

THE INFLUENCE OF AFFIRMATION TECHNIQUES ON THE LEVEL OF ANXIETY OF PREGNANT WOMEN IN THE III TRIMESTER IN FACING LABOR AT THE DUREN SAWIT HEALTHY PREGNANCY CLINIC YEAR 2023

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Abstract

Pregnancy is an important period in a woman's life. In the third trimester of pregnancy, a number of maternal fears will arise. The Affirmation Technique is considered positive for improving the psychological problems of pregnant women such as stress and anxiety experienced by pregnant women in the third trimester. This study aims to determine the effect of providing affirmation relaxation techniques on the level of anxiety of pregnant women in the third trimester when facing childbirth at the Duren Sawit Healthy Pregnancy Clinic. This research uses a quasi-experimental type of research, with a pretest and posttest research plan with a control group. sample of 34 respondents with purposive sampling. This research was conducted at the Duren Sawit Healthy Pregnancy Clinic. The research instrument used the Hamilton Anxiety Rating Scale (HARS) questionnaire. Data analysis uses the dependent T test. The research results show that there is an influence of affirmation techniques on the level of anxiety in pregnant women in the third trimester when facing childbirth at the Duren Sawit Healthy Pregnancy Clinic in 2023 ($p = 0.000$). It is hoped that this can provide input for health service agencies, especially the Duren Sawit Healthy Pregnancy Clinic, East Jakarta, regarding the benefits of affirmation techniques for the anxiety of pregnant women in the third trimester when facing childbirth.

Keywords: Affirmation Techniques, Anxiety, Pregnant Women

INTRODUCTION

Pregnancy is an important period in a woman's life, especially in the last trimester. In the third trimester of pregnancy, pregnant women often experience high anxiety related to the birth process. This anxiety can affect the well-being of the mother and fetus and interfere with a positive birth experience.

In the third trimester of pregnancy, a number of maternal fears will emerge. During pregnancy, women tend to feel anxious about the baby's life and their own life. Pregnant women's anxiety consists of 3 (three), including thinking about their appearance, fear of giving birth, and fear of giving birth to a physically or mentally disabled child. Apart from these worries, pregnant women will also experience sleep disorders which will affect the poor quality of the mother's sleep. pregnant due to increasing complaints and anxiety felt (Wardani, 2018)

Relaxation for Pregnancy An Affirmation technique used to deal with and undergo pregnancy and prepare for childbirth in a natural, calm and comfortable way, as well as preparing the mental health of the fetus. Based on the background above, research is needed to find out the effect of the Affirmation Technique on the anxiety of pregnant women in the third trimester in facing childbirth, so that if it is effective it can become evidence that can be applied in pregnancy care services (Dian Puspitasari, Ratih Kumorojati 2019).

The positive affirmation technique is considered to be able to improve the psychological problems of pregnant women such as stress and anxiety experienced by pregnant women in the third trimester when facing childbirth. Affirmations will help pregnant women to make changes in attitudes and behavior, responses and so on (Mila et al., 2021). The process of affirmation therapy is a person's activity to understand the instructions given so that they can overcome problems better (Kusumastuti et al., 2017). Affirmations are positive sentences from a thought that are expressed in writing and then spoken to other people containing positive sentences to provide motivation or encouragement (Wijaya & Rahayu, 2019).

According to research (Zainiyah, 2018), in research on the Effect of Affirmation Relaxation Techniques on the Stress of Students Taking a Thesis in the Nursing Study Program, Jember University, there was an influence of the affirmation relaxation technique on the stress of students taking a thesis at the Faculty of Nursing, Jember University. In the results of this research regarding stress in students before being given affirmative relaxation actions, the group that took the action showed that student stress was considered mild stress. The stress of students who took affirmative action experienced a decrease in average stress, from 19.2 to 10.9 with the stress category of 12 students (80%) experiencing normal stress (Zainiyah et al., 2018).

This research aims to determine the effect of positive affirmation techniques on the anxiety of pregnant women in the third trimester when facing childbirth.

