bandar lampung tahun 2024 dengan P-Value 0,035 < 0,05. Kesimpulan penelitian yaitu tidak ada hubungan usia dengan kecemasan ibu bersalin, dan ada hubungan antara dukungan suami dengan kecemasan pada ibu bersalin. Saran peningkatan dukungan suami melalui kegiatan kelas ibu hamil di klinik-klinik bersalin .

Kata Kunci : Bersalin, Usia, Dukungan Suami

ABSTRACT

Anxiety in mothers in labor is one of the mental health problems experienced by mothers in labor, anxiety in mothers in labor is influenced by several factors, namely anxiety as a result of labor pain, the mother's physical condition, history of pregnancy examinations, lack of knowledge about the labor process, lack of support from husband/family, and age. In the Panjang area, it was found that mothers in labor who experienced anxiety, looked restless, and experienced pain were the most common in PMB Wirahayu S.Tr.Keb.

The purpose of this study was to determine the relationship between age and husband's support with anxiety in mothers giving birth at PMB Wirahayu S.Tr.Keb, Panjang area, Bandar Lampung city in 2024.

This research method is an analytical survey research with a Cross sectional design, the total population in this study is 60 respondents of mothers giving birth, the data taken is primary data taken directly, the data collection tool is a questionnaire. The analysis uses the Spearman rank test.

giving birth at PMB Wirahayu S.Tr.Keb Panjang area, Bandar Lampung city in 2024 because P-Value 0.861 > 0.05. And there is a relationship between Husband's Support and Anxiety in mothers giving birth at PMB Wirahayu S.Tr.Keb Panjang area, Bandar Lampung city in 2024 with P-Value 0.035 < 0.05. The conclusion of the study is that there is no relationship between age and anxiety in mothers giving birth, and there is a relationship between husband's support and anxiety in mothers giving birth.

Keywords : Childbirth, Age, Husband's Support

INTRODUCTION

Anxiety in mothers giving birth is one of the mental health problems experienced by mothers giving birth, in Indonesia there are 107 million people (28.7%) pregnant women who experience anxiety in facing the labor process. Anxiety in labor is caused by fear of giving birth, where a person feels afraid of things such as increased pain, fear of

abnormalities in the shape of their body such as episiotomy, rupture or cesarean section, and whether the baby will be born safely or not.

Anxiety in mothers in labor is influenced by several factors, namely anxiety as a result of labor pain, the mother's physical condition, history of pregnancy examinations (ANC history), lack of knowledge about the labor process, lack of support from the social environment (husband/family), age and other psychosocial backgrounds of the woman concerned, such as education level, marital status, unwanted pregnancy, socio-economic (Sidabukke & Siregar, 2020).

With the support of the husband for the mother giving birth, it is hoped that it can reduce anxiety in the mother giving birth and the age of the mother giving birth who is at risk as well as the development of strategies to reduce the level of anxiety that may arise during the labor process.

Anxiety during labor has an impact or effect of anxiety, and anxiety during labor can cause decreased uterine contractions resulting in longer labor, increased uterine atony, bleeding lacerations, infection, maternal fatigue, and shock, while in newborns it can increase the risk of premature birth and low birth weight (Lilis & Lovita, 2021).

Based on data obtained by the World Health Organization (WHO), data obtained on anxiety and depression shows that more than 200 million people worldwide suffer from anxiety, while the level of depression affects as many as 322 million people worldwide in Southeast Asia and the Western Pacific 800 thousand cases of suicide occur each year. Based on incident data from Indonesia, namely 107 million (28.7%) of them are pregnant women with anxiety disorders in facing the labor process, from a total population of Indonesia of 373 million (Wahyudi, Dasuki & Anjarwati, 2022).

Based on research (Anggraini, 2016), in the work area of   the Sumur Batu Bandar Lampung Health Center, there were 4 people (40%) experiencing anxiety and 6 (60%) not experiencing anxiety, and the results of the study (Anggraini & Maisyaroh, 2021) at PMB Wirahayu Panjang Bandar Lampung in 2020, respondents who experienced anxiety were 18 respondents (50.0%), while respondents who experienced long period I were 23 respondents (63.9%).

