



## The Role of the Husband in Supporting His Wife Post-Childbirth from A Christian Perspective

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### *Abstract*

The postpartum state requires important accompaniment from the husband. Before and after childbirth the wife experiences psychological changes that can cause depression. If the wife is depressed, she cannot concentrate on taking care of the children. It will also cause trauma to the wife and children. Even children will not grow and develop according to their age. The writing method uses a qualitative approach by conducting interviews and literature reviews through books, journals that are relevant to the research topic. The role of the husband is not only to meet the needs of the wife and children materially but to love and love the wife is the main thing in a Christian family. Feelings of love and love are the main needs for the wife. The wife will feel calm and happy and will be more focused on taking care of the children and household.

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### **INTRODUCTION**

In a marriage, husband and wife always add the presence of a child who is considered a complement in a family. When a wife is declared pregnant, it is not only the wife or husband who feels happy but all family members of the twelve parties who also feel happy. In the general understanding, pregnancy and childbirth are the most joyful period in a woman's life. However, in reality there are not a few who experience less pleasant times. Mothers feel worried, irritable, tired quickly and can suddenly cry. Pregnancy and childbirth are important experiences for a woman and can cause anxiety because they can pose a risk of causing complications for the mother and fetus. Both physical and mental readiness is needed by the mother in accepting the condition of her pregnancy and in the face of childbirth. Therefore, a mother will feel psychiatric symptoms after delivery. Therefore, mothers who do not have preparation for childbirth will be more anxious and experience fear so that there is silence or crying. The birth of a wife must be carefully prepared. Even though the birth event is a normal physiological phenomenon, in fact the labor process has

an impact on Bleeding, extreme pain and can cause fear and even death of both the mother and the baby. Husband and wife and extended family support each other in order to help the wife be calm in the process of childbirth later.

Childbirth is a normal process for a fertile woman. Childbirth is an important event that is eagerly awaited by every married couple. So all moral and material support is poured out by the husband, family and even all members of society, for the welfare of the mother and fetus. But approaching the process of childbirth various feelings will be mixed in the hearts of pregnant women. In addition to impatiently wanting to see her baby born into the world, fear and anxiety about the process of childbirth raged in the mind.<sup>1</sup>

Based on data from SUSENAS, the maternal mortality rate from 2015 data is still quite high with 305 per 100,000 population and the infant mortality rate in 2017 was 24 per 1000 live births.<sup>2</sup> The number of deaths of women at the time of pregnancy or during the 42 days from termination of pregnancy regardless of the length and place of delivery, caused due to her pregnancy or its management, and not due to other causes, per 100,000 live births. The maternal mortality rate (MMR) in Indonesia was recorded at 177 deaths per 100,000 live births in 2017. The ratio is better than a dozen years ago, which was more than 200 deaths per 100,000 live births. However, Indonesia's MMR is still the third highest in Southeast Asia.<sup>3</sup> What is meant by maternal death is the death of a woman during pregnancy or death within 42 days of termination of pregnancy regardless of the length of pregnancy or place of delivery, that is, death caused by her pregnancy or its management, but not due to other causes such as accidents, falls and so on.<sup>4</sup> There are several cases that occurred in Indonesia, among others, a mother named Nur Yanayirah who is the founder of the Indonesian Mother Hope Community told how she experienced postpartum

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<sup>1</sup> Mairida Hasanah, "Pengaruh Pendampingan Suami Terhadap Pengurangan Rasa Cemas Pada Proses Persalinan Ibu Primigravida Kala I Di Klinik Pratama Jannah Medan Tembung," *Politeknik Kesehatan Kemenkes RI Jurusan Kebidanan Medan Prodi D-IV Kebidanan*, 2018, 1–76, [http://repo.poltekkes-medan.ac.id/jspui/bitstream/123456789/746/1/MAIRIDA\\_WORD\\_FIX.pdf](http://repo.poltekkes-medan.ac.id/jspui/bitstream/123456789/746/1/MAIRIDA_WORD_FIX.pdf).

<sup>2</sup> Kompas.com, "BKKBN: Angka Kematian Ibu Dan Anak Masih Tinggi," n.d., accessed Tuesday, May 12, 2025, at 10:32 AM WIB., <https://nasional.kompas.com/read/2021/02/04/11324381/bkkbn-angka-kematian-ibu-dan-bayi-indonesia-masih-tinggi>.

