

## **PREGNANT MOTHER'S ANXIETY LEVEL DECREASED DURING THE COVID-19 PANDEMIC AT DADIREJO PUSKESMAS**

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### **ABSTRACT**

*Background: Anxiety is one of the emotional disorders that are often experienced by pregnant women. The COVID-19 pandemic causes pregnant women to feel afraid and anxious when carrying out pregnancy tests, this can be seen from the data on the decrease in the number of visits by pregnant women at the Dadirejo Health Center during the COVID-19 pandemic. Relaxation technique is one of the non-pharmacological therapies to overcome anxiety in pregnant women, one of which is the Benson relaxation technique through video media*

*Objective: To determine the effect of giving Benson relaxation technique videos on reducing anxiety levels of pregnant women during the covid-19 pandemic at Dadirejo Health Center*

*Methods: This research is a quantitative research with a quasi-experimental research design using a two group pretest – posttest design. The sampling technique used a purposive sampling technique with the research sample being all pregnant women who attended class activities for pregnant women in villages in the Dadirejo Health Center and Bagelen Health Center area. The number of samples was 102 respondents, divided into 51 respondents were the experimental group and 51 respondents were the control group. The measuring instrument used is the PASS scale questionnaire. Data analysis used Wilcoxon and Mann Whitney test.*

*Research Results: Univariate The results of the analysis showed the mean pretest score of anxiety in the experimental group was 21.51 categorized as mild anxiety and the control group average was 18.02 categorized as not anxious. In the post-test, the mean score in the experimental group was 13.96 and the control group was 12.69 which was categorized as not anxious, which means that the anxiety score of the experimental group decreased from mild anxiety to mild anxiety and in the control group tended to remain. The results of the Mann Whitney test obtained  $p = 0.001$  which means that there is a significant difference between the anxiety scores of the experimental group and the control group where the decrease in anxiety scores in the experimental group is higher than the control group.*

*Conclusion: Giving a video of the Benson relaxation technique has an effect on reducing the anxiety level of pregnant women during the covid-19 pandemic at the Dadirejo Health Center.*

**Keywords:** *Anxiety of pregnant women, Benson relaxation technique video, Decrease*

# PENGARUH VIDEO TEKNIK RELAKSASI BENSON TERHADAP PENURUNAN TINGKAT KECEMASAN IBU HAMIL PADA MASA PANDEMI COVID-19 DI PUSKESMAS DADIREJO

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## ABSTRAK

**Latar Belakang:** Kecemasan merupakan salah satu gangguan emosional yang sering dialami oleh ibu hamil. Pandemi COVID-19 menyebabkan ibu hamil merasa takut dan cemas saat melakukan pemeriksaan kehamilan, hal ini dapat dilihat dari data penurunan jumlah kunjungan ibu hamil di puskesmas Dadirejo selama masa pandemic COVID-19. Teknik relaksasi adalah salah satu terapi non farmakologi untuk mengatasi kecemasan pada ibu hamil, salah satunya adalah teknik relaksasi Benson melalui media video

**Tujuan:** Mengetahui pengaruh pemberian video Teknik relaksasi Benson terhadap penurunan tingkat kecemasan ibu hamil pada masa pandemi covid-19 di Puskesmas Dadirejo

**Metode:** Penelitian ini adalah jenis penelitian kuantitatif dengan desain penelitian *quasy experiment* menggunakan rancangan *two group pretest – posttest*. Teknik sampling menggunakan pendekatan tehnik *Purposive Sampling* dengan sampel penelitian adalah semua ibu hamil yang hadir pada kegiatan kelas ibu hamil di desa yang ada di wilayah Puskesmas Dadirejo dan Puskesmas Bagelen. Jumlah sampel sebanyak 102 responden, terbagi atas 51 responden adalah kelompok eksperimen dan 51 responden adalah kelompok kontrol. Alat ukur yang digunakan adalah kuesioner skala PASS. Analisis data menggunakan uji *Wilcoxon dan Mann Whitney*.

**Hasil Penelitian:** Univariate Hasil analisis menunjukkan rerata skor pretest kecemasan pada kelompok eksperimen adalah 21,51 dikategorikan kecemasan ringan dan rerata kelompok kontrol 18,02 dikategorikan tidak cemas. Pada *post-test*, rerata skor pada kelompok eksperimen adalah 13,96 dan kelompok kontrol 12,69 dikategorikan tidak cemas, yang berarti skor kecemasan kelompok eksperimen menurun dari kecemasan ringan ringan menjadi tidak cemas dan pada kelompok kontrol cenderung tetap. Hasil *uji Mann Whitene*y didapatkan  $p=0,001$  yang artinya terdapat perbedaan yang bermakna antara skor kecemasan kelompok eksperimen dan kelompok control dimana penurunan skor kecemasan pada kelompok eksperimen lebih tinggi dari pada kelompok kontrol.

**Kesimpulan:** Pemberian video Teknik relaksasi Benson berpengaruh terhadap penurunan tingkat kecemasan ibu hamil pada masa pandemi covid-19 di Puskesmas Dadirejo.

**Kata Kunci:** Kecemasan ibu hamil, Video teknik relaksasi Benson, Penurunan