Based on the results of a pre-survey conducted by researchers at three independent midwife practice locations in the Panjang area, it was found that inpartu mothers who experienced anxiety, looked restless, and experienced pain were the most common at PMB Wirahayu S.Tr.Keb and from monthly data on mothers giving birth, it was recorded that 50% of primigravida mothers experienced anxiety and looked anxious because the mother was afraid of the pain during labor, or the safety of herself and the child to be born, from data on mothers giving birth from January to August 2023 there were 316 mothers giving birth at PMB Wirahyu S.Tr.Keb.

Based on the description above, the researcher is interested in conducting further research on "The Relationship between Maternal Age and Husband's Support with Maternal Anxiety in Childbirth" at PMB Wirahayu S.Tr.Keb, Panjang area, Bandar Lampung.

RESEARCH METHODS

This study is a quantitative study, the research design used is an analytical survey. The analytical survey conducted in this study used a cross-sectional approach plan. Cross-sectional is a study to study the dynamics of the correlation between risk factors and effect factors, and uses the Spearman rank test with data collection at one time, using a questionnaire (Sutriyawan. A, 2021).

Research Subjects
Research Population

The population in the study is a large number of subjects who have certain characteristics. The characteristics of the subjects are determined according to the scope and objectives of the study, the population or referred to as the universe or universe or whole is a group of individuals or objects that have the same characteristics that may be investigated/observed (Sutriyawan.A, 2021)'. The population in this study were all mothers giving birth at PMB Wirahayu S.Tr.Keb in the Panjang area of   Bandar Lampung City. This study was conducted for approximately 2 months and a sample of 60 mothers giving birth.

The sampling technique in this study is total sampling. Total sampling is a sampling technique where the number of samples is the same as the population. Why use total sampling because the population is less than 100. So the number of samples in this study was 60 mothers giving birth at PMB Wirahayu Panjang Bandar Lampung.Teknik sampling.

The sampling technique used in this study is total sampling, which is a sampling technique where the number of samples is the same as the population.

Research sample criteria
Inclusion criteria for the sample are:

a) Mothers who gave birth at PMB Wirahayu S.Tr.Keb.
b) Mothers who gave birth accompanied by their husbands during childbirth
c) Mothers who gave birth at risk age (<20 and >35 years).
d) Mothers who gave birth at non-risk age (Age 20-35 years).
e) Mothers who gave birth who were willing to be respondents.

Exclusion criteria for the sample are:
a) The mother who gives birth is not with her husband.
b) Birth mothers who do not experience anxiety
c) Maternity mothers who are not willing to be respondents.

The location of this research was carried out at PMB Wirahayu S.Tr.Keb Panjang Bandar Lampung. This research was conducted from March to April 2024.

The data collection technique in this study used a questionnaire technique, namely the researcher asked the questions in the HARS questionnaire and checklist sheet to respondents and then filled in the answers into the HARS questionnaire. The instrument used in this study is the HARS scale with an observation of the rating scale (Rating Scale). Analisis use univariat and bivariat Rank Spearman

RESEARCH RESULTS
Respondent Characteristics

Based on table 1 characteristics of respondents of mothers giving birth at PMB Wirahayu, S.Tr.Keb. Panjang, Bandar Lampung City, the majority of mothers giving birth had a high school education (67.4%), worked as housewives (75.0%), and were multigravida (73.3%) and had a vocational high school education only (6.7%).

Table 1
Characteristics of Respondents of Mothers Giving Birth at PMB Wirahayu S.Tr.Keb Panjang, Bandar Lampung in 2024

Characteristics	Category	Frequency (n)	Percentage
Education	SMP	11	18,3 %
	SMA	40	67,4 %
	S1	9	15.0 %
Work	Trader	6	10,0 %
	Housewife	45	75,0 %
	Teacher	9	15,0 %
Parity Amount	Primigravida	16	26,7%
	Multigravida	44	73,3%

Univariate Analysis

This analysis is conducted on each variable from the results of the study in general in this analysis only produces the distribution and presentation of each variable. In this study, univariate analysis is used to determine the distribution of independent variables, namely age and support from the husband of the mother in labor and the dependent variable, namely maternal anxiety in labor.

