

## THE INFLUENCE OF INSTRUMENTAL MUSIC RELAXATION TECHNIQUES ON THE ANXIETY OF 3RD TRIMESTER PREGNANT WOMEN AT TPMB NINING KARAWANG DISTRICT IN 2023

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### Abstract

**Background:** According to data from the World Health Organization, every day around 810 women die during pregnancy or childbirth due to preventable causes. Maternal mortality is still very high today. Around 295 thousand women die before or during childbirth and 86% occur in developing countries. The 2022 Performance Report of the Directorate of Nutrition and Maternal and Child Health shows a significant decline, even much lower than the 2022 target of 205 deaths per 100,000 live births. **Objective:** to find out the Effect of Instrumental Music Relaxation Techniques on the Anxiety of Pregnant Women in the Third Trimester at TPMB Nining 2023. **Method:** This type of research is pre-experimental quantitative research with a one group Pretest Posttest design. Some of the population in this study is a population of less than 100. So the number of samples in this study is 30 pregnant women in the third trimester of pregnancy. The sampling technique uses techniques Total sampling. **Results:** Wilcoxon test significance value  $0.001 < 0.05$ , then  $H_0$  was rejected so it was concluded that there was an effect of providing instrumental music relaxation on the anxiety of pregnant women in the third trimester at TPMB Nining, Karawang Regency in 2023. **Conclusion:** There is an Influence of Instrumental Music Relaxation Techniques on the Anxiety of Pregnant Women in the Third Trimester at TPMB Nining, Karawang Regency in 2023. **Suggestion:** It is hoped that this research can become a source of knowledge for the public regarding instrumental music relaxation techniques to reduce anxiety for pregnant women in the third trimester.

**Keywords:** Instrumental Music, Pregnant Women, Relaxation Techniques, Third Trimester

### Introduction

According to data from *the World Health Organization*, every day around 810 women die during pregnancy or childbirth due to preventable causes. Maternal mortality is still very high today. Around 295 thousand women die before or during childbirth and 86% occur in developing countries such as Sub-Saharan Africa and Southeast Asia. In addition, the maternal mortality rate in developing countries is 462 per 1000 live births, while in developed countries the maternal mortality rate is 11 per 1000 live births (WHO, 2021).

Nationally, the Maternal Mortality Rate (MMR) in Indonesia is 189 deaths per 100,000 Live Births (Ministry of Health of the Republic of Indonesia, 2022). The results of the 2022 Performance Report of the Directorate of Nutrition and Maternal and Child Health show a significant decline, even much lower than the target in 2022, namely 205 deaths per 100,000 Live Births. This achievement must be maintained, even pushed to be even better to achieve the target in 2024, namely 183 deaths per 100,000 live births and  $> 70$  deaths per 100,000 live births in 2030.

Based on the results of the 2016 Litbangkes *Sample Registration System (SRS)*, the three main causes of maternal death were hypertensive disorders (33.07%), obstetric bleeding (27.03%) and non-obstetric complications (15.7%). Meanwhile, based on *Maternal Perinatal Death Notification (MPDN)* data dated September 21 2021, the top three causes of maternal death are Eclampsia (37.1%), Bleeding (27.3%), Infection (10.4%) with the highest place/location of death are in hospital (84%) (Evareny et al., 2022) .

The Indonesian Demographic and Health Survey (SDKI) reported that the majority of birth complications were prolonged labor (30%) and rupture of membranes 6 hours before delivery (19%) were delivered by caesarean section (RI Ministry of Health, 2020) . Several factors that result in prolonged labor include the mother's ineffective power during childbirth and the mother's psychology being unprepared. Physical and psychological aspects are two things that influence each other when approaching childbirth. Anxiety before giving birth is a normal condition felt by every woman, but can cause psychiatric problems if it is excessive (Evareny et al., 2022)

Anxiety and depression in pregnant women in developed countries is around 7-20% and in developing countries it is around more than 20%. The prevalence of anxiety during 14 pregnancies in several countries, including Bangladesh, was 18%, China was 20.6% and Pakistan was 18%. Based on research conducted (Kartika et al., 2021) in Indonesia there are around 28.7% of pregnant women who experience anxiety in the third trimester. Anxiety during pregnancy has a negative impact on pregnant women from pregnancy to delivery, such as premature birth and even miscarriage. The fetus is restless, which inhibits its growth, weakens uterine muscle contractions, etc. This impact can also harm the fetus, research shows that a pregnancy with high anxiety will affect the outcome of the fetus' neurological development which is related to cognitive, emotional and behavioral development until childhood. Mothers who experience anxiety during pregnancy will affect the intrauterine environment and fetal development. Excess stress hormones that occur in the mother can disrupt the blood supply to the fetus, making the fetus hyperactive so that the child experiences autism (Suharnah & Jama, 2021) .

