

Husband's Support as Delivery Companion During the Covid-19 Pandemic at Pratama Clinic

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ABSTRACT

Background: Giving birth in the midst of the COVID-19 pandemic requires extra efforts to ensure the safety of mothers and babies from the threat of the coronavirus. Childbirth assistance is needed to provide physical, emotional, and psychological support so that the birth process has a positive meaning for mothers, husbands, children, and families. A husband's support as a delivery companion during the COVID-19 pandemic needs to be considered in terms of preparation for childbirth at home, experience in assisting at the place of delivery, and expectations regarding assistance for subsequent deliveries. **Objective:** To analyze the husband's support in terms of preparation for childbirth, experience accompanying childbirth, and husband's expectations regarding subsequent delivery assistance during the COVID-19 pandemic. **Method:** This research used a qualitative descriptive method, namely by conducting in-depth interviews with husbands whose wives gave birth at the Pratama Clinic, Surabaya. The dependent variable is the husband's support and the independent variable is the preparation, experience, and expectations of the delivery companion. Sampling used purposive sampling that met the inclusion criteria, namely mothers with normal delivery and exclusion, namely mothers with complications in their pregnancy so that they were referred to the hospital, the sample size was 10 participants from a total population of 18 mothers who gave birth in July 2021. The study was carried out in July-August 2021 with discourse analysis by collecting documents, interviews, and observations. **Results:** The husband's support in terms of preparation before his wife gives birth during the COVID-19 pandemic was quite good at paying attention to body resistance and maintaining health protocols so that the swab test results were negative and could give birth at the desired clinic. The husband's experiences when accompanying his wife to give birth during the COVID-19 pandemic were stressful and more complicated because a swab test was required and there were no other family members to accompany her and the husband was worried about a referral to the hospital. The husband hoped that the birth of the next child will not be in a situation of the COVID-19 pandemic. **Conclusion:** The husband understood and realized that his support and attention from preparation before delivery until the baby's born is very important so that the mother can give birth smoothly at the desired place of delivery, with the hope that the mother gives birth comfortably and the baby's mother is safe.

Keywords: COVID-19 pandemi, Delivery companion, Husband's support.

INTRODUCTION

The labor process is a stressful situation, during which the mother will experience worried, nervousness, fear, and pain due to contractions. A mother giving birth requires strong support and the presence of the closest people who provide encouragement and love in order to help the delivery process run smoothly. One of the closest people's support is the support of a husband. The benefits of the husband's presence during the labor process are that

the husband can calm and strengthen the mother's psyche because the husband can provide support and encouragement as well as increase the emotional closeness of husband and wife because husbands witness the struggle of mothers in giving birth to their children, husbands are always there when needed, mothers feel comfortable and there is more energized when the husband accompanies. Mothers do not feel alone when giving birth because there are those who accompany,

provide support, and provide encouragement (Ginting, 2019).

According to (Ratnanengsih, 2021) a companion must prepare mentally to provide a pleasant atmosphere for maternity mothers. Childbirth assistance is beneficial for the psychological and smooth delivery of the mother. Mentoring for a husband who is mentally ready to accompany his wife during the delivery process can provide benefits, including:

- 1) Gives a sense of calm and psychological reinforcement to the wife;
- 2) The husband is the closest person who can provide a sense of security and calm that is expected by the wife during the delivery process. In the midst of uncomfortable conditions, the wife needs someone to lean on, support, and encouragement to reduce her worries and fear;
- 3) Always there whenever needed;
- 4) By being beside the wife, the husband is ready to help and provide whatever his wife needs;
- 5) The emotional closeness of husband and wife increases;
- 6) The husband will witness the struggle of his wife's life and death when giving birth to their child so that it makes him love his wife even more;
- 7) Cultivating a fatherly instinct;
- 8) The husband will respect his wife more;
- 9) Seeing the sacrifice of the wife during the delivery process, the husband will be able to appreciate his wife more and maintain her behavior because he will remember how much his wife sacrificed.