Frequency distribution of maternal age at PMB Wirahayu S.Tr.Keb

Table 2 shows that the majority of mothers giving birth at PMB Wirahayu S.Tr.Keb, Bandar Lampung City in 2024, were aged 20-35 (71.7%).

Table 2
Frequency distribution of maternal age at PMB Wirahayu S.Tr.Keb Panjang, Bandar Lampung in 2024

Mother's Age	Amount	Percentage
< 20 years	6	10,0%
20-35 years	43	71,7%
>35 years	11	18,3%

Frequency distribution of husband's support for mothers giving birth at PMB Wirahayu S.Tr.Keb

Table 3 shows that mothers giving birth at PMB Wirahayu S.Tr.Keb, Panjang area in 2024, the majority of husbands gave full support to their wives during childbirth as much as (75%).

Table 3
Frequency distribution of husband's support for mothers in labor at PMB Wirahayu S.Tr.Keb Panjang, Bandar Lampung in 2024

Husband's Support	Amount	Percentage
Husband Does Not Give Full Support	15	25,0%
Husband Gives Full Support	45	75,0%

Frequency distribution of anxiety in mothers giving birth at PMB Wirahayu S.Tr.Keb

Table 4 shows that mothers giving birth at PMB Wirahayu S.Tr.Keb, Panjang area in 2024, mostly experienced mild anxiety (50%).

Table 4
Frequency distribution of anxiety in mothers giving birth at PMB Wirahayu S.Tr.Keb Panjang, Bandar Lampung in 2024

Anxiety	Amount	Percentage
Light	30	50,0%
Medium	29	48,3%
Heavy	1	1,7%

Bivariate Analysis

Bivariate analysis is an analysis that uses cross tables to provide more complete information on the data to be processed. In this study, bivariate analysis was used to determine the relationship between age and husband's support with maternal anxiety in childbirth.

The Relationship between Age and Maternal Anxiety in PMB Wirahayu S.Tr.Keb

Based on table 5, it is obtained that most mothers giving birth at PMB Wirahayu S.Tr.Keb are aged 20-35 years, as many as 43 people with mild anxiety 20 people, 22 people experiencing moderate anxiety and 1 person with severe anxiety, with the results of P-Value 0.861 with a level of α = 5% (0.05) and based on these results that the P-Value value of 0.861> 0.05, it can be said that age has no relationship with anxiety in mothers giving birth, so Ho is accepted.

Table 5
The relationship between age and maternal anxiety during childbirth at PMB Wirahayu S.Tr.Keb Panjang, Bandar Lampung in 2024

Age	Anxiety			Amount	P-Value
	Light	Currently	Heavy		
< 20 years	4	2	0	6	
20-35 years	20	22	1	43	
> 35 years	6	5	0	11	

Relationship between Husband's Support and Mother's Anxiety in Childbirth at PMB Wirahayu S.Tr.Keb

Table 6
The relationship between husband's support and maternal anxiety during childbirth at PMB Wirahayu S.Tr.Keb Panjang, Bandar Lampung in 2024

Support Husband	Anxiety			Amount	P-Value
	Light	Currently	Heavy		
Not fully supported	11	4	0	15	
Fully supported	19	25	1	45	

Based on table 6, it is known that in PMB Wirahayu S.Tr. Keb Panjang, Bandar Lampung City in 2024, out of 15 respondents who were not given full support by their husbands, 11 people experienced mild anxiety and 4 people with moderate anxiety, while for mothers giving birth with full husband support, there were 45 people with mild anxiety 19 people, moderate anxiety 25 people, and experiencing severe anxiety 1 person, based on the Spearman Rank test, the P-Value result was 0.035 which means P-Value <0.05, this result can be said that there is a relationship between husband's support and anxiety of mothers giving birth because the P-Value is 0.035 <0.05, so Ha is accepted.

