



Literature Review: Active Role of Husband in Care During Pregnancy

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Submitted: 18 February 2025 Revised: 19 February 2025 Published: 22 February 2025

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Abstract

Introduction: The husband's role in pregnancy care has a major influence on the health of the mother and fetus. Care during pregnancy is an important aspect to prevent complications and deaths that can occur during pregnancy and childbirth. Objective: This literature review aims to strengthen the understanding of the importance of husbands' active role in improving the quality of prenatal care and maternal health.

Method: This study was conducted using the literature review method, the data source came from journals published in the last 10 years (2014-2024). Selection was made through screening titles, abstracts, and full text based on inclusion and exclusion criteria. Data were analyzed descriptively to identify the form of husband's involvement, factors that influence participation, and its impact on maternal and fetal health.

Results: Analysis of 10 articles showed that husbands' involvement in antenatal care contributes positively to maternal and fetal health, including reducing maternal anxiety, increasing adherence to antenatal check-ups, and reducing the risk of complications. While factors such as education, culture, and busy work schedules influence the level of husband involvement, classes for pregnant women and educational programs for husbands effectively increase their awareness of their important role in pregnancy.

Conclusions: The active role of husbands in pregnancy care has a significant positive impact on maternal and fetal health. Husband's involvement in emotional, physical, financial, and health access aspects plays an important role in improving the well-being of pregnant women.

Keywords: husband's role, pregnant women, pregnancy care

Introduction

Pregnancy is a critical period in a family's life cycle that requires comprehensive attention and support. However, the reality in Indonesia shows significant disparities in the involvement of husbands during the pregnancy process. The MMR indicator describes the magnitude of the risk of maternal death in the phases of pregnancy, childbirth, and the postpartum period in every 100,000 live births in one region at a certain period of time. The number of maternal deaths in Indonesia in 2023 was 4,129 cases of maternal death. The main causes of death include hypertension in pregnancy in 24% of cases, obstetric hemorrhage in 23% of cases, and other obstetric complications in 35.2% of cases (Kemenkes RI, 2023). MMR in West Java showed an increase in 2023, with 444 cases of maternal deaths recorded, an increase from 441 cases in 2022 (Dinas Kesehatan Jawa Barat, 2023). The number of MMR in Ciamis Regency in 2023 was 33 cases, exceeding the target set (Dinkes Ciamis, 2023).

One of the government's main strategies to reduce maternal morbidity and mortality is to improve Antenatal Care (ANC) services. These services are critical for early detection of complications, health education, and preventive care that collectively contribute to improved maternal and neonatal health outcomes (Kurniati, n.d.). Pregnancy management is significantly influenced by various factors, including socioeconomic status, education, and the husband's role as a support system. In families, the husband is usually the main decision-maker regarding the wife's health (Nova Pranatalia Yulianto, 2024). As the main decision-maker in the family, the husband acts as a facilitator to meet the wife's needs and as an educator who helps maintain pregnancy health (Ageng & Inthiran, 2024). Husbands are expected to be facilitators who meet the needs of their wives during pregnancy and provide education so that their wives can maintain their health. Husband's knowledge about his role in pregnancy care is very important in order to optimally support his wife, both physically, emotionally, and socially. With a good understanding, husbands are able to provide emotional support, ensure their wives' nutritional adequacy, accompany them to pregnancy check-ups, help maintain a balance of activity and rest, and recognize pregnancy danger signs that require immediate action. In addition, this knowledge allows husbands to play an active role in labor preparation, postpartum care, and communication with health workers, so that maternal and fetal health can be well maintained (Zahra & Suryaningsih, 2022).

The husband's role in pregnancy care has a great influence on the health of the mother and fetus. This role includes various aspects, such as providing emotional support, i.e. listening to complaints, providing encouragement, and ensuring that the wife feels comfortable during pregnancy. In addition, husbands are expected to be actively involved in pregnancy check-ups, including accompanying their wives and understanding the importance of antenatal schedules. Husbands also have a responsibility in providing nutrition, ensuring that wives get healthy and nutritious food that suits the needs of pregnancy. In terms of daily activities, husbands need to support their wives to maintain a balance of physical activity and rest, such as helping to reduce the burden of heavy work (Afni, 2024). Husband's knowledge of health education is also an important aspect, especially regarding pregnancy risks and danger signs that require immediate medical action. In addition, husbands must ensure financial readiness, both for needs during pregnancy, childbirth, and postpartum. On the other hand, husbands also need to prepare themselves for labor and post-delivery, including assisting in the care of their wives and babies after delivery. Communication with health workers is key, where the husband plays a role in

making the right medical decisions for the health of his wife and child (Zahra & Suryaningsih, 2022).