There are several advantages of childbirth assistance, namely showing the effectiveness of physical support such as massaging the back of the mother that sicks, removing maternal sweat, and emotional as well as psychological (providing support and encouragement) during the labor and delivery process. It showed that the constant presence of a companion during labor and delivery will result in 1) APGAR Score < 7 less; 2) The duration of labor getting shorter; 3) Greater satisfaction of mothers in their childbirth experience; 4) Fewer births with certain action procedures (forceps, vacuum or cesarean section) (Jahriani, 2019).

In early 2020, the world was shocked by an outbreak of new pneumonia, namely Coronavirus Disease 2019 (COVID-19) caused by Severe Acute Respiratory Syndrome Coronavirus-2 (SARS-CoV-2). Giving birth in the midst of the COVID-19 pandemic requires extra preparation to ensure the safety of mothers and babies from the threat of the Coronavirus. To avoid the wider spread of COVID-19, the government was forced to adopt a policy of social distancing and physical contact restrictions in the form of staying at home, working from home, studying as well as worshipping at home. The policy issued by the government, one of those including Social Distancing, which is possible to reduce or inhibit the spread of the virus. This effort is considered very effective in preventing sick people from making direct contact with other people who are not sick so as to prevent transmission. The same applied to the policies used at the place of delivery. Health workers are trying to prevent the number of infected people from increasing by limiting the number of families who accompany during childbirth and have carried out a Rapid Swab Test for COVID-19 or PCR (Polymerase Chain Reaction) with negative results (Kresna and Ahyar, 2020).

The COVID-19 pandemic has an impact on all aspects, one of which is the health aspect which has resulted in limited face-to-face activities with health workers in Ante Natal Care (ANC) services. This raises anxiety for pregnant women regarding labour and delivery preparation during the COVID-19 pandemic (Ahmad *et al.*, 2021).

In maternal health services in the field of delivery assistance, efforts must be made to minimize the number of staff members entering the room and unit, there must be a local policy that stipulates personnel who participate in the process. Only one person (spouse/family member) can accompany the patient. Accompanying persons should be informed about the risk of transmission and they should wear appropriate PPE during accompanying patients (Kemekes, 2020).

Pratama Anugrah clinic Surabaya before the COVID-19 outbreak required husbands or families to accompany every mother who was about to give birth. The health protocol regarding delivery process companions who are allowed to enter the delivery room is only one person who has

undergone a COVID-19 test with a negative result. The results of the preliminary research conducted showed that before the COVID-19 pandemic almost 100% of mothers gave birth accompanied by their husbands or families, but since the COVID-19 pandemic, the data obtained from January 2021 to March 2021, from 30 mothers who gave birth in Primary Clinics, there were 8 who gave birth without husband's assistance or about 26% because their husband's Rapid Test result was reactive.

According to the explanation above, the description of the husband's support as a delivery companion is studied in terms of preparation, experience, and expectations of assisting during the COVID-19 pandemic. Another benefit that is expected in this research including to educate other married couples if they have to give birth during the COVID-19 pandemic, paying attention to preparations for childbirth, and experiencing accompanying their wives to give birth to stay comfortable as well as calm, and not contract the Coronavirus.

METHODS

The population in this study were the husbands of mothers who gave birth at the Pratama Clinic. The total number of participants obtained as many as 10 people. This research was qualitative research with a descriptive phenomenological approach. The source of data in this study was the recording of the interview. The technique used was non-probability sampling; the determination of participants was done by purposive sampling. Selection of sources based on the inclusion and exclusion criteria that have been set. Inclusion criteria were mothers with physiological delivery and exclusion criteria were mothers with complications in their pregnancy so that they were referred to the hospital. Discourse analysis techniques in qualitative research by conducting in-depth interviews.

The variables studied in this study were the husband's support as a delivery companion during the COVID-19 pandemic in preparation, experience, and expectations of delivery companions. This research was conducted from July 2021 to August 2021. The research ethics

certificate number is 194/EC/KEPK/FKUA/2021.

RESULTS AND DISCUSSION

Table 1. Characteristics of Research Subjects based on Age, Education, Occupation

Code	Age	Education	Occupation
S1	25	High School	Private-employee
S2	27	High School	Private-employee
S3	22	Bachelor	Self-employed
S4	32	High School	Self-employed
S5	37	Bachelor	Private-employee
S6	35	High School	Private-employee
S7	33	Diploma 3	Private-employee
S8	34	High School	Private-employee
S9	28	Bachelor	Private-employee
S10	30	Bachelor	Private-employee

Characteristics of the husband as a delivery companion showed that 20% of the total respondents were aged >35 years and 70% were aged 20-35 years.