DISCUSSION

Frequency distribution of the age of mothers giving birth at PMB Wirahayu S.Tr.Keb, Panjang, Bandar Lampung City

The results of the study showed that out of 60 respondents of mothers giving birth at PMB Wirahayu S.Tr.Keb Panjang, Bandar Lampung City, there were 43 people (71.7%) of mothers giving birth who were not at risk, namely 20-35 years old and there were 6 people (10.0%) of mothers who were <20 years old, while mothers who were >35 years old were 11 people (18.3%) this can be seen from the results of the questionnaire that has been distributed to mothers giving birth. This could be because knowledge is increasingly developing along with the times so that many parents do not marry off their children at a young age (<20 years) and women's knowledge about the dangers and risks of pregnancy at the age of >35 years is increasing. (Murdayah et al., 2021).

There is a match between the theory (Manuaba, 2017) and the results of the study, based on the theory it says that the high risk of pregnancy is <20 years and >35 years. Where in the reproductive age period, the safe age for pregnancy, childbirth is 20-35 years and in this study it was found that the age of the mother giving birth was in the non-risk age category as much as (71.7%).

This study is in line with the research of Murdayah, et al. (2021) which discusses factors related to anxiety in mothers giving birth and there are results of the frequency distribution of age in mothers giving birth, namely that there are 85.3% of mothers giving birth at a non-risk age, namely at the age of 20-35 years, and there is an age at risk, namely (14.7%).

In the study by Anggraini et al. (2021) which discussed the relationship between maternal anxiety levels and long first stage, there were results of the frequency distribution of respondents' ages at PMB Wirahayu Panjang Bandar Lampung, namely 31 mothers giving birth (86.2%), who were 20-35 years old, namely at that age they were not included in the risk age, and there were 5 mothers giving birth (13.8%) who were at risk, namely aged <20 years and >35 years.

Frequency distribution of husband's support for mothers giving birth at PMB Wirahayu S.Tr.Keb Panjang, Bandar Lampung City

The results of the study showed that out of 60 respondents studied, 45 mothers (75.0%) gave full support during childbirth, which could be felt by the mother so that the mother felt that she received attention and affection from her husband, and there were (25.0%) husbands who did not provide enough support to the mother during childbirth because this made the mother feel that she did not receive enough attention and affection from her husband. This can be seen from the results of the questionnaire that was given to the mothers.

This study is in line with the research of Murdayah, et al. (2021) which discusses factors related to anxiety in mothers in labor, namely that out of 34 respondents in labor, 19 respondents (55.9%) of husbands provided support to their wives during childbirth, and there were 15 respondents (44.1%) of husbands who provided less support to their wives.

And according to research by Sarwinanti, Aristyawati R (2019), the results of the distribution of husband's support for mothers facing the first stage of labor were obtained, namely there were 17 respondents (53.1%) with moderate support, then there were 13 respondents (40.6%) with high support, and there were 2 respondents (6.3%) received low support from their husbands.

This study is in line with the research of Wahyudi E.K, et al. (2022) who said that the presence of a husband to provide support to the mother during pregnancy and childbirth is very important for the wife during the childbirth process, a husband who is involved during pregnancy and childbirth has a good impact that can be useful for himself, his wife and the development of his child, in this case the husband also has a positive impact on the wife because the husband provides physical and emotional support, such support as rubbing the mother's back, holding her hand, and paying more attention to the mother during the labor process, giving her a drink and wiping the mother's sweat between contractions or during the labor process.

Husband's support is an attitude, an act of acceptance towards his family members in the form of informational support, assessment, instrumental and emotional support. Attention and support from those closest to him, especially the husband, are very helpful in overcoming the anxiety experienced by the mother due to changes both physical and psychological that occur during pregnancy, husband's support will improve physiological well-being and the ability to adjust through feelings of belonging, increased self-confidence, psychological prevention, stress reduction and provision of resources or assistance needed during labor. (Murdayah, et al. 2021).

