



Request for Reviewer

Dear,

Dr. Marniati, M.Kes

Universitas Ubudiyah Indonesia

Jurnal Kesehatan Ibu dan Anak, with registered number ISSN 2302-6014 (print), 2599-3224 (online) is a scientific journal published by Midwifery Department of Poltekkes Kemenkes Yogyakarta. The aim of this journal publication is to disseminate the conceptual thoughts or ideas and research results that have been achieved in midwifery area. *Jurnal Kesehatan Ibu dan Anak* particularly focuses on the main problems in the development of the sciences of midwifery areas. It covers the Antenatal Care, Intranatal and Newborn Baby Care, Postnatal and Breastfeeding Care, Reproductive Health, Family Planning, Maternal and Neonatal Emergency Care, Community Midwifery Care, Maternal and Child Health Promotion, Appropriate Technology in Midwifery. Through this letter, we intend to request your willingness to become a Reviewer of *Jurnal Kesehatan Ibu dan Anak* start from the Volume 15 No 1. July 2021. We are waiting for confirmation of availability. Thus we submit this letter. Thank for the attention and willingness.

Warm regards,,

Editor in Chief

Dr. Yuri Kusmiyati, SST, MPH

Midwifery Department, Poltekkes Kemenkes Yogyakarta
Mangkuyudan MJIII/304 Yogyakarta 55143

Phone: (0274) 374331

Email: jurnalkia@poltekkesjogja.ac.id

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Nama : Dedi Zefrizal, ST
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Sehubungan dengan adanya undangan untuk menjadi Reviewer pada **Jurnal Kesehatan Ibu dan Anak Tahun 2021**, maka dengan ini menugaskan kepada:

Nama	Jabatan
Dr. Marniati, SE., M.Kes	Rektor Universitas Ubudiyah Indonesia

Untuk untuk memenuhi tugas tersebut sesuai dengan ketentuan dan Pedoman pada **Jurnal Kesehatan Ibu dan Anak Tahun 2021**.

Demikian surat tugas ini dikeluarkan untuk dapat dimaklumi dan dilaksanakan dengan penuh tanggungjawab.

Banda Aceh, 28 Mei 2021
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Dedi Zefrizal, ST

Tembusan :

1. Yayasan
2. Yang bersangkutan
3. Arsip

The association between husband's social support and weight gain of pregnant mothers in public health center of sentolo in 2021



ARTICLE INFO

Article history:

Received Month 1st, 2018

Revised Month 1st, 2018

Accepted Month 1st, 2018

Keyword:

Husband's support
Pregnant weight gain
Pregnant women

ABSTRACT

Weight gain is declared normal when it is appropriate with recommendations, which gaining weight outside the recommendations may affect women's pregnancy and there to be born babies such as low birth weight, asphyxia, preeclampsia, blood sugar level increase, prolonged labor, and labor with cesarean section. In 2017, a total of 61,7% of pregnant mothers in the Public Health Center of Sentolo I gained weight outside the recommendations. Weight gain during pregnancy might be influenced by psychological factors derived from social support given by the closest person, mainly the husband. Research aim: to find out the association between husband's social support and weight gain of pregnant mothers in Public Health Center of Sentolo I. Methods : this research is an observational analytical study with a cross-sectional design. This research was conducted in March 2021. The population of this research was the second and third-trimester pregnant mothers in the Public Health Center of Sentolo I. Sampling technique used purposive sampling and obtained 41 samples of the pregnant mother. Data collection used primary data. Analysis of the data used frequency distribution and chi-square test. The result showed the majority of the respondents gained a normal amount of weight (51,2%). Amount of 58,5% of pregnant mother respondents received good social support from their husbands. Two variables of the analysis result stated that there is an association between husband's social support and weight gain of pregnant mothers with a p-value of 0,019. The proximity of association between the two variables is in the low category with a value of 0,345 and RP value of 2,267 (95%, CI 1,030-4,989). There is an association between the husband's social support and the weight gain of pregnant mothers.

