

Article

The Influence of Support System on the Readiness to Motherhood Transition in Padang Independent Midwife Practice

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A B S T R A C T

This study saw the influence of adult attachment style and support systems on the readiness for the transition to motherhood. It is hoped that there will be an optimization of the preparedness for the motherhood transition for women who give birth for the first time. The long-term goal of this study is to assist mothers in optimizing preparation for the transition period to motherhood and obtaining a healthy pregnancy, minimizing the incidence of complications and morbidity in mothers so that it can contribute to reducing the morbidity rate, maternal mortality rate, and infant mortality rate.

The specific target of this study is the achievement of psychological well-being in puerperal mothers, which can be obtained from cooperation with their husbands and social support from their environment.

This research activity plan aligns with UNAND's National Research Priorities and Development Master Plan. This research is included in one of PRN's research fields in the focus area of health and drug research. This research is also following the RIP of Andalas University, including the central theme of research, namely health, with the sub-theme of nutrition and health, the sub-topic of development.

I. INTRODUCTION

Women have an essential role in the public and domestic spheres. One of the leading domestic roles of women is being a mother and wife. Society has the view that the mother is the heart of the family. The happiness of a mother will influence the happiness of family members. Therefore it is essential to maximize the role of the mother (Yuliawati, 2018). The period of pregnancy that continues during labor is when the mother will experience a transition process toward achieving the role of being a mother. The transition from a woman to a mother is an event that requires adjustments from the biopsychosociocultural aspect (Nakamura, 2015)

The transition period requires structured goals, behaviors, and responsibilities to achieve a new concept within oneself, namely being a mother. In addition to being a mother, a woman must also carry out the role of a wife. The mother's ability to adapt to her new role after giving birth greatly influences the achievement of the physical and psychological well-being of mothers and children (Hairina, 2017). Many women have to play multiple roles which will cause problems. Obstacles during the transition to motherhood are generally the abandonment of a mother's role in caring for her child. This is due to the need for KIE regarding the role of motherhood, not getting full support in carrying out the role of mothers with multiple responsibilities making it difficult to share time (Fitriyani, 2016).

A large number of working mothers will lose a lot of time caring for children during the mother's role transition process 65.38%, because working mothers do not have much time to maximize the role transition process, take care of children, invite them to play, feed them, and take care of the various interests of their children. others (Kurnia, 2017). During the transition to parenthood, there is a decrease in some positive communication and adaptation processes in fostering husband-wife relationships, as well as a decrease in emotional responses, it can cause conflict over the pattern of interaction between partners as partners to become parents (Azmoode, 2015). Suppose the couple supports each other and tends to avoid conflict. In that case, it will have a good impact on the mother in the process of psychological adaptation so that later the mother can go through the transitional period of changing her role as a mother appropriately, and her new role can be achieved.

If the psychological adaptation during the transitional period of changing the role of motherhood fails, then psychological problems will arise. In some developed countries, such as the United Kingdom, it is reported that as many as 81% of women have experienced psychological disorders during pregnancy and childbirth. Meanwhile, 12.5% of primigravida mothers in France experienced anxiety, and 11.8% experienced depression during pregnancy and childbirth (Ibanez, 2015). This arises because the transition to changing the role of being a mother after giving birth will begin when entering the taking hold phase. This phase is considered a transitional period from a dependent state to an independent state. During the taking hold phase, the mother will pay attention to her ability to become a parent and try to master the skills of caring for the baby. However, at this time, the mother is constantly worried about her inability to care for the child. Mother's feelings become very sensitive and easily offended. During this time, the support system becomes very valuable for mothers who need optimal sources of information and physical recovery (Pitriani, 2015).

The mother's psychological well-being can be achieved if the mother cooperates with her husband as the primary support in carrying out her new role as a mother. Mothers with strong beliefs about their ability to care for babies have more positive emotional well-being, closer attachment to their children, and better adjustments to their role as parents (Hamilton, 2016).

Seeing these conditions, optimizing the transitional readiness of the mother's role is one way to improve physical and psychological health and the quality of the mother's role as a parent since the child is still in the womb. Therefore, researchers are interested in researching the influence of adult attachment style and support systems on the readiness to transition to motherhood. This research is based on one of the research themes in the 2020-2024 National Research Priorities

(PRN), namely health. This research also refers to the central theme in the 2017-2020 Andalas University Research Master Plan (RIP), namely Food Security, Medicine and Health and the nutrition and health sub-themes.

II. METHODS

This research uses non-experimental research with a quantitative approach. The method used is correlational, where this method is used to measure between a free variable (X) and a bound variable (Y). In this study, researchers sought to link the variables of adult attachment style and Support System with the readiness for the motherhood transition. The data is collected using a scale on which a correlation test will be carried out. The researcher will conduct an assumption test first to find out whether the data obtained by the researcher is distributed normally or not by conducting a normality test. The hypothesis test in this study uses a chi-square test followed by a coefficient contingency test if the data is not normally distributed.