Frequency distribution of anxiety in mothers giving birth at PMB Wirahayu S.Tr.Keb Panjang, Bandar Lampung City.

From the research results, it was found that the distribution of anxiety among mothers giving birth was that of the 60 respondents giving birth, there were 30 mothers giving birth (50%) who experienced mild anxiety, and there were 29 mothers giving birth (48%) mothers with moderate anxiety, while there was 1 mother giving birth (2%) who experienced severe anxiety. This can be seen from the questionnaire that was given to mothers giving birth at PMB Wirahayu S.Tr.Keb Panjang, Bandar Lampung city in 2024.

This study is in line with the research of Murdayah, et al. (2021) which discusses factors related to anxiety in mothers in labor, namely that out of 43 respondents, the majority of mothers experienced severe anxiety, namely 16 respondents (47.1%), and respondents who experienced moderate anxiety were 8 respondents (23.5%), while respondents who experienced mild anxiety were 8 respondents (23.5%).

This study is also in line with the research of Sarwinanti, Aristyawati R (2019), with the title of the relationship between husband's support and maternal anxiety in the first stage of labor, namely there were 32 respondents, 21 respondents (65.6%) who experienced moderate anxiety, and there were 7 respondents (21.9%) with severe anxiety, while there were 4 respondents (12.5%) with mild anxiety.

In general, there are two theories related to the causes of anxiety, namely psychological theory and biological theory. Psychological theory includes three main groups, namely psychoanalytic theory, behavioral theory, and external theory, while biological theory includes the autonomic nervous system, brain imaging studies, and genetic theory. (Manurung N, 2021).

Signs and symptoms experienced by mothers during the labor process that can cause anxiety are due to the emergence of a rapid heartbeat due to worry about the safety of the baby, a history of bad labor in the past, and pain during labor and the mother's lack of knowledge about the labor process, to reduce anxiety in mothers in labor we can apply strategies such as providing complete and accurate education and information about the labor process, teaching mothers relaxation techniques such as deep breathing, asking family or husband to accompany the mother during the labor process so that the mother feels calm and comfortable.

During labor, mothers who experience excessive anxiety can have a negative impact on the baby and mother. Anxiety during labor also has an impact on reducing uterine contractions, making labor longer, increasing uterine atony, bleeding lacerations, infections, mothers becoming tired and shocked and at risk of premature birth, and low birth weight (Lilis & Lovita, 2021).

The relationship between age and maternal anxiety during childbirth at PMB Wirahyu S.Tr.Keb Panjang, Bandar Lampung City in 2024

The results of the statistical test of the relationship between age and maternal anxiety during childbirth were carried out using the Spearman Rank test, the significance value (α) of age with maternal anxiety during childbirth was P-Value 0.861 with a level of α = 5% (0.05) and showed that the direction of the correlation in this hypothesis was positive (unidirectional) where in the category of correlation strength is very strong. Based on these results, the P-Value value of 0.861> 0.05. So it can be concluded that there is no relationship between age and anxiety in maternal anxiety at PMB Wirahyu S.Tr.Keb in 2024 Ho is accepted. This shows that the age of maternal anxiety (<20 years and> 35 years) and 20-35 years old do not have a significant effect on maternal anxiety during childbirth.

This study is in line with the research conducted by Murdaya, et al. (2021). Regarding the factors related to anxiety in mothers giving birth using quantitative research with a cross-sectional design with 34 research samples using the Chi Square test which showed the Chi Square results of 3.605 and P-Value 0.307 with a significance level of α = 5% (0.05) based on these results that the P-Value value of 0.307> 0.05. Where the results of the study show that there is no relationship between age and anxiety in mothers giving birth because the readiness of the mother to give birth does not depend on her age, so age has nothing to do with anxiety in mothers giving birth.

