

ABSTRAK

Bunga Ayu Wandira Lubis

PENGARUH TEKNIK RELAKSASI BENSON TERHADAP TINGKAT KECEMASAN PADA IBU HAMIL PREEKLAMPSIA DI RUMAH SAKIT DKT GUBENG SURABAYA

xiv + 91 Halaman + 8 Tabel + 19 Lampiran

Preeklampsia merupakan kondisi yang dapat menimbulkan kecemasan karena risiko komplikasi bagi ibu dan janin, sehingga diperlukan intervensi yang mampu menurunkan stres. Strategi nonfarmakologis seperti teknik relaksasi Benson diketahui dapat mengaktifkan respons relaksasi. Studi ini difokuskan untuk menilai pengaruh teknik tersebut terhadap kecemasan ibu hamil yang mengalami preeklampsia.

Metode penelitian menggunakan desain *Quasi Experimental* dengan pendekatan *One Group Pretest–Posttest* pada 25 responden ibu hamil preeklampsia yang ditentukan secara purposive. Intervensi diberikan selama 2 minggu, 3 kali per minggu selama ± 10 menit, dan tingkat kecemasan diukur menggunakan PASS.

Analisis menggunakan uji *Wilcoxon Signed Rank Test*. Sebelum intervensi, tingkat kecemasan yang dialami oleh sebagian besar responden berada pada rentang ringan sampai sedang, sementara itu hampir separuh responden tercatat berada pada kategori kecemasan berat. Setelah intervensi, kecemasan menurun menjadi hampir setengah responden berada pada kategori kecemasan minimal dan sebagian besar berada pada kategori ringan–sedang tanpa adanya kecemasan berat. Hasil uji Wilcoxon menunjukkan nilai $Z = -4,583$ dan $p < 0,001$.

Hasil ini membuktikan bahwa teknik relaksasi Benson efektif dalam menurunkan kecemasan dengan mengurangi aktivitas saraf simpatis dan meningkatkan rasa tenang melalui pengaturan napas dan fokus kata positif. Penggunaan teknik relaksasi Benson efektif dalam menurunkan tingkat kecemasan ibu hamil preeklampsia dan layak diterapkan sebagai intervensi keperawatan.

Kata Kunci: Relaksasi Benson, Kecemasan, Preeklampsia

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ABSTRACT

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THE EFFECT OF BENSON RELAXATION TECHNIQUE ON ANXIETY LEVELS AMONG PREGNANT WOMEN WITH PREECLAMPSIA AT DKT GUBENG HOSPITAL, SURABAYA

xiv + 91 Pages + 8 Tables + 19 Apppendices

Preeclampsia is a condition that may cause anxiety due to the risk of complications for both the mother and the fetus; therefore, effective interventions to reduce stress are required. Non-pharmacological strategies such as the Benson relaxation technique are known to activate the relaxation response. This study aimed to evaluate the effect of the Benson relaxation technique on anxiety levels among pregnant women with preeclampsia.

This study employed a quasi-experimental design using a one-group pretest–posttest approach involving 25 pregnant women with preeclampsia selected through purposive sampling. The intervention was administered for two weeks, three times per week, with a duration of approximately 10 minutes per session. Anxiety levels were measured using the Perinatal Anxiety Screening Scale (PASS).

Data were analyzed using the Wilcoxon Signed Rank Test. Prior to the intervention, most respondents experienced mild to moderate anxiety, while nearly half were categorized as having severe anxiety. After the intervention, anxiety levels decreased, with nearly half of the respondents categorized as having minimal anxiety and most others experiencing mild to moderate anxiety, with no respondents remaining in the severe anxiety category. The Wilcoxon test results showed a Z value of -4.583 and a p-value of < 0.001 .

These findings demonstrate that the Benson relaxation technique is effective in reducing anxiety by decreasing sympathetic nervous system activity and enhancing a sense of calm through controlled breathing and positive word focus. The Benson relaxation technique is effective in reducing anxiety levels among pregnant women with preeclampsia and is recommended for use as a nursing intervention.

Keywords: Benson Relaxation, Anxiety, Preeclampsia

References: 55 journal articles, 31 books (2015–2025)