

VI. DAFTAR PUSTAKA

- Abera, M., Hanlon, C., Daniel, B., Tesfaye, M., Workicho, A., Girma, T., Wells, J. C. 2024. Effects of Relaxation Interventions During Pregnancy on Maternal Mental Health, and Pregnancy and Newborn Outcomes: A Systematic Review And Meta-Analysis. *Plos one*, 19(1): e0278432.
- Addisu, A., Kumsa, H., Adane, S., Diress, G., Tesfaye, A., Arage, M. W., Tenaw, L. A. 2024. Common Mental Disorder and Associated Factors among Women Attending Antenatal Care Follow-Up in North Wollo Public Health Facilities, Amhara Region, Northeast Ethiopia: A Cross-Sectional Study. *Depression Research and Treatment*, 2024(1): 8828975.
- Aiken, C.E. 2023. Respiratory disease in pregnancy. *Obstetrics, Gynaecology & Reproductive Medicine*, 34 (1): 6-10.
- Amallia, I. R., Allenidekania, A. 2021. Music Therapy Versus Deep Breathing Relaxation To Manage Stress In Children With Cancer: An Integrative Review. *Jurnal Perawat Indonesia*, 5(2): 692-700.
- Anggraini, D., Ristia, G. Y. 2023. The Effect Of Instrumental Music Relaxation Techniques To Reduce The Level Of Anxiety Of Pregnancy Women. *Journal of Ageing And Family*, 3(1): 77-83.
- Asrullah, M., L'Hoir, M., Paulo, M. J., Feskens, E. J., Melse-Boonstra, A. 2022. Determinants of Common Mental Disorders (CMD) among adolescent girls aged 15-19 years in Indonesia: analysis of the 2018 National Basic Health Survey Data. *PLOS Global Public Health*, 2(3): e0000232.
- Astutik, R. Y., Pramono, N., Susanto, H., Kartasurya, M. I. 2022. The Effect of Antepartum Yoga Sequences on Anxiety Levels, Vital Sign Values, and Fetal Heart Rate in Third-Trimester Primigravida. *Jurnal Ilmu Kesehatan Masyarakat*, 13(2): 236-246.
- Badan Pusat Statistik. 2024. *Upah Minimum Regional (UMR) Menurut Bulan di Kabupaten Banyumas (rupiah), 2022-2024* (online). Badan Pusat Statistik. <https://banyumaskab.bps.go.id/id/>. Diakses 19 Mei 2024.
- Badan Resmi Statistik. 2023. *Hasil Long Form Sensus Penduduk 2020*. Badan Pusat Statistik, Jakarta. 44 hal.

- Bappenas. 2023. *GOAL 3 – SDGs Indonesia* (online). Badan Perencanaan Pembangunan Nasional. <https://sdgs.bappenas.go.id/17-goals/goal-3/> Diakses 25 Januari 2024.
- Barreto do Carmo, M. B., Santos, L. M. D., Feitosa, C. A., Fiaccone, R. L., Silva, N. B. D., Santos, D. N. D., Amorim, L. D. 2017. Screening for common mental disorders using the SRQ-20 in Brazil: what are the alternative strategies for analysis?. *Brazilian Journal of Psychiatry*, 40: 115-122.
- Bauer, I., Hartkopf, J., Wikström, A. K., Schaal, N. K., Preissl, H., Derntl, B., & Schleger, F. 2021. Acute Relaxation During Pregnancy Leads to A Reduction in Maternal Electrodermal Activity and Self-Reported Stress Levels. *BMC Pregnancy and Childbirth*, 21: 1-12.
- Bentley, T. G., D’Andrea-Penna, G., Rakic, M., Arce, N., LaFaille, M., Berman, R., Sprimont, P. (2023). Breathing Practices for Stress and Anxiety Reduction: Conceptual Framework of Implementation Guidelines Based on A Systematic Review of The Published Literature. *Brain Sciences*, 13(12): 1612.
- Braunthal, S., Brateanu, A. 2019. Hypertension In Pregnancy: Pathophysiology And Treatment. *SAGE open medicine*, 7: 2050312119843700.
- Bublitz, M. H., Bourjeily, G., D’Angelo, C., Stroud, L. R. 2018. Maternal sleep quality and diurnal cortisol regulation over pregnancy. *Behavioral sleep medicine*, 16(3): 282-293.
- Chauhan, A., Potdar, J. 2022. Maternal Mental Health During Pregnancy: A Critical Review. *Cureus* , 14 (10): e30656.
- Cunningham, F. G., Leveno, K. J., Bloom, S. L., Dashe, J. S., Hoffman, B. L., Casey, B. M., Spong, C. Y. 2018. *Williams Obstetrics 25th Edition*. New York, Mc Graw-Hill.
- Dahlan, M.S. 2013. *Statistik Untuk Kedokteran dan Kesehatan Edisi 5*. Jakarta, Salemba Medika.
- Darki, C., Riley, J., Dadabhoy, D.P., Darki, A., Garetto, J. 2022. The Effect Of Classical Music On Heart Rate, Blood Pressure, And Mood. *Cureus*, 14(7): e27348.
- Dese, K., Ayana, G., Simegn, G.L. 2022. Low cost, non-invasive, and continuous vital signs monitoring device for pregnant women in low resource settings (Lvital device). *HardwareX*, 11: e00276.