Anxiety in pregnancy is an emotional state that is similar to anxiety in general but differs in that it specifically focuses on concerns about pregnant women. Pregnancy brings physical, psychological changes and stressors for women. These changes occur due to hormonal changes which will make it easier for the fetus to grow and develop when it is born. Anxiety can get worse if a pregnant woman experiences fear about changes that occur in her body, the condition of the fetus she is carrying and her mental readiness to face the birth process (Yelvita, 2022) .

Anxiety during pregnancy can also be affected factor positive or or not perspective Mother about pregnancy And labor, lack of support husband/family, problem socioeconomic, history psychiatric previous pregnancy/childbirth trauma, poverty, social position, ethnic, access service health, abuse drug, consumption alcohol, And smoking behavior (Evareny et al., 2022) . If anxiety during pregnancy is not overcome then it can impact on period post Christmas. Apart from that, anxiety on woman pregnant too can cause birth preterm (Dewiyanti, 2022) and can also increase cortisol levels can associated with low fetal weight (Aprilia & Husanah, 2021) .

research (2019) explains that 53.06% of mothers experienced mild anxiety, 26.53% mothers experienced moderate anxiety, and 20.41% did not. Based on the results of interviews with 10 pregnant women in the third trimester in the pregnant women's class at the Simpang Empat Health Center, it was found that 8 pregnant women said they were afraid and anxious and 2 pregnant women who did not experience anxiety. Pregnant women who experienced anxiety in the third trimester included mothers who had disturbed sleep patterns. muscle pain and impaired concentration. Most of the actions that mothers take to overcome anxiety are by getting enough rest and praying. Based on study the, It can be concluded that the majority of pregnant women still experience anxiety in face childbirth, experiencing anxiety (Meihartati et al., 2019) .

Midwives are one of the health workers who play an important role in efforts to improve maternal health during pregnancy, childbirth, postpartum and newborn babies. During pregnancy, midwives play a role in helping to reduce or overcome the problems of pregnant women who experience anxiety. And one intervention that can be given to pregnant women is instrumental music relaxation techniques (Meihartati et al., 2019) .

Instrumental music therapy is an effective distraction technique and is believed to be able to reduce physiological pain, stress and anxiety by diverting a person's attention and pain, but it is still rarely used, especially in the health sector. Instrumental music therapy also fulfills important requirements as a healing technique. a disease using certain sounds or rhythms (Mawaddah, 2022) .

This research is in line with (Paramita, 2019) in that the analytical results obtained a p value of 0.003 where  $p < 0.05$ , which means that there is an influence of instrumental relaxation music and Benson relaxation on the anxiety level of pregnant women in the third trimester. This research is in accordance with research (Pratiwi, 2022) based on the results of analysis tests with the Wilcoxon test, with a significant value of  $p = 0.000 < 0.05$ , which means that of the two music therapy groups, the one that has more influence on pain during wound care is instrumental music therapy because in the test The statistical mean value for instrumental music therapy is 15.75, while the mean value for classical music therapy is 25.25. So it can be concluded that instrumental music therapy has a greater effect on pain during wound care in post-op patients.

Based on the results of a preliminary study conducted by researchers using interview and observation methods, there were 7 people who stated that they experienced anxiety. Among them, 3 mothers said they were worried because they were alone with their husbands without family support and 4 mothers said they were worried because their first child was born, so the mothers felt afraid and not ready. From this data, researchers interested do study in Independent Practice for Midwives with the title "The Effect of Instrumental Music Relaxation Techniques on the Anxiety of Pregnant Women in the Third Trimester at TPMB Nining 2023 "

## Research Methods

This type of research is pre-experimental quantitative research with a one group Pretest Posttest design. Some of the population in this study is a population of less than 100. So the number of samples in this study was 30 pregnant women in the third trimester of pregnancy. The sampling technique uses *total sampling technique*. Bivariate analysis uses the Chi-square test. *The dependent variable* is the family planning decision, *the independent variable* is the influence of patriarchal culture. Data processing techniques use *Editing, Coding, Tabulating*

## Research Result

### 1. Univariate Analysis

**Table 5.1 Distribution of Respondent Characteristics Based on Age, Parity, Education and Occupation of Pregnant Women in the Third Trimester at TPMB Nining, Karawang Regency in 2023**

