

## Research Article

## The Role of The Husband as A Companion in The Childbirth Process at The Bumiayu District Health Center, Brebes Regency

Maryam<sup>1</sup>, Raden Abkar<sup>2</sup>, Ismarwati<sup>3</sup>

<sup>1</sup>Magister Ilmu Kebidanan, Universitas 'Aisyiyah Yogyakarta, [maryam@akbidkhputra.ac.id](mailto:maryam@akbidkhputra.ac.id)

<sup>2</sup>Universitas Sebelas Maret Surakarta, [abkar.raden@gmail.com](mailto:abkar.raden@gmail.com)

<sup>3</sup>Magister Ilmu Kebidanan, Universitas 'Aisyiyah Yogyakarta, [ismarwati@unisayogya.ac.id](mailto:ismarwati@unisayogya.ac.id)

Corresponding Author, Email: [maryam@akbidkhputra.ac.id](mailto:maryam@akbidkhputra.ac.id) (Maryam)

### Abstract

**Background:** This research is conducted to increase the husband's involvement in their active role as a companion from pregnancy until childbirth so that the psychology of the mother during the process becomes good and goes well. This research aims to understand the husband's role in their accessibility, engagement, responsibility, and couple relationship in line with their role as individual, family, community, society, and policy. **Method:** This research was qualitative study through in-depth interviews with five informant couples as primary sources and four supportive informants such as midwives or health workers in the area of Puskesmas (Primary Health Center) Bumiayu and Kaliwadas. They were interviewed separately in different places and times. **Results:** The husband's role during the process of childbirth covers their accessibility, which is his direct presence to accompany his wife, their engagement as physical and emotional involvement during the process, their responsibility towards his wife's needs, and couple relationship as his care and concern of his wife. Some factors that affect the role of the husband such as individual, family support (parents), community or closer environmental support such as workplaces that may grant permission or leave from work during the process; social support from midwife which involved of giving information, instruction, to them and her husband; and policy as stated in Regulation of the Minister of Health no. 97, 2014 article 12 verse 4(f) dan article 14, about husband policy (SIAGA) 1999-2000 and KIA book. **Conclusion:** The primary role of the husband during pregnancy and childbirth are accessibility and engagement. Some factors that affect their role are individual motivation, community or support of her closest environment, and society or the role of health workers in supporting a husband's responsibility. The Standard Operating Procedures about the role of the husband as a companion of his wife during pregnancy and childbirth period are not formulated yet.

**Keywords:** Husband's Role, Experience, Childbirth



## **INTRODUCTION**

Maternal psychology is one of the factors that affect childbirth according to Sumarah (2009), Psychologically a mother's feelings when entering the labor process will appear fear, worry or anxiety. The fear that is often felt by mothers in childbirth is due to fear of pain and fear of the condition of the fetus. The feeling of fear experienced by the maternity mother will cause stress that will spur the release of the adrenaline hormone which causes narrowing of blood vessels and reduces blood flow that carries oxygen to the uterus, so that there is a decrease in uterine contractions that can inhibit the delivery process. The government has made a policy that must involve companions in childbirth, it is hoped that the husband will be one of the main companions for the health of his partner from the period before pregnancy, pregnancy, childbirth and postpartum, contraceptive services, and sexual health services, contained in the regulation of the Minister of Health of the Republic of Indonesia number 97 of 2014 in article 12 paragraph 4 (f), and in article 14, namely carrying out maternal care by including the husband and Family during pregnancy and birth is a program planned by the government to reduce the high mortality rate and illness of mothers caused by pregnancy and birth complications (Ministry of Health of the Republic of Indonesia, 2015).