Method

This research uses a quasi-experiment type of research, with a pretest and posttest research plan with a control group. sample of 34 respondents with purposive sampling. this research was conducted at the Duren Sawit Healthy Pregnancy Clinic. The research instrument used Hamilton Anxiety Rating Scale (HARS) questionnaire. Data analysis using Dependent T test.

Research Result

A. Univariate Analysis

1. Age Frequency Distribution of Pregnant Women in the Third Trimester at the Duren Sawit Healthy Pregnancy Clinic in 2023.

Table 1 Frequency Distribution of Age of Pregnant Women in the Third Trimester at the Duren Sawit Healthy Pregnancy Clinic in 2023

Age	Amount	Presentation (%)
At risk <18 years and >35 years	18	50
No Risk	18	50

Based on Table 1, data obtained from TM 3 pregnant women with age at risk <18 years and >35 years numbered 18 (50%) and TM 3 pregnant women with age not at risk numbered 18 (50%).

2. Average Level of Anxiety of Pregnant Women in the Third Trimester in Facing Childbirth Before and After the Affirmation Technique.

Table 2. Average Level of Anxiety of Pregnant Women in the Third Trimester in Facing Childbirth Before and After the Affirmation Technique

Group		Mean	elementary school	Min	Max
Control	Pre Test	39.83	6,195	30	53
	Post Test	34.22	4,152	28	43
Intervention	Pre Test	42.06	5,139	35	54
	Post Test	23.78	4,008	16	34

Based on Table 2, data obtained in the control group before the affirmation technique was carried out, obtained an average value of 39.83 with a standard deviation of 6.195 and a minimum value of 30 and a maximum of 53, and after the affirmation technique was carried out, an average value of 34.22 was obtained with a standard deviation of 4.152. and a minimum value of 28 and a maximum of 43. Meanwhile, in the intervention group before the affirmation technique was carried out, an average value of 42.06 was obtained with a standard deviation of 5.139 and a minimum value of 35 and a maximum of 54, and after the affirmation technique was carried out, an average value of 23.78 was obtained. with a standard deviation of 4.008 and a minimum value of 16 and a maximum of 34.

B. Bivariate Analysis

This normality test aims to determine the certainty of data distribution. Whether the data meets the characteristics of a normal distribution or not, The influence of affirmation techniques on the level of anxiety in third trimester pregnant women when facing childbirth at the Duren Sawit Healthy Pregnancy Clinic in 2023 This was carried out using a normality test first to determine whether the data was normally distributed or not. The data normality test was carried out using the Shapiro-Wilk test. Because the sample consisted of less than 50 respondents, the normality test results in this study were >0.05 , this shows that the data was distributed normally. , then test the effect using the T Test.

Table 3. T-Test Analysis Results The influence of affirmation techniques on the level of anxiety in pregnant women in the third trimester when facing childbirth at the Duren Sawit Healthy Pregnancy Clinic in 2023.

Variable	Mean \pm SD	P-Value
Control Group	34.22 \pm 4.152	0,000
Intervention Group	23.78 \pm 4.008	

The table above shows that Yes The influence of affirmation techniques on the level of anxiety in third trimester pregnant women when facing childbirth at the Duren Sawit Healthy Pregnancy Clinic in 2023 ($p = 0.000$).

Discussion

It is known that the data in the control group before the affirmation technique was carried out obtained an average value of 39.83 with a standard deviation of 6.195 and a minimum value of 30 and a maximum value of 53, and after the affirmative technique was carried out an average value of 34.22 was obtained with a standard deviation of 4.152 and a minimum value. 28 and a maximum of 43, while in the intervention group before the affirmation technique was carried out, an average score of 42.06 was obtained with a standard deviation of 5.139 and a minimum value of 35 and a maximum of 54, and

after the affirmation technique was carried out, an average score of 23.78 was obtained with a standard deviation. 4.008 and a minimum value of 16 and a maximum of 34. And the statistical test results show that there is The influence of affirmation techniques on the level of anxiety in third trimester pregnant women when facing childbirth at the Duren Sawit Healthy Pregnancy Clinic in 2023 ($p = 0.000$).