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Corresponding Author:

INTRODUCTION

Maternal and infant mortality is still becoming an issue that has to be concerned and handled optimally. ASEAN Statistical Report on Millennium Development Goals (MDGs) showed that the maternal mortality ratio in Indonesia reached about 305 per 100.000 live births, which was still far from the ASEAN MDGs target.¹ This thing indicates that public health level, public welfare level, and health service quality are still low.²

One of the important factors in pregnancy is nutritional status before pregnancy which will affect mothers and to is born babies. The prevalence of chronic energy deficiency in women of reproductive age in Indonesia in the year based on Basic Health Research (Riskesdas) reached 31,8%. Therefore, weight gain during pregnancy is one of the important factors to maintain a healthy pregnancy and to have healthy childbirth.³

An adequate and recommended amount of weight gain is highly required to support baby growth thus it could be born normally. Pregnant mothers who gained weight less than the recommended amount will be associated with an increased risk of having low birth weight and intrauterine growth retardation (IUGR). According to Basic Health Research (Riskesmas) in 2018, the low birth weight percentage in the Special Region of Yogyakarta (DIY) increased from 5,52% in 2018 to 5,7% in 2019.³ Some research showed the impact of gaining weight outside recommendations to mothers, such as it may affect severe preeclampsia and eclampsia.^{4,5} Furthermore, excessive weight gain can cause back pain to pregnant mothers.⁶ In the labor process, the excess weight gain may increase the risk of prolonged labor in the opening of third until finished.⁷ Moreover, the risk of labor with cesarean section in the first stage will rise along with the increased gestational weight gain of overweight mothers.^{7,8}

Normal weight gain during pregnancy is weight gain in the recommendations. Pre-pregnancy nutritional status becomes the indicator to measure how much a pregnant mother can be declared appropriate in gaining weight during pregnancy.⁹ Weight gain outside the recommendations also happened in the Special Region of Yogyakarta Province (DIY) in 2017 in the Public Health Center of Sentolo I, which is a public health center with pregnant mothers whose weight gain outside the recommendations were high enough equal to 61,7%.¹⁰

Weight gain during pregnancy is associated with several factors as following: sociodemographic, socioeconomic, psychological factors derived from age, parity, education, occupation, and social support.⁹ Social support is the support given to pregnant mothers by the closest person mainly the husband and can be given in the form of informative support, emotional support, reward support, and instrumental support.¹¹ Fortune research (2016) showed that there is an influence between husband's support to nutritional status in pregnant mothers with p-value= 0,026 and OR= 2,909.¹² This research is following Barir research (2020) which showed one of the determinant factors of pregnant women's nutritional status with OR= 3,72 and p-value= 0,025.¹³

Based on the description, the author is interested to research "The Association between Husband's Social Support and Weight Gain of Pregnant Mothers in Public Health Center of Sentolo I in 2021". This research aims to find out the association between a husband's social support and the weight gain of pregnant mothers in the Public Health Center of Sentolo I in 2021.

METHOD

This research was an observational analytical study with a cross-sectional design. This research was conducted in the Public Health Center of Sentolo I, Kulon Progo in March 2021. The population of this research was the second trimester and third-trimester pregnant women in the Public Health Center of Sentolo I. The total sample used was 41 respondents that have been selected based on inclusion and exclusion criteria. Technique sampling in this research used the purposive sampling technique. This research was conducted after being approved by Health Polytechnic of Health Ministry Yogyakarta (Poltekkes Kemenkes Yogyakarta) by obtaining research ethical approval from Health Research Ethics Commission (KEPK) Health Polytechnic of Health Ministry Yogyakarta with letter number e-KEPK/POLKESYO/0169/II/2021 by the date of 25th February. Research data was primary data obtained through questionnaires filled out directly by respondents. Data analysis was conducted quantitatively by using univariate analysis and bivariate analysis with a trust level of 95% and $\alpha = 0,05$.