In this study, there was no relationship between age and maternal anxiety during childbirth. It is possible that there are other factors that influence anxiety in maternal anxiety, such as anxiety due to labor pain, the mother's physical condition, previous childbirth history, lack of maternal knowledge in the labor process, socio-economic status and support from husband and family.

The relationship between husband's support and maternal anxiety during childbirth at PMB Wirahyu S.Tr.Keb Panjang, Bandar Lampung City in 2024.

From the results of the study, the results of the statistical test of the relationship between husband's support and maternal anxiety in childbirth were carried out using the Spearman Rank test and where the results showed that the P-Value value

was 0.035 at the α level = 5% (0.05) and showed that the direction of the correlation in this hypothesis was positive (unidirectional) where in this correlation coefficient value it has a sufficient relationship. Based on these results, the P-Value value was 0.035 <(α = 5%) these results can be said that there is a relationship between husband's support and maternal anxiety in childbirth at PMB Wirahayu S.Tr.Keb in 2024 Ha accepted.

The results of the study showed that there was a significant relationship between husband's support and maternal anxiety during childbirth, this means that the higher the husband's support, the lower the level of maternal anxiety during childbirth. The husband's active role in providing support to his pregnant wife has an impact on the mother's concern for her own health and that of her fetus (Murdaya et al., 2021).

The results of this study are in line with the research conducted by Murdaya, et al. (2021), namely that there is a relationship between husband's support and anxiety in mothers in labor, but what distinguishes this study from the research conducted by Murdaya, et al. (2021) in the study using quantitative research with a cross-sectional design with 34 research samples using the Chi Square test which showed the Chi Square results of 18.029 and P-Value 0.000 with a significance level of α = 5% (0.05). Based on these results, there is a relationship between husband's support and anxiety in mothers in labor.

Based on the theory that husband's support has benefits in self-adjustment, improving psychological well-being can prevent stress and anxiety during pregnancy and childbirth and improve and maintain physical health during pregnancy and childbirth (Asiah et al., 2022) because a sense of calm and comfort can reduce anxiety levels for pregnant women. Husbands have a very large role in providing support to mothers during childbirth, namely by accompanying their wives during the labor process, indirectly teaching husbands to respect their mothers and wives more Wahyudi et al. (2022).

During labor, it is expected that the husband will always be by the mother's side, so that the mother gets more attention, such as the husband giving a massage when the mother feels pain, calming the mother and explaining that the labor process will go smoothly, giving her something to drink when the mother feels thirsty, wiping the mother's sweat and always being by the mother's side during the labor process so that the mother feels calm and comfortable and the mother does not feel anxious because of the form of support and affection that has been given by the husband.

Therefore, the role and support of the husband is very important during the labor process.

CONCLUSION

Based on the results of research and discussions regarding mothers who gave birth at PMB Wirahayu S.Tr.Keb in Panjang, Bandar Lampung City in 2024, it can be concluded that the majority of mothers who gave birth were in the age range of 20 to 35 years, namely 71.7%. This indicates that the majority of mothers gave birth at a reproductive age which is physiologically considered ideal for the process of pregnancy and childbirth. Furthermore, this study also showed that husbands' support during the labor process was very high, with 75% of respondents stating that they received full support from their husbands. This finding underscores the important role of husbands in accompanying and providing emotional support during the labor process.

Regarding maternal anxiety levels during labor, it was found that most mothers experienced mild anxiety, at 50%. This indicates that while anxiety is common before labor, for most mothers, anxiety levels are still mild. The results of statistical tests using Spearman rank showed no significant relationship between maternal age and anxiety levels during labor. This indicates that age is not a major factor influencing maternal anxiety levels in the context of this study. However, there was a significant relationship between husband's support and maternal anxiety levels during labor. Therefore, it can be concluded that the greater the support provided by the husband, the lower the level of anxiety experienced by the mother during labor. These results emphasize the importance of family support, particularly the husband's role, in creating a more positive and less anxious labor experience for the mother.

SUGGESTION

Based on the conclusions above and the research that has been conducted, the suggestions that can be given are: increasing the role of husband through pregnancy class activities at maternity clinic.

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