

DAFTAR PUSTAKA

- 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.
- Ariasih, A., Besral, Budiharsana, M., & Ronoatmodjo, S. (2024). Common Mental Disorders and Associated Factors During Pregnancy and the Postpartum Period in Indonesia: An Analysis of Data From the 2018 Basic Health Research. *Journal of preventive medicine and public health = Yebang Uihakhoe chi*, 57(4), 388–398. <https://doi.org/10.3961/jpmph.24.082>
- Azizah, A. A., Ardiani. D, N., 2024. *Penerapan Terapi Musik Dalam Penurunan Kecemasan Pada Pasien Intra Operatif Sectio Caesarea Di Ruang Instalasi Bedah Sentral (Ibs) Rsud Kartini Karanganyar* (Doctoral dissertation, Universitas Kusuma Husada Surakarta).
- Badan Pusat Statistik. 2023. *Profil Statistik Kesehatan 2023*. BPS. [Online].<https://www.bps.go.id/id/publication/2023/12/20/feffe5519c812d560bb131ca/profil-statistik-kesehatan-2023.html>. Diakses 23 Januari 2025
- Bappenas. 2023. LITERASI – SDGs Indonesia (online). Badan Perencanaan Pembangunan Nasional. <https://sdgs.bappenas.go.id/literasi/> Diakses 25 Januari 2025.
- Beusenberg, M, Orley, John H & World Health Organization. Division of Mental Health. 1994. A User's guide to the self reporting questionnaire (SRQ / compiled by M. Beusenberg and J. Orley. World Health Organization. <https://iris.who.int/handle/10665/61113>
- Bora, B. & Krishna, M. & Phukan, K.D. 2017. The Effects Of Tempo Of Music On Heart Rate, Blood Pressure and Respiratory Rate – A Study In Gauhati Medical College. *Indian Journal of Physiology and Pharmacology*. 61. 445-448.
- 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, McGraw-Hill.
- 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.
- de Witte, M. *et al.* (2020) 'Music therapy for stress reduction: a systematic review and meta-analysis', *Health Psychology Review*, 16(1), pp. 134–159. doi: 10.1080/17437199.2020.1846580.
- Dinas Kesehatan Banyumas. 2024. *Profil Kesehatan Tahun 2023*. Dinas Kesehatan Pemerintah Kabupaten Banyumas, Banyumas.

- Do, T. T. H., Bui, Q. T. T., Ha, B. T. T., Le, T. M., Le, V. T., Nguyen, Q. C. 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*, 15, 599–609.
- Dogan-Gangal, A., Akin, B., & Kocoglu-Tanyer, D. (2024). Effect of Music-Based Interventions on Maternal and Fetal Parameters during Pregnancy: A Systematic Review. Auswirkungen von musikbasierten Interventionen auf maternale und fetale Parameter während der Schwangerschaft: Eine systematische Übersichtsarbeit. *Complementary medicine research*, 31(6), 540–550.
- Draghici, A. E., & Taylor, J. A. 2016. The physiological basis and measurement of heart rate variability in humans. *Journal of physiological anthropology*, 35(1), 22.
- Fisher, J., Mello, M.C.D., Patel, V., Rahman, A., Tran, T., Holton, S. and Holmes, W., 2012. Prevalence and determinants of common perinatal mental disorders in women in low-and lower-middle-income countries: a systematic review. *Bulletin of the World Health Organization*, 90, pp.139-149.
- Halbert, J. D., Van Tuyl, 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 TextBook of Medical Physiology. Edisi 14. Elsevier, Philadelphia.
- İçel, S., & Başoğlu, C. 2021. Effects of progressive muscle relaxation training with music therapy on sleep and anger of patients at Community Mental Health Center. *Complementary therapies in clinical practice*, 43, 101338.
- Jha, S., Salve, H. R., Goswami, K., Sagar, R., & Kant, S. 2021. Prevalence of Common Mental Disorders among pregnant women-Evidence from population-based study in rural Haryana, India. *Journal of family medicine and primary care*, 10(6), 2319–2324.
- Ji, C., Zhao, J., Nie, Q., & Wang, S. (2023). The role and outcomes of music therapy during pregnancy: a systematic review of randomized controlled trials. *Journal of Psychosomatic Obstetrics & Gynecology*, 45(1).
- Kemenkes, 2021. Profil Kesehatan Indonesia Tahun 2020. Kementerian Kesehatan RI, Jakarta.
- Kemenkes. 2024. Agar Ibu dan Bayi Selamat. *Sehat Negeriku (online)*. <https://sehatnegeriku.kemkes.go.id/baca/blog/20240125/3944849/agar-ibu-dan-bayi-selamat/>. Diakses 23 Januari 2025.
- Kow, F. P., Adlina, B., Sivasangari, S., Punithavathi, N., Ng, K. K., Ang, A. H., & Ong, L. M. (2018). The impact of music guided deep breathing exercise on

