

The Correlation Between the Husband's Support and the Psychological Well-Being of Pregnant Adolescents

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ABSTRACT

Background: Teenage pregnancy can be defined by the occurrence of pregnancy in girls aged 10-19 years who still have emotional instability. This emotional instability can affect the psychological well-being of pregnant adolescents, which will cause disturbances in their pregnancy; therefore, the husband's support is needed so that mothers can feel security and comfort in their pregnancy to achieve maternal and fetal health in the womb. **Objective:** To determine the correlation between husband's support and psychological well-being in pregnant adolescents. **Method:** This study used a quantitative method with a cross-sectional design. The sampling technique used total sampling with a total sample of 30 respondents. The study was conducted in the Moga Health Care Center Pemalang Regency, Central Jawa Province, Indonesia. Data analysis used is univariate analysis to determine the frequency distribution of respondent characteristics (age, number of pregnancies and education), and bivariate analysis to determine the relationship between independent variables (husband's support) with the dependent variable (psychosocial condition of adolescent pregnant women) **Results:** This study shows a significant correlation between husband's support and the psychological well-being of pregnant adolescents in the Moga Community Health Care Center, with a p-value of 0.000. **Conclusion:** Pregnant women who lack a husband's support will be at risk of experiencing psychological well-being in their pregnancy, especially pregnant adolescents.

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1. INTRODUCTION

Adolescent pregnancy is defined as the occurrence of pregnancy in girls aged 10-19 years. Teenage pregnancy is a major public health problem in both developing and developed countries with enormous consequences for maternal health and pregnancy outcomes. (Worku et al., 2021)

The percentage of young pregnancies in Indonesia is 1.97% at the age of 15-19 years. Indonesia itself occupies the 37th position of the country using the highest percentage of marriages, being the second highest in ASEAN after Cambodia. Adolescents aged 15-19 years who have become mothers in Indonesia are 7%, and 5% who have given birth and 2% are pregnant with their first child. The percentage of young women in rural areas who have become mothers is much higher than in urban areas, namely 10% and 5% (SDKI, 2018). BPS information in 2017 recorded the number of marriages in Indonesia was 1,936,934. The Central Statistics Agency

(BPS) recorded that the population of Central Java province in 2018 was 34,490,835 people with 24, 08% of whom were young people (age 10). - 24 years old). In the following years the number of young people will continue to grow in line with the changing age structure of the world's population.

Husbands can provide support to wives who are pregnant in the form of paying attention to, informing, serving and providing assistance to teenage pregnant women so that they are ready for their pregnancy, as well as providing a sense of safety and comfort in dealing with maternity situations (Sulistiyaningsih et al., 2019). The husband provides his support as a form of embodiment of the original behavior of paying attention and loving, appreciating, pitying that is given by the husband to pregnant women (Etty et al., 2020).

2. RESEARCH METHOD

This research is a descriptive quantitative study, the design of this research using a cross-sectional approach. This research was conducted on May-June 2022 at the Moga Health Center, Pemalang Regency, Central Jawa Province, Indonesia. The population in this study were 30 pregnant mother who actively participate in puskesmas activities. The sample of this study was 30 respondents who had met the inclusion and exclusion criteria.

a. Inclusion criteria :

- 1) Pregnant women aged 16-19 years.
- 2) Composite awareness.
- 3) Teenage pregnant women who can read and write.
- 4) A teenage pregnant woman who lives in the same house with her husband

b. Exclusion criteria

- 1) Teenage pregnant women who are not willing to be respondents
- 2) Adolescent pregnant women have comorbidities
- 3) Teenage pregnant women with psychological disorders

The sampling technique in this study was using total sampling technique. The data collection tool in this study was a questionnaire sheet consisting of three parts. The first part contains the respondent's characteristic sheet (name, age, education and address), the second part contains the The husband's support questionnaire was taken from the researcher (Susanti, 2020) which includes emotional support consisting of five statements, instrumental support consisting of five statement objects, informational support consisting of five statement objects, award support consisting of five statement items, the third part contains the questionnaire on the psychosocial condition of adolescent pregnant women consisted of 19 statements using a Likert scale of 1-4.

Data analysis used is univariate analysis to determine the frequency distribution of respondent characteristics (age, number of pregnancies and education), and bivariate analysis to determine the relationship between independent variables (husband's support) with the dependent variable (psychosocial condition of adolescent pregnant women). The research data were processed through the process of editing, coding, scoring, tabulating, processing and cleaning. The statistical test used is the Chi-Square test.

