

The Effect of Prenatal Massage Towards Anxiety Level of Third Trimester Pregnant Women in The Work Area Of Cibereum Public Health Center Tasikmalaya 2019

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ABSTRACT

Background: During pregnancy, most women experience psychological and emotional changes, it often comes up in the third trimester. Anxiety itself will have a negative impact on pregnant women to delivery, such as the fetal nervous and hindering growth, weakens the uterine muscle contraction, and others. One way to overcome anxiety in pregnancy with non-pharmacological method is prenatal massage.

Methods: The study design used was pre-experimental research design with one group pretest posttest. Sampling in this research using purposive sampling technique with a sample size of 30 people. Pretest and posttest data retrieval using a measuring instrument HARS Scale (Hamilton Rating Scale for Anxiety). The data were analyzed using univariate and bivariate using Spearman Correlation Test.

Result: Obtained results correlation value 0.769, it shows that the correlation is very strong with 0,000 pvalue (pvalue <0.05).

Conclusion: Thus prenatal massage was effective to reduced the anxiety level of third trimester pregnant women

Key Word: prenatal massage; anxiety; pregnant; third semester

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Background. During pregnancy most women experience psychological and emotional changes, it often comes up in the third trimester (Rukiah *et al.*, 2009). Anxiety during pregnancy can be caused by physical changes, fear of childbirth and parenting role transition (Varney, 2010). Anxiety itself will have a negative impact on pregnant women during pregnancy to delivery, such as the fetal nervous and hindering growth, weakens the uterine muscle contraction, and others (Novitasari, Budiningsih and Mabururi, 2013). Not only reducing the levels of anxiety and mother's preparation process to face a labor with pharmacology method but also there are methods of non-pharmacological such as relaxation, breathing techniques, movements and position changes, massage, hydrotherapy, hot / cold therapeutic, music, guided imagery, accupresure, and aroma therapy.

One way to overcome anxiety in pregnancy with non-pharmacology method is prenatal massage. Prenatal Massage is a massage for pregnant women consist of a wide variety of appropriate massage techniques and to treat common discomfort of pregnancy (Stillerman, 2008). As in a study conducted by (Sari and Pantiawati, 2013) regarding "Perbandingan Teknik Massage Dan Terapi

Musik Terhadap Penurunan Kecemasan Pada Ibu Bersalin Primipara Di Kecamatan Brebes Tahun 2013" ("Comparison of Massage Techniques and Music Therapy Against the Anxiety Alighting on the Labor of Primiparas Woman in Brebes District 2013"). Results showed that the technique of massage with p-value <a (0.000 < 0,05), and music therapy with p-value <a (0,000 <0:05), thus the massage technique is more effective in reducing anxiety levels as compared to the value of music therapy

Methods. The method used was pre-experimental research design with one group pretest posttest. This research was conducted in Cibereum Public Health Centre, Tasikmalaya City on January-March 2019. The samples in this research using purposive sampling technique with a sample size of 30 people. Pretest and posttest data retrieval using a measuring instrument HARS Scale (Hamilton Rating Scale) for Anxiety. Giving 4x Prenatal Massage was done in 2 weeks for 20 minutes. The data were analyzed using univariate and bivariate using Spearman correlation test

Research and Discussion. This research has been conducted in Cibereum Public Health Centre starts from January to March

2019. The sample in this study were 30 pregnant women with gestational age > 32 weeks. The results of the study are as follows:

Table 1. Distribution of Anxiety Levels In the Third Trimester Before Prenatal Massage in Cibeureum Public Health Centre, Tasikmalaya 2019

No	Anxiety scale	f	%
1	Not Worried	1	3.3
2	Mild Anxiety	22	73.3
3	Medium Anxiety	7	23.3
4	Severe Anxiety	0	0
	Total	30	100

Based on the research that had been done on the level of anxiety in the third trimester of pregnant women were obtained before given prenatal massage, maternal anxiety levels with mild anxiety category as many as 22 people (73.3%), severe anxiety as many as 7 people (23.3%). The factors that most influence the anxiety in this study was due to the discomfort that felt by the mother.

In a study conducted by (Damarsanti, Anggraini and Setianingsih, 2018) showed that the results of the total respondents are 36 third trimester pregnant women before intervention, 16 people suffered mild anxiety and 16 people suffered medium anxiety. Factors that may affect anxiety appears in third trimester pregnant women due to the discomfort felt, previous traumatic deliveries, and the mothers readiness towards the estimated labor day.

Table 2. Distribution of Anxiety Levels in the Third Trimester After Prenatal Massage in Cibeureum Public Health Centre, Tasikmalaya 2019

No	Anxiety scale	F	%
1	Not Worried	11	36.7
2	Mild Anxiety	18	60.0
3	Medium Anxiety	1	3.3
4	Severe Anxiety	0	0
	Total	30	100

Based on the research that had been done on the level of anxiety in the third trimester of pregnant women, after prenatal massage treatment, the results obtained decrease in anxiety levels with mild anxiety category as many as 18 people (60.0%), severe anxiety as many as 1 (3.3%) and there is no anxiety as many as 11 people (36.7%).

Results of research conducted by (Sukmaningtyas and Windiarti, 2016), showed that out of 15 respondents were given a

massage endorphine mostly mild anxiety levels as much as 46.7%. The result showed that the respondents were given endorphine massage mostly mild anxiety levels, because massage is one of the non-pharmacological therapy to reduce or alleviate pain during delivery

Table 3. The Effect of Prenatal Massage Towards the Anxiety Level of Pregnant woman in The Third Trimester In Cibeureum Public Health Centre Tasikmalaya, 2019

Commentary	N	Correlation	p Value
Before Prenatal Massage	30	.769	0,000
After Prenatal Massage	30		

Statistical test results obtained the value of correlative trials with Spearman test is 0.769, it was showed that the correlation was very strong with an unidirectional relationship between both variables. The p value is 0,000 it showed that the pvalue less than α (0.05).

It was supported in a study conducted by (El-Hosary, Abbas Soliman and El-Homosy, 2016) with the title "*Effect of Therapeutic Massage On Relieving Pregnancy Discomforts*" obtained the results, after being given treatment there was a degradation average with p value = 0,000, so there was a reduction after given massage.

Conclusion and Suggestions. Based on research's results could be concluded that there was a prenatal massage effect on the level of anxiety third trimester pregnant women in the Cibeureum Public Health Centre with correlation value : 0.769 – indicating that the correlation was very strong and the value of ($p = 0.000$). Prenatal massage could be done in third trimester pregnant women

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