<sup>3</sup> Nurhayati and Dety Mulyanti, "Peran Puskesmas Untuk Menurunkan Angka Kematian Ibu (AKI) Dan Kematian Bayi (AKB) Provinsi Jawa Barat," *Jurnal Ilmiah Kedokteran Dan Kesehatan* 2, no. 2 (2023): 108–16, [http://ejurnal.stie-trianandra.ac.id/index.php](http://ejurnal.stie-trianandra.ac.id/index.php/klinikHalamanUTAMAJurnal:http://ejurnal.stie-trianandra.ac.id/index.php).

<sup>4</sup> "https://www.bps.go.id/indikator/indikator/view\_data/0000/Data/1349/Sdgs\_3/1, Accessed Tuesday, May 12, 2025, at 11:13 AM WIB," n.d.

depression that caused her to almost commit suicide with her child, she said her mind was empty, like a dazed person, which ultimately led to her giving up her child to be adopted by someone else.<sup>5</sup> The second case that occurred in 2019, a 32-year-old mother with the initials SP and her four-month-old baby jumped from the Serayu River Bridge, border, Maos and Kesugihan subdistrict, Cilacap regency, Central Java ((27/04/2019)).<sup>6</sup>

A wife who was pregnant for nine months and went through a difficult labor. For a mother who has just given birth for the first time, the first day with her baby is a new situation for her. Therefore, it is very necessary to make a series of adjustments physically and psychologically for the mother. Some mothers think that the postpartum period is the most difficult period that will cause them to experience emotional stress. The presence of psychological disorders in postpartum mothers will reduce the happiness felt, which will affect the relationship between mother and child in the future. As a husband must also prepare mentally, when the wife has been declared pregnant especially when the wife will give birth and until the puerperium is complete.

Based on some cases that occur, as described above, it can be ascertained that it can happen because of the lack of readiness of the husband to accompany his wife. As experienced by some mothers around the residence of the author and some mothers who met the author, when they were pregnant and in the puerperium. Their husbands are indifferent, busy with their hobbies, busy with their work so that they come home late at night, there is no time to accompany their wives when doing routine checks to midwives or doctors, lack of attention and affection, there are often quarrels and some even experience violence in the household. Especially in this increasingly sophisticated era, husbands are busy with mobile phones either playing games or social media. So that his responsibilities as a husband are not done properly, for example helping his wife in taking care of children such as bathing children, babysitting, making milk, replacing diapers or things related to children. Even the husband does not care about the state of his wife who should need help. For example, to the toilet, prepare the necessary needs of the wife. It is known that every woman who gives birth normally or by caesarean section needs her husband in doing various things.

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<sup>5</sup> “<https://www.bbc.com/indonesia/majalah-43355369>, Accessed, Tuesday, May 12, 2025, at 11:16 WIB,” n.d.

<sup>6</sup> Fadlan Mukhtar Zain and Caroline Damanik, “Ibu Bunuh Diri Bersama Bayinya Pasca-Melahirkan, Apa Pelajaran Untuk Kita,” *Kompas.Com*, 2019, <https://regional.kompas.com/read/2019/04/28/10474651/ibu-bunuh-diri-bersama-bayinya-pasca-melahirkan-apa-pelajaran-untuk-kita? page=all>, accessed, Tuesday, May 12, 2025, at 11:20 AM, WIB.

Therefore, it is important that the role of the husband to the wife after childbirth so that it is not harmful to the psychological mother and child.

## **RESEARCH METHODS**

Qualitative research is the method used by the author in this study. Qualitative research is a multimethod approach that focuses on understanding through interpretation, with a natural approach to the object under study.<sup>7</sup> That is, this study observes a phenomenon in its natural context, with the aim of understanding and interpreting the meaning of the phenomenon based on the perspective of the people who experience it. In addition, the author also uses the interview method. Where in data retrieval techniques through interviews. According to Mulyana interview is a form of communication between two people, involving someone who wants to obtain information from someone else by asking questions, based on certain objectives.<sup>8</sup> In addition, the author also conducted field observations and literature review. Literature review conducted by the author through books, articles and websites, related to the research conducted. With the observation, interviews and literature review will make it easier for writers in writing articles.

## **DISCUSSION**

### **The Role of The Husband in Perspective Christian Perspective**

In family life family husband and wife have their own roles. Everyone has a different role but it has the same and big impact on the family. Likewise, if the husband and wife do not perform the roles that should be the responsibility in the family it has a bad impact. Therefore, the role of a husband as the head of the family is very important for his wife and even his children. The role of the husband here is seen from two sides of the role of the husband in general and the role of the husband in particular or in Christianity.

