

SOCIALIZATION OF MENTAL HEALTH FOR PREGNANT WOMEN THROUGH "HOLDING BY HUSBANDS" IN SUPPORTING A PROSPEROUS PREGNANCY PERIOD

Rovica Probowati^{1)*}, Adi Buyu Prakoso²⁾

¹Faculty of Health Sciences, Duta Bangsa University, Surakarta

email: author: rovica_probowati@udb.ac.id

²Faculty of Health Sciences, Duta Bangsa University, Surakarta

email: author: adi_buyuprakoso@udb.ac.id

Article Info:

Submitted: 4/5/2025

ABSTRACT

Accepted: 25/5/2025

Published: 30/5/2025

Handling Editor:

28/5/2025

Keywords:

Pregnancy; Mental Health; Husband's Role.

Background: Mental health is an important component of overall well-being, especially for pregnant women and has an impact on the fetus. WHO reports that 1 in 5 women will experience mental health problems during pregnancy or one year after giving birth. The impact of mental health problems on mothers will have physical and psychological impacts on both the mother and her baby, such as maternal depression, postpartum depression, and can have an impact on the birth of low birth weight (LBW) babies. Objective: This community service is to socialize the importance of mental health for pregnant women by prioritizing the role of "HOLDING HUSBAND" in maintaining the Welfare of Pregnant Women. This community service is carried out with a descriptive approach using the role of "HOLDING HUSBAND" such as (Support system; Avoid negative things; Positive activities; Time for yourself; Adequate rest). The target of community service is 30 pregnant women in the first, second, and third trimesters who fill out a mental health questionnaire before and after the socialization takes place. Results: Community service shows that there is an increase in maternal mental health before and after socialization by 28%. Conclusion: Based on this, it can be concluded that by providing socialization that prioritizes the role of "HOLDING BY HUSBAND" pregnant women are expected to become prosperous mothers who can improve the mother's mental health by reducing maternal health problems ranging from anxiety to depression.

1. INTRODUCTION

Mental health is a component of overall well-being, especially for pregnant women and their fetuses. Physical changes during pregnancy can pose challenges to a mother's mental health ¹. Mental health disorders usually occur frequently in the third trimester due to fear of pain during childbirth, many physical complaints, a history of irregular Antenatal Care (ANC) visits, lack of knowledge, lack of social support from

husband, family and friends, and a history of low economic status are risk factors ². Life-changing moments such as pregnancy, childbirth and parenthood can be disruptive to the mental health of women and their partners. As a result, women may experience periods of poor mental health or experience worsening mental health conditions beforehand.

World Health Organization (2022) stated that cases of women experiencing mental health disorders are almost 1 in 5 women a year after giving birth. Among women with

mental health disorders during pregnancy, 20% will experience suicidal thoughts or commit acts of harming themselves or their babies.³. According to the Ministry of Health of the Republic of Indonesia (2020), it was stated that 43.3% of pregnant women had mental health disorders, including anxiety, and this increased to 48.7% during childbirth.⁴.

That in ignoring mental health felt by pregnant women not only endangers the health and well-being of women as a whole, but also has an impact on the physical and emotional development of the fetus/baby she is carrying. Therefore, special attention to the mental health of pregnant women is very important to achieve a holistic health status of the mother and baby and the creation of the well-being of both. The mother's mental health can be maintained and its disorders can be reduced or resolved, one of which is with the active role and support of the husband⁵. Husbands should be a support system in the primary role of providing support such as emotional and physical, helping pregnant women avoid negative things that can increase anxiety and stress, and encouraging involvement in positive activities that can improve the mother's mood and well-being⁶.

Giving pregnant women time for me-time, where they can relax and enjoy personal time without interruption. In addition, ensuring that pregnant women get enough rest to maintain physical and mental balance during pregnancy.⁷. With the cooperation and attention of the husband, the mental health of pregnant women can be maintained well, so that the pregnancy process can be passed more calmly and happily. And another role of the husband here can reduce the level of anxiety in pregnant women and mothers giving birth, that it is very important the best support system is from the husband Based on the above, the implementer of community service (PkM) conducted socialization of the importance of Peram "HOLDING THE HUSBAND" which consists of Support

system; Refraining from negative things; Positive activities; Time for yourself; Sufficient rest is designed to remind and motivate pregnant women, as well as those around the mother, about important steps that can be taken to maintain mental health during pregnancy⁸.

2. RESEARCH METHODS

The Community Service (PkM) process carried out by lecturers and several students in Celep Village, Celep District, Sragen lasted for 1 month with a target of 30 pregnant women in the pregnant women's posyandu. The steps of the activity began by completing the activity permit to the village to obtain a Community Service permit to the village midwife who was responsible for the area covering pregnant women. The PkM activity began by approaching the PkM location to gather pregnant women at the pregnant women's posyandu, followed by socialization which began with measuring the mental health of pregnant women through a pre-test using the Perinatal Anxiety Screening Scale (PASS) questionnaire.

