

Literature Review: The Correlation Between Family Support and Preeclampsia Prevention Behavior

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Article Info	Abstract
Article History Submitted, 2026-05-11 Accepted, 2026-05-20 Published, 2026-06-30 Keywords: Family support, ANC compliance, preeclampsia prevention, pregnant women	Preeclampsia is one of the most serious pregnancy complications and contributes significantly to maternal and fetal mortality. The prevention of preeclampsia can be achieved through regular antenatal care (ANC) examinations and early detection of risk factors during pregnancy. Family support, especially from husbands, plays an important role in improving pregnant women’s compliance with ANC visits and preeclampsia prevention behaviors. This study aimed to analyze the correlation between family support and preeclampsia prevention behavior among pregnant women based on previous research findings. The study employed a literature review method using research articles obtained from Google Scholar published between 2017 and 2025 with the keywords “preeclampsia,” “ANC compliance,” and “family support.” Of the 60 articles identified, 10 articles met the inclusion criteria and were considered relevant to the objectives of the study. The findings showed that family support was significantly associated with early detection behavior of preeclampsia risk, ANC compliance, pregnancy care behavior, and the psychological condition of pregnant women with preeclampsia. Pregnant women who received good family support were more likely to attend ANC visits regularly, comply with healthcare recommendations, and experience lower levels of anxiety. In conclusion, family support plays an important role in efforts to prevent preeclampsia. Therefore, families and healthcare providers are expected to enhance their involvement and provide continuous education to pregnant women in order to prevent pregnancy complications at an early stage

Introduction

Preeclampsia is one of the most serious pregnancy complications and contributes significantly to maternal mortality rates (MMR) as well as fetal deaths. This condition is characterized by increased blood pressure accompanied by proteinuria, typically appearing after 20 weeks of gestation (Nurhidayah & Triwidiyantari, 2026). It not only endangers the mother’s health but can also threaten fetal survival, leading to preterm birth, growth restriction, and even death (Lailiyah et al., 2025). Therefore, prevention and early detection are essential in reducing the incidence of preeclampsia. One effort to reduce the risk of preeclampsia is through regular antenatal care (ANC) visits, which are important for the early detection of pregnancy complications (Jamilah & Sari, 2024). Monitoring the clinical signs of preeclampsia during antenatal visits includes assessing increases in blood pressure, urine protein levels, weight gain during pregnancy, and nutritional status, as well as providing education to mothers to avoid risk factors associated with preeclampsia (Lestari et al., 2023).

Compliance with ANC visits has been shown to have a significant correlation with a reduced risk of preeclampsia, as it allows for early detection of risk factors such as hypertension and proteinuria (Jamilah & Sari, 2024). Another study by (Reni et al., 2024) also found that pregnant women who are non-compliant with ANC visits have a higher risk of developing preeclampsia compared to those who are compliant. Family support and care during pregnancy, especially in high-risk pregnancies, play an important role in motivating pregnant women to adhere to and regularly attend antenatal check-ups (Anwar et al., 2023). Family support, particularly from husbands, plays a crucial role in increasing maternal motivation so that

mothers complete antenatal care visits according to healthcare recommendations (Tanjung et al., 2024). Research by (Munaim et al., 2025) revealed a significant correlation between husband and family support and the regularity of pregnant women in attending ANC examinations. Pregnant women who receive good support tend to attend ANC visits more regularly compared to those who receive low levels of support. Family support includes emotional, instrumental, informational, and appraisal support. This support can encourage mothers to be more enthusiastic and attentive toward their pregnancy, while support from husbands can increase motivation, leading to better adherence to ANC visits (Sa’dulloh et al., 2024). In addition, instrumental support such as providing transportation, caregiving during illness, and assisting pregnant women also influences compliance with ANC visits (Nasution et al., 2024). Thus, the family plays an important role in shaping maternal health behavior. Based on these findings, family support plays a crucial role in improving pregnant women’s adherence to ANC checkups as a preventive measure against preeclampsia.

Therefore, this literature review aims to analyze the correlation between family support and preeclampsia prevention behaviors among pregnant women based on previous research findings. This review is expected to serve as a source of information and scientific reference for healthcare workers, students, and families in enhancing preeclampsia prevention efforts through the provision of optimal support to pregnant women. The articles used in this literature review were obtained through searches of electronic databases such as Google Scholar using the keywords “family support,” “antenatal care,” “ANC adherence,” and “preeclampsia.” This literature review is crucial because it synthesizes existing research findings, thereby providing a more comprehensive understanding of the influence of family support on preeclampsia prevention behaviors. Furthermore, this study is also important as a foundation for evidence-based practice in enhancing the family’s role during pregnancy, assisting healthcare providers in developing appropriate education and interventions, and serving as a reference for future research aimed at reducing the incidence of preeclampsia and pregnancy complications that can increase maternal and fetal mortality rates.

