

## Pengalaman suami dalam menghadapi kehamilan pertama pasangannya: Studi fenomenologi = Husband's experiences in facing his wife's first pregnancy: Study of fenomenology

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### Abstrak

Pengalaman suami dalam menghadapi kehamilan pertama pasangannya antara lain dalam memberikan dukungan pada istri. Dukungan serta perhatian suami pada istri yang sedang hamil sangat penting karena dapat meminimalkan terjadinya komplikasi antenatal, intranatal dan postnatal. Penelitian ini dilakukan di kota Pekanbaru, menggunakan metode kualitatif dengan pendekatan fenomenologi deskriptif, yang bertujuan untuk mengeksplorasi fenomena tentang pengalaman suami dalam menghadapi kehamilan pertama pasangannya. Sebanyak lima orang partisipan berpartisipasi dalam penelitian ini. Pengumpulan data dilakukan melalui wawancara mendalam. Analisis data menggunakan metode Colaizzi.

Hasil analisis menghasilkan lima tema utama, yaitu: 1) respon suami terhadap kehamilan istri, 2) makna kehamilan istri yang pertama kali bagi suami, 3) Peran suami pada kehamilan, 4) Dampak kehamilan terhadap kehidupan suami, 5) bentuk pelayanan kesehatan yang diharapkan suami dari petugas pelayanan kesehatan.

Penelitian ini menyimpulkan bahwa pengalaman suami dalam menghadapi kehamilan pertama pasangannya adalah menerima kehamilan, adanya perasaan khawatir akan keselamatan janin, berusaha mencari informasi tentang kehamilan, turut merasakan gejala yang dirasakan istri seperti mual serta ngidam, meningkatkan semangat dalam kerja, adanya perasaan bangga sebagai laki-laki normal, tanggung jawab menjadi bertambah, berusaha menjaga kesehatan dan kehamilan istri, mempersiapkan diri menjadi ayah dan mempersiapkan dana, adanya perubahan dalam hubungan seksual, adanya peningkatan perhatian dan kasih sayang serta keharmonisan hubungan rumah tangga, adanya keinginan untuk mendapatkan pengetahuan tentang kehamilan dari petugas kesehatan. Berdasarkan hasil penelitian ini, pelibatan suami dalam kelas prenatal perlu dilakukan dan ditingkatkan sehingga suami dapat mempersiapkan diri untuk menjalani peran barunya.

.....One of the husband's experiences in facing his wife's first pregnancy is supporting his wife. Husband's support and attention to their pregnant wife is important because it can minimize antenatal, intranatal and postnatal complications. This research was conducted in Pekanbaru. It used qualitative method with descriptive phenomenology approach which aimed to explore the phenomenon about husband's experiences in facing his wife's first pregnancy. Five participants participated in this research. The data were collected by in-depth interview. The collected data were analyzed using Colaizzi method.

The analysis produced five main themes, including 1) the husband's responses to his wife pregnancy, 2) the meanings of the first wife's pregnancy for the husband, 3) the husband's roles in pregnancy, 4) the affects of the pregnancy to the husband's life, and 5) the form of health services which is expected by the husband from the health provider.

This research concludes that the husband's experiences in facing his wife's first pregnancy are happy of accepting the pregnancy, anxious of the fetus safety, trying to look for information concerning pregnancy, sympathy of the wife pregnancy's symptoms such as nausea and ngidam, increasing the work's spirit, proud

of being normal man, increasing the responsibility, trying to take care the wife's pregnancy and health, preparing his self to be a father and preparing the fund, changing in sexual intercourse, increasing the attention, the love and the harmony of the house hold, and the desire to get knowledge about pregnancy from the health provider. Based on this research result, husband's participation in prenatal class need to be done and improved so he can prepare his self to do his new role.