

The Effect of Endorphin Massage on Decreased Anxiety Levels of Pregnant Women in The Third Trimester

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Article

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Abstract

Pregnancy is a condition in which a woman experiences physical and psychological changes that cause discomfort and anxiety. One of the efforts made to decrease anxiety levels by using relaxation therapy, one of which is the endorphin massage, which functions as increasing relaxation, feeling comfortable, reducing pain or aches and reducing anxiety. The endorphin massage aims to relieve pain and promote relaxation by triggering feelings of comfort and reducing anxiety. This study aims to determine the effect of endorphin massage on reducing anxiety levels in third trimester pregnant woman. The research design used was a quasi-experimental research design with a one-group pretest-posttest type design. The total population are 35 respondents. The sampling method used purposive sampling, and the sample were 20 respondents. The data were collected using the Hamilton Anxiety Rating Scale (HARS) questionnaire to measure the levels of anxiety and intervention with the endorphin massage. Statistical testing was carried out using the dependent t-test. The average anxiety level of pre endorphine massage is mild to moderate anxiety with a mean of 15.09 and the average anxiety level of post endorphine massage respondents is mild anxiety with a mean 11.07. The result of t-test $p=0,001$ ($p < 0.05$) showed that endorphin massage effective to decrease anxiety levels. The result of this study suggest to consider using endorphin massage to decrease anxiety level in third semester of pregnant woman and other setting.

Abstrak

Kehamilan adalah suatu kondisi dimana seorang wanita mengalami perubahan fisik dan psikis yang menimbulkan rasa tidak nyaman dan kecemasan. Salah satu upaya yang dilakukan untuk menurunkan tingkat kecemasan dengan menggunakan terapi relaksasi, salah satunya adalah pijat endorfin, yang berfungsi meningkatkan relaksasi, perasaan nyaman, mengurangi rasa sakit atau nyeri dan mengurangi kecemasan. Penelitian ini bertujuan untuk mengetahui pengaruh pijat endorfin terhadap penurunan tingkat kecemasan pada ibu hamil trimester III. Desain penelitian yang digunakan adalah quasi-experimental research design dengan tipe one-group pretest-posttest design. Jumlah populasi sebanyak 35 responden. Metode

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sampling menggunakan purposive sampling dengan sampel sejumlah 20 responden. Pengumpulan data menggunakan kuesioner Hamilton Anxiety Rating Scale (HARS) untuk mengukur tingkat kecemasan dan memberikan perlakuan dengan pijat endorfin. Pengujian statistik dilakukan dengan menggunakan dependent t-test Rata-rata tingkat kecemasan responden sebelum dilakukan pijat endorfin adalah kecemasan ringan sampai sedang dengan rerata 15,09 dan rerata tingkat kecemasan responden setelah dilakukan pijat endorfin adalah kecemasan ringan dengan rerata 11,07. Hasil uji-t $p=0,001$ ($p<0,05$). Hasil penelitian menunjukkan bahwa pijat endorfin efektif untuk menurunkan tingkat kecemasan. Kajian ini dapat menjadi pertimbangan untuk menerapkan pijat endorfin, khususnya untuk menurunkan tingkat kecemasan ibu hamil trimester III dan dalam lingkup yang lebih luas.

Introduction

Anxiety that occurs in all person included pregnant woman. Pregnant women in the third trimester, often arise anxiety due to the fear of death, both for herself and for her baby, fear if the child is born with a disability or pathological state, guilt or sin related to the emotional life and love received from parents, especially in their mothers (Ysmael et al. 2011). Supporting factors for the occurrence of anxiety are usually experienced due to the disobedience of pregnant women, in addition to negative information about childbirth such as on television and films about childbirth that often feature childbirth scenes that are so tense and scary (Novitasari in Syukrini, 2016). Anxiety affects physiological conditions and feelings of anxiety will increase the work of the sympathetic nerve dystrophy, with the appearance of sympathetic dystrophy nerve automatically increases the increase in pulse rate, breathing, blood pressure, diaphoresis, as well as sweaty hands. Increased blood pressure results in irritable nerve in the head causing headaches and insomnia or sleepdisorders (Solehati, 2015). Anxiety can decrease in the release of oxytocin and increase adrenalin. Anxiety also reduces the release of endorphine and

pregnant women experience more a lot of uncomfortable or pain 3-5 stimulation of the sympathetic system due to pain and stress (Zumrut, Y.S., 2018). A lot of therapy to overcome anxiety in pregnant women can be applied non-pharmacological interventions that can control her feelings. According to The Australian Association of Massage Therapists (AAMT. 2016) has listed several methods and massages (Koren 2017). Non-pharmacological therapies such as relaxation, massage, acupuncture, warm compresses, masix and aroma therapy. Endorphin Massage is a touch therapy or light massage that is quite important given to pregnant (Kuswandi, 2014)

