

PENGARUH RELAKSASI OTOT PROGRESIF TERHADAP PENURUNAN TINGKAT KECEMASAN PADA IBU BERSALIN FASE LATEN DI RSUD MUHAMMADIYAH BANTUL YOGYAKARTA

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INTISARI

Latar Belakang : Survey Demografi dan Kesehatan Indonesia (SDKI) mendapatkan data angka kelahiran meningkat rerata 1,49%. Pada dasarnya semua wanita akan mengalami kecemasan pada proses persalinan. Pada fase laten ibu biasanya merasa gelisah, gugup, cemas, dan khawatir sehubungan dengan rasa tidak nyaman karena kontraksi. Kecemasan yang dialami oleh ibu pada awal persalinan mempengaruhi kemampuan ibu dalam menghadapi proses persalinan. Salah satu teknik yang cukup mudah dilakukan dalam meredakan ketegangan emosional adalah relaksasi otot progresif.

Tujuan Penelitian : Diketuinya pengaruh pemberian terapi relaksasi otot progresif terhadap penurunan tingkat kecemasan pada ibu bersalin fase laten.

Metode Penelitian : Desain penelitian *quasi ekperiment* atau studi intervensi dengan menggunakan *pre test-post test without control group*. Sampel diambil dengan teknik *acidental sampling* sebanyak 20 ibu bersalin. Instrumen yang digunakan berupa kuesioner ZSAS. Hasil penelitian dianalisis dengan uji *paired sample t-test*.

Hasil penelitian : Tingkat kecemasan pada ibu bersalin fase laten di RSUD Muhammadiyah Bantul Yogyakarta sebelum perlakuan relaksasi otot progresif kategori cemas sedang (50%). Tingkat kecemasan pada ibu bersalin fase laten di RSUD Muhammadiyah Bantul Yogyakarta sesudah perlakuan relaksasi otot progresif kategori cemas ringan sebanyak 9 orang (45%). Hasil uji *paired sample t-test* diperoleh *p-value* 0,000.

Kesimpulan : Ada pengaruh terapi relaksasi otot progresif terhadap penurunan tingkat kecemasan pada ibu bersalin fase laten di RSUD Muhammadiyah Bantul.

Kata kunci : kecemasan, relaksasi otot progresif, fase laten

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**THE INFLUENCE OF PROGRESSIVE MUSCLE RELAXATION
TOWARDS THE DECREASE OF ANXIETY LEVEL ON
MATERNITY MOTHERS IN LATENT PHASE AT PKU
MUHAMMADIYAH HOSPITAL BANTUL YOGYAKARTA**

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ABSTRACT

Background : According to Indonesian Demography and Health Survey (SDKI), the natality rate increased 1,49%. Basically, all women experience anxiety during delivery process. In latent phase, mothers are usually agitated, nervous, anxious, and worried due to the uncomfortable feeling during contraction. The anxiety that mothers experience in the early phase of delivery process influence their capability in facing the delivery process. One of the easy techniques in relieving emotional tension is by apply progressive muscle relaxation.

Objective of Research: To learn the influence of progressive muscle relaxation therapy towards the decrease of anxiety level on maternity mothers in latent phase.

Method of Research : The method used was quasi experiment or intervention study using pre-test post test without control group. The samples were 20 maternity mothers collected using accidental sampling technique. The instrument used was ZSAS questionnaire. The result of the researched was analyzed using paired sample t-test.

Result of Research : The anxiety level on maternity mothers in latent phase at PKU Muhammadiyah Hospital in Bantul Yogyakarta after the treatment of progressive muscle relaxation indicated that 9 mothers were in the category of mild anxiety (45%). The result of paired sample t-test obtained p-value of 0,000.

Conclusion : There was an influence of the progressive muscle relaxation towards the decrease anxiety level on maternity mothers in latent phase at PKU Muhammadiyah Hospital in Bantul Yogyakarta.

Keyword : Anxiety, progressive muscle relaxation, latent phase

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