Care during pregnancy is an important aspect to prevent complications and deaths that can occur during pregnancy and childbirth. This care includes maintenance of personal health, immunization, and attention to nutritional intake, adequate rest, regular pregnancy check-ups, and participation in activities such as pregnancy exercises (Hasanah & Fitriyah, 2018; Kurniati, n.d.; Yulianto et al., 2024). Husband involvement in antenatal care significantly contributes to achieving key antenatal care (ANC) indicators, particularly K1 and K4. Research (Laksono et al., 2022) shows that husband's knowledge and support are critical for pregnant women to access and utilize ANC services effectively. This involvement not only increases the likelihood of attending the first ANC visit (K1) but also ensures continuous care throughout pregnancy. In Indonesia, reality shows that the role of husbands in accompanying pregnancy is still very limited and not comprehensively understood. The husband's role in accompanying his wife is very strategic in reducing the risk of complications and improving maternal and fetal health. According to (Kemenkes RI, 2019) the level of knowledge of husbands regarding their role in antenatal care (ANC) in Indonesia still needs to be improved. Although the average husband's involvement in his wife's ANC visits reached 75.92%, there were variations by region and individual characteristics. Husband participation in Java, for example, is higher than in other regions. In addition, younger and more educated husbands tend to be more involved in ANC visits, especially when the wife is pregnant with her first child. This lack of knowledge could potentially affect the quality of support provided during pregnancy. The complexity of the husband's role in supporting pregnancy cannot be ignored. Husband involvement is not just a moral obligation, but a comprehensive reproductive health strategy to reduce maternal and infant mortality. Empirical facts show a gap in knowledge and the active role of husbands in pregnancy care. Research results (Nova Pranatalia Yulianto, 2024; Suyanti et al., 2022) noted that only 35% of husbands had optimal knowledge and involvement in accompanying their wives' pregnancies. Husband's knowledge and involvement in pregnancy care is essential to improve maternal and child health outcomes. Increasing husbands' awareness and active role can strengthen couple relationships and increase utilization of maternal health services. Interventions that target improving husbands' knowledge and engagement may contribute to achieving better maternal health goals. Husband support plays an important role in the wife's physical and mental health during pregnancy and labor (Diani & Susilawati, 2013). Husband's presence in pregnancy check-ups and consultations helps recognize signs of problems and ensures that the wife gets the necessary care (Lestari, 2020). Husband's knowledge about pregnancy is key to reducing panic and taking appropriate action when facing pregnancy problems (Nova Pranatalia Yulianto, 2024).

Objective

The aim of this literature review is to strengthen the understanding of the importance of husbands' active role in improving the quality of antenatal care and maternal health.

Method

This study was conducted using the *literature review* method, which is an approach to collect, analyze, and synthesize various literatures relevant to the topic of the active role of husbands in pregnancy care. The steps of this research began with determining the topic and

focus of the research which included the role of husbands in providing physical, emotional, social support, as well as their involvement in their wife's health checks during pregnancy.

Data sources were obtained from various databases such as *PubMed*, *Google Scholar*, *ProQuest*, *ScienceDirect*, and Garuda (Garba Rujukan Digital). The keywords used in the search included "Husband's role in antenatal care," "Husband's involvement in maternal health," and "Husband's support during pregnancy." Keyword combinations were performed using Boolean operators such as AND, OR, and NOT to ensure broad and relevant coverage.

The inclusion criteria applied were literature in the form of journal articles, books, or research reports that discuss the role of husbands in pregnancy care, published in the last 10 years (2014-2024) that can be accessed *free full text* in pdf format, and written in Indonesian or English, *original research*, articles with quantitative and qualitative studies. Meanwhile, the exclusion criteria included literature that lacked empirical data or was not relevant to the focus of the study.