### **The Role of The Husband in General**

A husband in general plays the role of head of the household. Duty to provide for his family from various aspects, namely clothing, food, and board. Although in general, the distribution of roles between husband and wife is still influenced by ambiguous views of society, customs,

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<sup>7</sup> Fahriana Nurrisa, Dina Hermina, and Norlaila, "Pendekatan Kualitatif Dalam Penelitian : Strategi , Tahapan , Dan Analisis Data Jurnal Teknologi Pendidikan Dan Pembelajaran ( JTPP )," *Jurnal Teknologi Pendidikan Dan Pembelajaran (JTPP)* 02, no. 03 (2025): 793–800.

<sup>8</sup> Mulyana Deddy, *Metodologi Penelitian Kualitatif* (Bandung: Remaja Rosdakarya, 2010), 180.

education, laws, values, mass media, and the environment that the wife is fully responsible for managing household affairs. In formal-juridical terms, the husband is the head of the family, which means that the position of a husband is higher than that of a wife, therefore the role of a husband is determined by Public factors.<sup>9</sup>

However, according to Novensia, the role of husband is divided into two parts, traditional and egalitarian. If traditionally the role of a husband is more focused on work to earn a living while the wife as a husband's support takes care of all household affairs including taking care of children. If the husband does the wife's work such as caring for children and cleaning the House will feel strange. When viewed in terms of egalitarian husband and wife have the same role, through joint discussions. If the husband's hobby is cooking he can do his hobby. The key to egalitarianism is "sharing".<sup>10</sup> Sharing tasks in organizing and taking care of the household, is one of the keys to a happy household.

Meanwhile, according to Herien in his book divides the role of the husband into several parts, among others: the husband is the head of the family, the husband as a breadwinner, as a protector for his children, and as the first and main educator for his children.<sup>11</sup> In forming a happy family, according to Aziz, there are several roles of a husband, among others:<sup>12</sup> *first*, the husband as the leader of the family, where in leading, the husband plays the role of protector, breadwinner, giving opportunity and freedom to his wife and children to do good, and not to hurt his wife and children. *Second*, the role of the husband as an example in setting an example means that the husband treats his wife well, in important situations prioritizing religion and being in charge of the family. In general, the husband is more involved in meeting household needs while in helping the wife, taking care of the husband's children does not participate. Husband and wife must work together, especially for a new family. Especially in terms of assisting the wife in the process of

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<sup>9</sup> Imelda Bachtiar, *Berbeda Tetapi Setara Pemikiran Tentang Kajian Perempuan* (Jakarta: Buku Kompas, 2010), 172.

<sup>10</sup> M.Psi. Novensia Wongpy, S.Psi., "Pembagian Peran Dan Tugas Dalam Rumah Tangga: Seberapa Penting?," Universitas Ciputra Marriage and Family Center, 2022, <https://www.uc.ac.id/marriageandfamily/pembagian-peran-dan-tugas-dalam-rumah-tangga-seberapa-penting/>, accessed May 13, 2025,

<sup>11</sup> Herien Puspitawati, *Asesmen Gender Dan Keluarga Jilid 2*, vol. volume 2 (PT Penerbit IPB Press, 2021), [https://www.google.co.id/books/edition/Asesmen\\_Gender\\_dan\\_Keluarga\\_Jilid\\_2/\\_XJjEAAAQBAJ?hl=id&gbpv=1&dq=peran+suami&pg=PA409&printsec=frontcover](https://www.google.co.id/books/edition/Asesmen_Gender_dan_Keluarga_Jilid_2/_XJjEAAAQBAJ?hl=id&gbpv=1&dq=peran+suami&pg=PA409&printsec=frontcover).

<sup>12</sup> Mohamad Abdul Azis, "Peran Suami Dalam Membentuk Keluarga Sakinah (Studi Kasusdua Keluarga Di Padukkuhan Pappiringan Caturtunggal, Sleman, Yogyakarta)," *Hisbah: Jurnal Bimbingan Konseling Dan Dakwah Islam* 15, no. 2 (2018): 66–78, <https://doi.org/https://doi.org/10.14421/hisbah.2018.152-05>.

pasca childbirth that could have psychological disorders. This disorder can lead to severe depression and even death for the wife or child. It would be a shame if this happened in our family.