Consistent research (Rn & Rn, 2014) has shown that husband support in treatment is able to reduce maternal mortality from pregnancy hypertension, induction, abortion complications, postpartum hemorrhage, old partus and postpartum psychosis. According to Bäckström (2011), as many as 37% of women experience anxiety when giving birth. Some women manage to adjust well, but others fail in adjusting and experience psychological disorders with various symptoms or syndromes (Iskandar, 2009). Consistent research (Rn & Rn, 2014) has shown that husband support in treatment is able to reduce maternal mortality from pregnancy hypertension, induction, abortion complications, postpartum hemorrhage, old partus and postpartum psychosis. According to Bäckström (2011), as many as 37% of women experience anxiety when giving birth. Some women manage to adjust well, but others fail in adjusting and experience psychological disorders with various symptoms or syndromes (Iskandar, 2009). According to Alio et al. (2013), the role of the husband as a delivery companion is expected to be accessibility (the husband is physically present), engagement (the husband is directly involved during the delivery process), responsiveness (the husband is responsible for the needs of his partner during the childbirth), and couple relationship (the husband provides physical and emotional support during the delivery process). Therefore, it is important for a midwife as a health worker to be able to understand the physiological and psychological changes of the maternity mother.

## **METHOD**

This research is based on a qualitative approach that refers to research procedures that produce qualitative data in the form of expressions or notes of the person himself or observed behavior and leads to holistic (whole) situations with a phenomenological approach. The number of informants in qualitative research cannot be planned precisely because one of the goals is to obtain as much variation

as possible, the selection of samples ends when there is a repetition (Moelong, 2016). The informants in this study are husbands who accompany their wives in the delivery process with additional informants, namely families (in-laws or parents) who live in the same house as the main informant or maternity mothers, midwives / health workers who are on duty to assist in childbirth with in-depth interviews. The sample technique in this study uses purposive sampling. This research was conducted at the Bumiayu District Regional Health Center, namely the Bumiayu Health Center and the Kalibadas Health Center.

This study uses validity and reliability by carrying out strategies to strengthen the trustworthiness of qualitative research. Using three stages of research (preparation, implementation, and final stage), through Ethical Clearance, obtaining Research Permits, Informed Consent, conducting Anonymity, Confidentiality, Benefit and justice.

## **RESULT AND DISCUSSION**

### **1. The role of the husband**

The role of the husband when a companion being in the childbirth process includes four roles, namely accessibility, engagement, responsiveness, and couple relationship. The results of interviews with 5 pairs of husband-and-wife informants showed that as many as 3 husband informants carried out their four roles well, and 2 husband informants did not carry out the accessibility role well. The results are explained below:

#### **b. role accessibility**

The results of the interviews showed that most of the husbands carried out all four roles well, and a small number of husbands did not perform the accessibility role well. Most informants described the role of accessibility, the extent to which the husband involved him as a childbirth companion whose presence was physically present and always involved in health services.

"Awiteng meteng yes, often allowed.... nyong pen priksakna bojone.... When I talk about bojone, I also like it. asline, yes, prepare the time...." (since pregnancy, yes, often allowed... to check on his wife.... during the process of giving birth to his wife as well. actually I took the time to accompany you..) -Inf 3

The expression was justified by the wife's informant as follows: "pas meteng bojo often allows mbatiri to check" (when pregnant, the husband is often allowed to accompany for examination,..) - Inf 3.

Explanation that they can accompany their partner when getting permission, leave or looking for free time such as vacation schedules. This is in accordance with the informant's expression below:

"During pregnancy, I accompanied my wife to check outside of working hours, but during childbirth, I might take leave and suddenly get permission from my manager..." -Inf 1

The phrase is in line with what the wife informant explained as follows: "... My husband also prepared it in advance. Even from being pregnant, my husband continued to accompany me like checks and others, ..." -Inf 1.i

When he is unable to be involved in his partner's health, the husband involves other family members such as in-laws as his successor when the husband is unable to play a direct role during pregnancy, this is explained below:

"As long as we are still overseas, I often check on. Yes, it's like going to the posyandu if there is a vacant schedule, sometimes permission to check it, if I don't have time, usually my wife is accompanied by my in-laws" -Inf 2 The expression was justified by the wife's informant as follows: "So my husband is mba, usually yes I call to ask if there is a schedule or not and if there is, permission from the workplace to accompany ..." -Inf 2.1

c. Engagement Roles

The role of husband engagement describes a husband who is directly involved in the process of giving birth to his partner, such as stroking, wiping sweat, giving drinks and giving encouragement, expressed by the following informants:

"Yes, help pray and keep nemenin beside him. yes, anyway, the most I do is nemenin and pray, like squeezing, holding hands, helping to cheer up, giving food and drink, yes that's all, holding his head by lifting his pillow so that he can sobble, while helping his spirits, and giving food and drink"-Inf 2

Some husband informants also said that they tried their best in carrying out their roles, such as stroking and whispering support, praying and teaching sincerity, even though the husband was also actually afraid, this was explained by the informant below:

"Just touch my wife, whisper a word of encouragement, don't be afraid to be strong, even though I myself am actually a crow (I don't have the heart) but I also have to look strong and not fragile so that it can be my wife's motivation. Just be sincere, and we should not get tired of praying with the powerful. the point is that it's sincere and just praying." -Inf 4

This phrase is in line with what the wife's informant explained as follows: "like stroking my head, back, praying, and always teaching me to be sincere and resigned, yes I know that my husband is also afraid that he will try to be strong and show me.." - Inf 4.i

In addition to the feeling of fear when being a companion in the childbirth process, the husband's experience for the first time as a childbirth companion seemed confused when he was involved for the first time was also felt, one of the husband's informants explained that when involved in his wife's childbirth he felt confused, but the husband still provided support by encouraging, helping to regulate the wife's breathing, stroking and encouraging the wife so that the wife was not afraid to face childbirth. This has a good impact on the psychology of maternity mothers, with rewards for the wife's hard work in the childbirth process.

"... Wandering, patient, strong kowen. Breathing is regulated. Yes, bismillah. Don't be afraid, you can definitely do it, just don't caress the siraha with no patience with the bojo. Yes, even though I was scared, I didn't do it, I was not afraid, I was afraid of it, I was afraid of it, I was afraid too" (... Ngelus, your patience is strong. regulate his breathing. Yes, bismillah, yes. Don't be afraid, don't worry, you can definitely do it, followed by stroking his head as convincing his wife's heart. yes, even

though I was scared, I showed like I wasn't afraid, worried that my wife would be afraid too (smile)) -Inf 3

The phrase is in line with what the wife's informant explained as follows: ".. encouraging (smiling), yes trying to be able to help the bojo who is still joking, yes to make the spirit. heem (smiles)"-(.. encouraging (smiling), yes trying to help the wife who is in pain in the delivery process, mostly yes giving encouragement -Inf 3.1

The involvement of the husband as a companion in childbirth makes it easier for the midwife or health worker to convey his message to the maternity mother, the husband has a role as an advocate, this is in accordance with the expression of the supporting informant below:

"With the presence of maternity couples, we are more comfortable in providing advice, motivation and things that need to be told to maternity mothers, so that mothers are more understanding and willing to obey the existing rules. The presence of a companion in the delivery process is very helpful both psychologically and materially" -Inf 6

d. The Role of Responsibility

The role of the husband who is responsible for meeting the needs of the wife from pregnancy to childbirth. A small number of main informants meet the needs of their spouses based on information recommended by health workers and according to the recommendations applied in the KIA book. This was revealed by one of the following informants:

"The preparation is to prepare money, yes mba first, then other needs such as mother and baby equipment and those that are in accordance with KIA books, there are so many others. anyway, the preparations have been well prepared" -Inf 2

Some of the main informants revealed the form of responsiveness role carried out as the head of the family, namely being responsible for the needs of the wife and children by preparing vehicles, equipment for mothers and children, paying attention to diet, rest, work, inspection schedules and most importantly the health of the wife. This is expressed as follows:

"... responsibility.. The head of the family is to prepare a vehicle, the needs of all the integrity of the bojo are fulfilled until the end of the day." (.. responsibility: the head of the family is to prepare the vehicle, all the needs of the wife are met to accompany in the delivery process) -Inf 3

The expression is in line with what the wife's informant explained in more detail as follows: "Don't be too upset, don't work hard, don't eat late, take medicine, schedule to check what you are going to do (Puskesmas)... Em.. Children's needs, other equipment, they should also be considered" (Don't be too tired, don't work hard, don't eat late, take medicine, schedule to check to the posyandu or here (health center).. em.. children's needs, other equipment, yes, pay attention too, he said health number one is the most important) -Inf 3.i

Some informants explained that meeting their partner's needs is still in the learning stage and cannot be said to have enough ability, they revealed that they still ask some things to those who are already experienced. In addition to preparing the needs of his wife and children, the husband also prepares mentally in advance to avoid chaos due to down.

