

Abstract

THE EFFECT OF COMBINATION OF CLASSICAL MUSIC THERAPY WITH ENDORPHIN MASSAGE ON ANXIETY OF HIGH RISK PREGNANT WOMEN

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Background : High-risk pregnancies often trigger anxiety that can adversely affect the physical and psychological health of the mother and fetus. This anxiety is influenced by various factors, such as concerns about the condition of the fetus, medical complications, uncertainty of the labor process, and lack of emotional support. One of the therapies to reduce anxiety of pregnant women is given a combination of classical music therapy and endorphin massage.

Objective : This study aimed to determine the effectiveness combination music classical with endorphin massage on anxiety of high risk pregnant women in the working area of South Purwokerto Public Health Center. Specifically, this study identified respondent characteristics and differences anxiety between the control and intervention groups before and after the intervention.

Methodology : This study used a quasi-experimental randomized pre and post test with control group design. The technique used probability sampling with cluster random sampling. The sample amounted to 36 respondents. Anxiety instrument using Perinatal Anxiety Screening Scale (PASS) questionnaire. Data analysis using paired sample t-test and independent sample t-test.

Research Result : The average age of respondents was 20-35 years in the intervention and control groups. The majority of respondents had a high school education level, did not work, 2nd trimester pregnancy, multigravida, and high risk age > 35 years. There is a difference in pretest posttest in the intervention group and control group. There was a difference in anxiety scores between the intervention and control groups after using a combination of classical music therapy and endorphin massage $p=0.000$ ($p<0.05$).

Conclusion: the combination of classical music therapy and endorphin massage can reduce anxiety in high-risk pregnant women.

Keywords: Anxiety, Classical music therapy, endorphin massage, high risk pregnancy