The literature selection process was conducted in two stages. The first stage was *screening of* titles and abstracts to assess relevance to the topic. The second stage was full text assessment based on inclusion and exclusion criteria. The selected literature was then descriptively analyzed to identify key themes, such as forms of active husband roles, factors that influence husband involvement, and the impact of husband involvement on maternal and fetal health.

The results of the analysis are presented in a structured narrative, describing the main findings from the studies reviewed. The findings are expected to provide in-depth insights into the active role of husbands in antenatal care, as well as a basis for policy recommendations or further research.

Result and Discussion

The nine studies analyzed in this literature review represent the active role of husbands in pregnancy care. The results of the research analysis are outlined in table 1.

Table 1. Respondent Characteristic

No	Researcher/Year/Journal Source	Title	Destination	Methods	Sample	Data Collection/Measurement Tools	Research Results
1.	Rosmala & Pintam (2020), Scientific Journal of Midwifery and Health Sciences	Husband's Participation and Pregnant Women's Behavior in Pregnancy Care	Describe husband's participation in pregnancy care	Descriptive survey	Pregnant women at Wirosari Health Center 1	Questionnaire	Husband support has a significant effect on pregnancy care behavior of pregnant women

No	Researcher/Year/Journal Source	Title	Destination	Methods	Sample	Data Collection/Measurement Tools	Research Results
2.	Pascalia, Cheron (2024) International Journal of Gender Studies (IJGS)	Influence of Social Cultural Factors on Male Involvement in Antenatal Care in Baringo County Referral Hospital Kenya	Analyzing the socio-cultural factors that influence husbands involvement in their wives' antenatal care	Qualitative and quantitative approach with cross-sectional survey design	150 pregnant women and 3 nurses selected through systematic random sampling technique	questionnaires, in-depth interview guides, and observation.	Socio-cultural factors and health services influence men's participation in antenatal clinics. In addition, it was found that clients had a good awareness of the services offered at the clinic.
3.	Rumaseuw Nursalam, S M Berliana, F Efendi, R Pradanie, P D Rachmawati, and G E Aurizki (2018) IOP Conference Series: Earth and Environmental Science	Relationship between Husband's Role and Pregnancy Care Behavior of Pregnant Women	Identifying variables that significantly influence husbands' participation in accompanying their wives during pregnancy and childbirth	Analytical research with a quantitative approach.	married couple	Questionnaire	Data analysis showed that the variables that significantly influenced husband's participation were wife's age, wife's education, and husband's education. Higher education levels in both husbands and wives were associated with increased husband participation in accompanying their wives during pregnancy and childbirth. In addition, the wife's age was also found to be correlated with the husband's level of participation.
4.	Ernawati, Sumarmi, Anita Kartini, and Patmawati (2024) Greenfort International Publisher	The Relationship between Husband's Support and Anxiety of Third-Trimester Pregnant Women at Barana Health Center	Knowing the relationship between husband support and the level of anxiety of third trimester pregnant women at the Barana Health Center, Jeneponto Regency.	Quantitative research with cross-sectional design	32 third trimester pregnant women	Questionnaire	There is a significant relationship between husband support and anxiety levels of third trimester pregnant women. Pregnant women who receive husband support tend to have lower anxiety levels than those who do not get support.
5.	Saptawati et al. (2023), Journal	Effect of Husband's Support on Pregnant	Knowing the effect	Quantitative	Pregnant	Questionnaire	Husband support plays a role in improving

