

THE IMPACT OF USING POCKET BOOKS ON HUSBANDS' KNOWLEDGE, SUPPORT, AND COMPLIANCE IN THE DELIVERY PREPARATION PROCESS

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Abstract

The process from pregnancy to childbirth is a natural phase for women, during which spousal support plays a critical role. To enhance this support, a pocket guide can provide structured and accessible information for husbands. This study aims to assess the impact of using a pocket guide on husbands' knowledge, support, and compliance during childbirth preparation at the Bojonggede Health Center in Bogor Regency. A quasi-experimental method with a pre-test and post-test control group design was used. The population consisted of husbands of women in their third trimester of pregnancy, selected through total sampling. The study was conducted from May to June 2024. Data analysis using the Mann-Whitney test revealed significant effects: the pocket guide improved knowledge ($p = 0.002$), support ($p = 0.013$), and compliance ($p = 0.001$) in the childbirth preparation process. The N-Gain score of 56.93% indicates moderate effectiveness. These findings suggest that pocketbooks are a useful tool in improving husbands' roles in supporting their partners through childbirth. The study concludes that pocketbooks positively influence husbands' involvement and recommends their use by health workers, especially midwives, in antenatal care settings to foster greater spousal engagement during pregnancy and childbirth.

Keywords: Compliance, Knowledge, Pocketbook, Support

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1. Introduction

Women who are pregnant for the first time often experience worry, anxiety, and fear during pregnancy that haunt their minds and thoughts. Anxiety generally haunts the minds of pregnant women after the age of pregnancy reaches 32 weeks. The anxiety they feel generally ranges from fear of bleeding, fear of the baby being deformed, fear of pregnancy

complications, fear of feeling pain during childbirth, fear of not being able to push, fear of not being able to control themselves during childbirth, to fear of their vagina tearing so that stitches must be done. One of the causes of maternal death is the factor of childbirth. Childbirth is a situation that is full of anxiety and makes the mother give birth emotionally, so a companion is needed who can calm

the mother's emotions and make the childbirth process go smoothly [1].

Making Pregnancy Safer (MPS) is an approach to increasing husband participation in pre-pregnancy and post-pregnancy health, including providing husbands with information and involving husbands in every effort to improve reproductive health. One of the activities that husbands can do to improve the health of their wives and children is to accompany their wives during the labour process and support referral efforts if necessary [2].

A husband's assistance to his wife requires special guidance in the form of a pocketbook. The pocketbook on the role of husbands' assistance generally contains health information that describes the condition of pregnancy, the delivery process of a wife, and the importance of the role of assistance by the husband [3]. The role of a husband's support is very much needed because it can provide support for a mother during the labour process. The husband can provide support in the form of motivation, obedience, and knowledge towards the wife, both physically and psychologically.

The use of media has a big impact on improving the quality of learning and is able to increase the motivation and attention of students [4]. One of the innovation efforts related to counselling, information, and education media is the development of a pocketbook. The pocketbook is a product of a professional midwifery project created by researchers to help husbands memorise and deepen their wives' assistance [3]. The advantage of pocketbooks is their small size, making them simple and practical to carry anywhere, making it easier for someone to read or study anytime and anywhere.

2. Methods

This research method is a quasi-experimental study with a pre-test and post-test with a control group design. This research group consists of 2 groups: the intervention group, which was given a pocketbook on the role of a husband's companion, and the control group, which

did not use the pocketbook on the role of a husband's companion.

The accessible population in this study were all husbands who had wives who were pregnant in their third trimester at the Bojonggede Health Centre in May - June 2024, totalling 58 respondents. The sample in this study were husbands who had wives who were pregnant in their third trimester at the Bojonggede Health Centre, Bogor Regency. The sampling technique in this study used total sampling.

3. Results and Discussion

Table 1. Frequency Distribution of Use of the Pocket Book on the Role of Husband's Companion

Use of the Pocket Book of the Role of a Husband's Companion	F	%
Use correctly	24	82,8
Not using it properly	5	17,2
Total	29	100

Based on the table above, it was found that the majority of respondents used the pocketbook on the role of a husband's companion, namely 24 respondents (82.8%).

Table 2. The Influence of the Utilization of the Book on the Role of Husband's Companion on Husband's Knowledge in the Childbirth Preparation Process

Group	Husband's Knowledge						p- Value
	Good		Enough		Less		
	n	%	n	%	n	%	
Using Husband's Book							
<i>Pretest</i>	0	0	12	63,2	1 7	89,5	0,002
<i>Posttest</i>	20	100	7	36,8	2	10,5	
Not Using Husband's Book							
<i>Pretest</i>	0	0	6	19,4	2 3	100	0,146
<i>Posttest</i>	4	100	25	80,6	0	0	

Description: Mc Nemar Test

Based on Table 2, the findings indicate a significant influence on the

knowledge of the group that utilised the husband's companion role pocketbook, with $\rho = 0.002$ ($\rho < 0.05$). This result suggests that the use of the husband's companion role book positively impacts the husband's knowledge in the childbirth preparation process at the Bojonggede Health Centre in Bogor Regency. In contrast, the group that did not use the husband's companion role pocketbook showed no significant influence, as evidenced by $\rho = 0.146$ ($\rho < 0.05$). Consequently, it can be concluded that the husband's companion role does not affect the husband's knowledge in preparing for childbirth at the Bojonggede Health Centre, Bogor Regency.