Socialization was carried out first during a meeting at the pregnant women's posyandu with the theme HELD BY HUSBAND, then continued in the Whatsapp (WA) group every week for 3 weeks. In the 2nd and 3rd weeks, the socialization obtained through WA was by re-sharing posters and brief explanations where the meaning of the WA message asked husbands to carry out their duties and obligations so that they became commonplace and could be done routinely. After the 4th week of socialization was carried out in the WA group, a post-test was carried out with a questionnaire shared again in a Google form where the message was conveyed from the evaluation during the socialization given to husbands in order to measure the mother's mental health during pregnancy.

3. RESULTS AND DISCUSSION

The implementation of Community Service (PkM) is in the form of socialization regarding the importance of mental health of pregnant women as an effort to achieve the welfare of pregnant women in Celep Village. The socialization carries the role of DI PEGANG SUAMI (Support system; Withdraw from negative things; Positive activities; Me-time; Sufficient rest) Maintained. The results of the socialization in this PkM activity were analyzed using a descriptive approach. Based on the results of PkM from 30 pregnant women, during the pre-test, there were 2 people (7%) with good mental health (not anxious), 6 people (11%) with mild anxiety, 11 people (41%) with moderate anxiety, and 11 people (41%) with severe anxiety. While the results of the post-test after one month of socialization showed an increase in the mental health of mothers, where those who initially experienced anxiety could become non-anxious, and those who were initially moderately and severely anxious changed to non-anxious to mildly anxious. This can be seen from table 1 below:

Table 1. Changes in Mental Health

Tes kesehatan mental pra	Tes kesehatan mental pasca				Total
	Tidak cemas	Cemas ringan	Cemas sedang	Cemas berat	
Tidak cemas	2	angka 0	angka 0	angka 0	2(7%)
Cemas ringan	6	angka 0	angka 0	angka 0	6(11%)
Cemas sedang	7	4	angka 0	angka 0	11(41%)
Cemas berat	4	4	2	1	11(41%)
Jumlah (%)	19(60%)	8(30%)	2 (7%)	1(3%)	30

Based on table 1 above, the increase in maternal mental health from the beginning before socialization there was no anxiety by 7% increased to 60% after socialization. Socialization is a method where the individual process acquires the knowledge, norms, values, and skills needed to participate effectively in society. This method is often

used to convey information in knowledge or learning activities because everyone has the ability to communicate and convey messages to others^{9 10}. The socialization carried out can provide an understanding of health including the importance of mental health for pregnant women, starting from increasing maternal awareness, to building social support for pregnant women so that the impact can improve the mental health of pregnant women.¹¹.

This Education Method involves the role of the husband with the accompaniment in this context is very clear. Support system from husband, family, and friends is very necessary to help pregnant women feel safe and supported. Avoiding (Remove yourself from) negative things such as bad news, conflict, and additional stress also helps reduce anxiety and depression levels⁹. On the impact of this education and socialization, pregnant women can be fully involved in positive activities such as pregnancy exercises, yoga, hobbies, or prenatal classes can improve the mood and mental well-being of pregnant women. In addition, this activity can make pregnant women Me-time or provide more personal time to relax and reduce stress¹².

Finally, adequate rest (sufficient rest) is very necessary to maintain physical and mental balance in pregnant women, in addition to the support given from husband to wife in accordance with existing implementation that can reduce anxiety in pregnant women in preparing for a birth plan.¹³. From the data listed above, the author wants to see the effect of providing information through poster media. Here is the poster Support system HELD BY THE HUSBAND that we have included in the Public Health Poster as follows:



Figure 1 Poster held by husband

In the poster above that the mental health of pregnant women is very important, then with the role of the husband so that in the future there will be no more cases related to mental health disorders during pregnancy, this will increase, because the effects of the risk are not only on the mother but also on the fetus in the womb¹⁴. Disorders that can occur are premature birth and LBW, which can later affect the golden period in the first 1000 days of life (HPK), namely 370 days during pregnancy and 730 days after birth (2 years of life)¹⁵. With this in mind, the world government (WHO) and Indonesia have programs that seek to improve the mental health of pregnant women through a comprehensive and coordinated approach.

4. RESEARCH LIMITATIONS

In this study, it is far from what the author expected, there are still many limitations that need to be fixed, such as in maintaining biased data when providing information via WA media, the author cannot control one by one the respondents whether this information is read and implemented properly or even this

information increases with the presence of other media.

