

PENGARUH TERAPI GUIDED IMAGERY TERHADAP KECEMASAN IBU HAMIL TRIMESTER III DI KLINIK ARINTA

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INTISARI

Latar Belakang: Kecemasan ibu hamil umumnya terjadi di setiap trimester dan akan mengalami peningkatan pada trimester III. Di Indonesia angka kecemasan pada ibu hamil sebanyak 28,7%. Salah satu terapi non-farmakologis untuk mengatasi kecemasan adalah *guided imagery*, teknik relaksasi terbimbing untuk mendapatkan rasa tenang dan nyaman.

Tujuan: Penelitian ini bertujuan untuk mengidentifikasi pengaruh *guided imagery* terhadap kecemasan ibu hamil trimester III.

Metode: penelitian ini menggunakan pendekatan kuantitatif dengan desain *pre-eksperimen one group pretest-posttest*. Menggunakan 34 responden dipilih sesuai kriteria inklusi dan eksklusi. Penelitian dilakukan pada bulan Juni 2025 di Klinik Arinta dengan variabel independent terapi *guided imagery* dan dependent kecemasan pada ibu hamil trimester III.

Hasil: Hasil penelitian ini menunjukkan ibu hamil trimester III mengalami kecemasan sebelum dilakukan intervensi *guided imagery* dengan nilai rata-rata 20,79 yang termasuk kedalam kecemasan ringan, setelah dilakukan intervensi *guided imagery* nilai rata-rata responden menjadi 11,35 yang berarti tidak ada kecemasan. Hasil *Wilcoxon* menunjukkan *p-value* 0,000 yang artinya intervensi *guided imagery* dapat menurunkan kecemasan yang signifikan terhadap ibu hamil trimester III.

Kesimpulan: Penelitian ini terdapat adanya pengaruh terapi *guided imagery* terhadap kecemasan ibu hamil trimester III. Diharapkan kepada pihak klinik dapat mengembangkan terapi relaksasi *guided imagery* agar dapat mengurangi kecemasan pada ibu hamil khususnya trimester III.

Kata kunci: *kecemasan, ibu hamil trimester III, Guided Imagery*

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ABSTRACT

Background: anxiety in pregnant women generally occurs in every trimester and will increase in the III trimester. In Indonesia, the anxiety rate in pregnant women is 28.7%. one of the nonpharmacological therapies to overcome anxiety is guided imagery, wich is a guided relaxation technique to get a sense of clam and comfort.

Objective: This study aims to identify the effect of guided imagery on anxiety in pregnant women in the III trimester.

Methods: This study used a quantitative approach with a one-group pretest-posttest pre-experimental design. Thirty-four respondents were selected according to inclusion and exclusion criteria. The study was conducted in June 2025 at the Arinta Clinic, with guided imagery therapy as the independent variable and anxiety as the dependent variable in III trimester pregnant women.

Results: The results of this study indicate that pregnant women in the III trimester experienced anxiety before the guided imagery intervention with an average value of 20.79 which is included in mild anxiety, after the guided imagery intervention the average value of respondents became 11.35 which means there was no anxiety. The Wilcoxon results showed a p-value of 0.000 which means that the guided imagery intervention can significantly reduce anxiety in pregnant women in the third trimester.

Conclusion: This study shows the effect of guided imagery therapy on anxiety in pregnant women in the III trimester. It is hoped that the clinic can develop guided imagery relaxation therapy in order to reduce anxiety in pregnant women, especially in the third trimester.

Keywords: Anxiety, Trimester III Pregnant Women, Guided Imagery

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