- Dinkes Banyumas. 2022. *Profil Kesehatan Tahun 2021*. Dinas Kesehatan Pemerintah Kabupaten Banyumas, Banyumas.
- Dinkes Banyumas. 2024. *Profil Kesehatan Tahun 2023*. Dinas Kesehatan Pemerintah Kabupaten Banyumas, Banyumas.
- Dinkes Jawa Tengah. 2022. *Profil Kesehatan Jawa Tengah Tahun 2022*. Dinas Kesehatan Provinsi Jawa Tengah, Semarang.
- Direktorat Gizi KIA. 2022. *Laporan Akuntabilitas Kinerja Instansi Pemerintah (LAKIP) Direktorat Gizi dan Kesehatan Ibu dan Anak. Kementerian Kesehatan Republik Indonesia, Jakarta*. 39 hal.
- Do, T. T. H., Bui, Q. T. T., Ha, B. T. T., Le, T. M., Le, V. T., ... Nguyen, T. V. 2023. Using the WHO Self-Reporting Questionnaire-20 (SRQ-20) to Detect Symptoms of Common Mental Disorders among Pregnant Women in Vietnam: a Validation Study. *International Journal of Women's Health*, 599-609.
- Felszeghy, S., Kurki, P., Liukkonen, M., Suominen, A. L., Huhtela, O. 2024. The Combination Of Listening To Background Music And Deep Breathing As A Stress Reduction Strategy During Dental Preclinical Study. *Journal of Dental Education*, 88(3), 342-347.
- Fiskin, G., Kaydirak, M. M., Oskay, U. Y. 2017. Psychosocial Adaptation and Depressive Manifestations in High - Risk Pregnant Women: Implications For Clinical Practice. *Worldviews on Evidence-Based Nursing*, 14(1), 55-64.
- Fitriyah, R., Fernandez, G. V., Samudera, W. S., Arifin, H. 2019. Deep Breathing Relaxation for Decreasing Blood Pressure in People with Hypertension. *Jurnal Ners*, 13(3): 141-145.
- Genisa, G., Yuliza, E., Gunardi, S. 2023. The Effect of Classical Music Therapy and Deep Breathing Relaxation Therapy on Lowering Blood Pressure in Hypertension Sufferers In Rw 001 Samba Danum Village, Katingan Tengah District, Central Kalimantan Year 2022. *Journal of Complementary Nursing*, 2(2): 172-179.
- Gholamrezaei, A., Van Diest, I., Aziz, Q., Pauwels, A., Tack, J., Vlaeyen, J. W., Van Oudenhove, L. 2022. Effect of Slow, Deep Breathing on Visceral Pain Perception and its Underlying Psychophysiological Mechanisms. *Neurogastroenterology & Motility*, 34(4): e14242.

