

**PERBEDAAN TINGKAT KECEMASAN IBU HAMIL TRIMESTER III
SAAT PANDEMI COVID-19 ANTARA PEMBERIAN MATERI DAN
TERAPI ZIKIR DI KALURAHAN PURWOMARTANI
KAPANEWON KALASAN**

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ABSTRAK

Latar Belakang: Pandemi COVID-19 telah memicu kecemasan, termasuk pada ibu hamil. Wanita hamil termasuk di kelompok yang berisiko tinggi tertular. Zikir, mengingat Tuhan dalam Islam, diyakini dapat memberikan kenyamanan. Zikir merupakan terapi yang mudah dan murah untuk menurunkan kecemasan.

Tujuan: Mengetahui perbedaan tingkat kecemasan sebelum dan sesudah diberikan materi dan perlakuan terapi zikir pada ibu hamil trimester III di pandemi COVID-19.

Metode: Penelitian *quasi-eksperimental* ini dilakukan pada 70 ibu hamil trimester tiga di Purwomartani Kalasan menggunakan teknik *purposive sampling* dengan *one group pre-test post-test design* yang memberikan perlakuan terapi zikir. Data dikumpulkan dari tanggal 9-16 Mei 2021 dengan menggunakan kuesioner terstruktur yang terdiri dari item sosio-demografis dan *Depression, Anxiety and Stress Scale (DASS-42)* menggunakan 'Google Form'. Analisis data menggunakan *Wilcoxon Signed-Rank Test*.

Hasil: Terdapat perbedaan tingkat kecemasan ibu hamil trimester III sebelum dan sesudah terapi zikir pada kelompok perlakuan. ($p\text{-value} = 0.000$) namun tidak terdapat perbedaan tingkat kecemasan sebelum dan sesudah materi zikir di kelompok kontrol ($p\text{-value} = 0.451$). Secara keseluruhan terdapat perbedaan tingkat kecemasan ibu hamil trimester III sebelum dan sesudah terapi zikir saat pandemi COVID-19 antara kelompok perlakuan dan kontrol. ($p\text{-value} = 0.005$)

Kesimpulan: Terdapat perbedaan tingkat kecemasan ibu hamil trimester III sebelum dan sesudah terapi zikir saat pandemi COVID-19 antara kelompok perlakuan dan kontrol. Tingkat kecemasan lebih rendah pada kelompok perlakuan yang diberikan terapi zikir.

Kata kunci: tingkat kecemasan, terapi zikir, perbedaan tingkat kecemasan

DIFFERENCES IN ANXIETY LEVEL OF PREGNANT WOMEN IN TRIMESTER III DURING THE COVID-19 PANDEMIC BETWEEN MATERIAL GIVING AND ZIKIR THERAPY IN PURWOMARTANI DISTRICT KALASAN

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ABSTRACT

Background: The COVID-19 pandemic has been triggered anxiety, including in pregnant women. Pregnant women are among those with a high-risk for contracting coronavirus. Dhikr, a remembrance to God in Islam, is believed in giving a comfort. Zikr is an easy and inexpensive therapy to reduce anxiety.

Aims: This study aimed to determine the difference in anxiety levels before and after being given the material and treatment of dhikr therapy in third trimester pregnant women in the COVID-19 pandemic

Method: A quasi-experimental study was carried out on 70 third trimester pregnant women in Purwomartani Kalasan, using purposive sampling technique with one group pre-test post-test design by giving dhikr therapy treatment. Data were collected from May, 9th to 16th 2021 using a structured self-administered questionnaire consisting of socio-demographic items and Depression, Anxiety and Stress Scale (DASS-42) using 'Google form'. Data was analyzed using Wilcoxon Signed-Rank Test technique.

Result: There were differences in the level of anxiety of pregnant women in third trimester before and after dhikr therapy in the treatment group. (p-value = 0.000) but there was no difference in the level of anxiety before and after the dhikr material in the control group (p-value = 0.451). Overall, there were differences in the level of anxiety of pregnant women in the third trimester before and after dhikr therapy during the COVID-19 pandemic between the treatment and control groups. (p-value = 0.005)

Conclusion: There were differences in the level of anxiety of pregnant women in the third trimester before and after dhikr therapy during the COVID-19 pandemic between the treatment and control groups. The level of anxiety was lower in the treatment group by given dhikr therapy.

Keywords: Anxiety level, dhikr therapy, differences in anxiety levels