Table 2. Research Subjects Based on Delivery Companions

Code	Delivery Companions	COVID-19 Test Result
Subject	Yes/No	NR/Reactive
S1	Yes	NR
S2	Yes	NR
S3	Yes	NR
S4	Yes	NR
S5	No	Reactive
S6	Yes	NR
S7	Yes	NR
S8	Yes	NR
S9	Yes	NR
S10	Yes	NR

Due to the sake of mutual safety, before entering the delivery room, a COVID-19 test was carried out with the result that 1 out of 10 respondents tested positive for COVID-19, thus the respondent could not accompany his wife to give birth.

The husband's opinions regarding the need to accompany his wife during childbirth include:

"Karena istri sedang berjuang untuk melahirkan buah hati kami, jadi sudah selayaknya Saya bertanggung jawab dan berkewajiban untuk menjaga serta mendampingi istri Saya untuk melahirkan." (S2, 27 th)

"Because my wife is struggling to give birth to our baby, I should be responsible and obliged to look after and accompany my wife to give birth." (S2, 27 years old)

"Karena Istri butuh teman sebagai pengobat rasa sakit saat melahirkan. Dan suami adalah orang terdekat dan paling cocok untuk menemaninya." (S10, 30 years old)

"Because my wife needs friend as a pain reliever during childbirth. And her husband is the closest and most suitable person to accompany her." (S10, 30 years old)

"Karena bisa membuat istri lebih tenang, nyaman dan punya semangat lebih untuk persalinan normal." (S3, 22 years old)

"Because it can make my wife calmer, more comfortable and is more encouraged for a normal delivery." (S3, 22 years old)

The husband's opinion regarding the importance of husband's support to accompany the wife during childbirth brings a positive value, namely by providing the energy of love and attention it is expected to be able to reduce pain during contractions and encourage the wife to be patient in facing the labor process so that the mother can give birth to a healthy baby safely.

Husband's Preparation as Delivery Companions During the COVID-19 Pandemic

The husband as a delivery companion can provide benefits, including providing a sense of calm and psychological reinforcement for the wife, in the midst of uncomfortable conditions during facing the birth process, the wife needs support and encouragement to reduce her worries and fear. By being on the wife's side, the husband is ready to help whatever his wife needs, the emotional closeness of husband and wife increases, the husband will witness the life and death struggle of his wife during giving birth to their child so that he loves his wife even more (Iin Indriani, 2018).

Giving birth in the midst of the COVID-19 pandemic creates worries among maternity mothers, therefore, it's needed for preparation efforts from both the maternity mother and the husband as the delivery companion, thus they can give birth at the desired place of delivery and also preparations to prevent the

transmission of the coronavirus to the baby who will be born.

Husband's support in terms of preparation for childbirth during the COVID-19 pandemic based on interviews with several respondents as follows:

"Persiapannya menjaga istri supaya saat dilakukan test Swab negatif, karena kemarin sempat tanya-tanya persyaratan melahirkan disini harus test kesehatan dan menunjukkan hasil test swab nya negatif. Saya juga menerapkan protokol kesehatan yang ketat di keluarga, walaupun di rumah saat keluar kamar kita tetap memakai masker karena kita ada beberapa orang disana tidak cuman keluarga kita saja masih gabung bersama orang tua. Makan juga sendiri-sendiri, saya dari bepergian pulang ke rumah harus semprot desinfektan dulu." (S1, 25 years old)

"The preparation is to take care of the wife so that when the swab test is carried out, the result can be negative because yesterday I was wondering about the requirements for giving birth here must have a health test and the result of the swab test should be negative. I also apply strict health protocols in the family, even at home when we leave our room we still wear masks because we have several people there, not only our families but also our parents. I also eat alone, I have to spray disinfectant first once arrived home from traveling outside." (S1, 25 years old)