- Halbert, J. D., Van Tuyll, D. R., Purdy, C., Hao, G., Cauthron, S., Crookall, C., Kapuku, G. K. 2018. Low Frequency Music Slows Heart Rate and Decreases Sympathetic Activity. *Music and Medicine*, 10(4): 180-185.
- Hall, J.E. 2021. Guyton and Hall Text Book of Medical Physiology. Edisi 14. Elsevier, Philadelphia.
- Harja, E., Yulianti, R., Azzahra, A. C., Merlinda, E., Fadia, P., Wahyuni, R. T., Dewi, V. F. 2023. The Effect of Hormones on Physiological and Psychological Adaptations During Pregnancy. *Journal for Quality in Women's Health*, 6(2): 100-112.
- Hirotsu, C., Tufik, S., Andersen, ML. 2015. Interactions Between Sleep, Stress, and Metabolism: from Physiological to Pathological Conditions. *Sleep Science*, 8 (3): 143-152.
- Hasanah, K. A. S., Iskandar, S., Istiqamah, A. N., Fatmawaty, I. A., Jaya, I. G. N. M. 2023. Validation of the Indonesian version of the WHO Self-Reporting Questionnaire (SRQ)-20: A Psychometric Analysis, *Research Square*, 2 (3): 1-15.
- Huang, P. 2023. Impact of Classical Piano Music on Student Test Anxiety In 2023 7th International Seminar on Education, Management and Social Sciences (ISEMSS 2023) . *Atlantis Press*, pp. 1887-1895
- Ikhwan, M., Utomo, A. S., Nataliswati, T. 2019. The Comparison Between Progressive Muscle Relaxation And Slow Deep Breathing Exercise On Blood Pressure In Hypertensive Patients. In *International Conference of Kerta Cendekia Nursing Academy*, 1(1): 75-86.
- Jee, S. B., Sawal, A. 2024. Physiological Changes in Pregnant Women Due to Hormonal Changes. *Cureus*, 16(3): e55544.
- Kemenkes. 2023. Profil Kesehatan Indonesia Tahun 2022. Kementerian Kesehatan Republik Indonesia, Jakarta.
- Khalesi, Z. B., Bokaie, M. 2018. The Association Between Pregnancy-specific Anxiety and Preterm Birth: A Cohort Study. *African Health Sciences*, 18(3): 569-575.
- Kim, H., Newman, M. G. 2019. The Paradox of Relaxation Training: Relaxation Induced Anxiety and Mediation Effects of Negative Contrast Sensitivity in Generalized Anxiety Disorder and Major Depressive Disorder. *Journal of affective disorders*, 259: 271-278.

- Kodogo, V., Azibani, F., Sliwa, K. 2019. Role of Pregnancy Hormones and Hormonal Interaction On The Maternal Cardiovascular System: A Literature Review. *Clinical Research in Cardiology*, 108: 831-846.
- Kunikullaya, U. K., Kunnavil, R., Goturu, J., Prakash, V. S., Murthy, N. S. 2022. Short-Term Effects of Passive Listening To an Indian Musical Scale on Blood Pressure and Heart Rate Variability Among Healthy Individuals—A Randomised Controlled Trial. *Indian Journal of Physiology and Pharmacology*, 66(1): 29-44.
- Kusumahati, I. A., Sarwili, I., Agustina, M. 2021. Gamelan Music Therapy can Decreased Blood Pressure at Hypertension Patients. *Journal of Complementary Nursing*, 1(1): 1-6.
- Laksmidewi, A.P., Dewi, V.T 2019. Classic and Traditional Music Role in Cognitive Function and Critically Ill Patients. *IntechOpen*, London.
- LoMauro, A., Aliverti, A. 2015. Respiratory Physiology of Pregnancy: Physiology Masterclass. *Breathe*, 11(4): 297-301.
- Martini, F.H., Nath, J.L., Bartholomey, E.F. 2018. *Fundamental of Anatomy & Physiology 11th Edition*. Pearson Education, London.
- Memon, M. A., Ting, H., Cheah, J. H., Thurasamy, R., Chuah, F., Cham, T. H. 2020. Sample size for survey research: Review and recommendations. *Journal of Applied Structural Equation Modeling*, 4(2): 1-20.
- Mockridge, A., MacLennan, K. 2019. Physiology of pregnancy. *Anaesthesia & Intensive Care Medicine*, 20(7): 397-401.
- Mulki, M.M.M., Sunarjo, L. 2021. Effectiveness of Deep Breath Relaxation Techniques and Music Therapy on Reducing Anxiety Level among Preoperative Patients. *International Journal of Nursing and Health Services (IJNHS)*, 4(1): 59-65.
- Newman, M. G., Lafreniere, L. S., Jacobson, N. C. 2018. Relaxation-induced Anxiety: Effects of Peak and Trajectories of Change on Treatment Outcome For Generalized Anxiety Disorder. *Psychotherapy Research*, 28(4): 616-629.
- NHS. 2021. *High Blood Pressure (Hypertension) and Pregnancy* (online). National Health Service. Diakses 27 Mei 2024.
- NHS Inform. 2023. *Breathing and Relaxation Exercises for Stress* (online). National Health Service. <https://www.nhs.uk/mental-health/self->

[help/guides-tools-and-activities/breathing-exercises-for-stress/](https://www.nichd.nih.gov/health/topics/pregnancy/conditioninfo/complications) Diakses 7 Maret 2024.