III. RESULT

Characteristics of Respondents

Table 1. Frequency Distribution of Respondents' Characteristics By Education, Occupation, and Age

Characteristics	F	%
Final education		
JHS	2	5,7
SHS	17	48,6
University	16	45,8
Total	35	100
Occupation		
Housewife	22	62,9
Private Employee	5	14,3
Civil servant	4	11,4
Others	4	11,4
Total	35	100
Age		
At Risk	8	22,8
Not at risk Total	27	77,1
	35	100

Based on the table above, it was seen that the educational characteristics of respondents were 5.7% of education after junior high school, 48.6% after high school, and 45.8% after college. The characteristics of employment are that 62.9% are homemakers, 14.3% are private employees, 11.4% are civil servants, and 11.4% have other jobs. As for the age characteristics of respondents, 22.8% of respondents with a high-risk age, and 77.1% of respondents have a non-high-risk age.

Univariate Analysis

Table 2. Adult Attachment Style Subscale Frequency Distribution

Gaya Kelekatan	f	%
<i>Close</i>	26	74,2
<i>Depent</i>	1	2,85
<i>Anxiety</i>	8	22,85
Total	35	100

Based on the table above, the results were obtained that pregnant women who had a close attachment style were 26 people (74.2%), dependent attachment style one person (2.85%), and anxiety attachment style eight people (22.85). Of the three attachment subscales, what includes suitable attachment is the close attachment style, while dependent attachment and anxiety attachment are harmful attachments. This shows that the tendency of adult attachment style owned by pregnant women is a good attachment style.

Table 3. Frequency Distribution of Adult Attachment Style Categorization

Attachment Style	f	%
Good	26	74,2
Bad	9	25,7
Total	35	100

From table 3, it can be seen that the most dominant tendency of attachment style possessed by pregnant women is the excellent attachment style (74.2%).

Table 4. Subscale Frequency Distribution Support System

Support System	f	%
Family	32	91,4
Friend	3	8,6
Others	0	0
Total	35	100

Based on the table above, the results were obtained that pregnant women who had the dominant support system from the family were 32 (91.4%), sourced from friends were 3 (8.6%), and none from other significant sources. Of the three subscales of the support system, what includes good support is the dominant support system from the family. This shows that the tendency of the support system owned by pregnant women is good.

Table 5. Support System Categorization Frequency Distribution

Support system	f	%
Good	32	91,4
Bad	3	8,6
Total	35	100

From table 5, it can be seen that the most dominant support system tendency owned by pregnant women is a good support system (74.2%).

Table 6. Frequency Distribution of Categorization of Motherhood Transitions

Transisi peran	f	%
Belum siap	7	20
Siap	28	80
Total	35	100

From table 6, it can be seen that the transition of the role of motherhood in pregnant women belongs to the ready category.

IV. DISCUSSION

The data analysis results stated that the mother's dominant support system came from the family and was categorized as a sound support system. Most of the respondents have good support and relationships with their families. Respondents with a sound support system tend to have good role transition readiness to become mothers. However, four respondents had a sound support system but needed better transition readiness. Each respondent felt that they were still not ready to become mothers (1 person), felt alone and no one cared about them (1 person) and felt they had lost their identity (1 person). This can be caused by other factors such as low self-confidence and interactions with the environment affecting readiness to become mothers.

This is in line with Fitriani's research (2016), which indicates that there is influence of a friendly environment that is at risk of juvenile delinquency. Lack of support systems from the family tends to result in risky associations for adolescents, in line with Warella's research (2021) that the support system has a strong relationship with depression and anxiety in women who marry early in the Sirimau sub-district, Ambon city. That is, the better the support system the mother gets, the better the mother will be ready for pregnancy and will reduce the level of depression, anxiety, and maternal stress. A mother who gets emotional support from her husband can understand the situation, feel helped in doing housework and caring for children, and is better able to adapt to her motherly role and is also able to cope with stress. (Khandan, 2018)

As many as 8.6% of respondents tended to a poor support system, with a source of support coming from friends and no respondents with support coming from other significant sources. This shows that respondents with a poor support system affect the mother's readiness. For primipara mothers, readiness to become mothers requires good support from husbands and families. This needs to be prepared from the beginning of pregnancy so that there is no excessive anxiety, feelings of not being able to care for the baby, and low self-confidence in the mother. The effort that can be made is a comprehensive approach by the Health Team. Support is needed from husbands and families to grow a mother's confidence to be ready to accept her new role and care for her baby (Ernawati, 2020).

V. CONCLUSION

Based on the results of the study, the following conclusions were obtained:

1. Adult attachment style has a positive and significant influence on the readiness of the transition of the role of mothers
2. Support System has a positive and significant influence on the readiness for the transition of motherhood

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BIOGRAPHY

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