

## Perasaan suami saat persalinan pertama istri = Feelings of husband during his wife's labor and delivery

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### Abstrak

Persalinan dan kelahiran merupakan pengalaman berharga yang tidak hanya dialami ibu namun juga dirasakan oleh pasangannya. Penelitian ini bertujuan untuk mengidentifikasi perasaan suami saat persalinan pertama istri. Desain yang digunakan adalah penelitian deskriptif. Pengambilan data sampel 107 suami dari ibu yang sedang dalam masa post partum dengan metode consecutive sampling selama satu setengah bulan. Instrumen yang digunakan berupa Kuopio Instruments of Father (KIF) yang telah diterjemahkan dalam bahasa Indonesia. Hasil penelitian menunjukkan perasaan positif yang dirasakan suami adalah bangga (98,1%), senang (93,5%), merasa dibutuhkan selama persalinan (88,8%), semakin mencintai istrinya (97,2%), berterima kasih atas perjuangan istrinya (98,1%), tersentuh dengan kelahiran bayinya (95,3%), dan percaya pada tenaga kesehatan yang terlibat (96,3%). Di sisi lain, penelitian juga menunjukkan bahwa suami mengalami perasaan negatif disaat yang bersamaan selama persalinan. Perasaan tersebut diantaranya cemas (86%), gugup (61,7%), khawatir tentang bagaimana istri mengatasi persalinan (74,8%), khawatir akan kesehatan bayi mereka (56,1%), dan merasa tenaga kesehatan masih terlihat sibuk (58,9%). Hasil penelitian ini mendapatkan, petugas kesehatan harus memberikan dukungan lebih pada suami agar menyiapkan kondisi mental mereka dalam menghadapi persalinan istri. Penelitian ini tidak mengidentifikasi faktor-faktor yang mempengaruhi perasaan suami saat persalinan pertama istri sehingga penelitian selanjutnya diharapkan untuk meneliti faktor tersebut.

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Labor and delivery is a valuable experience both for mother and her husband. This study aims to identify the feelings of the husband during the wives first delivery. The design used is descriptive research. Data collection of 107 husbands from mothers who were in post partum with a consecutive sampling method for one and a half months. The instrument used in the form of a Kuopio Instruments of Father (KIF) has been translated into Indonesian. The results showed that the positive feelings felt by the husband were proud (98.1%), happy (93.5%), felt needed during labor (88.8%), increasingly loved his wife (97.2%), grateful for the struggle his wife (98.1%), touched by the birth of his baby (95.3%), and believed in the health workers involved (96.3%). On the other hand, research also shows that husbands experience negative feelings at the same time during labor. These feelings include anxiety (86%), nervousness (61.7%), worry about how the wife copes with childbirth (74.8%), worry about their babys health (56.1%), and feels the health worker still looks busy (58.9%). The nursing implications of this study prove that health workers need to provide more support to husbands to prepare their feelings in facing childbirth. This study did not identify the factors that influence the feelings of husbands during the first delivery of the wife so further research is expected to examine these factors.