- NICHHD. 2021. *What are Some Common Complications of Pregnancy?* (online). National Institute of Child Health and Human Development. <https://www.nichd.nih.gov/health/topics/pregnancy/conditioninfo/complications> Diakses 26 Mei 2024.
- Noble, D. J., Hochman, S. 2019. Hypothesis: Pulmonary Afferent Activity Patterns During Slow, Deep Breathing Contribute To The Neural Induction Of Physiological Relaxation. *Frontiers in Physiology*, 10: 468017.
- Novelia, S., Rukmaini, Sari, E.P. 2024. Stress Levels and Pre-Eclampsia in Pregnancy. *Health and Technology Journal*, 2(1): 81-86.
- Nursyifah, R., Setiawati, D., Suryaningsih, R. 2023. Risk Factor Analysis of Anxiety Disorder in Third Trimester Pregnant Women. *Green Medical Journal*, 5(2): 49-58.
- Permenkes. 2021. *Peraturan Menteri Kesehatan Republik Indonesia Nomor 21 Tahun 2021 tentang Penyelenggaraan Pelayanan Kesehatan Masa Sebelum Hamil, Masa Hamil, Persalinan, dan Masa Sesudah Melahirkan, Pelayanan Kontrasepsi, dan Pelayanan Kesehatan Seksual*. Kementerian Kesehatan, Jakarta. 184 hal.
- Pillay, P.S., Catherine, N.P., Tolppanen, H., Mebazaa, A. 2016. Physiological Changes in Pregnancy. *Cardiovascular Journal of Africa*, 27(2): 89-94.
- Prasetio, C. E., Triwahyuni, A., Prathama, A. G. 2022. Psychometric Properties of Self-Report Questionnaire-20 (SRQ-20) Indonesian Version. *Jurnal Psikologi*, 49(1): 69-86.
- Prastini, M. S. A., Herawati, L., Frety, E. E. 2022. The Effect Of Progressive Muscle Relaxation and Slow Deep Breathing Combinations on Sleep Quality of Pregnant Women. *Halaman Olahraga Nusantara*, 5(1): 158-169.
- Puspitaningdyah, F., Sekali, M. P. K., Eka, N. G. A., Zega, W. S. H. 2021. Effectiveness of Deep Breathing Relaxation and Music Therapy as a Pain-Reducing Intervention in Post-Caesarean Section Patients. *Atlantis Press International B.V.*, 2(1): 1-5.
- Putri, G. 2022. *Perubahan Fisik dan Psikis pada Ibu Hamil* (online). Pelayanan Kesehatan Kementerian Kesehatan.

https://yankes.kemkes.go.id/view_artikel/410/perubahan-fisik-dan-psikis- Diakses 5 Mei 2024.