"Preparation is an MBA allowance. Finance first, MBA mental second.. The needs of the wife and children.., like the equipment is automatically ready for the MBA. If everything else, too, finances must be, vehicles too, but yes, as they are. Anyway, everything is complete according to the needs of the wife, children and also those who are recommended" -Inf 4

e. role of couple relationship

Some husband informants said that the form of couple relationship is in the form of direct attention and support during the childbirth process such as meeting the needs of the wife, adapting to the wife's attitude, stroking dhikr and praying for the safety of the child and wife, this is explained by the informant below:

"The form of affection... Attention if you ask for anything, immediately try. Continue to be patient in dealing with his attitude. That's it, because you know the position of being pregnant, you usually just rub your head with dhikr, the point is in prayer so that your wife and children are safe" -Inf 5 The expression was justified by the wife's informant as follows: "(chuckles) encouraging (smiling) may seem very caring and supportive, yes mba (laughs)" -Inf 5.i

The daily form given such as giving encouragement, stroking, soaking, it is shown as a form of affection of the husband for his wife, explained by the informant below:

"Yes. Pokoke cares, cares, yes ngelus, ngesun gal di (laughs)... When I talk about it, I need more attention, yes the maximum attention with my affection, yes pokoke kuwe form my affection inyong meng bojo" (Yes, the point is caring, attention, yes stroking, kissing every day (laughs), during childbirth I need more attention, yes I maximize attention and affection, yes anyway it's a form of my affection for my wife) -Inf 3

In addition, the wife informant added that the presence of the husband during the delivery process provides a feeling of comfort and calm, this is one of the benefits of the husband's role, which is to make the mother's psychology good.

"It makes me feel comfortable when I am in labor, praying, supporting, giving support so that the birth goes smoothly and normally" -Inf 1.i

The presence of the husband will bring peace to the wife who is giving birth. The role of the husband is described to the extent that the participant involves himself as a delivery companion whose existence is easy to contact, physically present and always involved in the health services of his partner from pregnancy to delivery (Alio et al., 2013). The role of the husband is described as always there, easy to find when needed and attention (Nesane et al., 2016). The presence of a delivery companion has an influence on the mother because she can do a lot to help the mother during childbirth. Companions are able to provide support and assistance to pregnant women during the delivery process and can provide attention to a sense of security, comfort, enthusiasm, calm the mother's heart, reduce tension or emotional status to be better so that it can reduce pain during the delivery process, can cause feelings of pleasure, which will be an impulse to neurotransmitters to the limbic system then passed to the amygdala and then to the hypothalamus so that stimulation occurs in the ventromedial nucleus and the surrounding area which can cause a feeling of calm,

so that anxiety decreases, with the presence of a delivery companion it is hoped that it can reduce the anxiety of the maternity mother so that it can make the maternity feel comfortable. With a sense of comfort, the level of catecholamines in the blood becomes normal, if necessary, the husband will take over the command and encourage the mother to stay focused if she shows signs of loss of concentration (Premberg et al., 2011).