RESULTS

Tabel 1. Frequency Distribution of Respondents according to Weight Gain of Pregnant Mothers in Public Health Center of Sentolo I in 2021

Pregnant Mothers Weight Gain	Frequency	Percentage (%)
Normal	21	51,2
Abnormal	20	48,8
Total	41	100

Table 9 showed that from a total of 41 second and third-trimester pregnant mothers, the majority of mothers gained normal weight, mothers who gained normal weight are 21 persons (51,2%), and mothers who gained abnormal weight are 20 persons (48,8%).

Tabel 2. Frequency Distribution of Respondents according to Husband's Social Support and Component Aspects of Husband's Social Support in Public Health Center of Sentolo I in 2021

Husband's Social Support	Good		Bad		Total	
	n	(%)	N	(%)	n	(%)
	24	58,5	17	41,5	41	100
Information Support	22	53,7	19	46,3	41	100
Instrumental Support	31	75,6	10	24,4	41	100
Emotional Support	34	82,9	7	17,1	41	100
Reward Support	24	58,5	17	41,5	41	100

Table 10 showed that from a total of 41 second and third-trimester pregnant mothers, the majority of mothers who received good husband's social support are 58,5%, and mothers who received bad husband's social support are 41,5%. According to the component of husband's social support, more pregnant mothers received good husband's social support from their husbands. In the information support component, there are 53,7% of pregnant who received good information support from their husbands. In the instrumental support component, there are 75,6% of pregnant mothers received good instrumental support from their husbands. In the emotional support component, there is 82,9% pregnant mother who received good emotional support from their husband, and in the reward support component, there are 58,5% pregnant mothers who received good reward support from their husband.

Tabel 3. The Association between Husband's Social Support and Weight Gain of Pregnant Mothers in Public Health Center of Sentolo I in 2021

Variable	Weight Gain				Total		P-value	RP	CI 95%		CC
	Normal n (%)	Abnormal n (%)	n	(%)	n	(%)			Lower	Upper	
Husband's Social Support											
Good	16 66,7	8 33,3	24	100	0,019	2,267	1,030	4,989	0,345		
Bad	5 29,4	12 70,6	17	100							
Total	21 51,2	20 48,8	41	100							

Based on Table 11, pregnant mothers who gained normal weight at a total of 21 persons (51,2%) are more experienced by pregnant mothers who received good husband's social support by 66,7%, than by pregnant mothers who received bad husband's social support by 29,4%. Whereas pregnant mothers who gained abnormal weight at a total of 20 persons (48,8%) are more experienced by pregnant mothers who received bad husband's social support by 70,6%, than by pregnant mothers who received good husband's social support by 33,3%. Husband's social support had p-value= 0,019 which means that there is an association between husband's social support and weight gain of pregnant mothers, mothers who received good husband's social support have a chance to gain normal weight

by $RP=2,267$ times greater than mothers who received bad husband's social support. The proximity of association between husband's social support and weight gain of pregnant mothers is shown by the result of $CC=0,345$, thus it can be concluded that the level of association between husband's social support and weight gain of pregnant mothers is low.

DISCUSSION

The research result indicates that there is an association between husband's social support and weight gain of pregnant mothers with a p-value of 0,019 and correlation coefficient value of 0,345 and prevalence ratio of 2,267. The research result is following the research conducted by Barir in Jombang which stated that there is an association between husband's support and nutrition for pregnant mothers. Mothers who received support from their husbands have 3,7 times more chance to achieve normal nutritional status than mothers who received lack support from their husbands. This showed that the husband's support has a significant role in the family to increase the nutritional status of pregnant mothers.¹³

The occurrence of the nutritional problem in pregnant mothers is commonly caused by unbalanced dietary habits, to meet nutritional requirements during pregnancy a woman should have strong motivation, attention, affection, support, and health information from the closest person.¹⁴ The research conducted by Selli in the Public Health Center of Gamping I showed that the better the support given to the wife, the better the pregnant mother's behavior in consuming a balanced nutritional meal.¹⁵ Therefore, every pregnant mother needs social support from surrounding people. Social support is one of the factors inside every individual that can determine a person's health behavior. What is meant in this case is to maintain weight gain during pregnancy. Social support can be obtained from significant others namely husbands, children, parents, family members or relatives, and close friends. People who get social support will experience positive things in their lives, have self-esteem, and have a more optimistic point of view. The aspects of social support consist of information support, emotional support, instrumental support, and reward support.^{11,16,17}