- Putri, R.A. 2023. Pengaruh Intervensi Relaksasi Napas Dalam terhadap Tanda Vital pada Ibu Hamil Di Wilayah Kerja Puskesmas Purwokerto Barat, Kab. Banyumas. *Skripsi*. Fakultas Kedokteran. Universitas Jenderal Soedirman, Purwokerto.
- Raad, G., Tanius, J., Azoury, J., Daher, A., Fakh, C., Bakos, H. W. 2021. Neurophysiology Of Cognitive Behavioural Therapy, Deep Breathing And Progressive Muscle Relaxation Used In Conjunction With ART Treatments: A Narrative Review. *Human Reproduction Update*, 27(2): 324-338.
- Rana, S., Lemoine, E., Granger, J.P., Karumanchi, S.A. 2019. Preeclampsia. *AHA Journal*, 124: 1094-1112.
- Resnanda, E. D., Wulandari, T. S., Kurniawati, R. 2022. Efektivitas Relaksasi Otot Progresif dalam Menurunkan Ansietas Ditandai Stres Berlebihan Pada Mahasiswa D-III Keperawatan Yang Sedang Menyelesaikan Tugas Akhir. *Jurnal Ilmiah Keperawatan dan Kesehatan Alkautsar (JIKKA)*, 1(1): 1-6.
- Rojiani, R., Santoyo, J.F., Rahrig, H., Roth, H.D., Britton, W. B. 2017. Women Benefit More Than Men In Response To College-Based Meditation Training. *Frontiers in psychology*, 8: 254657.
- Sari, L. P., Rosalina, R. 2021. Decrease Anxiety in The Third Trimester of Pregnancy: Impact On Hypnobirthing. *Jurnal Kesehatan Ibu dan Anak*, 15(2): 156-162.
- Sastra, L., Reni, I. 2022. Pengaruh Musik Tradisional Indonesia Terhadap Stres Pada Pasien Diabetes Melitus Tipe II. *KnE Life Sciences*, 20(2): 706-717.
- Sastroasmoro, S., Ismael, S. 2014. *Dasar-dasar Metodologi Penelitian Klinis Edisi 5*. Sagung Seto, Jakarta.
- Shahoud, J.S., Sanvictores, T., Aeddula, N.R. 2019. Physiology, Arterial Pressure Regulation. *Europe PMC*, 30(8): 60-74.
- Sherwood, L. 2021. *Introduction to Human Physiology 9th Edition*. Cengage Learning, Amerika Serikat.
- Shimada, B.M.O., Santos, M.D.S.O.M.D., Cabral, M.A., Silva, V.O., Vagetti, G.C. 2021. Interventions Among Pregnant Women in The Field of

Music Therapy: A Systematic Review. *Revista Brasileira de Ginecologia e Obstetricia/RBGO-Gynecology and Obstetrics*, 43(5): 403-413.

Tandirerung, R. J., Krisna, A.A.N. 2023. The Effect Of Mozart's Classical Music On Blood Pressure In Wistar White Rats (*Rattus Norvegicus*). *Bali Medical Journal*, 12(2): 2055-2057.

Toussaint, L., Nguyen, Q.A., Roettger, C., Dixon, K., Offenbacher, M., Sirois, F. 2021. Effectiveness of Progressive Muscle Relaxation, Deep Breathing, and Guided Imagery in Promoting Psychological and Physiological States of Relaxation. *Evidence-Based Complementary and Alternative Medicine*, 20(1): e5924040

Valevicius, D., Lépine Lopez, A., Diushekeeva, A., Lee, A. C., Roy, M. 2023. Emotional Responses to Favorite and Relaxing Music Predict Music-Induced Hypoalgesia. *Frontiers in Pain Research*, 1(4): 1210572.

Wahyuningsih, T., Warongan, A.W, Rayansari, F. 2020. Pengaruh Terapi Musik Degung terhadap Tingkat Nyeri Pada Pasien Post Orif (Reduksi Terbuka Dan Fiksasi Internal) Fraktur Ekstremitas Bawah Di RSUD Kabupaten Tangerang. *Jurnal Keperawatan Islam* , 5(2): 121-126.

WHO. 2017. *A User's Guide to The Self Reporting Questionnaire*. World Health Organization, Geneva.

WHO. 2024. *Maternal Mental Health* (online). World Health Organization. <https://www.who.int/teams/mental-health-and-substance-use/> Diakses 3 Maret 2024.

Williamson, L. 2023. *Are Heart Rate and Blood Pressure The Same?* (online). American Heart Association News. <https://www.heart.org> Diakses 2 Juni 2024.

Wulff, V., Hepp, P., Fehm, T., Schaal, N. K. 2017. Music in Obstetrics: An Intervention Option to Reduce Tension, Pain and Stress. *GebFra Science*, 77 (9): 967-975.

Yang, Y., Wu, N. 2022. Gestational Diabetes Mellitus and Preeclampsia: Correlation and Influencing Factors. *Frontiers in Cardiovascular Medicine*, 9: 831297.

Zhang, S., Ding, Z., Liu, H., Chen, Z., Wu, J., Zhang, Y., Yu, Y. 2013. Association between mental stress and gestational hypertension/preeclampsia: a meta-analysis. *Obstetrical & gynecological survey*, 68(12): 825-834.