No	Researcher/Year/Journal Source	Title	Destination	Methods	Sample	Data Collection/Measurement Tools	Research Results
	of Indonesian Midwives Profession	Women's Compliance with Antenatal Care	of husband's support on pregnant women's compliance in antenatal care	research with observational analytic survey	women at Purwodadi Health Center		pregnant women's adherence to antenatal care
6.	Chrisdianti Yulita, Merry Delyka (2023), Surya Medika Journal	Relationship between Husband's Support and Participation of Pregnant Women in Maternity Classes	Knowing the relationship between husband's support and pregnant women's participation in pregnancy classes	Quantitative research with a cross-sectional approach	Pregnant mom	Questionnaire	There is a relationship between husband support and the participation of pregnant women in maternity classes, mothers whose husbands support have a chance to participate 6.22 times greater than mothers who do not get husband support.
7.	Resmawati, Chandra Ariani Saputri, Ariyana (2024) Advances in Healthcare Research	The Relationship Between Premarital Reproductive Counselling and Husband Support with Increased Coverage Pure K1 Maternity Visit Coverage	To evaluate the relationship between premarital reproductive counseling and husband support with increasing the coverage of pure K1 visits at Puskesmas Ajangale in 2022.	Quantitative research Correlational research design with retrospective cohort approach	All first trimester pregnant women who had first contact with health workers at Ajangale Health Center.	Secondary data were obtained from medical records and observations, while primary data were collected through questionnaires.	Data analysis showed that premarital reproductive counseling and husband support had a significant correlation with increased coverage of pure K1 visits.
8.	Nova Pranatalia Yulianto, Emy Sutiyarsih, Maria Prieska Putri Panglipur Ati, Anastasia Sri Sulartri (2024), National Journal of Health Research	Relationship between husband's knowledge and husband's participation in pregnancy care	To determine the relationship between husband's involvement in prenatal care	Quantitative research with a cross-sectional approach	husband and wife whose wife is pregnant for the first time	Questionnaire	The relationship between husband's knowledge involves husband's involvement in pregnancy care

No	Researcher/Year/Journal Source	Title	Destination	Methods	Sample	Data Collection/Measurement Tools	Research Results
9.	Khairunisya, Umi Daimah, Jenni Kartika (2023) Jambura Journal of Health Science and Research	The effect of knowledge and support from husbands of pregnant women in the third trimester on anxiety in facing labor during a pandemic	To determine the effect of knowledge and support of husbands of pregnant women in trimester III in facing labor during the pandemic	Cross-sectional design analytical descriptive research	Pregnant women who attended ANC visits	Questionnaire	There is a correlation between knowledge and husband support with anxiety level of pregnant women in the third trimester.

Based on the analysis of 9 studies that have been collected, there are several main aspects that can be identified related to husband's involvement in pregnancy care and then determined 3 themes, namely the form of husband's role in pregnancy care, factors that influence husband's involvement in pregnancy care and the impact of husband's involvement on maternal and fetal health. The characteristics of the articles based on the research methodology used 7 articles used quantitative research methodology, 1 article used qualitative research methodology and 1 article used mixed methodology.

1. Forms of Husband's Role in Pregnancy Care

Emotional and psychological support

From various studies that have been analyzed, the husband's role in supporting his wife's pregnancy can be categorized into several important aspects. One of the main aspects is emotional and psychological support. Husbands who provide active emotional support can help reduce the level of anxiety and stress experienced by wives during pregnancy. Research conducted by (Daimah & Kartika, 2023) shows that pregnant women who get emotional support from their husbands tend to have a more stable psychological condition, thus reducing the risk of excessive stress.

In addition, the wife's mental readiness in facing labor is also better when she gets strong emotional support from her husband. A study conducted by (Ernawati et al., 2024) confirmed that the presence of a supportive husband, both in the form of attention, motivation, and positive communication, can increase the wife's confidence in undergoing pregnancy and facing the labor process. With this support, pregnant women feel calmer and mentally prepared, which has a positive impact on maternal well-being and fetal development.

Financial Support and Physical Needs Fulfillment

Husbands have an important role in ensuring their wives receive adequate nutrition and access to optimal health services during pregnancy. (Rumaseuw et al., 2018) highlighted that husbands' involvement in this aspect contributes greatly to maternal and fetal health. By ensuring the availability of nutritious food and supporting a healthy diet, husbands can help keep their wives in good physical condition during pregnancy. In addition, husbands'

assistance in accessing health services, such as accompanying their wives to antenatal check-ups and ensuring they receive necessary medical care, has a significant role in improving the quality of prenatal care.

Provision of Health Access and Assistance

Husband's involvement in accompanying his wife to antenatal care (ANC) check-ups plays an important role in improving pregnant women's adherence to antenatal care. (Sapta Wati et al., 2023) found that pregnant women who get support from their husbands to routinely conduct antenatal check-ups tend to be more compliant in undergoing recommended medical procedures. The presence of the husband in every visit not only provides a sense of comfort for the wife, but also increases mutual awareness of the condition of the pregnancy and the steps that need to be taken to maintain the health of the mother and fetus.

