

CHAPTER V. CONCLUSION AND SUGGESTIONS

A. Conclusion

Based on the results of the research and discussion that has been described, it can be concluded that :

1. Characteristics of respondents in this study were the majority aged 20-35 years, had a high school education, were unemployed, had a second trimester pregnancy, were multigravida, and had a high risk of age >35 years.
2. There was a difference between pretest and posttest anxiety scores in the intervention group, where anxiety scores decreased.
3. There is a difference between pretest and posttest anxiety scores in the control group, where anxiety scores have increased.
4. There is no significant difference between pretest anxiety scores between the control group and the intervention group.
5. There is a significant difference between posttest anxiety scores in the intervention and control groups.

B. Suggestions

1. For nursing education institutions

Research on the combination of classical music therapy with endorphin massage is expected as a development of reference sources for nursing teaching materials to reduce the anxiety of pregnant women with high risk as a non-pharmacological treatment or in addition to using drugs.

2. For further research

Future research can address some of the limitations identified in this study to improve understanding of the effectiveness of the combination of classical music and endorphin massage therapy such as controlling environmental factors, namely room noise is very important to ensure that the comfort of participants is not disturbed during therapy, which will allow to get more accurate results. In addition, including variables such as psychological conditions, lifestyle, and economic factors will provide a more comprehensive understanding of the factors that influence anxiety in pregnant women. Expanding the time span of the study would also allow

for the observation of long-term effects, thus helping to determine whether the benefits of the therapy can be maintained over time. Addressing these limitations in future research will provide stronger insights into the effectiveness of the therapy and its impact on maternal well-being.

3. For pregnant women

It is hoped that after this study pregnant women can use a combination of classical music therapy with endorphin massage regularly so that the feeling of pregnancy becomes relaxed.

4. For the health department

This research can be used for socialization activities at each health center aimed at reducing the anxiety of pregnant women in the class of pregnant women or who come to the health center, especially for health center nurses as a non-pharmacological treatment.

