

PROGRAM STUDI S1 KEBIDANAN FAKULTAS KESEHATAN DAN INFORMATIKA

INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU

Penelitian, 05 Juli 2025

Lamtiurma Deli Br Barasa

21601016

Efektivitas Kelas Ibu Hamil terhadap Dukungan Suami Dan Kepercayaan Diri Ibu Dalam Menghadapi Persalinan Di PMB Islah Wahyuni

Xii+72 Halaman +10 Tabel+2 Gambar + 22 Lampiran

ABSTRAK

Angka Kematian Ibu (AKI) di Indonesia masih tinggi, salah satunya disebabkan oleh kurangnya kesiapan fisik dan mental ibu dalam menghadapi persalinan. Kelas Ibu Hamil menjadi salah satu upaya preventif yang bertujuan untuk meningkatkan pengetahuan, kesiapan mental, serta dukungan sosial, khususnya dari suami. Dukungan suami dan kepercayaan diri ibu hamil merupakan faktor penting dalam menciptakan pengalaman persalinan yang aman dan positif. Tujuan Penelitian ini untuk mengetahui efektivitas kelas ibu hamil terhadap dukungan suami dan kepercayaan diri ibu dalam menghadapi persalinan di Praktik Mandiri Bidan (PMB) Islah Wahyuni tahun 2025. Penelitian ini menggunakan desain kuantitatif dengan pendekatan pre-eksperimen (one group pretest-posttest design). Sampel berjumlah 20 ibu hamil trimester I–III yang mengikuti kelas ibu hamil. Teknik pengambilan sampel dilakukan secara purposive sampling. Instrumen yang digunakan adalah kuesioner yang mengukur tingkat dukungan suami dan kepercayaan diri ibu sebelum dan sesudah mengikuti kelas. Analisis data dilakukan menggunakan uji Wilcoxon untuk melihat perbedaan sebelum dan sesudah intervensi. Hasil penelitian menunjukkan bahwa kelas ibu hamil efektif dalam meningkatkan dukungan suami dan kepercayaan diri ibu dalam menghadapi persalinan dengan $P \text{ Value} < 0,05$. Kelas ibu hamil terbukti efektif meningkatkan dukungan suami dan kepercayaan diri ibu hamil. Pelibatan suami dalam program ini menjadi aspek penting untuk diperhatikan demi kesiapan persalinan yang optimal.

Kata Kunci : kelas ibu hamil, dukungan suami, kepercayaan diri ibu, persalinan
Daftar Bacaan : 56 (2020-2025)

**MIDWIFERY S1 STUDY PROGRAM FACULTY OF HEALTH AND
INFORMATICS
PEKANBARU STATE UMBRELLA HEALTH INSTITUTE
Research, 05 July 2025**

**Lamturma Deli Br Barasa
21601016**

**The Effectiveness of Pregnant Women's Classes on Husband's Support and
Mother's Confidence in Facing Childbirth at PMB Islah Wahyuni**

xii+72 pages +10 tables+2 pictures + 22 appendices

ABSTRACT

The Maternal Mortality Rate (AKI) in Indonesia is still high, one of which is caused by the lack of physical and mental readiness of mothers in facing childbirth. The Pregnant Women Class is one of the preventive efforts that aims to improve knowledge, mental readiness, and social support, especially from husbands. Husband's support and pregnant women's confidence are important factors in creating a safe and positive childbirth experience. The purpose of this study is to determine the effectiveness of the class of pregnant women on the support of the husband and the confidence of the mother in facing childbirth in the Islah Wahyuni Midwife Independent Practice (PMB) in 2025. This study uses a quantitative design with a pre-experimental approach (one group pretest-posttest design). The sample was 20 pregnant women in the first and third trimesters who took the class of pregnant women. The sampling technique was carried out by purposive sampling. The instrument used was a questionnaire that measured the level of support of the husband and the mother's confidence before and after attending the class. Data analysis was performed using the Wilcoxon test to see differences before and after the intervention. The results of the study showed that the pregnant women's class was effective in increasing the support of the husband and the mother's confidence in facing childbirth with a P Value of <0.05 . The pregnant women's class has been proven to be effective in increasing the support of the husband and the confidence of pregnant women. The involvement of husbands in this program is an important aspect to pay attention to for optimal childbirth readiness.

**Keywords : Pregnant Class, Husband Support, Maternal Confidence, Childbirth
Reading List : 56 (2020-2025)**