

ABSTRAK

PENGARUH RELAKSASI BENSON TERHADAP KECEMASAN MENJELANG PERSALINAN PADA IBU HAMIL TRIMESTER III

Ida Marfu'ah¹, Lutfatul Latifah², Nina Setiawati²

Latar Belakang : Kecemasan ibu hamil trimester III akan semakin meningkat dan intensif seiring dengan mendekatnya proses persalinan. Apabila kecemasan dibiarkan maka akan memberikan efek negatif baik pada ibu maupun janinnya. Salah satu terapi yang digunakan untuk mengurangi kecemasan ibu hamil adalah dengan memberikan relaksasi benson.

Tujuan : Mengetahui pengaruh relaksasi benson terhadap kecemasan menjelang persalinan pada ibu hamil trimester III.

Metode : Penelitian ini menggunakan *quasy experimental non randomized pretest and posttest with control group design*. Teknik *sampling* yang digunakan adalah *quota sampling*, yakni sebanyak 22 responden pada masing-masing kelompok. Instrumen kecemasan menggunakan kuesioner *Zung Self-Rating Anxiety Scale (ZSAS)*. Analisis data menggunakan *Uji Paired Sampel t Test* dan *Uji Independent Sampel t Test*.

Hasil : Rerata usia kelompok intervensi adalah 27,64 tahun dan kelompok kontrol 31,09 tahun. Mayoritas responden berpendidikan SMA/SMK, merupakan ibu rumah tangga (IRT) dan multigravida. Terdapat perbedaan skor kecemasan sebelum dan sesudah pemberian relaksasi benson pada kelompok intervensi ($p=0,000$) serta tidak ada perbedaan pada kelompok kontrol ($p=0,329$). Tidak ada perbedaan skor kecemasan antara kelompok intervensi dan kontrol sebelum perlakuan ($p= 0.260$) serta terdapat perbedaan skor kecemasan antara kedua kelompok sesudah perlakuan ($p=0,000$).

Kesimpulan : Terdapat pengaruh relaksasi benson terhadap kecemasan menjelang persalinan pada ibu hamil trimester III.

Kata Kunci : Relaksasi benson, kecemasan, kehamilan

¹Mahasiswa Jurusan Keperawatan, Fakultas Ilmu-ilmu Kesehatan, Universitas Jenderal Soedirman.

^{2,1} Departemen Keperawatan Maternitas, Fakultas Ilmu-ilmu Kesehatan, Universitas Jenderal Soedirman.

ABSTRACT

THE EFFECT OF BENSON'S RELAXATION ON PRENATAL ANXIETY OF PREGNANT MOTHERS IN THE THIRD TRIMESTER

Ida Marfu'ah¹, Lutfatul Latifah², Nina Setiawati²

Background: Anxiety of pregnant mothers will increase and become intensive towards the upcoming birth process. If the anxiety is left unchecked, it will give negative effects to the mother and her fetus. One therapy used to lessen prenatal anxiety is to give Benson's relaxation.

Objective: To determine the effects of Benson's relaxation addressed to prenatal anxiety of pregnant mothers in the third trimester.

Method : This research used quasy experimental non randomized pretest and posttest with control group design. The sampling technique of this research used quota sampling, which were 22 respondents in each group. The instrument used was Zung Self-Rating Anxiety Scale (ZSAS) questionnaire. The data was analyzed using Paired Sampel t Test and Independent Sample t Test.

Result : The mean age of the intervention group was 27,64 years old and the control group was 31,09 years old. Most respondents had high school education, were housewives and were multigravida. The result showed that there were differences in anxiety scores before and after the Benson's relaxation on the intervention group ($p=0,000$) and no difference on the control group ($p=0,329$). There were no differences in anxiety scores between the intervention and control groups before treatment ($p= 0.260$) and were differences in anxiety scores between the two groups after treatment ($p = 0,000$).

Conclusion : Benson's relaxation was effective to reduce prenatal anxiety of pregnant mothers in the third trimester of pregnancy

Keywords : Benson's relaxation, anxiety, pregnancy.

¹Student of Nursing Major, Faculty of Health Sciences, University of Jenderal Soedirman.

^{2,1} Department of Maternity Nursing, Faculty of Health Sciences, University of Jenderal Soedirman.