

PENGARUH RELAKSASI GENGAM JARI TERHADAP KECEMASAN IBU HAMIL TRIMESTER III

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Abstrak

Latar Belakang: Ibu hamil trimester III mengalami kecemasan yang terus meningkat dan intensif seiring dengan mendekatnya kelahiran bayi. Kecemasan dapat memberikan efek negatif bagi ibu dan bayi. Teknik relaksasi genggam jari merupakan salah satu teknik relaksasi yang dapat digunakan untuk mengatasi kecemasan.

Tujuan: Mengetahui pengaruh teknik relaksasi genggam jari terhadap kecemasan ibu hamil trimester III.

Metode: Penelitian ini menggunakan desain *quasy experimental pretest and posttest with control group*. Teknik pengambilan sampel yang digunakan yaitu *purposive sampling*. Sampel berjumlah 36 (18 kelompok intervensi dan 18 kelompok kontrol). Instrumen kecemasan yang digunakan yaitu Zung-Self Anxiety Rating Scle (ZSAS). Uji yang digunakan adalah uji *Wilcoxon*, *Mann-Whitney*, dan *Paired T Test*.

Hasil: Rata-rata usia kelompok intervensi yaitu 28,17 tahun dan kontrol yaitu 28,83 tahun. Kebanyakan responden berpendidikan SMA/SMK dan mayoritas tidak bekerja. Tidak ada perbedaan skor kecemasan antara kelompok intervensi dan kontrol sebelum perlakuan dengan $p=0,135$. Terdapat perbedaan skor kecemasan kedua kelompok sesudah perlakuan dengan $p=0,000$.

Kesimpulan: Terdapat pengaruh relaksasi genggam jari terhadap kecemasan ibu hamil trimester III.

Kata Kunci: Ibu hamil trimester III, kecemasan, terapi genggam jari

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THE EFFECT OF FINGERHOLD RELAXATION ON PREGNANT WOMEN ANXIETY TRIMESTER III

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Abstract

Background: Pregnant women in the third trimester have increased intensively anxiety along with the approaching of childbirth. Anxiety can have a negative effect on mother and baby. One of relaxation technique used to deal with anxiety is the fingerhold relaxation technique.

Objective: To determine the effect of fingerhold relaxation technique on maternal anxiety in the third trimester.

Method: This study used quasy experimental pretest and posttest with control group design. Sampling technique used purposive sampling. A total of 36 respondents were divided into intervention (18) and control group (18). The anxiety instrument used Zung-Self Anxiety Rating Scale (ZSAS). Data was analyzed by Wilcoxon, Mann-Whitney, and Paired T-test.

Results: The mean age of the intervention group was 28.17 years old and control group was 28.83 years old. Majority of respondents had high school / vocational education and did not work. There were no differences in anxiety scores between the intervention group and control group before treatment with $p = 0.135$. There were differences in anxiety scores on between groups after treatment with $p = 0,000$.

Conclusion: There was an effect of fingerhold relaxation on the anxiety of third trimester pregnant women.

Keywords: third trimester pregnant women, anxiety, fingerhold therapy

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