Methods

This study employed a literature review method to examine the correlation between family support and preeclampsia prevention behavior. The literature used consisted of research articles published between 2017 and 2025, obtained from scientific databases such as Google Scholar. All retrieved articles were reviewed and selected based on their relevance to the focus of the study. During the article search process, 60 articles were identified from Google Scholar using the keywords “preeclampsia,” “ANC compliance,” and “family support.” Subsequently, 5 articles were excluded because the full text could not be accessed, leaving 55 articles for further evaluation. In the subsequent screening stage, 7 articles were excluded due to their lack of relevance to the research focus, resulting in 48 remaining articles. From these 48 articles, a content analysis was conducted, and ultimately 10 articles were selected as the most relevant to the correlation between family support and preeclampsia prevention behavior. The inclusion criteria in this study consisted of original research articles discussing preeclampsia, family support, and ANC compliance. The selected articles were published in either Indonesian or English, were available in full text, and were relevant to the objectives of the study. Meanwhile, the exclusion criteria included articles that did not discuss the correlation between the variables under investigation, articles that were not fully accessible, and publications outside the predetermined publication period.

Results and Discussion

From the review of 10 articles included in this literature review, the following information was obtained.

Table 1. Results of Journal Analysis

No	Research	Method	Results
1.	Family and Health Worker Support as Determinants of Early Detection Behavior of Preeclampsia Risk in Pregnant Women (Irawati et al., 2022)	This study used a cross-sectional design. The population consisted of all pregnant women who visited the Bangkalan City Public Health Center. The sample size was 100 pregnant women selected using cluster random sampling. The independent variables included distance to healthcare facilities, family support, and healthcare worker support, while the dependent variable was early detection behavior of preeclampsia risk among pregnant women. Data were analyzed using logistic regression.	Factors influencing early detection behavior of preeclampsia risk in pregnant women were family support and healthcare worker support.

2.	Effectiveness of the “Alert Husband Support Empowerment Program” in Early Detection of Preeclampsia (Meinawati, 2024)	This study used a pre-experimental design with a pretest-posttest approach. The subjects were 44 husbands of pregnant women in the working area of a Public Health Center in Jombang, selected using multistage random sampling. The exogenous variable was husband support empowerment, and the endogenous variable was preeclampsia detection. Data were collected using questionnaires and analyzed using the Wilcoxon statistical test.	There was a significant difference in husbands’ skills in detecting high-risk pregnancies before and after health education on preeclampsia screening.
3.	Family Support and the Incidence of Preeclampsia in Pregnant Women (Sunaringtyas & Rachmania, 2023)	This study used a correlational design with a retrospective approach and cross-sectional data collection. The population consisted of 42 pregnant women in the Kasembon Public Health Center area, using total sampling. The independent variable was family support, and the dependent variable was the incidence of preeclampsia. Data were analyzed using the Spearman Rank test.	There is a correlation between family support and the incidence of preeclampsia in pregnant women.
4.	The Correlation Between Family Support and Pregnant Women’s Behavior in Preeclampsia Care (Ermiati et al., 2020)	This study used a descriptive correlational method involving 30 pregnant women with preeclampsia, with total sampling. Instruments included a family support questionnaire and a questionnaire on maternal behavior in preeclampsia care. Data were analyzed using the chi-square test.	There is a correlation between family support and pregnant women’s behavior in managing preeclampsia.
5.	Family Support Related to Information, Comfort, Economy and Spiritual in Preeclamptic Pregnancy Care: Qualitative Exploration (Insani & Supriatun, 2021)	This study used a qualitative descriptive method. The sample consisted of ten families who had experience caring for pregnant women with preeclampsia, selected using purposive sampling. The study was conducted at the Dukuhwaru Public Health Center from April to June 2020. Data were analyzed using thematic analysis.	Family and environmental involvement are important sources of strength for pregnant women with preeclampsia, enabling better care for both mother and baby and reducing the impact of advanced preeclampsia.
6.	Health Education on Husband Support and Its Role in Pregnant Women with Gestational Hypertension to Prevent Preeclampsia in Bangun Rejo Village, 2024 (Damayanty S et al., 2024)	Health education activities on husband support for the psychological and emotional well-being of pregnant women with gestational hypertension were conducted in March 2024 for four weeks. The program involved 24 participants. A pretest was administered before education, and a posttest was conducted afterward to measure knowledge improvement.	Husband support has a significant impact on fulfilling the physical and emotional needs of pregnant women.
7.	The Correlation Between Family Support and Antenatal Care Compliance in Pregnant Women with Preeclampsia (Kurwiyah et al., 2023)	This quantitative study used a descriptive cross-sectional design. An offline survey was conducted to determine whether family support influences ANC compliance among pregnant women with preeclampsia. Questionnaires were distributed to 61 respondents.	There is a significant correlation between family support and ANC compliance among pregnant women with preeclampsia.
8.	Factors Influencing ANC Utilization Compliance Among Pregnant Women with Preeclampsia (Mariyana et al., 2017)	This study used a descriptive-analytic design with a quantitative cross-sectional explanatory approach involving 66 pregnant women with preeclampsia in the Pemalang district. Sampling was conducted using purposive sampling, and data were	Factors associated with ANC utilization compliance include a family history of hypertension and/or diabetes mellitus, knowledge, acceptability, support and attitudes of healthcare

