



## THE EFFECT OF ENMASROLE THERAPY ON REDUCING THE LEVEL OF ANXIETY OF PREGNANT WOMEN FACING CHILDBIRTH

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ABSTRACT	Keywords
Pregnancy is an important period in a mother's life. Changes in pregnant women can trigger psychological problems in pregnant women. The problem that often arises is anxiety, especially in the final trimester when facing the birth process. The body will produce the hormone cortisol, which if excessive can affect the health of the baby and the mother's health. Anxiety experienced by pregnant women is a condition where a person experiences uncomfortable, unpleasant feelings about thoughts that will happen in the future. In this case, the mother is afraid that the baby will be born at any time under normal conditions, or even die. Anxiety of pregnant women triggers stimulation of uterine contractions. Therefore, the anxiety of pregnant women can be overcome with complementary therapy methods, namely ENMASROLE (Endorphin Massage and Lavender Aroma). This study aimed to determine the effect of ENMASROLE therapy on reducing maternal anxiety levels in childbirth. Pre-Experiment research method with Pre-Test-Post Test.	<b>Endorphin Massage; Lavender Scent; anxiety level; pregnant mother; labor</b>

### INTRODUCTION

Pregnancy is an important period in her life and leads to the birth of the baby in her womb. During the pregnancy process, physiological and psychological changes occur so pregnant women need information from health workers through pregnancy checks (I Gede Bagus M, 2012)

Pregnant women feel anxiety in each trimester, but in the third trimester, the level of anxiety felt by mothers increases because they will face the labor process which is getting closer and negative images about childbirth such as fear of not being able to

give birth, or labor pain and even complications. (Webb et al., 2021)

Based on Qanita Wulandara's research with the theme of the influence of endorphin massage on anxiety in third-trimester pregnant women, the results showed that there was an increase before and after therapy, namely before 67.57% and after 75.68%. (Qanita Wulandara dkk, 2022)

When pregnant women experience high levels of anxiety, especially in the first trimester, the body will produce the stress hormone cortisol. If excessive levels of this stress hormone can affect the baby's health

because it can enter the amniotic fluid through the placenta, the result is that the baby's growth will become too fast, affecting the fetus' brain and reducing the oxygen supply for the fetus. When facing childbirth, generally mothers (both those who have not given birth and those who have experienced giving birth) experience anxiety, and panic anxiety in pregnant women can arise because the long period of waiting for birth is full of uncertainty and also images of scary things during the birth process. This fear is often felt in first pregnancies or primigravidas, especially when facing childbirth. (Qanita Wulandara dkk, 2022)

Anxiety can interfere with preparation for childbirth so the impact of anxiety can arise due to several factors, including biological factors, where when the body experiences a health problem, it causes anxiety. Handling anxiety There are two ways to reduce anxiety, namely pharmacological and non-pharmacological methods. Pharmacological therapy is therapy that uses drugs, while non-pharmacological therapy is therapy without drugs, one of which is complementary therapy. In this case, the way to reduce anxiety in preparation for childbirth is with complementary therapy, one of which is ENMASROLE therapy (Endorphin Massage and Lavender Aroma). (Aliyah dkk, 2024)

Massage therapy can also overcome anxiety, one of which is endorphin massage, which is massage therapy or light touch which is quite important to give to pregnant women when they feel anxious in preparation for childbirth. This massage can stimulate the body to release endorphins so that the mother feels comfortable. (Hadi Susiarno dkk, n.d.)

Not only complementary therapy with massage but there is therapy using aromatherapy. Aromatherapy is one of the many non-pharmacological methods. Lavender aromatherapy contains 30-50% linalyl acetate which is an ester compound that is very useful for normalizing emotions and in unbalanced body conditions, and also has calming properties. (Setiawan andarwulan, 2021)

## METHOD

The activity was carried out in Balongmojo Village, District. Puri Kab. Mojokerto. On Monday 3 September 2024 at 09.00-11.00 WIB. The population is all pregnant women in the third trimester. The total population is 33 respondents from third-trimester pregnant women. The sample used was total sampling. The method in this research is a quick experiment before and after therapy. To determine the level of anxiety of respondents using a questionnaire given to 33 pregnant women respondents. Anxiety level measurement uses anxiety measurement using the Perinatal Anxiety Screening Scale (PASS) method. Data analysis uses the Wilcoxon test with a P value < 0.005

## RESULTS

*(judul table :bold, table 1, table 2. Font 10)*

**Table 1. Distribution of Anxiety Levels of Pregnant Women Facing Childbirth Before Given ENMASROL Therapy**

Anxiety	Frequency	Percentage %
Not Anxious	9	27%
Mild Anxiety	7	21%
Moderately Anxious	17	52%
Severe Anxiety	0	0
Amount	33	100%

Based on Table 1 The results of the study show that before being given ENMASROL therapy, the majority of respondents experienced moderate anxiety, 17 respondents (52%).