According to Notoatmodjo [5], knowledge is a basic aspect in forming a person's behaviour. Knowledge or cognition is crucial for the formation of a person's actions. The research results of Sumawati R [6], indicate that there is a relationship between efforts to increase knowledge through counselling and the importance of the husband's role as a facilitator in preparing for the birth process.

One of the things a husband can do to improve the health of his wife and child is to accompany her during the labour process and support referral efforts if necessary [7]. Accompanying a husband to his wife requires special guidance in the form of a pocketbook. The pocketbook designed for husbands accompanying their wives generally contains health information about the wife's pregnancy, details on the delivery process, and emphasises the importance of a husband's supportive role [8].

Table 3. The Influence of the Utilization of the Book of the Husband's Companion's Role on Husband's Support in the Childbirth Preparation Process at the Bojonggede Health Center

Group	Husband's Support		p-Value	
	Support		Does not support	
	n	%	N	%

Using Husband's Pocket Book					
Pretest	7	30,4	22	64,7	0,013
Posttest	17	73,9	12	35,3	
Not Using Husband's Pocket Book					
Pretest	5	31,2	24	57,1	0,062
Posttest	11	68,8	18	42,9	

Description: Mc Nemar Test

Based on Table 3, the results for the support group that utilised the husband's companion role pocketbook show a significance level of $\rho=0.013$ ($\rho<0.05$). This value indicates a statistically significant influence of the husband's companion role book on the husband's support during the process of preparing for childbirth at the Bojonggede Health Centre, Bogor Regency. In contrast, the group that did not use the husband's companion role pocketbook recorded a significance level of $\rho=0.062$ ($\rho<0.05$), suggesting there is no statistically significant influence of the husband's companion role on the husband's support in the childbirth preparation process at the same health centre.

Support is an effort given to others, both morally and materially, to motivate the person in carrying out activities. A family is a group of people who are related by blood or marriage [9].

Husband support is a process that occurs throughout life; the type and nature of support differ in various stages of the life cycle [10].

In line with Ulfah's results [11], there is a relationship between husbands' support and knowledge of pregnant women in the third trimester with the implementation of P4K. in the discussion that husbands who do not support P4K and do not implement P4K have reasons because they are working out of town, indicating that there is still a lack of awareness of husbands to participate in their wives' pregnancy affairs.

In line with the research results of Sarwal T, et al [12]. that there is an influence of health service provider

perception on the presence of birth companions during childbirth in tertiary care hospitals in India. The discussion highlights the crucial role of birth companions in enhancing the quality of the delivery room.

Table 4. The Influence of the Utilization of the Book of the Role of Husband's Companion on Husband's Compliance in the Childbirth Preparation Process

Group	Husband's Obedience						r-Value
	Obedient		Less obedient		Not obey		
	n	%	n	%	n	%	
Using Husband's Pocket Book							
<i>Pretest</i>	7	25,9	20	68,9	2	100	0,001
<i>Posttest</i>	20	74,1	9	31	0	0	
Not Using Husband's Pocket Book							
<i>Pretest</i>	4	40	25	59,5	0	0	0,065
<i>Posttest</i>	6	60	17	40,5	6	100	

Description: Mc Nemar Test

Based on Table 4, the compliance results for the group using the husband's companion role pocketbook indicate a significant influence, with $p=0.001$ ($p<0.05$). This evidence suggests that the utilisation of the husband's companion role book positively affects the husband's compliance during the childbirth preparation process at the Bojonggede Health Centre in Bogor Regency. Conversely, the compliance results for the group not using the husband's companion role pocketbook show $p=0.065$ ($p<0.05$), indicating that the husband's companion role has no significant influence on compliance in the same context at the Bojonggede Health Centre, Bogor Regency.

Table 5. Effectiveness of the Pocket Book of the Role of Husband's Companion Pre-test and Post-test based on N-Gain Calculation

Media	Gain Score	information
Pocket Book of the Role of a Husband's Companion		

Pre-test Intervensi
Post-test Intervensi 53,27 Cukup

Note: *N-Gain Test

Based on Table 5, the effectiveness of the pocketbook on the role of a husband's companion based on the N-Gain calculation is 53.27%, meaning that the use of the pocketbook on the role of a husband's companion is quite effective for husbands who have wives who are pregnant in the third trimester in preparation for childbirth.

In this study, midwives assessed husbands' compliance in accompanying their wives during the labour process. The results of this study show that after being given a pocketbook on the role of husbands as companions, there were still husbands who were not compliant. This behaviour was caused by triggering factors, namely work factors; husbands who worked could not spare time to accompany their wives during pregnancy check-ups or the labour process. In line with the theory that states that increased compliance is caused by knowledge [13].

In line with Erniawati's research results[14], that education is important for the role of husbands in ANC examination compliance. In the discussion, efforts to provide sufficient knowledge to pregnant women and families are through counselling; with counselling, good knowledge, good attitudes and compliance will be formed.

According to research by Sufian S, et al [15], when husbands are involved in planning for childbirth and handling complications at the Haramaya health and demographic surveillance system site in Eastern Ethiopia, it helps make deliveries safer and lowers the chances of mothers and newborns dying.

4. Conclusion

There is an influence of the use of the husband's companion role book on the husband's knowledge in the process of preparing for childbirth at the Bojonggede Health Centre, Bogor Regency; there is an

influence of the use of the husband's companion role book on the husband's support in the process of preparing for childbirth at the Bojonggede Health Centre, Bogor Regency; and there is an influence of the use of the husband's companion role book on the husband's compliance in the process of preparing for childbirth at the Bojonggede Health Centre, Bogor Regency.

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