"Jaga kesehatan supaya waktu melahirkan tidak jatuh sakit, persiapan finansial dan mencari klinik yang nyaman. Protokol di rumah diterapkan, bahkan di rumahpun pakai masker, kemana-mana bawa handsanitizer. Tidak sering ketemu orang." (S5, 37 years old)

"Take cares of health to prevent being sick during childbirth, prepares financially, and find a clinic that is comfortable. Protocols are applied at home, even at home still wear masks, and carry hand sanitizer everywhere. I don't see people very often." (S5, 37 years old)

"Kita jaga imun entah itu minum vitamin, makan bergizi supaya tidak sakit saat di swab. Lain itu Saya

menyarankan ibu untuk ikut yoga hamil karena yoga kan sama juga dengan olah raga. Kalau untuk Saya sendiri, Saya menjaga diri dengan tidak berkerumun dengan orang benar-benar dibatasi.” (S8, 34 years old)

"We maintain our immunity, whether it's taking vitamins, eating nutritious food so we don't get sick when we are getting the swab test. Other than that, I advise the mother to join pregnancy yoga because yoga is the same as exercise. As for myself, I take care of myself by not gathering with people which is really limited." (S8, 34 years old)

“Persiapan melahirkan yang pertama sifat emergency nya, seperti Rumah Sakit rujukan jika ada apa-apa. Di rumah saya mengurangi mobilisasi, kantor pun menerapkan WFH (Work from Home) jadi bisa mengurangi kegiatan berkerumun.” (S2, 27 years old)

"Preparation for childbirth is first of all emergency characteristic, such as a referral hospital if something goes wrong. At home I reduce mobilization, the office also applies WFH (Work from Home) so I can reduce crowding activities." (S2, 27 years old)

“Jaga kesehatan supaya waktu melahirkan tidak jatuh sakit, persiapan finansial dan mencari klinik yang nyaman. Protokol di rumah diterapkan, bahkan di rumahpun pakai masker, kemana-mana bawa handsanitizer. Tidak sering ketemu orang.” (S7, 33 years old)

"Take cares of health to prevent being sick during childbirth, prepares financially, and find a clinic that is comfortable. Protocols are applied at home, even at home still wear masks, and carry hand sanitizer everywhere. I don't see people very often." (S7, 33 years old)

“Jujur ada persiapan, yang paling utama persiapan mental kita, kita harus siap saat di swab dan menerima apapun hasilnya. Persiapan Saya selanjutnya mendekatkan diri kepada Sing Kagungan Kersa (Tuhan Yang Maha Kuasa), dengan berdo'a dan shalawatan semoga selalu sehat dan tidak ada apa-apa. Kemudian menyiapkan dana jika

harus di rujuk ke Rumah Sakit.” (S1, 25 years old)

"Honestly there is preparation... the most important thing is our mental-preparation, we must be ready when we are getting the swab test and accept whatever the results are. My next preparation is to draw closer to Sing Kagungan Kersa (God Almighty), by praying and shalawat hoping that we will always be healthy and nothing will happen. Then prepare funds if you have to be referred to the hospital." (S1, 25 years old)

The husband as a delivery companion can provide benefits, including providing a sense of calm and psychological reinforcement for the wife, in the midst of uncomfortable conditions during facing the birth process, the wife needs support and encouragement to reduce her worries and fear. By being on the wife's side, the husband is ready to help whatever the wife needs, the emotional closeness of husband and wife increases, the husband will witness the life and death struggle of his wife during giving birth to a child so that it makes him love his wife even more (Wulandari, Mariyati and Winarti, 2021).

The results of interviews related to the husband's preparation in accompanying his wife to give birth during the COVID-19 pandemic showed that husbands had a good preparation in terms of financial preparation, paid attention to the needs of maternity mothers, and paid attention to stamina by exercising as well as taking vitamins. Paid attention to health protocols by reducing mobilization, not being in the crowd, wearing masks, diligently washing hands, and bringing hand sanitizer as well as a disinfectant for both their own health and the wife as well as the family before the delivery process. Prepared the choice of place of delivery, and a place of referral in case of an emergency and financial matters.

