

PERBEDAAN KECEMASAN IBU HAMIL TRIMESTER III SEBELUM DAN SESUDAH PEMBERIAN TERAPI MUSIK KLASIK LULLABY DI PUSKESMAS LOSARI KABUPATEN PEMALANG

Liza Andriani, Hapsari Windayanti S.SiT., M.Keb Kebidanan Program Sarana,
Universitas Ngudi Waluyo Semarang lizaandriani40@gmail.com

ABSTRAK

Latar Belakang: Depresi dan kecemasan antenatal juga berdampak pada *postpartum parenting stress*. Kecemasan pada trimester III menyumbang 13% sampai 22% kejadian stress postpartum pada 3 sampai 6 bulan pasca melahirkan. di Indonesia mencapai 373.000.000 ibu hamil, yang mengalami kecemasan dalam menghadapi persalinan ada sebanyak 107.000.000 orang (28,7%). Berdasarkan hasil prasurvey yang dilakukan pada bulan November Tahun 2020 di Puskesmas Losari terdapat 30 ibu hamil, dimana setelah peneliti melakukan wawancara dengan 10 orang ibu hamil tersebut 9 diantaranya mengatakan merasa cemas dengan kehamilannya. Tujuan dari penelitian ini adalah mengetahui Perbedaan Kecemasan Ibu Hamil Trimester III Sebelum dan Sesudah Pemberian Terapi Musik Klasik Lullaby di Puskesmas Losari Kabupaten Pemalang.

Metode: Metode Jenis Penelitian Kuantitatif, rancangan penelitian metode Cross Sectional dengan pendekatan one group pretest posttest. Populasi dalam penelitian ini adalah seluruh ibu hamil TM III yang ada di Puskesmas Losari yaitu sebanyak 53 orang, Sampel sebanyak 18 ibu hamil. Dengan teknik sampling purposive sampling. Analisa data dengan uji Wilcoxon.

Hasil: Hasil Wilcoxon didapat p value 0,000 menunjukkan rata-rata kecemasan sebelum intervensi sebesar 72,2, rata-rata kecemasan setelah intervensi sebesar 61,1.

Simpulan dan Saran: Terapi musik efektif untuk menurunkan kecemasan pada ibu hamil trimester III. Penelitian ini diharapkan dapat digunakan untuk kehamilan sehingga dapat menenangkan dan membantu ibu dalam mengurangi kecemasan.

Kata Kunci: Musik Klasik Lullaby, Kecemasan

DIFFERENCES ANXIETY TRIMESTER III PREGNANT WOMEN BEFORE AND AFTER GIVING LULLABY CLASSICAL MUSIC THERAPY IN THE WORK AREA OF THE LOSARI PUBLIC HEALTH CENTER, PEMALANG REGENCY

Liza Andriani, Hapsari Windayanti S.SiT., M.Keb Kebidanan Program Sarana,
Universitas Ngudi Waluyo Semarang lizaandriani40@gmail.com

ABSTRACT

Background: Depression and antenatal anxiety also have an impact on postpartum parenting stress. Third trimester anxiety accounts for 13% to 22% of postpartum stress events at 3 to 6 months postpartum. In Indonesia there are 373,000,000 pregnant women, who experience anxiety in the face of childbirth as many as 107,000,000 people (28.7%). Based on the results of the pre-survey conducted in November 2020 in the Losari Health Center working area, there were 30 pregnant women, where after the researchers conducted interviews with 10 pregnant women, 9 of them said they were worried about their pregnancy. The purpose of this study was to determine the differences in anxiety of third trimester pregnant women before and after giving Lullaby classical music therapy in the Losari Public Health Center, Pemalang Regency.

Method: Quantitative research type methods, research design cross sectional method with one group pretest posttest approach. The population in this study were all TM III pregnant women in the Losari Health Center working area, as many as 53 people, a sample of 18 pregnant women. With a purposive sampling technique. Data analysis using the Wilcoxon test.

Result: The results obtained Wilcoxon p value 0.000 showed an average anxiety before the intervention was 72.2, the average anxiety after the intervention was 61.1.

Conclusions and recommendations: Music therapy is effective in reducing anxiety in third trimester pregnant women. This research is expected to be used for pregnancy so that it can calm and help mothers reduce anxiety.

Keywords: Lullaby Classical Music, Anxiety