Physical support such as holding their wives in a suitable position for childbirth, clearing vomit, stroking their wives or simply being by their wife's side and emotional support (Poh et al., 2014). Husbands give massages, offer drinks, help in changing their wife's position and take her to the toilet during childbirth. Husbands who were present at the time of delivery felt that the direct involvement of the midwife was compromised their ability to provide physical support (Sapkota et al., 2012). In addition, they also provide support through prayer, in the research Story et al, (2012) explained that emotional support involves empathy, love, trust and care. Forms of emotional involvement are often found in the form of prayer which is a way of expressing love when the husband is directly present in the delivery process or not present in the delivery process (Story et al., 2012). Husbands also feel that they can provide emotional support to their wives by holding his hand, talking to him and standing at his bedside (Sapkota et al., 2012). The research of Kaye et al., (2014) provides an overview of the role of the husband as someone who cares, provides emotional and financial support, and tries as much as possible to find out what is wrong with his partner's condition (find a solution if his partner has complications). Most husbands have maximized in meeting all the needs of their partners as recommended by health workers and listed in the KIA book (P4K sticker).

## **2. Factors that affect the role of the husband**

The results of interviews with 5 pairs of husband-and-wife informants showed that 4 husband informants were influenced by a whole range of factors as role supporters and 1 husband informant was only able to cover four factors to support the role.

### **a. Individual factors**

It is described with feelings of anxiety and fear at things that are not necessarily experienced by his wife, as well as resigned to the conditions at that time. These feelings, described in the process of childbirth, are as follows:

"Actually, the problem is that I am too worried and anxious when I see my wife in pain in the delivery process, the solution is resignation. I just surrender to the powerful" -Inf 1

This phrase is in line with what the wife's informant explained as follows: "of her own volition, she is the one who wants to see me, even though she seems anxious to see me in pain" -Inf 1.i

One of the informants explained that the support from his family and his wife's pain in the delivery process was a factor that made him brave to be involved in his wife's delivery process. This was revealed by the following informant:

"I'm scared, I'm nervous, I'm not brave when I'm confronted, but I can overcome it when I see the bojo again, I'm afraid to go to bed, even though I'm more afraid to

be weaker. But in the end, I can also go through it until the child is born, the child is safe, thank God" (afraid, anxious, nervous, did not dare to accompany me in the delivery process, but I was able to overcome it when I saw my wife in pain in the delivery process, I tried and dared to do it even though I was more scared and weak. but finally I was able to get through it until the birth of our child, wife and child are congratulated, thank God) -Inf 3

The phrase is in line with what the wife's informant explained as follows: "Panic, worry... Continue to pity, yes wedi, yes melas, yes happy. Yes, I am confident, in the end I will still be involved," (panic, worry.. not having the heart, yes afraid,.. Yes, confident, finally still come in to accompany..) -Inf 3.i

b. Family factors

Some of them said that the family supported their presence as a companion in the delivery process.

"Yes, I really support mba. Like my in-laws even told me to stay in the house. But MBA, even without me being told by my in-laws, I would have been nemenin. That person has always wanted me to have a wife born" - Inf 2

The phrase is in line with what the wife's informant explained as follows: "There is no mba. because there is already my husband .. that's why the family doesn't come in, just waits outside" -Inf 2.i

Several forms of support from the family such as calls for encouragement, motivation to accompany, witness the struggle of the wife in childbirth, and the growth and development of children. This is expressed below:

"In fact, I'm happy with mba, supporting everyone like parents, in-laws are all happy to say let me feel what my wife feels, how my wife is when she is born, yes so I know the development and process" -Inf 4

The family and shamans who are involved in the delivery process. The assistance was carried out to provide support to the wife, because it was the first experience of the wife's childbirth.

c. Community factor

The role of the husband is the community that the workplace and the community around them are happy, strongly support the role of the husband as a companion and advocate to be directly involved in the health of the wife:

"I was even told to come along. involved in wife's health services, yes, the community is very supportive, he said that indeed the husband's duty is to take care of his wife always, especially when she is pregnant if possible, even after giving birth" -Inf 5

Granting permission from the workplace to the husband to be able to carry out his role properly, as expressed by some of the main informants below:

"The workplace does not have a problem with my permission, because the health of the family is prioritized, so I am allowed to be allowed and even allowed to be directly involved in my wife's health. I even had permission one month before giving birth and it didn't matter at all, sometimes I also gave permission when my wife checked or others" -Inf 2