The same thing was stated by Sokoya (2014) in the research found that husband's support in prenatal care is the key factor in supporting pregnant mothers' health, which if inadequate could lead to an increase in maternal death by gestational hypertension, abortion complication, postpartum hemorrhage, obstructed labor, and postpartum psychosis. The type of support commonly offered to pregnant mothers including bring some water, bring a nutritional meal, plan and accompany mothers to prenatal care visits, advised mothers to not carry heavy loads, provide monetary resources for transportation and medical expenses. These types of support may encourage the wives to reduce physical stress and provide them with emotional security.^{18,19}

These aspects of social support included information, emotional, instrumental, and reward support. Frequency distribution test gained the result that information support from husband to pregnant mothers in Public Health Center of Sentolo I was still low in the number of 46,3%. Giving orders should be changed to advising so that mothers can decide whether to try or not. It will allow mothers to perceive the authority to control the situation and be trusted so that mothers retrieve their self confident again. If this support is not given to the mothers, all the negative feelings will give an impact on mothers' behavior in maintaining their dietary habits and total weight gain.^{16,20} According to Rahmawati in 2019, pregnant mothers who received a lack of information support had a 4 times greater chance of experiencing anemia compared to pregnant mothers who received the good type of information support, which this support would help mothers to find the right alternative for their problem-solving. Information is highly required by first-time pregnant mothers considering what they are experiencing is a new phase in their lives.²¹

The biggest support received by the pregnant mothers in the Public Health Center of Sentolo I derived from emotional support at 82,9%. Emotional support is an important factor to accomplish developmental tasks. The fulfillment of family emotional support will

increase the human quality, personality stability, behavior, and self-esteem of family members. It means that the better emotional support received by the pregnant mothers, the better their quality of life, self-esteem, and behavior concerning their health so they would not experience health issues including weight gain outside the recommendations.²¹

A similar result is also reinforced with the research conducted by Melati in the Public Health Center of Kasim Riau with a total sample of 80 people. Data from the research was analyzed with a product-moment correlation which obtained a correlation coefficient of 0,781 ($p < 0,01$).²² The result showed that there is a positive correlation between pregnant mothers' motivation and the amount of weight gain during pregnancy. Research by Manikin Public Health Center of Kayumanis also proved that motivation gives good influence to the weight gain of pregnant mothers by 13,38%.²³ Motivation may come from within a person which is often known as internal motivation or intrinsic motivation, and come from outside the person known as external motivation or extrinsic motivation.²⁴ Extrinsic motivation can be influenced by family support like husbands, parents which good family members support or encouragement will strengthen mothers motivation to give the best for their health.²⁵

Sudirman, Puspitawati, and Muflikhati's (2019) research also reinforces this research where husband's support influences the nutritional status of pregnant mothers due to the powerful support from the husband that can improve mothers welfare both during pregnancy and after birth.²⁶ This showed that the husband's support has an important role in the family to improve the nutritional status of pregnant mothers as weight gain and hemoglobin level during pregnancy. A similar thing is reinforced with the research conducted in Gianyar Regency, Bali where mothers with a low husband's support experienced moderate anxiety and severe anxiety compared to the mothers whose strong support.²⁷ Mild anxiety is expected so that pregnant mothers become happy and live their pregnancy stages calmly thus mothers can be motivated to maintain a healthy pregnancy.

CONCLUSION

Based on the research, it can be concluded that the majority of second and third-trimester pregnant mothers in the Public Health Center of Sentolo I gained normal weight by 51,2%. Second and third-trimester pregnant mothers in the Public Health Center of Sentolo I mostly received good social support from their husbands in the amount of 58,5%. The proximity of association between husband's social support and weight gain of pregnant mothers is classified in the low category with a correlation coefficient value at 0,345. The prevalence ratio between husband's social support and weight gain of pregnant mothers is 2,267.

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