The Effect of Affirmation Relaxation Techniques on Anxiety Levels in Third-Trimester Pregnant Women

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Abstract:
Pregnancy is often found with psychological changes, one of which is anxiety; high anxiety can cause negative impacts in the form of labor pain and the occurrence of maternal and fetal mortality during the delivery process. To prevent and overcome anxiety can be overcome by affirmation relaxation. Relaxation affirmation combines breathing and the repetition of simple positive sentences carried out regularly to improve the condition of being relaxed and self-integrated and create good self-efficacy. This study aims to know the effect of affirmation relaxation techniques on anxiety levels in third-trimester pregnant women at Cibinong Health Center. This study used a pre-experiment with one group, and the pre-test-posttest design—data analysis was done using a paired T-test. Sample selection in this study used a purposive sampling technique, namely sample selection, so the sample amounted to 30 people. The average level of anxiety in third-trimester pregnant women before and after the intervention was based on statistical tests with paired sample t-tests with a value of $p = 0.000$ ($p < 0.05$). There is an effect of giving affirmation relaxation techniques to reduce anxiety levels in third-trimester pregnant women at the Cibinong-Bogor Health Center in 2023.

INTRODUCTION

One of the problems that still exists in Indonesia is the maternal mortality rate (MMR). The government is always trying to accelerate the reduction of MMR in Indonesia. SUPAS 2015 data shows that the MMR is 305 per 100,000 live births, while the National Medium-Term Development Plan (RPJMN) 2020-2024 target is 183 per 100,000 live births. So, efforts are needed to accelerate a reduction of 5.5% per year. In the RPJMN 2020-2024, reducing MMR is the third National Priority, namely Improving the Quality and Competitiveness of Human Resources (Bappenas, 2022)

Pregnancy is a natural development where a woman nurtures and nurtures the fetus growing in her womb for nine months. This process begins when sperm fertilizes an egg, and the fertilized egg attaches to the uterine lining, eventually forming an embryo (Rahmawati & Murtaqib, 2024). During antenatal visits, pregnant women may complain of feeling uncomfortable. Pregnancy will cause hormonal changes in women due to an increase in the hormones estrogen, progesterone, and the hormone chorionic gonadotropin (HCG) (Novelia et al., 2023). Pregnancy can be a very complex social and psychological transition process in which not only biological changes occur, but there are also changes in the social, cultural, psychological, and emotional aspects of a woman. One of the psychological changes experienced by pregnant women is feelings of anxiety, fear, and

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even depression (Dafiq et al., 2022). Stress management is one way that can help reduce anxiety levels and other psychosocial problems. Stress management is one way that can help reduce anxiety levels and other psychosocial problems. There is a need to increase knowledge with health education so that sufferers can have a better attitude towards their health problems (Kurniyawan et al., 2024).

Anxiety is described as the emergence of a psychological reaction to a situation that has just been experienced. Symptoms of anxiety that arise must be responded to with full vigilance so that a person perceives stressful situations as normal; there is no need to feel nervous and afraid of failure. Anxiety arises when individuals do not adapt to the problems they face. Women are more emotional because they have difficulty managing emotions and are more easily influenced by external pressure (Hidayaturrohkim et al., 2022). Anxiety is a problem that needs to be handled by health workers, considering the negative impact that feelings of anxiety can have. In addition to pharmacological therapy, complementary therapies are often an option to treat anxiety-related problems (Imam et al., 2024).

The relaxation technique combines deep breathing relaxation and repetition of simple positive sentences in a gradual and programmed manner. Individuals who apply relaxation affirmations regularly can have positive impacts both physically and psychologically. Humans need support and positive energy from the environment and themselves and a relaxed body to change unwanted behavior into desired behavior, reduce fatigue and excessive stress levels, and love themselves more (Rahmawati et al., 2024).

Therefore, anxiety needs to be treated immediately with methods that can be accepted by the mother, one of which is by providing affirmation relaxation techniques. Affirmation relaxation techniques include anxiety management carried out using physical strategies (deep breath relaxation) and cognitive strategies (affirmation) (Rahmawati, 2013). This study aims to know the effect of affirmation relaxation techniques on anxiety levels in third-trimester pregnant women at Cibinong Health Center.