No	Karakteristik	Frekuensi (F)	Persentasi (%)
1.	<b>Pekerjaan</b>		
	Bekerja	12	40
	Tidak Bekerja	18	60
	<b>Jumlah</b>	<b>30</b>	<b>100</b>
2.	<b>Usia Ibu</b>		
	Usia <20 <sup>th</sup> , Atau >35 <sup>th</sup>	3	10
	Usia 20-35 <sup>th</sup>	27	90
	<b>Jumlah</b>	<b>30</b>	<b>100</b>
3.	<b>Pendidikan</b>		
	SMP	12	40
	SMA	15	50
	Diploma/ Sarjana	3	10
	<b>Jumlah</b>	<b>30</b>	
4.	<b>Paritas</b>		
	Primipara	11	37
	Multipara	10	33
	Grandmulti	9	30
	<b>Jumlah</b>	<b>30</b>	<b>100</b>

Source: Primary Data

Based on table 5.1, the majority of third trimester pregnant women are 20-35 years old, namely 27 respondents (90%). The majority of pregnant women in the third trimester had a high school education of 15 respondents (50 %). The majority of third trimester pregnant women in the parity category were 11 respondents (37%), the majority of third trimester pregnant women did not work, 18 respondents (60%).

### b. Anxiety of Pregnant Women in the Third Trimester Before and After Being Given Instrumental Music

**Table 5.2 Anxiety of Pregnant Women in the Third Trimester Before and After Being Given Instrumental Music at TPMB Nining, Karawang Regency in 2023**

Worry	Pre		Post	
	F	%	F	%
Light	0	0	27	90
Currently	28	94	0	0
Heavy	2	6	0	0
Currently	0	0	3	10
<b>Total</b>	<b>30</b>	<b>100</b>	<b>30</b>	<b>100%</b>

Source: Primary Data

Based on table 5.2, the majority of pregnant women in the third trimester before being given instrumental music experienced moderate anxiety, 28 respondents (94%) and 2 respondents (6%) experienced severe anxiety. Meanwhile, the majority of third trimester pregnant women after being given instrumental music experienced mild anxiety, 27 respondents (90%) and moderate anxiety, 3 respondents (10%).

## 2. Bivariate Analysis

**Table 5.3. Shapiro Wilk Normality Test**

Variabel	Shapiro Wilk	
	P	Normalitas
Kecemasan sebelum diberikan musik instrumental	0,000	Tidak Normal
Kecemasan setelah diberikan musik instrumental	0.000	Tidak Normal

Based on Table 5.3 above, data shows that the data normality test with *Shapiro Wilk* has a significance value of *Sig.* anxiety before being given instrumental music was  $0.000 < 0.005$  and after it was  $0.000 < 0.005$ , meaning that all of these variables were not normally distributed, so the *Wilcoxon range list test* was carried out.

### 1. The Effect of Instrumental Music Relaxation Techniques on the Anxiety of Pregnant Women in the Third Trimester

**Table 5. 4. The Influence of Instrumental Music Relaxation Techniques on the Anxiety of Pregnant Women in the Third Trimester at TPMB Nining, Karawang Regency, 2023**

Variabel	Mean	Mean Selisih	N	Std. Deviasi	P Value
Pre	3.07	-5.038	30	378.00	0,001
Post	2.10				

*Wilcoxon Range List Test*

Based on Table 5.4 above, data can be found that providing instrumental music relaxation has an influence on the anxiety of pregnant women in the third trimester. At TPMB Nining it is known that the average anxiety of pregnant women before giving instrumental music relaxation it was 3.07 while after giving relaxation giving instrumental music relaxation experienced a decrease with an average level of anxiety of 2.10 from the *Wilcoxon test* with a significance value of  $0.001 < 0.05$ , so  $H_0$  was rejected so it was concluded that There is an effect of providing instrumental music relaxation on the anxiety of pregnant women in the third trimester at TPMB Nining, Karawang Regency in 2023.

