

PENGARUH SPIRITUAL *MINDFULNESS BASED ON BREATHING EXERCISE* TERHADAP KECEMASAN IBU PRIMIGRAVIDA TRIMESTER III DI PUSKESMAS SEYEGAN

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ABSTRAK

Latar Belakang : Kehamilan pertama kali (primigravida) menimbulkan perasaan cemas yang dipengaruhi perubahan fisik yang terjadi. Ibu hamil terutama trimester III mengalami kecemasan saat semakin mendekati hari perkiraan lahir. Salah satu terapi nonfarmakologis yang efektif menurunkan kecemasan adalah spiritual *mindfulness based on breathing exercise* yang dapat meningkatkan kesadaran dan penerimaan diri ibu hamil terhadap kondisinya, sehingga kecemasan berkurang.

Tujuan : Mengetahui pengaruh spiritual *mindfulness based on breathing exercise* terhadap kecemasan ibu primigravida trimester III di Puskesmas Seyegan.

Metode : Jenis penelitian *quasi eksperiment* dengan *pretest posttest non equivalent control group design*. Populasi penelitian 70 responden dengan sampel masing-masing 35 responden sebagai kelompok intervensi dan kontrol dengan teknik *total sampling*. Instrumen penelitian menggunakan kuisioner *Pregnancy Stress Rating Scale*. Uji normalitas menggunakan *Kolmogorov Smirnov* dan uji statistik menggunakan Uji *Wilcoxon* dan Uji *Mann Whitney*.

Hasil : Terdapat perubahan signifikan sebelum dan sesudah diberikan intervensi spiritual *mindfulness based on breathing exercise* terhadap kecemasan ibu primigravida trimester III di Puskesmas Seyegan (p value = 0,000).

Kesimpulan : Terdapat pengaruh spiritual *mindfulness based on breathing exercise* terhadap kecemasan ibu primigravida trimester III di Puskesmas Seyegan.

Kata Kunci : *Spiritual Mindfulness Based On Breathing Exercise*, Kecemasan, Ibu Primigravida Trimester III

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**THE EFFECT OF SPIRITUAL MINDFULNESS BASED ON BREATHING
EXERCISE ON PRIMIGRAVIDAL MOTHER'S ANXIETY
TRIMESTER III AT PUSKESMAS SEYEGAN**

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ABSTRACT

Background : Pregnancy for the first time (primigravida) causes feelings of anxiety that are influenced by the physical changes that occur. Pregnant women, especially in the third trimester, experience anxiety as they approach the due date. One of the non-pharmacological therapies that are effective in reducing anxiety is spiritual mindfulness based on breathing exercise which can increase the awareness and self-acceptance of pregnant women to their condition, so that anxiety is reduced.

Objective : To determine the effect of spiritual mindfulness based on breathing exercise on the anxiety of third trimester primigravida mothers at Puskesmas Seyegan.

Methods : This type of research is quasi-experimental with pretest posttest non-equivalent control group design. The study population was 70 respondents with 35 respondents each as the intervention and control group with total sampling technique. The research instrument used a Pregnancy Stress Rating Scale questionnaire. Normality test using Kolmogorov Smirnov and statistical test using Wilcoxon test and Mann Whitney test.

Results : There was a significant change before and after being given a spiritual mindfulness based on breathing exercise intervention on the anxiety of third trimester primigravida mothers at the Seyegan Health Center (p value = 0.000).

Conclusion : There is an effect of spiritual mindfulness based on breathing exercise on the anxiety of third trimester primigravida mothers at Puskesmas Seyegan.

Keywords : Spiritual Mindfulness Based On Breathing Exercise, Anxiety, Mother Primigravida Trimester III

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