METHOD

The method used in this research is pre-experiment. The design form used in the research is One Group Pretest-Posttest Design. According to Sugiyono (2016), the population is a generalization area consisting of objects/subjects with certain qualities and characteristics set by researchers to study and then draw conclusions. The method used in this research is pre-experiment. The design form used in the research is One Group Pretest-Posttest Design. According to Sugiyono (2016), population is a generalization area consisting of objects/subjects with certain qualities and characteristics set by researchers to study and then draw conclusions. The population in this study were pregnant women in the Cibinong-Bogor health center work area in 2023 from September to November, totaling 371 pregnant women and 30 pregnant women in the third trimester primigravida.

The researcher has determined the inclusion and exclusion criteria. Inclusion criteria are third-trimester pregnant women with no pregnancy complications and willingness to be a respondent. The criteria do not include the following: First- and second-trimester pregnant women and uncooperative pregnant women. Data analysis is using the paired t-test.

RESULT

Univariate Analysis

Table 1. Univariate Analysis

Anxiety	N	Mean	Std. Deviation	Min	Max
Before Intervention	30	28.20	4.816	20	37
After Intervention	30	14.83	4.720	4	23

Based on Table 1, the average anxiety level in third-trimester pregnant women before the intervention is 28.20, with a standard deviation of 4.816. In contrast, the average anxiety level in third-trimester pregnant women after the intervention decreased to 14.83, with a standard deviation of 4.720.

Bivariate Analysis

Table 2. The Effect of Affirmation Relaxation Techniques on Anxiety Levels in Third-Trimester Pregnant Women at Cibinong Health Center

Anxiety	N	Mean	Std. Deviation	p-value
Before Intervention	30	28.20	4.816	0.000
After Intervention	30	14.83	4.720	

Based on Table 2, the results obtained in the paired sample t-test test with a value of p=0.000 (p<0.05) mean that there is a significant difference in the effect of providing affirmation relaxation techniques on anxiety levels in third-trimester pregnant women at Cibinong Health Center.

DISCUSSION

Based on the results of research in the Cibinong Health Center work area before the intervention, it was 28.20 with a standard deviation of 4.816, while the average anxiety level in third-trimester pregnant women after the intervention decreased to 14.83 with a standard deviation of 4.720. that there is a decrease in the average anxiety level of third-trimester pregnant women after being given the affirmation relaxation technique.

When relaxing, the affirmation is then sent to the medulla and conveys information about the increase in blood pressure and is forwarded to the brain; the effect is that the parasympathetic nerves experience increased activity, and the sympathetic nerves experience decreased activity as well as chemoreceptors. Acute response to increased blood pressure and pulmonary inflation will reduce heart rate frequency and response to several blood vessels (Alwan, 2018).

Based on researchers' assumptions, how to overcome anxiety in third-trimester pregnant women using non-pharmacological methods, one of which is with affirmation relaxation techniques through deep breathing and positive words spoken repeatedly, making pregnant women relax and manage themselves well towards a more positive point of view.

Based on the study's results, there is a statistical test with a p-value of 0.008, which means Ho is rejected; the study concludes that affirmation relaxation techniques have a very significant effect on the anxiety level of third-trimester pregnant women.

Affirmation relaxation exercises can be practiced at bedtime, with slow and deep breathing for 1 or 2 minutes being calming. Contraction and relaxation can reduce tension and prepare the body to rest. Positive thinking and prayer can reduce anxiety (Mayangsari & Noorbaya, 2024).

This study's results align with the research of Rahmawati (2013). obtained statistical test results with a p-value of 0.008, which means Ho is rejected; the conclusion of the study is that there is a very significant effect of affirmation relaxation techniques on the anxiety level of third-trimester pregnant women. In the study, there was a very significant effect of affirmation relaxation techniques on the anxiety level of primigravida mothers in trimester III in the Patrang Health Center Working Area of Jember Regency.

Researchers assume that the provision of affirmation relaxation techniques can reduce anxiety levels in third-trimester pregnant women because respondents are cooperative during the provision of affirmation relaxation techniques and are followed consistently during the intervention to help more quickly reduce anxiety levels in third-trimester pregnant women.

CONCLUSION

The average level of anxiety in third-trimester pregnant women at Cibinong Health Center before the intervention was 28.20. The average level of anxiety in third-trimester pregnant women at Cibinong Health Center after the intervention decreased to 14.833. There is an effect of affirmation relaxation techniques on the anxiety level of third-trimester pregnant women at Cibnong Health Center obtained the results of a paired sample test with a value of p=0.00 (p<0.05). There is a significant difference between the provision of affirmation relaxation techniques before the intervention and after the intervention of affirmation relaxation techniques.

ACKNOWLEDGEMENT

CONFLICT OF INTEREST

There is no conflict of interest in conducting this research.

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