

## Effect Of The Husband Alert Journal (Jursiga) On Reducing Anxiety In Pregnant Women At Risk

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### Abstract

Pregnancy is a critical period in a woman's life, often accompanied by physical and psychological changes that may lead to anxiety. Anxiety during pregnancy, particularly in high-risk cases, can negatively impact both maternal and fetal health. This study aims to assess the effect of the Husband Alert Journal (Jursiga) in reducing anxiety levels among pregnant women at risk. This pre-experimental study involved 33 pregnant women in their third trimester, with mild to severe anxiety. A non-equivalent one-group design with pre-test and post-test was used. The results showed a significant reduction in anxiety levels, with the majority of participants reporting mild anxiety after using the journal (63.63%), compared to severe anxiety before the intervention (63.63%). Statistical analysis using a Paired Samples Test revealed a significance value ( $p$ ) of 0.000, indicating that the use of Jursiga was effective in reducing maternal anxiety. The study highlights the importance of involving husbands in the maternal care process and suggests that providing support through the Jursiga journal can be an effective intervention for reducing anxiety in pregnant women at risk.

## INTRODUCTION

Pregnancy is a significant phase in a woman's life that requires careful preparation. Although pregnancy is a physiological condition, the importance of accurate pregnancy diagnosis cannot be overstated. During this period, women experience numerous physiological and psychological changes, which can often lead to stress and anxiety, especially as they enter the third trimester.

According to data published by WHO in 2020 on maternal mental health, approximately 10% of pregnant women and 13% of postpartum women worldwide experience mental health issues, particularly depression. In developing countries, the prevalence is even higher, reaching 15.6% during pregnancy and 19.8% postpartum. Research conducted in Indonesia revealed that anxiety affects 16.7% of primigravida women in their first trimester, increasing to 33.9% in the third trimester, with 13.3% of multigravida women also experiencing anxiety. Further studies indicate that about 28.7% of Indonesia's 107 million women report anxiety related to childbirth. Specifically, research in Tasikmalaya, West Java, found that 83.3% of primigravida women in their first trimester experienced anxiety, with only 16% reporting no anxiety. Another study in Tasikmalaya highlighted that 63.2% of pregnant women experienced severe levels of anxiety.

Anxiety during pregnancy is a critical factor affecting fetal growth and development and maternal mental health, with potential implications extending into the postpartum period. Husband support during pregnancy is crucial in addressing the biological and psychological vulnerabilities of

pregnant women. It reflects the husband's involvement in the pregnancy and his preparation for bonding with the child.

Husbands play a vital role during pregnancy, childbirth, and the postpartum period. Their decisions and actions significantly influence the health and well-being of both mother and child. One essential step that men can take to promote maternal safety is family planning, including spacing births by at least two years. This practice benefits both maternal and child health, considering the potential health risks associated with every pregnancy, even in low-risk, healthy women. WHO estimates that 585,000 women die each year from complications related to pregnancy, childbirth, or unsafe abortions, many of which are preventable.

This study aims to evaluate the effectiveness of the "Jursiga" (Husband Alert Journal) as a tool to reduce maternal anxiety during pregnancy. "Jursiga" serves as a medium to enhance husband involvement throughout the pregnancy journey, addressing the critical and vulnerable phases of pregnancy and postpartum. By fostering active husband participation, "Jursiga" aims to reduce maternal anxiety and ensure a safe, comfortable, and fulfilling reproductive experience for women.

## **METHOD**

This study employed an experimental method with a quantitative approach. The research design used was a pre-experimental study with a non-equivalent (pre-test and post-test) one-group design without a control group. In this design, pre-test and post-test measurements were conducted on a single group without a comparison control group.

The study involved 33 pregnant women in their third trimester as respondents, selected based on the following inclusion criteria: pregnant women with mild to moderate anxiety, gestational age between 32-36 weeks, having a husband, and possessing literacy skills. The exclusion criterion was pregnant women not living in the same household as their husbands. The dropout criterion was respondents who did not complete the entire research process.