- blood pressure control - A participant blinded randomised controlled study. *The Medical journal of Malaysia*, 73(4), 233–238.
- Kulinski, J., Ofori, E. K., Visotcky, A., Smith, A., Sparapani, R., & Fleg, J. L. (2022). Effects of music on the cardiovascular system. *Trends in cardiovascular medicine*, 32(6), 390–398.
- 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 nn Blood Pressure and Heart Rate Variability Among Healthy Individuals–A Randomised Controlled Trial. *Indian Journal of Physiology and Pharmacology*, 66(1): 29-44.
- Kusumasari, R. R. V., Mulyani, T., Kurniati, F. D., Riyadi M. E., Hikmawati, A. N., 2024 “PENERAPAN TERAPI MUSIK KLASIK PADA IBU HAMIL TRIMESTER III DENGAN MASALAH KEPERAWATAN ANSIETAS”, *Nursing Science Journal (NSJ)*, 5(2), pp. 150 - 157.
- Kusumawati, Y. & Zulaekah, S., 2020, May. Pengetahuan Kesehatan Mental Ibu Hamil di Puskesmas Wilayah Kota Surakarta. *Prosiding University Research Colloquium*. Pp. 111-115.
- Li, Y., & Dong, Y. (2012). Preoperative music intervention for patients undergoing cesarean delivery. *International journal of gynaecology and obstetrics: the official organ of the International Federation of Gynaecology and Obstetrics*, 119(1), 81–83.
- Martini, F.H., Nath, J.L., Bartholomey, E.F. 2018. *Fundamental of Anatomy & Physiology* 11th Edition. Pearson Education, London.
- McCrary, J. M., & Altenmüller, E. 2021. Mechanisms of Music Impact: Autonomic Tone and the Physical Activity Roadmap to Advancing Understanding and Evidence-Based Policy. *Frontiers in psychology*, 12, 727231.
- Mir, I. A., Chowdhury, M., Islam, R. M., Ling, G. Y., Chowdhury, A. A. B. M., Hasan, Z. M., & Higashi, Y. (2021). Relaxing music reduces blood pressure and heart rate among pre-hypertensive young adults: A randomized control trial. *Journal of clinical hypertension (Greenwich, Conn.)*, 23(2), 317–322.
- Mojtabavi, H., Saghazadeh, A., Valenti, V. E., & Rezaei, N. (2020). Can music influence cardiac autonomic system? A systematic review and narrative synthesis to evaluate its impact on heart rate variability. *Complementary therapies in clinical practice*, 39, 101162.
- Navon – Eyal, M. and Taubman - Ben-Ari, O. (2023) ‘Psychological Well-being during Pregnancy: The Contribution of Stress Factors and Maternal-Fetal Bonding’, *Journal of Reproductive and Infant Psychology*, 43(1), pp. 47–61. doi: 10.1080/02646838.2023.2222143.
- NICHD. 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 23 Januari 2025.

Pascual, Z. N., & Langaker, M. D. 2023. Physiology, Pregnancy. StatPearls [Online].

https://www.ncbi.nlm.nih.gov/books/NBK559304/?report=reader#_NBK559304_pubdet_. Diakses 23 Januari 2025

Prahastuti, N.F., 2023. Psychometric Properties Analysis of Self-Reported Questionnaire (SRQ)-20 Instrument with Rasch Model. *INSAN: Jurnal Psikologi Dan Kesehatan Mental*, 8(2).

Prasetio, C.E., Triwahyuni, A. and Prathama, A.G., 2022. Psychometric Properties of Self-Report Questionnaire-20 (SRQ-20) Indonesian Version. *Jurnal Psikologi*, 49(1), pp.69-86.