### **The Role of The Christian Husband**

In Christian marriage, the man and woman agree to be one to live together in a household. Two different personal characters, backgrounds are put together in a marriage. Both must accept each other's existence and adjust themselves so that they agree, so that each person must think about common interests. Therefore, husband and wife have responsibilities. A husband is fully responsible to his wife and children. The husband as the head of the family must be able to love and love his family. According to Adam in his book, a reliable husband says the responsibility of a husband has several indicators, namely mutual love, self-sacrifice, commitment, service, being an example and prioritizing family.<sup>13</sup>

In the Christian family, the basic role of the husband can be seen from several books, among others, Ephesians 5:23-33, the husband is the head of the family, therefore it is called the head of the family, which means he has a very important role in protecting each family member, like Jesus who is the head of the church. The husband must love his wife as he loves himself. In verse 25, Paul emphasizes that husbands love their wives with agape love. The meaning of loving here is how a husband who can give his whole body and soul by sacrificing without expecting rewards and services.<sup>14</sup> Just as Jesus' love for his church is unconditional and reciprocal. This is the essence of love itself. In addition, the husband acts as the head of the household, as the head of the household should still accompany the wife after giving birth. Therefore, in Colossians 3: 19, husbands are pressured to love their wives and not be rude. Therefore, the husband should not be violent towards his wife and children.

According to Lori in her article divides the role of the husband into six parts, among others; *first*, the husband plays the role of a Christian priest. This means that a husband is able to bring his family closer to God, through quiet time, leading prayer before meals, and spiritual activities at home. *Secondly*, to play the role of a humble husband and father. The husband should be tactful and loving. You can't be selfish, selfish, etc. *Third*, be a brave and pious husband. That is, the husband must be brave in the face of life's challenges, as written in 1 Corinthians 16:13, where as a husband must be on guard, behave like a man and remain strong and brave in the face of situations

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<sup>13</sup> Natan S. Gultom, *Menjadi Suami Yang Andal* (Yogyakarta: Penerbit Andi Offset, 2010), 2–3.

<sup>14</sup> Henni Somantik, *Prinsip-Prinsip Dasar Keluarga Kristen* (Jakarta: DELIMA, 2013), 103.

that threaten the family. *Fourth*, The Breadwinner. Just as a husband must work to earn a living to meet the needs of the family. *Fifth*, love God more than your spouse. If we love our spouse more than God, we may be disappointed. But if you love God, then the disappointment and bitterness that arise are not too painful. *Sixth*, love sincerely and greatly. Loving means being ready to commit and sacrifice, taking precedence over common interests over one's own. A good husband, who will be looked upon favorably by everyone even becomes an example.<sup>15</sup>

The husband in the Christian family is the image of Christ to the church. Therefore, a husband must play the role of Christ in the church. A husband must love, provide security, peace, tranquility for his wife and children and not only done at the beginning of marriage but for life. If the role of the husband is played well and full of responsibility, the problems that exist in the dappat family are overcome well. So that the wife can feel comfortable during pregnancy and after childbirth. A loving husband will love his wife without being asked to even pay attention to the smallest things.

### **Psychology of The Wife After Childbirth**

Childbirth is a natural process experienced by a woman. The long pregnancy process is about nine months and the delivery process that is carried out has different times. Some take a day, two days and even a week. Where the labor process that each woman goes through is different. The process of childbirth performed normally or caesarean can affect the psychology of a mother. Therefore, various reactions that will affect the mother both in terms of attitude, behavior and emotional level. This psychological stress is characterized by reduced sleep time, moodiness, sleeplessness, excessive sleep, unable to think clearly, feeling tired, and feeling constrained by circumstances. In addition, a mother will feel proud because she can give birth and be happy to have become a mother that not all women can experience.

In waiting for the birth process or after a few weeks of being a parent, will experience tremendous emotional stress. There will be various questions that haunt a mother, for example, can I be a good parent, can I give the best for my child? This is a common question for every parent who has a child, especially for new parents who have children. Even the psychological conditions experienced such as stress, anxiety from pregnancy will continue until delivery. Postpartum Stress

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<sup>15</sup> Lori, "6 Peran Utama Suami Sebagai Kepala Keluarga," accessed May 13, 2025, accessed May 24, 2022, <https://www.jawaban.com/read/article/id/2016/07/04/92/160704115238/>.

persalinan is experienced by most first-time mothers and even those who have already given birth. But those who often experience postpartum psychological disorders are more by mothers who have just become parents. As reported by *the Conversation*, said that according to data from the World Health Organization (WHO), in developing countries, between 10-50% of mothers who undergo the perinatal period (when pregnant up to a year after giving birth) experience depression.

