

# Pengaruh pendampingan suami terhadap proses persalinan kala I di 4 (empat) Klinik Bersalin Sidoarjo dan Surabaya = The influence of the husband attendance in the 1st stage of delivery process on the 4 different maternity clinics in Sidoarjo and Surabaya

Hilmi Yumni, author

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## Abstrak

Respon psikologis pada ibu bersalin diantaranya adalah kecemasan yang disebabkan adanya nyeri selama persalinan. Respon tersebut merupakan stressor yang mempengaruhi aktifitas uterus dan dapat mengakibatkan persalinan berlangsung lama. Kecemasan dan nyeri pada ibu bersalin membutuhkan dukungan dari suami selama persalinan untuk memberikan rasa aman dan nyaman. Penelitian ini bertujuan untuk mengetahui pengaruh pendampingan suami terhadap lama kala I, kecemasan dan nyeri. Metode penelitian yang digunakan adalah kuasi eksperimen dengan rancangan post test only. Sampel dipilih berdasarkan kriteria inklusi sejumlah 62 responden yang terdiri dari 42 responden sebagai kelompok perlakuan dan 20 responden sebagai kelompok kontrol. Instrumen yang digunakan adalah protokol intervensi pendampingan suami, lembar observasi pendampingan suami, format wawancara, partograf, kuesioner kecemasan, skala nyeri berdasarkan visual analogue scale. Analisis data menggunakan univariat dan bivariat yaitu independent sample t test. Hasil penelitian menunjukkan adanya perbedaan bermakna lama kala I, kecemasan antara kelompok perlakuan dan kontrol ( $p$  lama kala I = 0,002,  $p$  kecemasan = 0,000 pada  $\alpha = 5\%$ ). Karena kedua kelompok sampel setara, maka perbedaan ini dianggap sebagai pengaruh intervensi yang diberikan, sedangkan untuk nyeri tidak ada perbedaan yang bermakna antara kelompok perlakuan dan kelompok kontrol ( $p = 0,180$ ,  $\alpha = 5\%$ ), namun secara klinis, adanya pendampingan suami selama persalinan dapat menurunkan nyeri, terbukti pada kelompok perlakuan nilai nyeri 6 dan kelompok kontrol nilai nyeri 6,6. Hal itu menunjukkan bahwa pendampingan suami berpengaruh terhadap lama kala I, kecemasan dan bermanfaat menurunkan nyeri.

Psychological respond of the laboring woman is anxiety which cause by pain during the delivery process. That respond could be a stressor to the client and her fetus where it could influence to the uterine activity and cause prolong labor. The anxiety and pain on the woman in laboring might need spouse support in order to provide safe and comfort feeling to the client. The goal of this study is to identify the influence of husband existence the woman in laboring on the 1st stage of delivery process on the safe and comfort of the client. This quantitative research using quasi experiment using post test only method. The sample is chosen based on the inclusive criteria with the number of respondents were 62 participants, 42 as the treatment group and 20 as a control group. The instrument that have been used is the husband attendance intervention protocol, husband attendance observation form, interview guidance form, parto-graph, anxiety questioner, and visual analogue pain scale. The data analyze process used univariate and bivariate with independent sample t test. The result of this study shows the significant different on the length on 1st stage of delivery process and the anxiety of the client between intervention and control groups (with  $p=0,002$  on length of 1st stage,  $p0,000$  on anxiety with  $\alpha=5\%$ ). Because the result were equal on the intervention and control group, therefore the different result was assumed as the influenced of the intervention group, where for pain aspect there was no significant different between intervention and control group ( $p=-0,150$ ,  $c t=5\%$ ). Instead, on the

clinical appearance shows that the husband attendance during the 1st stage of delivery process could minimize the pain on the client with pain scale score were 6 where on the control group the pain scale sore were 6,6. The conclusion of this study shows that the husband attendance could give significant influence on the length of the 1st stage of delivery process, and could minimize the anxiety and pain.</i>