

## **PENGALAMAN DAN KEBUTUHAN *FIRST-TIME FATHER* KETIKA MENDAMPINGI ISTRI SELAMA PROSES PERSALINAN: STUDI KUALITATIF**

Apri Nur Wulandari<sup>1</sup>, Widyawati<sup>2</sup>, Wenny Artanty Nisman<sup>2</sup>

<sup>1</sup> Mahasiswa Program Studi Magister Keperawatan FK UGM, Yogyakarta,

<sup>2</sup> Dosen Program Studi Magister Keperawatan FK UGM Yogyakarta

Email: aprinurw@gmail.com

### **INTISARI**

**Latar Belakang:** Beberapa tempat bersalin di Indonesia sudah mulai menerapkan kebijakan tentang kehadiran suami sebagai pendamping istri dalam proses persalinan. Seseorang *first-time father* diasumsikan lebih sensitif terhadap apa yang terjadi dibanding dengan seorang ayah yang telah berpengalaman. Tujuan penelitian ini adalah untuk mengeksplorasi pengalaman dan kebutuhan *first-time father* ketika mendampingi istri selama proses persalinan.

**Metode:** Penelitian kualitatif dengan pendekatan fenomenologi deskriptif. Pengumpulan data dengan metode wawancara mendalam menggunakan panduan wawancara semi berstruktur. Penelitian dilakukan di Puskesmas Jetis dan Puskesmas Tegalrejo pada bulan Maret – Mei 2017. Sembilan partisipan *first-time father* yang mendampingi istri dalam proses persalinan terlibat dalam penelitian ini. Pemilihan partisipan dilakukan secara purposive sampling berdasarkan kriteria inklusi dan eksklusi, dan juga variasi maksimum. Penetapan variasi partisipan berdasar pada aspek usia dan tingkat pendidikan. Proses perekrutan partisipan yang sesuai dengan kriteria inklusi dan eksklusi dilakukan secara *convenience sampling*. Pernyataan partisipan direkam menggunakan alat perekam suara. Analisa data dilakukan dengan menggunakan langkah-langkah dari Colaizzi.

**Hasil:** Enam tema muncul dari hasil analisis data: 1) motivasi suami untuk mendampingi istri dalam proses persalinan, 2) transisi emosi dan koping suami, 3) problematika suami, 4) variasi tindakan suami, 5) refleksi suami setelah mendampingi istri selama proses persalinan, dan 6) beragam kebutuhan suami sebagai pendamping persalinan.

**Kesimpulan:** Hal yang dialami dan dirasakan oleh suami memunculkan motivasi yang kuat dan koping yang konstruktif untuk mendampingi istri. Suami kurang optimal melakukan perannya ketika mendampingi istri dalam proses persalinan. Suami membutuhkan persiapan, dukungan informasional dan sosial agar mampu berperan sebagai pendamping persalinan.

**Kata kunci:** *first-time father*, kebutuhan, pendampingan suami, pengalaman, persalinan

## **FIRST-TIME FATHER NEEDS AND EXPERIENCE WHEN ACCOMPANYING THEIR WIFE DURING LABOR: A QUALITATIVE STUDY**

Apri Nur Wulandari<sup>1</sup>, Widyawati<sup>2</sup>, Wenny Artanty Nisman<sup>2</sup>

<sup>1</sup> Master of Nursing student of Faculty of Medicine UGM Yogyakarta,

<sup>2</sup> Master of Nursing lecturer of Faculty of Medicine UGM Yogyakarta

Email: aprinurw@gmail.com

### **ABSTRACT**

**Background:** Maternity hospitals in Indonesia have applied a policy related to the presence of the husband as a wife's labor companion during labor. A first-time father is assumed to be more sensitive than an experienced father. The objective of this research is to explore the experience and needs of first-time fathers as the wife's labor companion during the labor.

**Methods:** A qualitative research with descriptive phenomenology approach was conducted. The data was collected through interviews using semi-structured interview guidelines. The research was conducted in Jetis and Tegalrejo Public Health Centre from March until May 2017. There were nine first-time fathers as participants who involved in this research. Participants were selected by purposive sampling based on inclusion and exclusion criterion; and maximum variation sampling in age and educational level. Eligible participant was recruitment by convenience sampling. The participants' statements were recorded by using a recorder. The data was then analysed by using Colaizzi's steps.

**Results:** There were six themes emerged: 1) the husband's motivation in accompanying the wife in a labor, 2) the husband's emotion transition and coping, 3) the husband's problems, 4) the husband's various acts, 5) the husband's reflection after accompanying the wife in a labor, 6) various needs of the husband as a labor companion.

**Conclusions:** The findings showed that the husband experienced events and feelings that lead to strong motivation and constructive coping to accompany the wife. The husband is not optimum in acting the roles in a labor. The husband needs preparation, informational and social support in order to be able to act as a labor companion.

**Keywords:** first-time father, needs, husband companion, experience, labor