R Armstrong, P Wheen, L Brandon, A Maree, R -A Kenny, Heart rate: control mechanisms, pathophysiology and assessment of the neurocardiac system in health and disease, *QJM: An International Journal of Medicine*, Volume 115, Issue 12, December 2022, Pages 806–812,

Raad, G., Tanios, J., Azoury, J., Daher, A., Fakh, C., Bakos, H.W. 2020. 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.

Rachmat, M., Wati, F., Hasnaeni, S.M., Hasliani, A., Hasnita, U.M., Bellani, E., Virani, D., Ikhsan¹⁰, M., Asrianti¹¹, T., Hidayat¹², M. and Anwar¹³, S.A., 2022. Detection of Mental Emotional Disorder Symptoms using SRQ-20 in Pregnant Women: A Case Example from South Sulawesi, Indonesia. *Jurnal Ilmiah Kesehatan (JIKA) Vol*, 4(1).

Rahayu, D.E., 2020. Efektifitas Terapi Musik Terhadap Pencegahan Postpartum Blues Pada Ibu Primipara. *Journal for Quality in Women's Health*, 3(2), pp.253-257.

Sammito, S., Thielmann, B., Bockelmann, I., 2024. Update: factors influencing heart rate variability-a narrative review. *Frontiers*. 15.

Shafqat, N., Agrawal, A., Pushpalatha, K., Singh, B., Verma, R., Podder, L., Das, S., & Sutar, R. F. (2024). Effect of Music Therapy on Anxiety in Pregnancy: A Systematic Review of Randomized Controlled Trials. *Cureus*, 16(9), e69066.

Sherwood, L. 2021. Introduction to Human Physiology 9 th Edition. Cengage Learning, Amerika Serikat.

Silverthorn, D. U., Johnson, B. R., & Silverthorn, A. C. 2016. *Human physiology : an integrated approach* (Seventh edition, Global edition). Pearson Education Limited.

- Suharnah, H. and Jama, F., 2021. Pengaruh Terapi Musik Klasik terhadap Tingkat Kecemasan Pada Ibu Hamil Primigravida Trimester III. *Window of Nursing Journal*, pp.54-63.
- Teckenberg-Jansson, P., Turunen, S., Pölkki, T., Lauri-Haikala, M. J., Lipsanen, J., Henelius, A., ... Huotilainen, M. (2019). Effects of live music therapy on heart rate variability and self-reported stress and anxiety among hospitalized pregnant women: A randomized controlled trial. *Nordic Journal of Music Therapy*, 28(1), 7–26.
- Trappe, H.J., 2012. Music and medicine: The effects of music on the human being. *Applied Cardiopulmonary Pathophysiology*, 16(2), pp.133-142.
- Ulfah, U., Ratnasih, T. and Syamiyah, S., 2021. Upaya Meningkatkan Kecerdasan Emosional Anak Melalui Kegiatan Mendengarkan Musik Relaksasi. *Generasi Emas*, 4(1), Pp.65-73.
- UNICEF, 2024. *Laporan Tahunan 2023 (online)*. UNICEF. Jakarta. Pp 12-13.
- Van der Westhuizen, C., Wyatt, G., Williams, J. K., Stein, D. J., & Sorsdahl, K. 2016. Validation of the Self Reporting Questionnaire 20-Item (SRQ-20) for Use in a Low- and Middle-Income Country Emergency Centre Setting. *International journal of mental health and addiction*, 14(1), 37–48.
- Wulandary, H., Sitorus, R.A. and Pamungkas, A.M.A., 2021. Pengaruh Musik Klasik Terhadap Penurunan Tekanan Darah Pada Ibu Hamil Dengan Hipertensi Di Klinik Rismala. *Jurnal Kebidanan*, pp.265-274
- Wulff, V., Hepp, P., Fehm, T., & Schaal, N. K. (2017). Music in Obstetrics: An Intervention Option to Reduce Tension, Pain and Stress. *Geburtshilfe und Frauenheilkunde*, 77(9), 967–975.
- Yükseköl, Ö. D., & Başer, M. (2020). The Effect Of Music On Arterial Blood Pressure And Anxiety Levels In Pregnant Women Hospitalized Due To Mild Preeclampsia: A Pilot Randomized Controlled Trial. *European Journal of Integrative Medicine*, 35, 1-6
- Zhao, J., Yang, J., Huang, C., Chen, Y., Pan, L., & Han, W. (2025). Effects of Short-Term Music Therapy on Negative Emotions and Quality of Life in Primiparas. *Noise & health*, 27(124), 1–6.