

PENGARUH RELAKSASI OTOT PROGRESIF TERHADAP TINGKAT KECEMASAN IBU PRIMIGRAVIDA TRIMESTER III DI PUSKESMAS SEWON I BANTUL

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INTISARI

Latar Belakang: Salah satu masalah pada ibu hamil adalah masalah psikis atau psikologi yang berupa kecemasan. Beban psikologi pada seorang wanita hamil, lebih banyak terjadi pada umur kehamilan trimester III. Penanganan kecemasan yang terjadi pada ibu primigravida dapat dilakukan dengan terapi farmakologi dan non farmakologi. Salah satu terapi non farmakologi yang dapat dilakukan adalah relaksasi otot progresif, yang merupakan salah satu teknik sistematis untuk mencapai keadaan relaksasi.

Tujuan Penelitian: Mengetahui pengaruh relaksasi otot progresif terhadap tingkat kecemasan ibu primigravida trimester III di Puskesmas Sewon I Bantul.

Metode Penelitian: Penelitian ini merupakan penelitian eksperimen dengan desain penelitian *Quasy-experiment* dengan rancangan penelitian *one group pretest-posttest design*. Uji statistik menggunakan uji non parametrik yaitu uji *Wilcoxon* dengan tingkatan kemaknaan $\alpha=0,05$. Sampel diambil dengan menggunakan teknik *accidental sampling* dengan responden sebanyak 34 orang. Alat ukur yang digunakan untuk mengukur tingkat kecemasan yaitu dengan instrumen kecemasan *Zung Self-Rating Anxiety Scale (ZSAS)*. Setiap responden diberikan intervensi relaksasi otot progresif dengan satu kali terapi per hari selama 10 menit dan dilaksanakan selama 3 hari berturut-turut.

Hasil Penelitian: Hasil analisis statistik menggunakan uji *Wilcoxon* menunjukkan *p value* sebesar 0,000 ($p\text{ value} < 0,05$) artinya ada pengaruh pemberian terapi relaksasi otot progresif terhadap tingkat kecemasan ibu primigravida trimester III di Puskesmas Sewon I Bantul.

Kesimpulan: Terapi relaksasi otot progresif memiliki pengaruh terhadap tingkat kecemasan ibu primigravida trimester III di Puskesmas Sewon I Bantul.

Kata kunci: Ibu Primigravida, Kecemasan, Relaksasi Otot Progresif

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The Influence of Progressive Muscular Relaxation on The Anxiety Level of Primigravid Mothers in Third Trimester of pregnancies in Sewon I Community Health Center of Bantul

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ABSTRACT

Background : One of health issues of pregnant mothers is a psychological problem of anxiety. Psychological distress in a pregnant mother mostly occurs in third trimester of pregnancy. Anxiety management for primigravid mothers can be initiated through pharmacological and non-pharmacological therapies. One of non-pharmacological therapies is progressive muscular relaxation which is one of systematic techniques to gain relaxed condition.

Objective : To identify The Influence of Progressive Muscular Relaxation on The Anxiety Level of Primigravid Mothers in Third Trimester of pregnancies in Sewon I Community Health Center of Bantul

Method : This study was an experimental study with Quasi-experiment study design and one group pretest-posttest study scheme. Statistical test applied non-parametric test of Wilcoxon with significance level of $\alpha=0,05$. Samples was selected through accidental sampling technique as many as 34 respondents. Tool of measuring that is used to measure the level of anxiety is the *Zung Self-Rating Anxiety Scale* (ZSAS) instrument. Each respondent was given progressive muscular relaxation intervention as many as 1 therapy each day for 10 minutes during 3 days continually.

Result : The result of statistical test by applying Wilcoxon test figured out p value of 0,000 ($p \text{ value} < 0,05$) which indicated an influence of progressive muscular relaxation therapy on the anxiety level of primigravid mothers in third trimester of pregnancies in Sewon I community health center of Bantul.

Conclusion : Progressive muscular relaxation therapy had an influence on the anxiety level of primigravid mothers in third trimester pregnancies in Sewon I community health center of Bantul

Keywords : Primigravid Mothers, Anxiety, Progressive Muscular Relaxation.

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