In addition, (Resmawati et al., 2024) emphasized that education to husbands has a significant impact in increasing their involvement in pregnancy care. When husbands get enough information about the importance of care during pregnancy, they tend to be more active in providing support, both in the form of emotional, physical, and financial. This education can be done through father's class programs, consultation with health workers, or access to information through the media. With the increased understanding of husbands, they can play a more optimal role in accompanying their wives, so that the quality of maternal health can be better maintained.

Participation in Maternal Health Education

Husband's participation in pregnancy classes has a positive impact on the wife's readiness to face various changes during pregnancy. (Yulita & Delyka, 2023) emphasized that husbands' involvement in this education session helps them understand the pregnancy process more comprehensively, including the physical and emotional changes experienced by their wives. With sufficient knowledge, husbands can provide more effective support, both in helping their wives adapt to body changes, maintain a healthy diet, and support their wives' mental health during pregnancy.

In addition, husbands' increased awareness of pregnancy also plays a role in helping them support their wives to face labor more calmly. (Sapta Wati et al., 2023) found that husbands who understand the labor process more deeply can provide better emotional support, thus helping wives manage anxiety and stress before labor. This support can be in the form of providing motivation, accompanying the wife during the labor process, or even being directly involved in the labor process if allowed. Thus, the involvement of husbands not only improves the well-being of pregnant women, but also creates a more positive and less stressful childbirth experience.

2. Factors Influencing Husband's Involvement in Pregnancy Care

Husband's Knowledge and Attitude

Lack of education about pregnancy is often a major barrier for husbands to play an active role in supporting their wives during pregnancy. (Resmawati et al., 2024) highlighted that many husbands still have a limited understanding of the physical and emotional changes experienced by their wives during pregnancy, as well as the importance of their role in ensuring maternal and fetal health. This lack of knowledge makes some husbands feel less confident or even unaware that their involvement can have a significant positive impact on their wife's well-being.

To overcome this barrier, (Sapta Wati et al., 2023) asserted that increased education for husbands through media and health programs can increase their awareness and involvement in antenatal care. Educational programs that involve husbands, such as fatherhood classes, health seminars, and information dissemination through digital media, have proven effective in increasing their understanding of the roles they can play. With adequate education, husbands become more active in providing emotional support, accompanying their wives to antenatal check-ups, and ensuring their wives receive adequate nutrition and a comfortable environment during pregnancy. This not only improves maternal health, but also creates a more harmonious family relationship during pregnancy.

Culture and Social Norms

In some areas, there is still a view that pregnancy care is the responsibility of wives and health workers, so husband participation in supporting maternal health tends to be low (Cherono, 2024) found that cultural factors and social norms often influence the level of husband involvement. In an environment where traditional gender roles are still strongly held, husbands are often considered unnecessary to be directly involved in pregnancy care, both in terms of emotional, physical, and decision-making related to maternal and fetal health. As a result, many pregnant women face the challenges of pregnancy without optimal support from their partners.

However, research shows that in cultures that encourage more husband involvement, wives' pregnancy experiences tend to be more positive. (Kurnia Dewi & Ayu Yastirin, 2020) asserts that in families where husbands actively participate, wives feel more supported and better prepared for changes during pregnancy. Husbands who are involved in accompanying their wives to antenatal check-ups, ensuring nutritional needs are met, and providing emotional support have been shown to improve the well-being of pregnant women and reduce the risk of pregnancy complications. Therefore, changing people's perspectives on the importance of husbands' involvement in antenatal care is a crucial step in improving maternal and infant health.

Economic and Occupational Level

Busy work is often one of the main obstacles for husbands in accompanying their wives during pregnancy checks. (Rumaseuw et al., 2018) revealed that many husbands face time constraints due to work demands, making it difficult to accompany their wives to antenatal check-ups or be directly involved in pregnancy care. Busy work schedules and lack of workplace policies that support husbands' involvement in antenatal care are often factors that limit their role in supporting maternal and fetal health.

However, research shows that husbands who have a better understanding of the importance of their role in pregnancy tend to be more flexible in managing their time. (Yulianto et al., 2024) asserts that when husbands realize how much influence their involvement has on the well-being of their wives and babies, they make more efforts to find solutions to remain present in important moments during pregnancy. For example, by arranging work schedules, taking advantage of leave permits, or changing roles in other forms of support, such as ensuring that wives get safe and comfortable transportation to health facilities. Therefore, education on the role of husbands in pregnancy not only impacts the well-being of pregnant women, but also helps create more adaptive and supportive patterns of engagement in family life.