## **RESULTS AND DISCUSSION**

The results of this study indicate that the anxiety levels of pregnant women at risk prior to receiving the Husband Alert Journal (Jursiga) were categorized as severe anxiety in 21 participants (63.63%), moderate anxiety in 9 participants (27.27%), and mild anxiety in 3 participants (9.09%). After the intervention with the Husband Alert Journal, the anxiety levels were categorized as mild anxiety in 21 participants (63.63%), moderate anxiety in 8 participants (24.24%), and severe anxiety in 4 participants (12.12%). The effect of providing the Husband Alert Journal on maternal anxiety was tested using a Paired Samples Test, yielding a significance value ( $p$ ) of 0.000. This result demonstrates that the  $p$ -value is less than 0.05 ( $p < 0.05$ ), indicating a significant effect of the Husband Alert Journal on reducing anxiety in pregnant women at risk. Thus, the provision of the Husband Alert Journal was proven to effectively reduce anxiety in pregnant women at risk.

Providing books or journals can influence an individual's knowledge level. A book serves as a process to instill and enhance knowledge, which is a crucial initial step in behavioral change. Efforts to increase knowledge can be facilitated through journals, aiming to enhance an individual's understanding, alter their behavior and perceptions, and instill new habits and behaviors.

The implementation of the Husband Alert Journal (JURSIGA) is an innovation developed by the researcher. The background of this innovation arises from the maternal and neonatal mortality rates (MNM and MMR) in Tasikmalaya, where one of the indirect causes is the lack of male (husband) involvement in maternal and child health. The goal of introducing the Jursiga Journal is to increase the awareness and participation of men (husbands) in maternal and child health. The concept behind the JURSIGA innovation is to foster awareness and participation of husbands toward their pregnant wives by providing knowledge and understanding about maternal and child health.

By involving husbands through the JURSIGA journal, the anxiety levels of pregnant women at risk decreased. The support that husbands provide, as documented in the JURSIGA journal, can be interpreted as both physical and psychological support during pregnancy and childbirth. This support helps the wife feel loved and cared for, providing strength for her throughout the process. Psychological support from husbands during pregnancy and labor is crucial. Pregnancy and childbirth can be challenging for mothers, and emotional support from their husbands is essential for ensuring a safe and comfortable delivery.

Husband involvement during pregnancy plays a critical role in promoting emotional well-being. The support and care husbands provide help the wife manage the emotional changes she may experience, especially during pregnancy when she may feel more sensitive and demanding. Husbands are required to demonstrate emotional maturity to effectively support their wives during this period.

The husband's role as a companion extends beyond decision-making; it is also vital in providing moral support throughout pregnancy, childbirth, and the postpartum period. The presence and active involvement of the husband help ensure a more positive and supportive experience for the wife during one of the most critical phases of her life.

## CONCLUSIONS AND RECOMMENDATIONS

The results of this study indicate that the provision of the Husband Alert Journal (Jursiga) effectively reduces anxiety levels in pregnant women at risk. Prior to receiving the journal, a majority of participants experienced severe to moderate anxiety. However, after using the journal, anxiety levels were significantly reduced, with most women reporting mild anxiety. This demonstrates the positive impact of involving husbands in the maternal care process, both physically and psychologically, through a structured medium like the Jursiga journal.

### Recommendations

Based on the findings of this study, it is recommended that health programs and interventions incorporate tools like the Husband Alert Journal (Jursiga) to engage husbands in supporting their wives during pregnancy. This approach can be particularly beneficial in reducing maternal anxiety and improving overall maternal and child health outcomes. Further research should explore the long-term effects of such interventions on maternal well-being and neonatal health. Additionally, expanding the use of Jursiga in different regions and among various demographic groups may provide valuable insights into its effectiveness and adaptability in diverse cultural settings. It is also suggested that healthcare professionals provide more guidance and education to husbands about their crucial role in supporting their wives during pregnancy, childbirth, and the postpartum period.

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