5. CONCLUSION

This community service is carried out with a descriptive approach using the role of the husband in welcoming the slogan Di Pegang Suami such as providing a support system; Staying away from negative things; Positive activities; Time for yourself; Adequate rest for pregnant women which is maintained with the aim of reminding and motivating pregnant women and inviting people around them to maintain mental health with or without cases of pregnant women. By maintaining the five aspects in the Di Pegang Suami poster, pregnant women can achieve a better level of mental well-being during pregnancy until childbirth. Support from husbands and the environment, as well as good management of pregnant women's own coping, play an important role in creating conditions that support the mental and physical health of pregnant women.

6. REFERENCE

1. Zulaekah S, Kusumawati Y. Kecemasan sebagai Penyebab Gangguan Kesehatan Mental pada Kehamilan di Layanan Kesehatan Primer Kota Surakarta. *J Kebidanan dan Keperawatan Aisyiyah*. 2021;17(1):59–73. doi:10.31101/jkk.2064
2. Siswanto, A., Susaldi, S., Batu, A. C., Wulandari, F. K., Mistiana, I., Juliska, L., & Resnawati R. Faktor-Faktor yang Berhubungan dengan Kecemasan Ibu Hamil menjelang Persalinan. *Open Access Jakarta J Heal Sci*. 2021;1(2):49–56.
3. World Health Organization. Guide for integration of perinatal mental health in maternal and child health services.
4. Kemenkes RI. Pedoman pelayanan Antenatal, Persalinan, Nifas, dan bayi baru lahir di era adaptasi Baru (Subdit Kesehatan Maternal dan Neonatal Direktorat Kesehatan Keluarga.

5. Kementerian Kesehatan RI.
Dyah Ayu Setyarini NF, 1Program.
Masalah Kesehatan Mental pada Ibu
Hamil di Masa Pandemi Covid-19 :
Literature Review. *J Perspekt.*
2021;4(4):519.
6. Winarni, L. M., Damayanti, R., Prasetyo,
S., & Afyanti Y. Kesejahteraan
Psikologis Ibu Hamil melalui Intervensi
Psikoedukasi LASTRI. *Penerbit NEM.*
Published online 2023.
7. Sudirman J, Rahayu Eryani K., Fadjriah
Ohorella. Upaya Menjaga Kesehatan
Mental Ibu Hamil melalui Peningkatan
Pengetahuan dan Keterampilan di Masa
Pandemi Covid-19. *INCOME Indones J*
Community Serv Engagem. 2022;1(2):28–
34. doi:10.56855/income.v1i2.46
8. Gourounti K, Anagnostopoulos F, Sandall
J. Poor marital support associate with
anxiety and worries during pregnancy in
Greek pregnant women. *Midwifery.*
2014;30(6):628–635.
doi:10.1016/j.midw.2013.10.008
9. Kucukkaya B, Basgol S. The effect of
perceived spousal support on childbirth
self-efficacy on pregnant women in
turkey. *BMC Pregnancy Childbirth.*
2023;23(1):1–8. doi:10.1186/s12884-
023-05508-6
10. Suminar, J. R ; Arifin, H. S ; Fuady, I;
Prasanti, D., & Aisha S. Sosialisasi
Literasi Infomasi Kesehatan bagi Ibu
Rumah Tangga sebagai Upaya
Pencegahan Stunting di Wetan Kota Kab.
Garut. *Jumat Pendidik J Pengabdi Masy.*
2021;2(2):58–63.
11. Sundari DT, Nurbaity. Penyuluhan
Dukungan Suami Terhadap Ibu.
2023;4(2):1866–1870.
12. Khairunnisa NPC;, Darmawanti I.
Kesejahteraan Psikologis pada Ibu Peran
Ganda yang Memiliki Anak Usia Dini.
Character J Penelit Psikol.
2024;11(1):136–155.
13. Chindy COH, Sulistyoningtyas S.
Hubungan Dukungan Suami dengan
Kecemasan Ibu Hamil Trimester III di
Puskesmas Tempel II Sleman
Yogyakarta. *J Sains dan Kesehatan.*
2024;3(1):14–21.
14. Rusdiana R. Hubungan Dukungan Suami
Dengan Kecemasan Ibu Hamil Trimester
Iii Menghadapi Proses Persalinan Pada
Masa Pandemi Covid 19 Di Praktik
Mandiri Bidan Sf Martapura Tahun 2022.
J Ilmu Kesehat Insa Sehat.
2022;10(2):130–134.
doi:10.54004/jikis.v10i2.91
15. Ruaida N. Gerakan 1000 hari Pertama
Kehidupan Mencegah Terjadinya
Stunting (Gizi Pendek) di Indonesia. *Glob*
Heal Sci. 2018;3(2):139–151.