

ABSTRAK

Latar belakang: Angka Kematian Bayi (AKB) menjadi salah satu indikator derajat kesehatan masyarakat, berkaitan kesehatan ibu-bayi. Kelas prenatal merupakan upaya mendukung kesehatan ibu-bayi berpedoman buku Kesehatan Ibu dan Anak (KIA). Pedoman buku KIA masih berfokus pada kesehatan fisik kehamilan, belum terdapat pedoman untuk optimalisasi kesehatan mental selama kehamilan. Perubahan emosi prenatal dapat mempengaruhi kesehatan fisik, *maternal-fetal attachment* (MFA) dan berdampak pada kesejahteraan janin, sehingga diperlukan pedoman dan program edukasi MFA untuk stimulasi MFA yang baik.

Tujuan: menghasilkan paket edukasi MFA dan mengetahui pengaruhnya pada peningkatan dukungan suami, penurunan kecemasan dan peningkatan *Maternal-Fetal Attachment Score* (MFAS) primigravida.

Metode *mixed-methods, exploratory sequential design*. **Pertama**, studi kualitatif *indepth interview* 10 primigravida dan 10 suami, *focus group discussion* pada 8 petugas Kesehatan. Tema yang dihasilkan dari studi kualitatif dikembangkan dengan literatur review untuk menyusun paket edukasi MFA. Penyusunan berpedoman protokol TIDier modifikasi. **Kedua** mengetahui pengaruh paket edukasi MFA pada peningkatan dukungan suami, penurunan kecemasan dan peningkatan MFAS primigravida, menggunakan *quasi experiment* pada 107 primigravida beserta suami kelompok eksperimen dan kontrol. Instrumen menggunakan *Perinatal Anxiety Screening Scale*, *Social Support Survey* dan MFAS. Data yang terdistribusi normal, dilakukan analisis: *paired t-test, independent t-test, effect size* dan *path analysis*.

Hasil: tahap pertama, dihasilkan kebutuhan materi paket edukasi MFA: pengetahuan kehamilan dan tumbuh kembang janin; ketrampilan MFA; manajemen pengelolaan emosi dan dukungan suami. Hasil pengembangan meliputi modul, *booklet* dan 3 video yang dinyatakan layak melalui konsultasi pakar; uji coba terbatas dan validitas pakar (rata-rata skor > 82%, sangat layak). **Tahap kedua** dihasilkan peningkatan dukungan suami, penurunan kecemasan dan peningkatan MFAS dibandingkan sebelum intervensi paket edukasi MFA, *p-value* < 0,05. Pengaruh intervensi paket edukasi MFA > program standar, $P < 0,001$. Besarnya peningkatan dukungan suami dan penurunan kecemasan kategori sedang= 0,713 dan 0,706; peningkatan MFAS 1,048, besar. Paket edukasi MFA berpeluang meningkatkan dukungan suami 2,55, menurunkan kecemasan, 3, 18, meningkatkan MFAS 3,82 kali lebih besar dari program standar, namun kurang bermakna. Pengaruh langsung paket edukasi MFA pada MFAS: $\beta = 0,364 >$ pengaruh tidak langsung melalui jalur dukungan suami $\beta = -0,145$, penurunan kecemasan $\beta = 0,026$.

Kesimpulan dan Saran: Paket edukasi MFA terbukti meningkatkan dukungan suami, menurunkan kecemasan dan meningkatkan MFAS primigravida. Hasil pengembangan paket edukasi MFA dapat menjadi pedoman dalam kelas prenatal, sebagai suplemen materi standar buku KIA.

Keywords: Kelas Prenatal; Primigravida, *Maternal-Fetal Attachment*; Kecemasan; Dukungan Suami

ABSTRACT

Background: Infant Mortality Rate (IMR) is one of the indicators of public health, related to maternal-infant health. Prenatal classes are an effort to support maternal-infant health based on the Maternal and Child Health (MCH) books. The MCH books guidelines still focus on physical health during pregnancy, there are no guidelines for optimizing mental health during pregnancy. Prenatal emotional changes can affect physical health, maternal-fetal attachment (MFA) and have an impact on fetal well-being, so MFA guidelines and education programs are needed for good MFA stimulation.

Objective: produce an MFA educational package and determine its effect on increasing husband support, decreasing anxiety and increasing the Maternal-Fetal Attachment Score (MFAS) of primigravida.

Method: qualitative study indepth interviews with 10 primigravida and 10 husbands, focus group discussions with 8 health workers. Themes generated from the qualitative study were developed with a literature review to develop an MFA education package. The preparation was guided by the modified TIDier protocol. Second, to determine the effect of the MFA education package on increasing husband support, decreasing anxiety and increasing MFAS of primigravidas, using a quasi-experiment on 107 primigravidas and their husbands in the experimental and control groups. The instruments used were the Perinatal Anxiety Screening Scale, Social Support Survey and MFAS. Normally distributed data, analysis was carried out: paired t-test, independent t-test, effect size and path analysis.

Results: the first stage, the need for MFA education package materials was generated: knowledge of pregnancy and fetal growth and development; MFA skills; emotional management and husband support. The development results include modules, booklets and 3 videos that were declared feasible through expert consultation; limited trials and expert validity (average score > 82%, very feasible). The second stage resulted in increased husband support, decreased anxiety and increased MFAS compared to before the MFA education package intervention, p-value < 0.05. The effect of the MFA education package intervention > standard program, P < 0.001. The magnitude of the increase in husband support and decrease in anxiety in the moderate category = 0.713 and 0.706; increase in MFAS 1.048, large. The MFA education package has the potential to increase husband support 2.55, decrease anxiety, 3,18, increase MFAS 3.82 times greater than the standard program, but less significant. Direct effect of MFA education package on MFAS: $\beta=0.364$ > indirect effect through husband's support channel $\beta=-0.145$, decreased anxiety $\beta= 0.026$.

Conclusion and Suggestions: MFA education package has been proven to increase husband support, reduce anxiety and increase MFAS of primigravida. The results of the development of MFA education package can be a guideline in prenatal classes, as a supplement to the standard material of KIA books.

Keywords: Prenatal Class; Primigravidas, Maternal-Fetal Attachment; Anxiety; Husband's Support