**Table 2. Distribution of Anxiety Levels of Pregnant Women Facing Childbirth After Being Given ENMASROL Therapy**

Anxiety	Frequency	Percentage %
Not Anxious	17	52%
Mild Anxiety	11	33%
Moderately Anxious	5	15%

Severe Anxiety	0	0
Amount	33	100%

Based on Table 2, the research results show that after being given ENMASROL therapy, the majority of respondents did not experience moderate anxiety, 17 respondents (52%).

**Table 3. Distribution of respondents based on the effect of ENMASROL therapy on reducing the level of anxiety of pregnant women facing childbirth**

Anxiety Level	Before being given		After being given		P-Value
	ENMASR OL therapy		ENMASR OL therapy		
	F	%	F	%	
Not Anxious	9	27%	17	52%	0,000
Mild Anxiety	7	21%	11	33%	
Moderately Anxious	17	52%	5	15%	
Severe Anxiety	0		0		
Amount	33	100%	33	100%	

Based on Table 3, the results show that before being given ENMASROL therapy, the majority of respondents experienced moderate anxiety, 17 respondents (52%), and after being given ENMASROL therapy, the majority of respondents did not experience anxiety, 17 respondents (52%).

The results of the analysis showed that the Pvalue was 0.000. Because the value of 0.000 is smaller than  $<0.05$ , it can be concluded that  $H_a$  is accepted. This means that there is an influence on anxiety levels before and after being given ENMASROL therapy.

## DISCUSSION

Based on table 3. Distribution of respondents based on the effect of ENMASROL therapy on reducing the level

of anxiety of pregnant women facing childbirth, the results of the study show that before being given ENMASROL therapy, the majority experienced moderate anxiety, 17 respondents (52%) and after being given ENMASROL therapy, the majority did not experience anxiety, 17 respondents (52%). In this case, some respondents still experienced moderate anxiety even though they had been given ENMASROL therapy because the pregnant woman was primi gravida so there was still no picture so they still felt anxious.

Berdasarkan tabel 3 Distribusi responden berdasarkan Pengaruh Terapi ENMASROL Terhadap Penurunan Tingkat Cemas Ibu Hamil Menghadapi Persalinan, hasil penelitian menunjukkan bahwa sebelum diberikan terapi ENMASROL sebagian besar mengalami cemas sedang 17 responden (52%) dan sesudah diberikan terapi ENMASROL sebagian besar tidak mengalami cemas 17 responden (52%). Dalam hal ini responden masih ada yang mengalami cemas sedang meskipun sudah diberikan terapi ENMASROL dikarenakan ibu hamil tersebut primi gravida sehingga masih belum ada gambaran sehingga masih ada merasa cemas.

The results of the analysis showed that the Pvalue was 0.000. Because the value of 0.000 is smaller than  $<0.05$ , it can be concluded that  $H_a$  is accepted. This means that there is an influence on anxiety levels before and after being given ENMASROL therapy

Pregnancy brings physical and psychological changes, therefore pregnant women need conducive physical and psychological conditions so that the pregnancy and birth process runs smoothly. The most common problem that arises in pregnant women facing childbirth is anxiety. (Emma Robertson Blackmore, Hanna Gustafsson,dkk, 2016)

Preparations for childbirth can be done in the third trimester, the third trimester of pregnancy is often called the waiting and alert period because the mother feels impatient waiting for the birth of her baby, which results in her starting to worry about herself and feeling anxious about her baby at the time of birth. (Mafudiah, 2023)

Anxiety can interfere with preparation for childbirth so the impact of anxiety can arise due to several factors, including biological factors, where when the body experiences a health problem, it causes anxiety. Handling anxiety There are two ways to reduce anxiety, namely pharmacological and non-pharmacological methods. Pharmacological therapy is therapy that uses drugs, while non-pharmacological therapy is therapy without drugs, one of which is complementary therapy. In this case, the way to reduce anxiety in preparation for childbirth is with complementary therapy, one of which is ENMASROLE therapy (Endorphin Massage and Lavender Aroma). (Aliyah dkk, 2024)

## CONCLUSIONS

The research was carried out in Balongmojo Village, District. Puri Kab. Mojokerto. On Monday, September 2, 2024. The number of respondents was 33 pregnant women. The results showed that before being given ENMASROL therapy, the majority of respondents experienced moderate anxiety, 17 respondents (52%), and after being given ENMASROL therapy, the majority of respondents did not experience anxiety, 17 respondents (52%). In this case, some respondents still experienced moderate anxiety even though they had been given ENMASROL therapy because the pregnant woman was primi gravida so there was still no picture so they still felt anxious. Handling anxiety There are two ways to reduce anxiety, namely pharmacological and non-pharmacological methods. Pharmacological therapy is therapy that uses drugs, while non-pharmacological therapy is therapy without drugs, one of which is complementary therapy. In this case, the way to reduce anxiety in preparation for childbirth is with complementary therapy, one of which is ENMASROLE therapy.

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