The phrase is in line with what the wife's informant explained as follows: "... They support ... they are happy that my husband has been involved in my health since pregnancy, childbirth, even now after childbirth" -Inf 2.i

In addition to granting work permits, the provision of leave to accompany the wife in childbirth is also obtained by the husband informant as a private employee from the leadership of the place of work even has a greater opportunity to accompany the wife, this is in accordance with the informant's explanation that private work does not have a problem with work permits as long as the husband submits his permission to his superiors:

"If my work is not disturbed, mba, ... We have a private job, yes, it's free. I don't want to go in, I don't want to take a holiday. no problem" -Inf 4

This expression is in line with what the wife's informant explained as follows: "The husband's workplace is allowed, it happens that the husband works in the private sector, yes, if the permit is easier, the important thing is to say.." -Inf 4.i

d. Society factor

The role of the husband is the Society that most midwives or health workers try to involve the husband as a companion in the delivery process by inviting the husband to enter the delivery room, holding the wife's head, providing food and drink during contractions, stroking and providing support to the wife. Some of the informants explained below:

"At first I didn't have the heart outside, I was told by the midwife to come in to accompany me because of my wife's request as well and it turned out that my presence was very helpful for the midwives inside, such as helping to hold my wife's head, lifting the pillow mba (squeak), feeding and drinking, stroking and many more. Like providing support for wives and helping midwives. The response was happy, thank God. anyway, both help" -Inf 2

The expression is according to the explanation conveyed by the wife's informant as follows: "Yes, I'm happy, there is my husband who participated in my childbirth. and the midwife who helped me give birth was very kind to me and my husband, they were friendly" - Inf 2.i

The existence of motivation or support from midwives or health workers for the husband greatly affects the husband's involvement in carrying out his role, such as providing information and explanations about the development of childbirth, providing directions that must be done such as stroking and others, giving the husband the opportunity to ask questions.

"Very very helpful and they are friendly, they direct and try very hard to involve me, the response is maybe motivation for me, it is his wife talked about it so that it is enthusiastic, it is persuaded to be sweet so that there is no thought of going there Sectio Caesarea (SC)" -Inf 1

The phrase is according to the explanation conveyed by the wife informant as follows: "They direct to inform the duties and obligations, and how to protect the health of the wife and children" -Inf 1.i

Some husband informants said that they felt comfortable even though they were in a foreign place, there was good treatment from midwives or health workers. This is because the role of health workers has a positive impact on their experience:

"The midwife is good, the environment is comfortable, calm and the child is safe, Alhamdulillah is comfortable, the feeling is that the woman who is afraid of being a madan plong" (the midwife is good, the environment is comfortable, calm, the wife and children are safe, yes thank God it is very comfortable, my feeling that I was afraid to be calmer before became calmer) -Inf 3

The expression is in line with what the wife informant explained as follows "Alhamdulillah, I feel very comfortable, the treatment and service provided make me a little calmer even though I actually feel afraid" -Inf 4

f. Policy factors

The support from midwives or health workers for the husband's involvement in the childbirth process and good treatment makes the wife's informant feel happy.

all informants said that the applicable norms of the Society, good treatment from midwives or health workers who are in charge of involving husbands to accompany to provide KIE about the role of husbands, both from the government, culture and from health workers, do not hinder the role of husbands as companions in the childbirth process,

"If I don't think there is an MBA, it's not just an obstacle but helps the husband in carrying out his role, which means a lot of support. We are also often told what and how to do it later when the husband gives birth, nemenin isti like that, mba" -Inf 5

This phrase is in line with what the wife informant explained as follows: "nothing hinders, in fact everything is safe, mba" -Inf 5.i

With the government's regulation on husbands, the role of husbands provides support for novice husbands and risk reduction. This was explained by some of the informants below:

"I don't think there is an mba. There are no obstacles at all... In fact, all of them are support to make it easier or to reduce the danger like that, mba" -Inf 4 The expression is according to the explanation conveyed by the wife's informant as follows:

"It seems that there is no MBA, everything does not hinder, the culture and culture in the village also does not have a prohibition on the husband to accompany him" -Inf 4.i