Even according to asystematic review, the incidence of mental health disorders such as depression and anxiety disorders in mothers in developing countries was recorded to have a weighted average of 15.6% during pregnancy and 19.8% after childbirth. In Indonesia, recorded as many as 22.4% of mothers experience postpartum depression *pasca persalinan* (postpartum depression *postpartum*).<sup>16</sup> Therefore, every mother who has given birth will have some psychological disorders. The postnatal psychological disorders are:<sup>17</sup>

### **Baby Blues Syndrome**

*Baby Blues Syndrome* is a psychological disorder that causes feelings of sadness, fear, anxiety, feeling alone and emotions. This condition is experienced by approximately 50%-80% of women in the first pregnancy. *Baby blues* are mild depression after a few hours or days after a mother gives birth. But not to be underestimated, if not done correctly will have a bad impact on the mother and baby. According to research data, about 80% of mothers who have given birth for the first time experience *baby blues* to one degree or another. But this condition will not last until the long term. In addition, *baby blues* also do not make all mothers feel sad, helpless, worthless, hopeless, and unable to feel any joy.<sup>18</sup>

According to Allades Monalisa Jayasima in his journal said that postpartum blues in mothers according to Mansur (2009: 156-157) caused by several factors, namely: first, by hormonal factors, is the occurrence of changes in estrogen levels, progesterone, prolactin, and estrol are too low or vice versa. Estrogen levels have significantly decreased after childbirth. Strogen estrogen causes a suppressive effect on the activation of the enzyme monoamine oxidase

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<sup>16</sup> Cesa Septiana Pratiwi, "Seperempat Ibu Depresi Setelah Melahirkan, Tapi Penanganannya Belum Optimal. Mengapa?," *The Conversation.Com*, 2019, accessed May 13, 2025, <https://theconversation.com/seperempat-ibu-depresi-setelah-melahirkan-tapi-penanganannya-belum-optimal-mengapa-117205>.

<sup>17</sup> Khulafa Pinta Winastya, "Kenali Tiga Gangguan Psikologis Pasca Melahirkan," *Merdeka.Com*, December 26, 2019, accessed May 13, 2025.

<sup>18</sup> Rizal Fadl, "Apa Yang Membedakan Postpartum Depression Dan Baby Blues?," *Halodoc.com*, 2021, accessed May 13, 2025, <https://www.halodoc.com/artikel/apa-yang-membedakan-postpartum-depression-dan-baby-blues>.

is a brain enzyme that can work to activate, noradrenaline or serotonin that plays a role in mood and the incidence of depression. Second, demographic factors, namely age and parity. While faktor the third factor is the experience in the process of pregnancy and childbirth, the obstacles yang dthat the mother feels during pregnancy will also worsen the condition of the mother after childbirth. Fourth, the psychosocial background of the woman concerned, such as marital status, education level, socioeconomic status, unwanted pregnancy, history of previous psychiatric disorders, and social support from her environment (husband, family, and friends). And the last cause is physical fatigue caused by activities in terms of taking care of babies such as breastfeeding, babysitting, changing diapers, bathing, and cuddling all day and not infrequently even in the middle of the night is very membutuhkan tenaga bitukan extra energy and adequate rest time. Especially if there is no help from either side of the family, in this case the husband or family, it will be bad for the mother and baby. The mother becomes so depressed that she can experience postpartum depression. depresi yang berkepanjangan sehingga dapat mengalami depresi postpartum.

Recently there was a mother who confided in social media (TikTok), where she experienced the baby Blues Syndrome when giving birth to her first child, at first feeling happy, but after knowing the child was born premature weighing 2.6 kg (although it is a normal weight) compared to neighboring children who weigh 3 kg- 4 kg feel discouraged, so he does not want to breastfeed, change pampers, sleep with his back to his child, do not even want to see his child, so the child has jaundice due to lack of breast milk.<sup>19</sup>

According to Alo dokter, in his article he explained that in overcoming the Baby Blues, it includes not grooming yourself, having enough time to sleep, consuming nutritious foods, exercising regularly, and confiding in the closest people, especially in husbands or trustworthy people.<sup>20</sup> Therefore, it is very important to support your husband, parents and those closest to you and ask for help from experts.

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<sup>19</sup> Galih Priatmojo, "Alami Baby Blues Saat Lahiran Anak Pertama, Sosok Ibu Ini Dapat Banyak Simpati Dari Warganet," *Suarajogja.id*, 2022, <https://jogja.suara.com/read/2022/04/24/150941/alami-baby-blues-saat-lahiran-anak-pertama-sosok-ibu-ini-dapat-banyak-simpatidari-warganet>.

<sup>20</sup> Alo Dokter, "Kenali Penyebab Baby Blues Dan Cara Mengatasinya," *Alo Dokter*, 2022, accessed May 13, 2025, <https://www.alodokter.com/kenali-penyebab-baby-blues-dan-cara-mengatasinya>.