In line with research conducted by Suristyawati et al (2019) regarding meditation to overcome anxiety in pregnant women. This research focuses more on breathing and positive affirmations for 10-15 minutes with the results after meditation being that pregnant women feel calmer, more comfortable and are able to think positively about their pregnancy. Other research that is in line with the results of this activity is research conducted by Laili & Wartini (2017) regarding the effect of deep breathing relaxation techniques on anxiety in facing childbirth. The results of this study showed that there was a decrease in the level of anxiety in pregnant women after being given deep breathing relaxation therapy, namely from a moderate level to a mild level.

In the end, anxiety will make the heart pump faster, resulting in higher blood pressure. (Viktoriana Trivoni Parung SN, 2020). Anxiety disorders can occur at any age. At the age of the mother < 20 years from > 35 it will have an impact on feelings of fear and anxiety before the birth process. (Sri Hermayati, 2022). The results of this research show that 77.5% of birthing mothers experienced moderate anxiety and 22.5% experienced severe anxiety.

The results of this research are in line with the results of research conducted by Rahimah (2015) at the Pelita Hati General Clinic Banguntapan Bantul with the research results namely that the majority of respondents experienced moderate anxiety (36.1%), then those who experienced mild levels of anxiety were (22.2%) and severe anxiety (16.7%). Based on table 5.1, it was found that 30 mothers who gave birth had good positive affirmations in dealing with anxiety before giving birth, namely 19 people (63.3%) and mothers who gave birth with positive affirmations who were not good in dealing with anxiety before giving birth, namely 11 people (36, 7%).

These results are in line with the research results of Triana Indrayani and Wiji Sumarni, (2019) whose research shows that Self-affirmation is positioned as a technique for developing the insight of individuals who experience psychological anxiety, where when the mother has broad insight, she will have real information and can see problems from various points of view, so that you can reduce anxiety when giving birth. (Indrayani and Sumarni 2019)

Researchers describe how self-affirmation not only influences individuals' cognitive responses to threatening information and events, but also their actual physiological and behavioral adaptations (Sherman, 2008). Positive affirmations work through the Reticular Activation System (RAS), which connects the mind to the subconscious from the left side of the brain. Apart from using words such as "imagine" and "feel", the ideas implanted use simple, clear and specific language. Repeating the words, "Bismillah, O Allah, I leave everything to you, I am sure I am strong and I will definitely be able to go through this birthing process as well as possible without any problems for myself and my baby" is a positive affirmation given. Messages are sent to the conscious mind after arriving in the subconscious mind. This results in new memories, feelings, and behaviors that are based on messages already in the subconscious mind. External stimuli in the form of messages implanted in the subconscious mind, environment and emotions are the power of suggestion (the power of words in suggestions) Indrayani and Sumarni 2019)

Researchers assume that positive affirmations greatly influence the level of anxiety in multiparous mothers. This is because if the mother has positive thoughts it will improve blood flow and can reduce anxiety resulting from experience, birth trauma, or negative talk about the birth process. It cannot be denied that during labor, all muscles contract. If affirmation is successful, it can reduce pain and anxiety during labor. The level of anxiety can be removed through affirmation, support from family and health workers, as well as a comfortable place to give birth. So it can be concluded that respondents who have good and bad positive affirmations about themselves are about how they know themselves,

knowing their ability to understand knowledge about the birth process starting with knowing the signs of labor, stages of labor, what should be done at each stage of labor, actions to provide comfort carried out by both the mother and the birth companion, so that she gets a positive, trauma-free experience from the birth and the mother is able to relieve her anxiety by thinking about doing good positive affirmations to herself "you are what you think" is whatever you think about. manifested in our behavior and even our physical health.

Conclusions

The statistical test results show that there is The influence of affirmation techniques on the level of anxiety in third trimester pregnant women when facing childbirth at the Duren Sawit Healthy Pregnancy Clinic in 2023 ($p = 0.000$). As input for health service agencies, especially the Duren Sawit Healthy Pregnancy Clinic, East Jakarta, regarding the Benefits of Affirmation Techniques for Pregnant Women's Anxiety in the Third Trimester in Facing Childbirth. Increasing midwives' knowledge about how affirmation techniques are carried out for pregnant women in the third trimester can reduce anxiety facing childbirth at the Duren Sawit Healthy Pregnancy Clinic.

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