		collected through interviews using questionnaires.	workers, and husband support.
9	The Correlation Between Family Emotional Support With Anxiety Of Preeclampsia Pregnant Mother (Huda et al., 2020)	This correlational study used a cross-sectional design with a sample of 57 pregnant women with preeclampsia selected through purposive sampling. Data were collected using a family emotional support questionnaire and the Hamilton Anxiety Rating Scale. Data were analyzed using the Spearman test.	Higher family emotional support is associated with lower anxiety levels in pregnant women with preeclampsia. Such support provides a sense of calm and fosters a positive attitude toward pregnancy.
10	The Correlation Between Maternal Attitudes, Husband Support, and Family Support with ANC Compliance at Sungai Pinang Public Health Center, Lingga Regency, Riau Islands, 2023 (Mehuli et al., 2023)	This study used a quantitative cross-sectional design with a sample of 62 respondents selected through total sampling.	There is a correlation between husband support and family support with pregnant women's compliance in attending ANC visits.

Based on the results of the literature review of 10 articles, it can be concluded that there is a consistent correlation between family support and preeclampsia prevention behavior among pregnant women. Most studies indicate that family support, particularly support from husbands, plays an important role in improving maternal health behaviors, such as early detection of preeclampsia risk, compliance with antenatal care (ANC), and proper care during pregnancy. In addition, family support also influences the psychological aspects of pregnant women, such as reducing anxiety and increasing comfort during pregnancy. Overall, the better the family support received by pregnant women, the better their preeclampsia prevention behavior.

The Correlation Between Family Support and Early Detection of Preeclampsia Risk

Family support plays an important role in increasing pregnant women’s awareness to carry out early detection of preeclampsia risk through regular pregnancy check-ups and monitoring of danger signs during pregnancy. In addition, the close and continuous interaction between pregnant women and their families facilitates health monitoring (Irawati et al., 2022). Families can also provide emotional encouragement and information, enabling mothers to more actively utilize antenatal care services to prevent preeclampsia complications.

Correlation Between Family Support and ANC Compliance

Family support is significantly associated with pregnant women’s compliance in attending antenatal care (ANC), as the family acts as the primary motivator in maintaining regular pregnancy check-ups. This is supported by a study conducted by (Fitriyah et al., 2023) which found a significant correlation between husband support and ANC visit compliance. Pregnant women who receive good family support tend to be more compliant with ANC visits, allowing pregnancy complications such as preeclampsia to be detected earlier.

The Correlation Between Family Support and Pregnancy Care in Preeclampsia

Family support greatly influences the care behavior of pregnant women with preeclampsia, particularly in promoting adherence to healthcare recommendations and fulfilling maternal needs during pregnancy. Families that provide strong support can improve maternal care behavior, leading to better-controlled pregnancy conditions and reduced risk of complications. In addition, family support increases maternal motivation to attend regular ANC visits and maintain proper rest, nutrition, and adherence to treatment as recommended by healthcare professionals (Ermiati et al., 2020). This is important because preeclampsia is a high-risk condition requiring close monitoring to prevent progression to more severe complications such as eclampsia. Research findings also show that daily care and prevention practices-especially those related to diet, nutrition, and comfort for both mother and fetus-are essential family responsibilities (Insani & Supriatun, 2021).

The Correlation Between Family Support and Psychological Aspects of Pregnant Women with Preeclampsia

Family support has a significant influence on the psychological condition of pregnant women with preeclampsia, particularly in reducing anxiety and providing a sense of security during pregnancy. This is supported by a study by (Wafiroh et al., 2025) yang menyatakan bahwa mayoritas responden yang memperoleh dukungan keluarga which found that most

respondents who received good family support tended not to experience anxiety or were in a normal psychological condition. With optimal family support, pregnant women with preeclampsia are better able to manage stress and feel calmer in facing pregnancy and the required care.

Conclusion

Based on the review of 10 articles, it can be concluded that there is a consistent correlation between family support and preeclampsia prevention behavior among pregnant women. Family support, especially from husbands, plays an important role in improving maternal health behaviors, including early detection of preeclampsia risk, compliance with antenatal care (ANC), and appropriate pregnancy care according to healthcare recommendations. Furthermore, family support has a positive impact on the psychological condition of pregnant women with preeclampsia, particularly in reducing anxiety and enhancing feelings of safety and comfort during pregnancy. The better the family support provided, the more optimal the prevention and management of preeclampsia among pregnant women.

Therefore, families—especially husbands—are expected to be more actively involved in providing emotional support, information, and assistance to pregnant women, particularly in attending antenatal care (ANC), monitoring pregnancy danger signs, and adhering to healthcare recommendations. Healthcare providers are encouraged to enhance education for families regarding the importance of early detection of preeclampsia and the role of family support in maintaining maternal health through counseling or maternal classes. Pregnant women are also expected to communicate their health needs more openly and involve their families in the pregnancy care process to help prevent complications at an early stage.

Acknowledgments

The authors would like to express their gratitude to all parties who have provided support and assistance in the preparation of this article, as well as to previous researchers whose studies served as references for this literature review.

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