

ABSTRAK

Ketidaksiapan mental seorang ibu untuk memiliki anak dapat menyebabkan munculnya rasa takut, khawatir, serta cemas yang mampu membahayakan ibu dan bayinya. Ibu hamil yang tidak dapat mengontrol perasaannya akan menyulitkan proses persalinannya. Kecemasan selama persalinan menyebabkan persalinan lama. Tetapi masih banyak ibu bersalin yang belum bisa mengontrol rasa cemas yang dirasakannya. Tujuan dari penelitian yang dilaksanakan ialah melihat perbedaan dampak terapi musik klasik dan aromaterapi terhadap kecemasan ibu bersalin kala I.

Penelitian yang dilaksanakan ialah penelitian *quasi eksperimental* dengan rancangannya yakni *pre and post test two group with control design*. *Purposive sampling* digunakan selaku teknik samplingnya yang memperoleh sejumlah 32 responden. Ibu bersalin kala I merupakan sampel yang digunakan. Selama penelitian, terapi musik klasik dan aromaterapi digunakan selaku variabel independennya, sedangkan ibu bersalin kala I digunakan selaku variabel dependennya. Instrumen pengumpulan data menggunakan kuesioner kecemasan yaitu kuesioner ZSAS atau *Zung self-rating anxiety scale*. Pengujian Wilcoxon dan Mann-Whitney digunakan selama penelitian berlangsung guna menganalisis data.

Dari analisis statistik yang dilakukan dengan menggunakan uji Wilcoxon, diketahui bahwa terapi musik klasik secara signifikan mempengaruhi kecemasan ibu bersalin kala I dengan *P-Value* yakni $0,006 < 0,05$, sedangkan aromaterapi lavender secara signifikan mempengaruhi dengan *P-Value* bernilai $0,001 < 0,05$. Pengujian statistik Mann-Whitney membuktikan adanya ketidaksamaan yang signifikan dengan *P-Value* bernilai $0,003 < 0,05$.

Hasil yang diperoleh membuktikan aromaterapi lavender memiliki dampak yang lebih besar agar kecemasan pada ibu bersalin kala I mampu menurun. Hal tersebut mampu ditarik kesimpulan bahwa ditemukan ketidaksamaan dampak terapi musik klasik dan aromaterapi terhadap kecemasan ibu bersalin kala I. Oleh karena itu, tenaga Kesehatan profesional mampu memberi bantuan kepada ibu bersalin kala I agar rasa cemasnya mampu berkurang dengan memberikan aromaterapi lavender.

Kata kunci : Kecemasan, Persalinan, Musik Klasik, Aromaterapi

ABSTRACT

A mother's mental unpreparedness to have a child can cause fear, worry, and anxiety that can endanger the mother and her baby. Pregnant women who cannot control their feelings will complicate the labor process. Anxiety during labor causes prolonged labor. However, there are still many mothers who have not been able to control the anxiety they feel. The purpose of the study was to see the difference in the impact of classical music therapy and aromatherapy on the anxiety of mothers in the first stage of labor.

The study was a quasi-experimental study with a design, namely pre and post test two groups with control design. Purposive sampling was used as a sampling technique which obtained 32 respondents. Mothers in the first stage of labor were the samples used. During the study, classical music therapy and aromatherapy were used as independent variables, while mothers in the first stage of labor were used as dependent variables. The data collection instrument used an anxiety questionnaire, namely the ZSAS questionnaire or Zung self-rating anxiety scale. Wilcoxon and Mann-Whitney tests were used during the study to analyze the data.

From the statistical analysis conducted using the Wilcoxon test, it is known that classical music therapy significantly affects the anxiety of mothers in the first stage of labor with a P-Value of $0.006 < 0.05$, while lavender aromatherapy significantly affects it with a P-Value of $0.001 < 0.05$. The Mann-Whitney statistical test proved that there was a significant inequality with a P-Value of $0.003 < 0.05$.

The results obtained prove that lavender aromatherapy has a greater impact on reducing anxiety in mothers in the first stage of labor. It can be concluded that there is an inequality in the impact of classical music therapy and aromatherapy on the anxiety of mothers in the first stage of labor. Therefore, professional health workers are able to provide assistance to mothers in the first stage of labor so that their anxiety can be reduced by providing lavender aromatherapy

Keywords : Anxiety, Labor, Classical Music, Aromatherapy