

# Distress psikologis pada suami yang sedang menghadapi persalinan istri primigravida dan faktor-faktor yang memengaruhi = Distress psychology in husbands who deal with the labor of primigravida wives and influencing factors

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## Abstrak

Suami saat persalinan istri mengalami kecemasan dari kecemasan ringan, gejala yang sering dialami adalah sukar konsentrasi, merasa tegang, dan gelisah Nurjanah,2013. Penelitian ini bertujuan mengidentifikasi distress psikologis pada suami yang menghadapi persalinan istri primigravida dan faktor ndash; faktor yang memengaruhi. Desain penelitian berupa deskriptif analitik dengan pendekatan cross sectional pada 160 suami yang mendampingi persalinan istri primigravida di Kabupaten Bogor. Variabel independen yang diteliti diantaranya usia suami, pekerjaan suami, sosial ekonomi,tingkat pendidikan, kondisi spiritual, dukungan sosial, dan tingkat pengetahuan terhadap persalinan serta distress psikologis sebagai variabel dependennya. Instrumen yang digunakan yaitu Kuesioner Spirituality Perspective Scale SPS, Multidimensional Scale of Perceived Social Support MPSS, Hopkins Symptom Checklist-25 HSCL-25. Hasil penelitian menunjukkan mayoritas responden mengalami distress psikologis 69,4. Dukungan sosial merupakan faktor yang paling berpengaruh terhadap terjadinya distress psikologis pada suami yang menghadapi persalinan istri primigravida OR=26,042. Semakin rendah dukungan sosial yang diterima suami maka semakin meningkat kejadian distress psikologis. Rekomendasi Perlu adanya kerjasama antara perawat maternitas dengan progam pemerintah dalam memberikan edukasi kepada suami dengan cara memasukkan edukasi pada suami dalam buku Kesehatan Ibu dan Anak sehingga bisa memberikan modal pengetahuan pada suami dalam menghadapi persalinan istri primigravida.

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Husband during primigravida wife's labor, experience anxiety from mild to moderate anxiety. The anxiety symptoms that are often experienced are difficulty to focus, feel tense, and restless Nurjanah,2013. This study aimed to identify psychological distress on husbands who dealt with primigravida wife's labor and the influencing factors. This research design was analytic descriptive with a cross sectional approach on 160 husbands who accompanied the labor of primigravida wives in Bogor District. Independent variables of this study were husband's age, husband's job, socioeconomic, educational level, spiritual condition, social support, and knowledge level of labor and psychological distress as the dependent variable. Spirituality Perspective Scale Questionnaire SPS, Multidimensional Scale of Perceived Social Support MPSS, Hopkins Symptom Checklist 25 HSCL 25 were used to collect data.

The results showed the majority of respondents experienced psychological distress 69.4. Social support was the most influential factor on the occurred of psychological distress in husbands who dealt with primigravida wife's labor OR 26,042. The lower the social support that the husband receives, the higher the incidence of psychological distress. Recommendation for this study is the need for cooperation between maternity nurses and goverment to educate husbands by include husbands education in the Maternal and Child Health Book to increase husband's knowledge in deal with of primigravida wife's labor.