## Discussion

### 1. Anxiety of Pregnant Women in Third Trimester Before and after being given Instrumental Music at TPMB Nining Karawang in 2023

Based on table 5.2, the majority of pregnant women in the third trimester before being given instrumental music experienced an average level of moderate anxiety. Meanwhile, pregnant women in the third trimester after being given instrumental music experienced mild anxiety

Pregnancy is something that naturally happens to productive women, but their ignorance of behavior and information related to reproduction will cause anxiety (Betan, Hamu, Kapitan, & Lepat, 2021) . Anxiety is a universal human experience, an unpleasant emotional response, full of worry, a fear that is not expressed and directed because a source of threat or thought of something that will come is unclear and unidentified (Kartika et al., 2021)

Anxiety during pregnancy is linked to postpartum depression and also weak bonding with the baby. Pregnant women who experience anxiety during pregnancy will increase the risk of maternal emotional imbalance after giving birth. Anxiety during pregnancy also increases the risk of delays in

the motor and mental development of the fetus, and can cause colic in newborn babies (Betan, Hamu, Kapitan, & Lepat, 2021) .

The aim of reducing anxiety levels is to create a relaxed atmosphere so that the impact of anxiety can be reduced. There are various methods used to reduce anxiety levels. In general, it can be divided into two, namely pharmacological and non-pharmacological therapy. Non-pharmacological therapy is therapy without the use of drugs that can be used to reduce anxiety levels. Several types of non-pharmacological therapy that can be used to reduce anxiety levels are art therapy, pet therapy, counseling, distraction, aromatherapy, hypnosis, music therapy, meditation and relaxation (Pratiwi, 2022) .

In the event of a decrease in blood pressure and stress, plasma catecholamine concentrations influence sympathoadrenergic activation, and also cause the release of stress-released hormones. Providing music with a slow rhythm will reduce the release of catecholamines into the blood vessels, so that the concentration of catecholamines in plasma becomes low (Aprilia & Husanah, 2021) .

This causes the body to relax, the heart rate decreases and blood pressure drops. The benefits that can be felt after doing music therapy are feeling relaxed, the body is more energetic and the mind is fresher. As explained in research by (Aini & Samban, 2021) music therapy provides the opportunity for the body and mind to experience perfect relaxation. In a state of perfect relaxation (rest), all cells in the body will experience reproduction, natural healing takes place, the body's hormone production is balanced and the mind is refreshed. Music works on the autonomic nervous system, namely the part of the nervous system that is responsible for controlling blood pressure, heart rate and brain function, which controls feelings and emotions (Suharnah & Jama, 2021) .

According to research (Betan, Hamu, Kapitan, & Lepat, 2021) both systems react sensitively to music. When we feel pain, we become afraid, frustrated and angry which makes us tense our body muscles, resulting in the pain becoming worse. Listening to music regularly helps the body relax physically and mentally, thereby helping to heal and prevent pain. During the birthing process, music therapy functions to overcome anxiety and reduce pain

An unsupportive maternal psychological atmosphere will complicate the birthing process. Excessive anxiety, worry and fear for no reason in pregnant women can trigger conditions that lead to stress. This stress condition causes the body's muscles to tighten, especially the muscles in the birth canal which also become stiff and hard, making it difficult to expand. Unstable emotions will also make mothers feel more intense pain (Asiah et al., 2022)

According to researchers' assumptions, instrumental music therapy is an effective distraction technique and is believed to be able to reduce physiological pain, stress and anxiety by diverting a person's attention and pain, but it is still rarely used, especially in the health sector. Instrumental music therapy also fulfills important requirements as one of the a technique for healing an illness using certain sounds or rhythms.

## **2. The Influence of Instrumental Music Relaxation Techniques on the Anxiety of Pregnant Women in the Third Trimester at TPMB Nining, Karawang Regency, 2023**

Setiaji (2021) says that instrumental music is the pure strains of musical instruments that are not accompanied by a singer's voice. Meanwhile, Mawaddah (2022) explains that instrumental music is a musical recording without any accompanying song lyrics. Instrumental music therapy is also an effective distraction technique and is believed to reduce physiological pain, stress and anxiety by diverting a person's attention and pain, but it is still rarely used, especially in the health sector. Instrumental music therapy also fulfills important requirements as a technique for healing a disease using certain sounds or rhythms (Betan, Hamu, Kapitan, & Lepat, 2021)

Benefits of Music Therapy According to Maryunani (Aprilia & Husanah, 2021) there are several benefits of music therapy for pregnant women and fetuses, music therapy can cause

psychological reactions, because music can calm (relaxation) and also provide stimulation (stimulation), through music therapy activities it can welcoming a brighter future for babies, because to face the era of globalization, individuals whose brain skills are needed will be more highly valued, and are much needed compared to individuals who only rely on muscle strength. Music therapy activities can help pregnant women to Still being able to maintain a balance between physical, mental and emotional health, through musical stimuli that are played to the fetus/baby on a regular basis, can have a huge influence on the growth and development of the baby in the future. In the future a child will grow into a strong personality and he will be able to absorb many things, he can absorb music, which means he will also be able to understand the feelings of other people.