Husband's Experience as Delivery Companions During the COVID-19 Pandemic

Giving birth during the COVID-19 pandemic, the Pratama Clinic applies conditions for husbands as delivery companions for undergoing the COVID-19 test and are allowed to enter the delivery room if the COVID-19 test showed negative results. The husband's opinions regarding the conditions for delivery companions

who require a COVID-19 test were as follows:

"Saya dilakukan Test Swab COVID-19, rasanya sekarang semua persyaratan masuk Rumah Sakit minimal harus dilakukan Test Swab. Saya pribadi setuju diterapkan peraturan ini, dari kantor pun tiap 2 minggu sekali Saya dilakukan Test Swab dan tidak masalah". (S1, 25 years old)

"I did a COVID-19 swab-test, it seems that now before entering hospitals require at least carried out a swab test. I personally agree that this rule is applied, even from the office every 2 weeks I get a swab test done and it doesn't matter." (S1, 25 years old)

"Setuju saja dilakukan Test Swab COVID-19, Saya sudah beberapa kali melakukan Test Swab ini dan rasanya sudah menjadi hal yang biasa dilakukan pada masa pandemi COVID-19 demi menjaga keselamatan istri dan bayi yang akan dilahirkan juga." (S2, 27 years old)

"I agree that the COVID-19 Swab Test should be carried out, I have done this Swab Test several times and it feels like it has become a common thing to do during the COVID-19 pandemic in order to maintain the safety of my wife and the baby who will be born as well." (S2, 27 years old)

According to the husband's experience, the mandatory COVID-19 swab test for delivery companions is a common thing during the current pandemic. For the safety of both the maternity mother, the baby who will be born, and health workers as birth attendants.

The results of the interview according to the experience of the husbands who have accompanied the wife in giving birth previously and giving birth during the COVID-19 pandemic were as follows:

"Meyakinkan istri Saya bisa melahirkan secara normal, karena istri Saya kemarin sempat putus asa minta operasi. Suasana berbeda dengan kelahiran anak pertama saat sebelum pandemi, karena Saya orang Madura biasanya keluarga semua datang ikut mendo'akan tapi sekarang sepi yang boleh mendampingi hanya 1 orang dan sudah di swab negatif. Saya bilang

sama keluarga tidak usah datang kesini, tungguen ae nak omah (tunggu saja di rumah)," (S7, 33 years old)

"Convincing my wife that she can give birth normally, because yesterday my wife was desperate to ask for surgery. The atmosphere is different from the birth of the first child before the pandemic because I'm a Madurese, usually, the whole family comes to pray but now it's quiet, only 1 person can accompany and has done the swab test with a negative result. I told the family that they don't have to come here, just wait at home instead (just wait at home)," (S7, 33 years old)

"Selama mendampingi melahirkan sama saja seperti anak pertama, hanya karena masa pandemi lebih diperhatikan kesehatannya dan saat di kamar bersalin memakai masker." (S3, 22 years old)

"While accompanying the delivery process, it is the same as the first child, only because of the pandemic; more attention is paid to health and should wear a mask in the delivery room." (S3, 22 years old)

Meanwhile, the experience of the husband who accompanied his wife to give birth for the first time were as follows:

"Groggi dan takut. Saya merasa ikut merasakan istri kesakitan saat kontraksi dan Saya kasih semangat istri dan tidak memperlihatkan diri kalau Saya juga takut supaya istri semangat." (S8, 34 years old)

"Nervous and scared. I feel like I can feel my wife's pain during contractions and I encourage my wife and not showing myself that I am also afraid so that my wife can be encouraged." (S8, 34 years)

"Cukup mendebarkan dan sebetulnya nggak tega, istri rasanya kok mengeluh terus punggungnya sakit. Namun Saya meyakinkan proses persalinan bisa lancar karena bidan cukup informative dengan menjelaskan kemajuan persalinan dan selalu memberi motivasi untuk semangat serta mengajarkan Saya acara memijat dan istri merasakan semakin nyaman." (S10, 30 years old)

"It's quite thrilling and actually I can't bear it, my wife tends to complain

that her back hurts. But I assure that the delivery process will go smoothly because the midwife is quite informative by explaining the progress of labor and always give motivation and teaches me how to massage and my wife feels more comfortable." (S10, 30 years old)