### **Postpartum and Postnatal Depression**

Postpartum depression is depression caused by prolonged baby blues and is not overcome quickly and well so that it becomes more severe. Therefore, this depression is the second level of depression experienced by postpartum mothers. According to doctor Fadhli Rizal Makarim in an article in Halo Doc, said that Postpartum depression is a state when a mother feels a sense of sadness, guilt, and other common forms of depression in a long period of time after giving birth. This is often due to the birth of the baby itself. The birth of a baby can provide a powerful boost of feelings and emotions, ranging from pleasure, to happiness, to fear.<sup>21</sup>

A mother feels hopeless, incapable and has a ling lung attitude. Postpartum depression first discovered by Pitt in 1988, Postpartum depression is a depression that varies from day to day with features of irritability, fatigue, impaired appetite and loss of libido.<sup>22</sup> Sedangkann according to Suryati in his journal explained that Postpartum depression is the disruption of psychological functions after childbirth, which is related to feelings of sadness that are too excessive, and followed by other congenital symptoms, such as changes in sleep patterns, psychomotor, appetite, fatigue, despair, concentration, helplessness, and the idea of wanting kill.<sup>23</sup>

The symptoms of Postpartum depression include feeling depressed, frequent crying, decreased interest in sex, insomnia, feeling guilty for not being able to be a parent, impaired concentration, headaches, rapid heart rate, numbness, loss of energy and in this case some people want to commit suicide.<sup>24</sup> Not only that, a mother can also hurt her own child, have difficulty breastfeeding her child, lose interest in things she likes, isolate herself, and experience drastic mood swings.

Based on these symptoms as a mother or husband must have a high sensitivity so that bad things do not happen to the mother or the child. Even large families from both sides participate in controlling the state of postpartum mothers. As for how to prevent it, the mother must know herself, that is, the mother must find information related to the process of childbirth and psychological

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<sup>21</sup> dr. Fadhli Rizal Makarim, "Depresi Postpartum," Halodoc.com, n.d., accessed May 13, 2025, <https://www.halodoc.com/kesehatan/depresi-postpartum>.

<sup>22</sup> Klara Basifiti Fau, "ASUHAN KEBIDANAN NIFAS PADA NY. H USIA 27 TAHUN P1A0 DENGAN DEPRESI POST PARTUM 1 MINGGU 2 HARI DI KLINIK MARIANA SUKADONO TAHUN 2018" (Program Studi Diploma 3 Kebidanan Sekolah Tinggi Ilmu Kesehatan, 2018), <https://repository.stikeselisabethmedan.ac.id/wp-content/uploads/2019/04/Klara-Basifiti-Fau.pdf>. accessed May 14, 2025

<sup>23</sup> Suryati, "THE BABY BLUES AND POSTNATAL DEPRESSION," *Jurnal Kesehatan Masyarakat Andalas* 2 (2008): 192–93, <https://doi.org/https://doi.org/10.24893/jkma.v2i2>.

<sup>24</sup> Khulafa Pinta Winastya, "Kenali Tiga Gangguan Psikologis Pasca Melahirkan."

disorders that occur in the puerperium or four 40 days after childbirth and rest, eat nutritious food so that the mother can recover well. According to Ayu Yustitia in her article, prevention can be done by visiting a midwife or doctor during pregnancy to prevent depression. Take supplements such as calcium and selenium. Learn to do relaxation, either in the form of meditation to calm the mind. Discuss with your husband your fears and find ways to get rid of them. Follow groups of pregnant women, in order to obtain information about pregnancy and parenting.<sup>25</sup>

The case reported from suara.com, a mother named Dina novelist also experienced postpartum depression when she gave birth to her first child. At the beginning of pregnancy she experienced depression due to hormonal changes that caused her to like sensi, angry to tears and like spots but the fetus in her womb still survived. At the time of the check to the doctor it turned out that Dina was already opening two, with various attempts made to be able to give birth normally. But because the opening does not increase and the child's heart rate has stabilized and the amount of ketubah water has decreased in the end, Dina gave birth by caesarean section. After giving birth Dina experienced depression and felt her view began to empty, weak and everything felt like a dream. He had slashed his veins with a razor blade but could be prevented by his brother. She felt that she slammed her son, she was mute for one day and had total amnesia for a few moments, rejecting her husband and child because she felt she was not married. He also experienced symptoms of *Borderline Personality Disorder (BPD)* that made him severe delusions every time he was in a crowd and met many people.<sup>26</sup> He is now recovering thanks to the support of his family. This depression must be handled properly so that it does not continue to become a more severe depression.