Some husband informants explained that to explore the role of a companion in the delivery process, they first learned about the role, both from government regulations and programs implemented on the role of the husband:

"There are no obstacles at all, it seems that they actually support .. There are many programs for mothers to give birth, there are husbands too, yes, the ones who are trending are SIAGA husbands, like me, I was ready one month before the birth of my wife" -Inf 2

Midwives or health workers provide full support by explaining and providing understanding of government programs and regulations that have been set. This was revealed by one of the informants below:

"It's rare. As long as the current one even supports, like the midwife also supports, but I understand the explanation of the rules that the government is, it is rare that it hinders the blast, even helps the baby" (there is none. so far it is actually

supportive, as the midwife also supports, gives an explanation of what government regulations (about birth attendants) should be like and what is done.

The expression is in line with what the wife informant explained as follows: "Rare, rare prohibitions that government regulations, traditional culture nang village, ya rare, ordinary bae alleh" (there is no prohibition either from government regulations, culture and customs in the village... everything is ordinary) - Inf 3.i

One of the supporting informants that the health institution where he works expects a companion for the birth of her husband and family and there are no obstacles by law:

"There are no legal inhibiting factors because indeed the policy that applies in our agency expects the birth companion to be a husband or family" -Inf 8

Some husbands when they enter the delivery room, they feel that the situation is very tense, and they find themselves emotionally unprepared in the form of fear, helplessness and frustration (Sakopta, 2012). These emotions become more intense during labor, and these results occur at varying ages. The husbands said that they could not share the pain of childbirth except by watching their helpless wives. This suffering is characterized by uncertainty, worry for women and children, and an emphasis on one's own needs and feelings such as pain, helplessness and doubt. The inability to provide adequate support and the influence of the labor process creates a feeling of insignificance. The helplessness when witnessing a woman's pain can be great, causing outbursts of anger or tears. Feeling unimportant and neglected while neglecting their own meals and sleeping before the onset of labor and the desire to be there for their partner (Premberg et.al, 2011). Only a few husbands stated that they were able to motivate their wives to remain calm during childbirth. Since the wife said she was going to give birth, the husband was involved in paying attention to how his wife was doing, contacting the hospital and jointly deciding when it was time to go to the health workers. This kind of thing is very necessary considering the importance of the husband's role in the form of physical or emotional support (Story et al., 2012). The results of the research of Premberg et al. (2011), explain that childbirth is an experience as a common problem for couples. The majority of husbands' experiences are positive when attending childbirth because they are curious to understand the process of childbirth. The examination carried out increases the suffering for his wife, some husbands feel unbearable, even do not want to accompany (Premberg et al., 2011). husbands also acknowledge the importance of their husband's presence as a good start that their experience has helped to appreciate how important their husband's presence is in the delivery process (Story et al., 2012). It also requires support from midwives or health workers, in the study Gilliland (2011), explaining how the role of midwives and health workers in providing support to mothers in childbirth, and how mothers receive support from their partners. The results obtained were that mothers were helped by the support of health workers so that they were able to go into labor comfortably and were willing to accept the presence of their husbands and support.

Poh et al. (2014), explained that the support from health workers has a positive impact on some husbands. The husbands were quite enthusiastic about the way of conveying information, and the sense of empathy conveyed by health workers. Some

of the main informants were so excited about health workers because they never felt uncomfortable even in a foreign place. Husbands admit that they are not mentally ready to attend labor, they are clearly aware of the need to prepare themselves in advance so that they can understand childbirth and their role in this process (Sakopta, 2012). The form of mental preparation that they prepare is by attending and accompanying to provide support to their partner in the delivery process.

## CONCLUSION

There are two main roles of the husband as a companion in the delivery process, namely the role of accessibility, which is present from pregnancy to delivery, and the role of engagement by providing physical and emotional support. Three factors that influence the role of the husband as a companion in the childbirth process are individual factors such as motivation in the husband, community factors in the form of support from the workplace and the nearest environment, and social factors in the form of the role of health workers in supporting the role of the husband in the childbirth process.

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