"Senang dan kaget karena ini pengalaman pertama Saya ternyata melahirkan itu begini, sebetulnya nggak tega tapi bagaimana lagi Saya harus menguatkan diri." (S9, 28 years old)

"I'm happy and surprised because this is my first experience to know that giving birth is like this, actually I can't bear it but however I should strengthen myself." (S9, 28 years old)

Meanwhile, the husband who did not succeed in accompanying his wife to give birth because the results of the Rapid Antibody Test were reactive was as follows:

"Saya tidak mendampingi istri melahirkan karena saat Rapid Test Antibody hasilnya Reaktif kemudian saya cari laborat diluar dan Swab Antigen hasilnya Negatif jadi saya baru mendampingi setelah hasil Swab Antigen keluar setelah melahirkan." (S5, 37 years old)

"I did not accompany my wife to give birth because when the Rapid Antibody Test was resulted Reactive, then I looked for a laboratory outside and the result of the Antigen Swab was negative, so I only got to accompany after the Antigen Swab results came out after giving birth." (S5, 37 years old)

The husband's experience in assisting his wife in giving birth was found to have 4 themes, namely:

1. The husband's feelings when accompanying his wife during the delivery process were positive feelings (glad, touched, and happy) and negative feelings (worried, scared, nervous, and sad);
2. The husband's way of dealing with psychological changes during accompanying his wife in the delivery process was by doing deep breathing relaxation techniques and spiritual activities such as

surrendering, praying, and dhikr to God Almighty;

3. The husband's support during accompanying his wife in the delivery process consisted of physical support, such as holding hands, stroking hair, head, and stomach as well as massaging the wife's back; there was also informative support including giving motivation in the form of words of encouragement, dhikr, and istighfar mentioning God;
4. The reason the husband accompanied the wife during the delivery process was because of the desire of the participants themselves for having a sense of obligation and responsibility to accompany the wife during the delivery process.

The process of childbirth is an uphill battle for every woman who does not escape from fear and worries. Worries are not only experienced by maternity mothers but also by delivery companions including families, especially husbands who also experience worry.

The mother who was accompanied by her husband during the delivery process stated that her husband was very supportive while in the delivery room by fulfilling the mother's psychological needs including comforting by giving praise, comforting by giving a massage, encouraging and convincing the wife to be patient while waiting for the opening process and fulfilling the biological needs by feeding foods and drinks.

The interview results according to the experience of the husband who accompanied his wife to give birth to their first child stated that the husband felt empathy, nervous, and worried about the smooth opening process but tried to strengthen the wife by giving a massage, giving his body to lean on, fulfilling the wife's need for food and drink and carrying out the midwife's direction. The experience of a husband who previously accompanied his wife to give birth felt calmer, the only difference was when accompanied during the COVID-19 pandemic should be wearing a mask and required to do a COVID-19 swab test.

Husband's Expectations as Delivery Companions During the COVID-19 Pandemic

The husband's expectations regarding childbirth assistance for the birth of the next child based on the results of the interview were as follows:

"Taati protokol kesehatan karena kita tau istri ini lagi hamil kalau kita tidak menjaga protokol kesehatan dengan baik, takutnya apa yaa... terpapar semua jadi apa ya... semua jadi berantakan semua yang sudah direncanakan karena kuatir kalau dirujuk ke Rumah Sakit karena COVID-19 makanya semua protokol kesehatan harus dijalankan." (S1, 25 years old)

"Obey the health protocols because we know that the wife is pregnant if we don't follow the health protocols properly, we are afraid that... all will be exposed to the virus... everything will be a mess, everything that has been planned because of worried to be referred to the hospital because of COVID-19, that's why all health protocols must be done." (S1, 25 years old)

"Penting jaga kesehatan menjelang persalinan agar bisa melahirkan di bidan saja, rawan kalau ke Rumah Sakit saat pandemi begini." (S9, 28 years old)

"It's important to take care of the health before giving birth so that can give birth in a midwife; it's risky to going to the hospital during a pandemic like this." (S9, 28 years old)

"Jaga kesehatan, semoga pandemi cepat selesai biar nggak repot pakai masker terus." (S4, 32 years old)