### **Postpartum Psychosis**

The third postnatal psychological disorder persalinan yang ketiga called Ppsychosis is the most severe depression after *baby blues* and postpartum depression. Psychosis is depression that occurs in a rapid time, which is generally around the first three months after childbirth. Its characteristics are more or less the same as the *baby blues* ialah muncul , namely irritability,

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<sup>25</sup> Ayu Yustitia, "Direktori Psikologi: Postpartum Depression (PPD)," pijarpsikologi.org, n.d., accessed May 14, 2025, <https://pijarpsikologi.org/blog/direktori-psikologi-postpartum-depression-ppd>.

<sup>26</sup> Yasinta Rahmawati, "Alami Depresi Pasca Melahirkan, Dina Novelis Curhat Sempat Amnesia," Suara.com, 2020, accessed May 14, 2025, <https://www.suara.com/health/2020/11/29/143851/alami-depresi-pasca-melahirkan-dina-novelis-curhat-semat-amnesia?page=all>.

anxiety, and difficulty sleeping.<sup>27</sup> According to Yeni in his thesis, psychosis is severe depression such as baby blues and postpartum depression plus the existence of thought processes such as delusions, hallucinations, which can threaten and endanger the safety of the mother and her baby so that they need help from doctors, psychiatrists and Drug Administration.<sup>28</sup> Postpartum psychosis is caused by hormonal changes after childbirth, physical stress, and psychological. A mother experiences insomnia and sleep disturbances. Mothers often experience visual or auditory hallucinations. In addition, the symptoms of psychosis can also be seen, among others; a mother who experiences hallucinations, delusions, agitation and excessive anxiety, suicidal thoughts or actions, confusion and disorientation, rapid mood swings, behaving strangely and having thoughts of hurting and even killing her baby. If this is experienced by a mother, it must be quickly overcome if it will not be dangerous for the mother, her baby and even the people around her. In avoiding psychosis, the role of the husband is needed to really accompany his wife not only during pregnancy but also after childbirth. Because only the husband and family are needed by the wife.

### **The Role of The Husband in Assisting Wife After Childbirth Viewed from A Christian Perspective**

In marriage, husband and wife have their own roles that complement each other. The role of the husband in general and Christians can be said to be the same, but the role of the husband in a Christian family can be said to be more special or special. Why is that? Because the husband is the image of Christ as the head of a church. Like a husband who is the head over his wife and children. The husband should not put all the household affairs to the wife, but the husband and wife should cooperate in performing duties and responsibilities. To be a blessed Christian family.

In this case, the husband has an important role in accompanying the wife after childbirth. After a long process. Nine months, or less than nine months. During pregnancy, the wife experiences psychological changes, is irritable, spoiled, sad, tired quickly and so on, and experiences physical changes, such as a thin body shape becomes fat, fat becomes thin, the face

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<sup>27</sup> dr. Allert Benedicto Ieuan Noya, "Jangan Anggap Remeh Gangguan Psikologis Setelah Melahirkan," *Alo Dokter*, 2019, accessed May 14, 2025, <https://www.alodokter.com/jangan-anggap-remeh-gangguan-psikologis-setelah-melahirkan>.

<sup>28</sup> Yeni Indri Lestari, "Hubungan Antara Faktor Psikososial, Dukungan Suami Dan Keluarga Dengan Kejadian Psotpartum Blues" (Universita Muhammadiyah Purwokerto, 2019), accessed May 14, 2025, [http://repository.ump.ac.id/9328/1/Yeni Indri Lestari COVER.pdf](http://repository.ump.ac.id/9328/1/Yeni%20Indri%20Lestari%20COVER.pdf).

becomes dull and others, which causes a pregnant woman to stress and this can continue until the period postpartum. The husband plays a role in reminding nutritious food and providing complete nutrition, escorting the wife in checking pregnancy.<sup>29</sup> The husband not only plays a role when the wife is pregnant but must continue until the wife gives birth. Because in times of childbirth paca wife is still in dire need of the role of a husband, because it goes through a long period and the struggle that could eliminate the life of a mother or child. For example, accompanying his wife in doing examinations to doctors or midwives, taking care of children and helping with housework.