3. Impact of Husband Involvement on Maternal and Fetal Health Mental and Emotional Health of Mothers

Husbands who are actively involved in supporting their wives during pregnancy have an important role in maintaining the mental and physical health of pregnant women. (Daimah & Kartika, 2023) found that the husband's involvement in providing emotional support, accompanying the wife in pregnancy check-ups, and assisting in various aspects of prenatal care can help reduce the anxiety experienced by pregnant women. This reduction in stress levels is very important, as excessive stress can increase the risk of pregnancy complications, such as hypertension, fetal growth disorders, or preterm labor. Therefore, the presence and attention of the husband is a factor that supports a healthier and more comfortable pregnancy for the wife.

In addition, husband's support also plays a role in increasing the mental readiness of pregnant women in facing labor. (Ernawati et al., 2024) asserts that wives who feel emotionally supported by their husbands tend to be more confident and calm in facing the labor process. This form of support can be in the form of positive communication, providing motivation, and involvement in birth preparation. With consistent support, pregnant women can feel safer, thus reducing the fear and anxiety that often arise before childbirth. This not only impacts the well-being of the mother, but also contributes to a smoother and less risky labor process.

Adherence to Pregnancy Care

Pregnant women who get support from their husbands are more likely to be obedient in following the recommendations of doctors and midwives regarding routine examinations during pregnancy. (Kurnia Dewi & Ayu Yastirin, 2020; Sapta Wati et al., 2023) revealed that the husband's involvement in accompanying his wife to antenatal check-ups can increase awareness and compliance of pregnant women with prenatal care. Husbands who actively provide encouragement and remind the importance of routine checks contribute to ensuring the health of the mother and fetus is maintained, and help detect potential pregnancy complications earlier.

In addition, husbands' involvement in pregnancy classes has also been shown to increase couples' awareness of the importance of prenatal check-ups. (Yulita & Delyka, 2023) highlighted that education provided in pregnancy classes is not only beneficial for wives, but also for husbands as the main companion during pregnancy. With a better understanding of the importance of pregnancy check-ups, husbands become more proactive in supporting their wives, both in terms of arranging check-up schedules, providing transportation, and ensuring their wives get the necessary care. Thus, husbands' involvement not only strengthens emotional support, but also has a direct impact on the quality of prenatal care received by pregnant women.

Improved Fetal Health

Husband's involvement in paying attention to the wife's diet, rest, and physical activity has a positive impact on fetal health. (Kurnia Dewi & Ayu Yastirin, 2020) emphasizes that husbands who are active in ensuring that their wives consume nutritious food, get adequate rest, and do physical activities that are appropriate for the conditions of pregnancy can help

maintain optimal fetal development. With attention from husbands, pregnant women tend to be more disciplined in implementing a healthy lifestyle, which contributes to a smoother pregnancy and a healthier baby.

In addition, pregnant women who get full support from their husbands have a lower risk of experiencing pregnancy complications. (Yulianto et al., 2024) found that husband support, both emotionally and practically, plays a role in reducing stress, maintaining blood pressure stability, and increasing maternal compliance with medical recommendations. With a more stable physical and mental condition, pregnant women are better prepared to face pregnancy and childbirth with a minimal risk of complications. Therefore, husband's involvement is not only beneficial for the mother's well-being, but also has a direct impact on fetal health and the overall success of the pregnancy process.

Conclusion

Based on the results of the literature review, it can be concluded that the active role of husbands in pregnancy care has a significant positive impact on maternal and fetal health. Husband's involvement in emotional, physical, financial, and health access aspects plays an important role in improving the welfare of pregnant women.

The implications of the results of this study are:

1. The Importance of Educational Programs for Husbands: A paternity class or education program on the husband's role in pregnancy care can help increase the husband's awareness and involvement in supporting his wife during pregnancy.
2. Support from health workers: Health workers need to be more active in encouraging husbands' participation in antenatal check-ups and pregnancy classes.
3. Maternal Health Policies: Governments and health institutions can develop policies that encourage husbands' involvement in maternal health services.

The results of this literature review can serve as a basis for further research and the formulation of intervention strategies to improve husband's involvement in antenatal care.

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