

The Influence of Gentle Birth on the Anxiety of TM III Primigravida Mothers in Preparation for Childbirth at TPMB Diah Arista, Wringinpitu Village, Tegaldlimo District"

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Abstract

Anxiety during pregnancy triggers changes in physical activity, nutrition and sleep, which have an impact on changes in the mother's mood and fetal development. The research design used was pre-experimental designs, using a one group pre test-post test design approach, in this study the population was Primigravida Mothers in Preparation for Childbirth, sampling using the Accidental Sampling technique obtained a sample of 30 respondents to determine the influence between the two variables. The Wilcoxon statistical test was carried out with a significance level of 0.05. The research results obtained before the Gentle Birth were carried out, most of the respondents experienced a level of anxiety in preparation for the moderate category of birth, 17 respondents (56.7%) and after the Gentle Birth, almost all respondents experienced a level of anxiety in preparation for the mild category of birth, 28 respondents (93.3%). Based on the results of the Wilcoxon statistical test with the SPSS 25 for Windows program, the calculated Z value was $-4.964 > Z_{table} -1.645$ or Asymp. Sig. (2-tailed) of p-value $0.000 < \alpha 0.05$ then H_0 is rejected and H_1 is accepted. The position of gentle birth in a birth is to convey an understanding of how childbirth is considered a natural thing that is part of the human life cycle.

Kata Kunci : Gentle Birth, Anxiety, Primigravida, Childbirth.

INTRODUCTION

The various impacts of anxiety that can occur are increasing the risk of LBW and premature birth. Apart from that, the impact that occurs on the mother is the weakening of uterine muscle contractions during the birth process due to the release of catecholamine and adrenaline hormones which can inhibit the release of the hormone oxytocin and weakening of uterine muscle contractions can cause prolonged labor so that it can increase the incidence of infection and fatigue in pregnant women 7. Anxiety has been proven to be a mental disorder that often occurs in pregnant women, including being more present in the third trimester of pregnancy. Higher levels of anxiety in the third trimester of pregnancy may be related to the proximity of labor which is perceived by some pregnant women as vulnerable moments 6.

There are many things that mothers can do to overcome anxiety when pregnant women face childbirth, including the gentle birth relaxation method which is a series of processes that must be carried out from the pregnancy period using relaxation methods, hopefully the process of labor until the baby is born can be done by the mother to overcome anxiety 8. Gentle Birth is a method of giving birth with a holistic approach that is soul-friendly, upholds the wisdom of childbirth which is based on natural principles and is carried out in an environment that is friendly and familiar to a mother. The position of gentle birth in a birth is to convey an understanding of how childbirth is considered a natural thing which is part of the human life cycle 9.

Gentle birth helps provide mental readiness and confidence to give birth naturally with minimal pain. Apart from that, gentle birth is a series of processes that must be carried out from pregnancy, labor until the baby is born. The benefits of gentle birth can not only be felt by the mother, but also benefit

the baby and the surrounding family. Among the benefits of gentle birth for pregnant women, one of them is that mothers can give birth calmly, free from anxiety. 8. This aims to help the welfare of pregnant women and fetuses, according to Wahyuni (2016) the welfare of pregnant women and fetuses is a condition where the fetus is in a state of prosperity. measured based on heart rate and fetal movements.

METHOD

The type of research in this research is quantitative research using the pre-experimental design method.

Design

Research design is the final result of a decision stage made by researchers relating to how research can be implemented 27. The research design used is one group pre test-post test design, namely experimental research carried out on only one group selected randomly and There was no test of stability and clarity of the group's condition before being given treatment. The research design is one group pre test and post test design. This research design is measured using a pre test which is carried out before being given treatment and a post test which is carried out after being given treatment.

Sample

This research uses "Non Probability Sampling" with the "Accidental Sampling" technique, namely taking samples by selecting people who happen to be found. The reason for using the Accidental Sampling technique was because the number of primigravida pregnant women in the third trimester at TPMB Diah Arista, Wringinpitu Village, Tegaldlimo District, was found to be 30 respondents.

Data analysis

This research uses data analysis with the Wilcoxon test because the data distribution obtained is data with an abnormal distribution.

RESULTS

Tabel 5 The influence of before and after Gentle Birth on the anxiety of TM III Primigravida Mothers in Preparation for Childbirth at TPMB Diah Arista

SEBELUM					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	medium	17	56.7	56.7	56.7
	heavy	13	43.3	43.3	100.0
	Total	30	100.0	100.0	

Wilcoxon Signed Ranks Test

		Ranks		
		N	Mean Rank	Sum of Ranks
After – Before	Negative Ranks	30 ^a	15.50	465.00
	Positive Ranks	0 ^b	.00	.00
	Ties	0 ^c		
	Total	30		

After					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	light	28	93.3	93.3	93.3
	medium	2	6.7	6.7	100.0
	Total	30	100.0	100.0	

The Wilcoxon statistical test, the results showed that there was no increase in the anxiety category. This is evidenced by the number of Positive ranks in the Wilcoxon statistical test which obtained a value of 0, while in the Negative ranks the value was 30, so it can be concluded that all respondents after using the gentle birth relaxation method experienced a decrease

in anxiety levels in preparation. facing childbirth

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DISCUSSION

This research proves that there is an effect of reducing anxiety in pregnant women before and after the Gentle birth treatment. In this case, it means that H1 is accepted and H0 is rejected.

The results obtained from before treatment and after treatment were a significant reduction in anxiety where all pregnant women according to the inclusion criteria carried out the treatment until completion. The comparison with previous research is that this research places more emphasis on preparation for childbirth, where in the final trimester of pregnancy the focus is on being empowered and preparing physically and mentally so that the mother is better prepared to face the birth process and anxiety decreases.

Of all respondents who underwent the Gentle Birth treatment, all anxiety levels experienced a decrease in anxiety.

Gentle Birth is a series of methods carried out during pregnancy until delivery, can be applied to all normal pregnancies, even those with complications, especially if the baby is in a less than optimal position. This can be used as an option for carrying out treatment according to the expected goals.

CONCLUSION

This research can answer that the Gentle Birth treatment and method has been proven to reduce the level of anxiety in primigravida pregnant women in PMB Diah Arista, Wringinpitui village, Tegaldlimo subdistrict.

Suggestions for further research are hopefully able to provide a little reference and be able to be carried out on a wider population and in a longer time long, covers more complete things

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