

Hubungan antara empati suami dengan couvade syndrome pada kehamilan istri = The correlation of husband's empathy with couvade syndrome on wifes pregnancy

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Abstrak

Pria yang istrinya sedang hamil, mengalami perubahan psikologi atau disebut juga adaptasi paternal. Salah satu perubahan psikologi yang terjadi yaitu couvade syndrome, yang mana suami dapat merasakan gejala yang dirasakan Istri pada masa kehamilan. Gejala couvade syndrome dapat menimbulkan rasa tidak nyaman dan mempengaruhi dukungan suami pada masa kehamilan istri. Gejala couvade syndrome dapat dirasakan karena terdapat keterlibatan emosi atau empati suami dengan istri.

Tujuan penelitian ini adalah mengidentifikasi hubungan antara empati suami di kehamilan istri dengan kejadian couvade syndrome di wilayah Depok. Desain penelitian adalah Cross Sectional dengan jumlah sampel 107 responden menggunakan teknik consecutive sampling. Metode pengumpulan data dengan cara pengisian kuesioner.

Analisis yang digunakan dalam penelitian ini adalah analisis univariat dan bivariat. Dari persebaran variabel dependen dan independen dihasilkan kejadian couvade syndrome sebesar 40 dan level empati rerata sebesar 58,38 poin di wilayah Kecamatan Pancoran Mas, Depok.

Hasil analisa statistik menunjukkan bahwa tidak ada hubungan antara empati suami dengan kejadian couvade syndrome pada kehamilan istri karena p sebesar 0,098 p value \leq 0,05.

Peneliti merekomendasikan kepada tenaga kesehatan atau pelayanan kesehatan untuk membuat upaya atau program akan kesadaran suami atau empati suami dengan kehamilan istrinya, serta membantu penanganan gejala couvade syndrome yang dirasakan suami selama kehamilan istri.

Men whose wife rsquo s are pregnant, undergo a psychological change or also called paternal adaptation. One of the psychological changes is couvade syndrome, in which the husband can feel the symptoms that also felt by the wife during pregnancy period. The symptoms of couvade syndrome can be resulted as the feeling of uncomfortable and affect husbands support towards the wife during pregnancy. Couvade syndromes symptoms can be felt since there is husbands emotional involvement or empathy with his wife.

The aims of this study is to identify the relation between husbands empathy during wife rsquo s pregnancy with study case of couvade syndrome in Depok City region. The design of the research is Cross Sectional with total of the sample is 107 respondents that collected by using consecutive sampling technique. The method of collecting data is by filling questionnaire.

The analysis that being used in this research is univariate and bivariate analysis. From the distribution of dependent and independent variables, the incidence of couvade syndrome was 40 and the mean empathy level was 58.38 points in Pancoran Mas sub district, Depok.

The results of statistical analysis showed that there was no relationship between husband empathy with the incidence of couvade syndrome in pregnancy wife because p by 0,098 p value \leq 0,05.

The researcher recommends that health experts or health care workers to make efforts or programs which can build the awareness or empathy of the husband with the pregnancy of his wife, and also help handling

the symptoms that husband felt during the wifes pregnancy.</i>