Method

The research used aquasy-experimental research design with a one-group pretest-posttest. The Hamilton Anxiety Rating Scale (HARS) questionnaire to measure the level of anxiety and perform treatment with the endorphin massage on January 2021. The location of research on Banyubiru District, Semarang Regency. The total population are 35 respondents. The sampling method used purposive sampling, and the sample were 20 respondents.



Results and Discussion

Figure 1.Characteristic of Respondents by Age, Level Education and Occupation

		Frequency	Percentage
Age	<20 years old	1	5.0
	20-35 years old	10	50.0
	>35 years old	9	45.0
Levels Education	Primary	9	45.0
	Secondary	10	50.0
	High	1	5.0
Occupation	Housewife	10	50.0
	Employ	9	45.0
	Private	1	5.0
Total		20	100.0

Figure 1 showed mostly the respondent age was 20-35 years old. Mostly education was secondary high school was 10 respondents. And mostly as housewife was 10 respondents (50%). The majority of this prenatal study group consists of pregnant woman in the age group of 20-35 (50%). Pregnant woman from this age group experience greater anxiety about the changes in their body

during the pregnancy (Declava, et.al.,2015).

Respondents with secondary and higher education have very high mid level anxiety (80.5% and 75.6%) ((Declava,et.al.,2015). This study affirmed by research assumed the risk factors for common mental disorders (CMD) in pregnant women is economic factor (Fisher,J., et.al.,2013).

Figure 2. The Anxiety Levels Pre and Post Endorphine Massage

Anxiety levels	Mean	SD	SE	Min-Max	N
Pre endorphine massage	15,09	4,037	0,753	8-19	20
Post endorphine massage	11,07	2,181	0,412	2-8	20

Figure 3. The Effect of endorphine massage to decrease anxiety levels

Pre-post endorphine massage	Mean	SD	SE	Min-Max	p-value	N
Pre endorphine massage	15,09	4,037	0,753	8-19		
Post endorphine massage	11,07	2,181	0,412	2-8	0,001	20

Figure 2 and 3 shows the analysis of the influence of endorphin massage on anxiety levels obtained the results of the average anxiety level of pre endorphin massage is 15.09 (mild to moderate anxiety) then reduced to 11.07 (mild anxiety) post endorphine massage. The result of t-test $p=0,001$ ($p < 0.05$). The results showed that endorphin massage effective to decrease anxiety levels. This

research is the same as research by Rama,et.al (2017) show that there is an influence endorphin massage at the level anxiety in primigravida mother of age pregnancy >36 weeks with a p-value 0.000 (< 0.05). Anxiety is a universal human experience, an unpleasant emotional response full of worries and fear that is not expressed and directionless because a source of threat or



thought of something to come is unclear and unidentified (Maimunah, 2011).

Anxiety in pregnant women will often arise because of the fear of death. Pregnant women often appear both for themselves and for their babies, this fear is indicated in the attitude of fear if the child is born with a disability or pathological state, guilt or sin related to the emotional life and love received from the parents, especially for his mother (Ysmael, et.al, 2011). There has been a change level of anxiety after being given endorphin massage from mild to moderate anxiety. Become mild anxiety after giving endorphine massage, this is appropriate benefits of endorphine massage overcoming anxiety and reducing pain nonpharmacologically due to therapy touch/ light massage given pregnant women and it's time to give birth. Will help It gives a good sense of calm and comfort as we approach delivery or the the delivery process will take place. Endorphins It is a protein in the human body and nerves has combined benefits endogenous and morphine as reliever pain (Aprillia 2011). Endorphine massage is also beneficial as self-control when discomfort, physical stress and emotions are caused by anxiety (Maesaroh, et.al., 2019).

Conclusion and Suggestions

There is a significant effect of endorphine massage to reduce the levels of anxiety in third trimester pregnant. The results of this study suggest for applying endorphin massage, especially the reduction levels anxiety in third trimester pregnant, in a broader setting, such as the community and the maternity prenatal services.

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