Prof. Abdul Kader said the number of maternal and child deaths was still high. When viewed from the data of the *Sampling Registration System (SRS)* in 2018, about 76% of maternal deaths occurred during childbirth and postpartum with a proportion of 24% occurring during pregnancy and 36% during childbirth and 40% during postpartum.<sup>30</sup> This can happen, due to the lack of roles from all parties of the family remain husband. Therefore, a husband has a very important role in assisting his wife after childbirth so as to avoid unwanted things. As the head of a household entrusted by Allah, should have more time to accompany his wife when pregnant or after childbirth. In accordance with the role that the husband has, he must love, love, motivate his wife continuously. Not that the husband is 100% with his wife and children, but must prioritize the family, namely the wife and children, because it has become the responsibility of a husband in the family.

The husband does serve as a breadwinner, but living in today's time husband and wife can be both as breadwinners. Therefore, if all the burden of taking care of children, this household will make the wife feel depressed and stressed plus the burden again as a breadwinner. If this happens to the mother after childbirth will cause psychological disorders, which in turn will cause trauma to the mother and even to the child. So that mothers cannot produce breast milk properly, do not have concentration in taking care of their children properly, and children cannot develop according to their age. Therefore, as a husband always accompanies his wife in various ways so that the wife can avoid psychological disorders after childbirth.

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<sup>29</sup> Suesti Suryaningsih and Endang Koni, "Peran Suami Selama Masa Kehamilan: Berdasarkan Perspektif Ibu," *Jurnal Riset Kebidanan Indonesia* 4, no. 2 (December 31, 2020): 43–48, <https://doi.org/10.32536/jrki.v4i2.93>.

<sup>30</sup> MKM drg. Widyawati, "Kemenkes Perkuat Upaya Penyelamatan Ibu Dan Bayi – Sehat Negeriku," accessed May 25, 2022, <https://sehatnegeriku.kemkes.go.id/baca/umum/20210914/3738491/kemenkes-perkuat-upaya-penyelamatan-ibu-dan-bayi/>.

The husband has to spend time with his wife so that she can be calm. Providing time to listen to his wife's complaints or curses lovingly without judgment, helping his wife in caring for and maintaining health, helping his wife in taking care of children, such as bathing, changing diapers or alternately looking after children at night or day. Helping to do housework, so that the wife does not feel too burdened. Moreover, wives who give birth by caesarean section need more assistance than husbands. Because the delivery takes a long time in healing the caesarean section wound. If in the process of healing the surgical wound, not done properly will causegakitbatkan infection and even death for the mother.

When the mother finishes giving birth, she needs nutritious food, adequate rest, Correct Care for mothers who give birth normally and by caesarean section. Here the role of a husband is very important in assisting his wife after childbirth to avoid stress. Because one of the keys to happiness in the family is a happy wife. As long as the husband is a man who lives in fear of God, his life is right, works responsibly, is honest and truly has a pure heart.<sup>31</sup> So as the husband loves the wife is like Christ loves the church self-sacrifice. Love means giving up for the sake of a loved one. That's true love. Love your wife completely. No one has ever hated themselves.

The household can survive until Death Do Us Part if the husbands realize that their responsibility is not only to meet the needs of the wife and children materially but the husband is also responsible for the emotional needs of the wife with agape Love in addition to eros love.<sup>32</sup> A husband must understand the meaning of duty and responsibility in the family. As in Ephesians 5: 29, a husband is responsible for nurturing and caring for his wife. Nurturing means providing the wife with what is needed both spiritually and physically. While caring means that a husband treats his wife gently, not harshly, not complaining, because a wife wants to always be cared for and protected. This is also needed by post-natal mothers, so they do not experience stress or depression.

## **CONCLUSION**

In the Bible, the role of a husband is clearly said how, a husband should love his wife in all situations. Even in the promise of marriage and even in the Pledge of return that the husband or wife to have each other, take care of each other, in trouble, happy, in abundance or lack, at the

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<sup>31</sup> Stephen Tong, *Membesar Anak Dalam Tuhan*, 5th ed. (Jakarta: LR II, 2003), 90.

<sup>32</sup> Fernando Tambunan, "Suami Isteri Dalam Keluarga Kristen," *Jurnal Teologi Dan Pendidikan Agama Kristen: KERUSSO* 1 No. 1 (2016).

time of illness or health, love and respect each other Until Death Do Us Part. After childbirth, the wife's psychological condition has not completely recovered and causes stress and depression if there is no assistance from her husband or family. Therefore, a wife needs affection, support, attention and help from the family, in this case the role of a husband is very important. The husband is the main and sangat most expected companion of the wife, in restoring her psychology and physique. As a Christian family, a husband should love his wife as Christ loved his church. Therefore, the wife feels loved and loved and gives peace. So that in the process of recovery after childbirth the wife can pass well. So that it can produce breast milk smoothly, love their children, and can even help the healing process of wounds both cesarean and normal delivery.

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