Based on table 5.4 from the results of the *Wilcoxon range list test*, it was found that the *p-value* was  $0.000 < 0.001$ , which means that there was an influence of instrumental music relaxation techniques on the anxiety of pregnant women in the third trimester at TPMB Nining, Karawang Regency in 2023. This research is in line with research conducted by Pratiwi (2022). ) that the results show that there is an influence of instrumental music relaxation techniques on reducing the anxiety level of pregnant women in the third trimester.

This research is in line with Meihartati et al., ( 2019) that the results of the analysis of the influence of instrumental music relaxation techniques on reducing the anxiety level of pregnant women in the third trimester. The results of statistical tests obtained a *p-value* of  $0.002 < 0.05$  So it was concluded that there was an influence of instrumental music relaxation techniques on reducing the anxiety level of pregnant women in the third trimester.

Based on research results Nazwa ( 2019) shows data that before being given instrumental music therapy, it was known that all of the respondents experienced anxiety (100%), almost half of the respondents experienced mild anxiety (48%), others experienced moderate anxiety (45%), and a small portion experienced experiencing severe anxiety (7%). Based on research results after being given instrumental music therapy, it was discovered that the majority of respondents experienced a decrease in anxiety levels. A small proportion of respondents did not experience anxiety (15%), almost half experienced mild anxiety (48%), and almost half experienced moderate anxiety (37%).

This research is in line with Pratiwi ( 2022) , the results of the analysis of the influence of instrumental music relaxation techniques on reducing the anxiety level of pregnant women in the third trimester are very influential. This is also in line with research conducted by Aini & Samban (2021) which shows that there is an effect of providing instrumental music therapy and classical music on changes in anxiety levels.

In the event of a decrease in blood pressure and stress, plasma catecholamine concentrations influence sympathoadrenergic activation, and also cause the release of stress-released hormones. Providing music with a slow rhythm will reduce the release of catecholamines into the blood vessels, so that the concentration of catecholamines in plasma becomes low (Aprilia & Husanah, 2021) . This causes the body to relax, the heart rate decreases and blood pressure drops. The benefits that can be felt after doing music therapy are feeling relaxed, the body is more energetic and the mind is fresher.

As explained in research by Aini & Samban (2021) , music therapy provides the opportunity for the body and mind to experience perfect relaxation. In a state of perfect relaxation (rest), all cells in the body will experience reproduction, natural healing takes place, the body's hormone production is balanced and the mind is refreshed. Music works on the autonomic nervous system, namely the part of the nervous system that is responsible for controlling blood pressure, heart rate and brain function, which controls feelings and emotions (Suharnah & Jama, 2021) .

According to research by Betan, Hamu, Kapitan, & Lepat, (2021) both systems react sensitively to music. When we feel pain, we become afraid, frustrated and angry which makes us tense our body muscles, resulting in the pain becoming worse. Listening to music regularly helps the body relax

physically and mentally, thereby helping to heal and prevent pain. During the birthing process, music therapy functions to overcome anxiety and reduce pain.

According to the writer's assumption, instrumental music can soothe the hearts and minds of those who listen to it, soft music will make the mind calmer and more relaxed, this is really needed by pregnant women and the fetus in their womb.

### **Conclusion**

1. The majority of pregnant women in the third trimester were aged 20-35 years, namely 27 respondents (90%). The majority of pregnant women in the third trimester had a high school education of 15 respondents (50 %). The majority of third trimester pregnant women in the parity category were 11 respondents (37%), the majority of third trimester pregnant women did not work, 18 respondents (60%).
2. The results showed that the majority of pregnant women in the third trimester before being given instrumental music experienced moderate anxiety, 28 respondents (94%) and 2 respondents (6%) experienced severe anxiety.
3. The results obtained were that the majority of third trimester pregnant women after being given instrumental music experienced mild anxiety as many as 27 respondents (90%) and moderate anxiety as many as 3 respondents (10%).
4. The results of the *Wilcoxon range list test* showed a p-value of  $0.000 < 0.001$ , which means that there is an influence of instrumental music relaxation techniques on the anxiety of pregnant women in the third trimester at TPMB Nining, Karawang Regency in 2023.

### **Suggestion**

Suggestions in this research are for educational institutions, for research sites, for respondents and for future researchers



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