"Take care of our health; hopefully, the pandemic will end soon so we don't have to keep wearing masks." (S4, 32 years old)

"Alhamdulillah Saya bisa mengikuti apa kata istri Saya dan inginnya nanti Saya juga bisa mendampingi lagi saat melahirkan anak kedua." (S6, 35 years old)

"Alhamdulillah, I was able to follow what my wife said and I wish that later I would get to accompany again when giving birth to the second child." (S6, 35 years old)

"Ta'ati protokol kesehatan karena kita tau istri ini lagi hamil kalau kita tidak menjaga protokol kesehatan dengan baik takutnya terpapar semua rencana jadi berantakan karena kuatir kalau dirujuk ke rumah sakit karena terpapar COVID-19, makanya semua protokol kesehatan harus dijalankan." (S1, 25 years old)

"Obey the health protocols because we know that the wife is pregnant if we don't follow the health protocols well, we are afraid that all plans will fall apart because we are worried about being referred to a hospital due to the exposure to COVID-19, all health protocols must be followed." (S1, 25 years old)

Meanwhile, the expectations of husbands who fail to assist their wives in giving birth regarding childbirth assistance was as follows:

"Kalau dari saya, mending nggak usah Rapid Antibodi deh, langsung Swab Antigen saja karena Rapid Antibodi menurut Saya kurang mewakili kondisi saat ini. Menurut yang saya pahami Rapid Antibodi saat kondisi tidak fit bisa jadi hasilnya reaktif padahal sebenarnya belum tentu terpapar COVID-19. Memang cukup beresiko saat mendampingi, tapi Saya rasa langsung Swab Antigen saja nggak papa. Untuk suami-suami yang lain, nggak usah takut untuk dilakukan Swab Antigen supaya lebih yakin" (S5, 37 years old)

"As for me, it's better not to have Rapid Antibodies, instead do the Antigen Swab because Rapid Antibodies in my opinion do not represent current conditions. According to what I understand, Rapid Antibodies if carried out when the conditions are not fit, the result can be reactive while in fact not necessarily exposed to COVID-19. It's quite risky when accompanying, but I think it is okay to just do the swab antigen directly. For other husbands, don't be afraid to do an Antigen Swab to be surer." (S5, 37 years old)

The readiness of the husband as a delivery companion is considered to be crucial in shaping a person's behavior, thus several maternity centers in Indonesia have made policies to include the husbands in midwifery care as the delivery

companions. According to (Noviana and Puspitasari, 2016) the readiness of the husband in assisting his wife in giving birth included in the ready category was as much as 70.3%.

The husband's expectations regarding childbirth assistance included hoping that when giving birth to the next child it will not be during the COVID-19 pandemic so there is no need to wear a mask, maintaining the health protocols, and hoping not being referred to a hospital by always maintaining health.

As for the husband whose Antibodies Rapid Test resulted to be Reactive hoped that the clinic will complete its facilities with an Antigen Swab or PCR examination.

CONCLUSION

It can be concluded that, *first*, the preparations carried out for the wife before giving birth. Implement the health protocols both inside and outside the house. Prepare a referral hospital. Maintain the health of the wife thus when the swab test is carried out, the result can be negative, and can give birth in the desired place. Remind the wife to take pregnancy vitamins, eat nutritious food, exercise, and maintain immunity. Forbid the wife to leave the house.

Second, the preparations carried out for his own self. Maintain body immunity by taking vitamins, adequate rest, and regular exercise. Reduce traveling. Implement health protocols. Pray and draw closer to God Almighty. WFH (Work from Home). Self-disinfect as well as the equipment that has been used from traveling.

Third, the experience of the husbands who previously have accompanied the wife in giving birth, including: The husband motivates the wife to be able to give birth normally. Calmer in accompanying in the delivery room than when accompanying the birth of the first child. The different experience when accompanying the first child was during the pandemic only one person is allowed to accompany, required to wear a mask, and had to do a swab test before entering the delivery room.

Fourth, the husband hoped that the wife can still give birth normally with

the help of the midwife again. Obeying the health protocols. Keeping the wife healthy during pregnancy and being able to give birth at the clinic of her choice. Preparing a delivery place and a referral hospital according to the planned choice.

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