

Hubungan antara Intimasi Sosial dengan Ketakutan terhadap Persalinan pada Ayah = The Relationship between Social Intimacy and Fear of Childbirth in Fathers

Roudlotul Jannah, author

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Abstrak

Kehamilan dan persalinan merupakan proses fisiologis yang menyebabkan perubahan fisik maupun psikososial baik terhadap ibu hamil dan suami. Perubahan transisi peran baru calon ayah salah satu fase penting, dimana kesehatan mental laki-laki perlu mendapatkan perhatian besar untuk mendukung kesehatan ibu hamil. Sehingga suami mengalami kekhawatiran atau ketakutan menjelang persalinan. Ketakutan persalinan pada ayah mempunyai dampak, yakni kurangnya dukungan sosial terhadap ibu hamil. Dampak yang terjadi pada ketakutan persalinan dapat diminimalisir dengan keintiman pada pasangan. Tujuan penelitian ini untuk mengidentifikasi hubungan antara intimasi sosial dengan ketakutan terhadap persalinan pada ayah.

Metode: penelitian ini adalah cross-sectional dengan melibatkan 106 responden yang dipilih secara quota sampling dan sesuai kriteria inklusi dan eksklusi. Pengambilan data dengan menggunakan kuesioner Father's Fear of Childbirth Scale dan kuesioner The Miller Social Intimacy Scale.

Hasil penelitian menunjukkan bahwa mayoritas umur responden 32 tahun, berpendidikan perguruan tinggi (69.8%), kehamilan primigravida (50.9%) dan umur kehamilan trimester ketiga yakni 25-36 minggu (33.3%) dan 36 minggu (34.9%). Intimasi responden pada tingkat rendah (54.7%) dan (47.2%) mengalami ketakutan yang tingkat sedang sampai tinggi (47.2%). Hasil utama penelitian ini menunjukkan bahwa adanya hubungan antara intimasi sosial dengan ketakutan terhadap persalinan pada ayah melalui uji Chi Square (p value 0,003). Berdasarkan hasil penelitian ini, merekomendasikan perlunya edukasi tentang kehamilan dan persalinan pada ayah saat antenatal care, serta mempersiapkan mental untuk memberikan dukungan kepada ibu hamil.

.....Pregnancy and childbirth are physiological processes that cause physical and psychosocial changes to both the pregnant mother and her husband. Changes in the transition to the new role of prospective fathers are one of the important phases, where men's mental health needs to receive great attention to support the health of pregnant women. So the husband experiences worry or fear before giving birth. Fear of childbirth in fathers has an impact, namely a lack of social support for pregnant women. The impact on fear of childbirth can be minimized by intimacy with your partner. The aim of this study was to identify the relationship between social intimacy and fear of childbirth in fathers. Method: This research was cross-sectional, involving 106 respondents selected using quota sampling and according to inclusion and exclusion criteria. Data were collected using the Father's Fear of Childbirth Scale questionnaire and The Miller Social Intimacy Scale questionnaire. The research results showed that the majority of respondents were 32 years old, had a college education (69.8%), primigravida pregnancy (50.9%) and the third trimester gestational age was 25-36 weeks (33.3%) and 36 weeks (34.9%). Respondents' intimacy was at a low level (54.7%) and (47.2%) experienced moderate to high levels of fear (47.2%). The main results of this study show that there is a relationship between social intimacy and fear of childbirth in fathers using the Chi Square test (p value 0.003). Based on the results of this research, we recommend the need for education about pregnancy

and childbirth for fathers during antenatal care, as well as mental preparation to provide support to pregnant women.