3. RESULT AND DISCUSSIONS

3.1. Frequency Distribution of The Pregnant Women

Tabel 1. Frequency Distribution of the pregnant women

Karakteristik	Frekuensi	Presentase (%)
Age		
16 years	5	16,7
17 years	9	30,0
18 years	10	33,3
19 years	6	20,0
Education		
SD	13	43,3
SMP	12	40,0
SMA	5	16,7
Paritas		
1	22	73,3
2	5	16,7
3	3	10,0

Table.1 shows that there are more respondents aged 18 years than the other ages, as many as 10 respondents with a percentage of 33.3%. In the education category, it was found that the majority of the education of pregnant women in their teens was elementary school as many as 13 respondents with a percentage of 43.3%. Teenage pregnant women have the majority of parity 1 as many as 20 respondents (73.3%).

Table 2. Frequency Distribution of Husband's Support Frequency and Psychological Conditions

Variabel	Frekuensi	Presentase (%)
Husband's support		
Not enough	6	20
Enough	18	60
Well	6	20
Psychological condition		
Risk	6	20
No risk	24	80

Based on table 2, shows that more than half of pregnant women in their teens get sufficient husband's support as many as 18 respondents with a percentage of 60%. The majority of teenage pregnant women do not experience the risk of psychological disorders as many as 24 respondents with a percentage of 80%.

3.2. Relationship of Husband's Support to Psychological Well-Being of Teenage Pregnant Women

Table 3. Relationship of Husband's Support to Psychological Well-Being of Teenage Pregnant Women

Husband's support	Psychological condition				Total	p-Value
	Risk		No Risk			
	F	%	F	%		
Not enough	6	20				
Enough			18	80		0,000
Well			6	20		
Total						

Based on table 3, The results of the study using the Chi Square Test with the level that there is a relationship between husband's support and psychological well-being of teenage pregnant women. This study is in line with previous research which states that there is a relationship between husband's support and the psychosocial condition of adolescent pregnant women with p value = 0.000 (Alifah et al., 2020).

3.3 Relationship of Husband's Support to Psychological Well-Being of Teenage Pregnant Women

The results of the study using the Chi Square Test with the level that there is a relationship between husband's support and psychological well-being of adolescent pregnant women. This study is in line with previous research which states that there is a relationship between husband's support and the psychosocial condition of adolescent pregnant women with p value = 0.000 .(Fatmawati et al., 2020)

The results of another study (Klara, 2018) show that there is a relationship between husband's support and the level of anxiety of pregnant women in the third trimester, although the stress level felt during pregnancy is mostly at the level of no risk (Destia, 2016). However, with a good relationship from a partner can avoid the risk of other psychological disorders (Rahmah & Kurniawati, 2021)

This study shows that husband's support is related to the behavior and emotions of pregnant women in their teens (Sulistiyaningsih et al., 2019). Lack of husband's social support results in anger and punitive parenting behavior among adolescent mothers (American, 2017). The husband's support provided can reduce the stress burden of teenage pregnant women (Agampodi, TC., 2021). Husband's support felt by pregnant women appears to be a protective factor against anxiety disorders in teenage pregnancy, with positive effects on mental health (Grønvik & Sandøy, 2018)

The support of the closest people, especially husbands, is needed so that the inner atmosphere of pregnant women is calmer and less disturbed (Mukhadiono, Subagyo and Wahyuningsih, 2015). Husband's support is very much needed, because the presence of a husband will reduce stress, provide comfort and tranquility (Afrino & Jannah, 2019).

The results of research with pregnant women show that most of the support given by husbands is psychological which makes pregnant women feel safe and comfortable during pregnancy. (Damiarti, 2017) With

the emotional support provided by husbands, it will positively affect the growth and health development of members family. Emotional support will positively affect the growth and health development of family members (Tisa, 2018).

4. CONSLUSION

The characteristics obtained in this study were the majority of teenage pregnant women were 18 years with 10 respondents. The majority of teenage pregnant women's education is elementary school as many as 13 respondents with a percentage of 43.3% and parity 1 as many as 20 respondents with a percentage of 73.3%. Psychological well-being of pregnant women found that there are 6 respondents who have a risk of psychological disorders and 24 respondents who are not at risk of experiencing psychological disorders.

The husband's support obtained by teenage pregnant women during their pregnancy with good category as many as 4 respondents, sufficient category 20 respondents and less category as many as 6 respondents. The existence of a relationship between husband's support for the psychological well-being of adolescent pregnant women is evidenced by the asymp sig value. (2 tailed) of 0.000 means p value <0.05, this shows H_a is accepted, H_o is rejected.

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