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THE EFFECT OF ACUPRESSURE ON ANXIETY LEVELS TRIMESTER I PREGNANT WOMEN IN BUMI BABARAN DOA AMBU 2023

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ABSTRACT

Background: Anxiety during pregnancy increases by 14% -54% in the first and third trimesters. If not treated immediately, antenatal anxiety can cause complications in pregnancy, childbirth and complications in newborns. One of the non-pharmacological treatment of anxiety is acupressure. Emphasis on acupressure points will stimulate sensory nerve cells which can stimulate the body to release endorphins, with the presence of endorphins the body will feel relaxed. **Objective:** The purpose of this study was to determine the effect of acupressure on the anxiety level of first trimester pregnant women at Bumi Babaran Doa Ambu 2023. **Method Research:** The research design used a pre-experimental method with a one group pre-test and post-test design. The sample of this research was first trimester pregnant women. The sampling method used was purposive sampling with a total sample of 17 respondents. Data collection was carried out by filling out HARS (Hamilton Anxiety Rating Scale) questionnaires. Data analysis using the Wilcoxon Sign Rank Test. **Research Results:** The results of the Wilcoxon test obtained a p value of 0.000, there was an effect of acupressure therapy on the anxiety level of first trimester pregnant women at Bumi Babaran Doa Ambu 2023. **Conclusion:** It is hoped that acupressure therapy can be used as an alternative choice of effective non-pharmacological methods to reduce symptoms of anxiety in pregnant women.

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PRELIMINARY

Pregnancy is a natural process experienced by every woman in her reproductive cycle. Pregnancy begins with fertilization and ends with the onset of labor, during this pregnancy the mother experiences physical and psychological changes (Varney, 2009).

The psychological changes that occur in pregnant women in the first trimester are anxiety and fear (Ardila et al., 2012). Anxiety tends to be experienced in the first trimester, which is a process of adapting lifestyle adjustments to the process of pregnancy experienced by the mother. This occurs because of the increased worry of the mother and the mother's fear about the condition of the uterus, which will get bigger, worried about the life of the fetus and its own condition. (JANIWARTY, 2013)

About a third of pregnant women experience anxiety symptoms that occur during pregnancy, anxiety can occur in pregnant women is 0.7% to 2.8% (Mizuno et al., 2017). The prevalence of anxiety in pregnancy varies in each trimester of pregnancy with a range of 14% -54% and increases in the first and third trimesters. (Madhavanprabhakaran et al., 2015). Anxiety in pregnant women brings unpleasant feelings of constant worry and fear, this will be a cause of high risk in the process of pregnancy that a woman goes through, anxiety in pregnant women can trigger stimulation of uterine contractions which are very dangerous, especially in the first trimester (Huang et al., 2020).

So anxiety must be overcome immediately so that it does not have a negative impact on the mother and baby and can minimize the occurrence of complications in pregnancy, anxiety management care that can be done is by

using pharmacological and non-pharmacological therapy (Huang et al., 2020). One of the non-pharmacological methods that can be used to reduce or overcome anxiety in pregnant women is the acupressure technique.

Acupressure is a complementary therapy with the principle of healing touch which can provide a feeling of relaxation, calm and comfort, through acupressure therapy the body will release muscle tension, increase blood circulation and improve one's quality of life (Senudin et al., 2021).

Emphasis on acupressure points physiologically will stimulate the increased release of serotonin which will act as a neurotransmitter that carries signals to the brain to produce endorphins, an emphasis on acupressure action on points PC6, ST36, SP4 can reduce nausea, vomiting, and reduce anxiety in pregnant women (Indrayanti et al., 2022).

METHOD

This study uses a quantitative approach to pre-experimental design, with a one-group pretest-post-test approach. Before being given an intervention, a pre-test will be carried out, then after being given an intervention, a post-test will be carried out to find out the condition of the respondent after being given the intervention. The sampling technique used in this study was purposive sampling.

In this study uses a standardized questionnaire. Anxiety was measured using the HARS (Hamilton Anxiety Rating Scale) questionnaire with score categories, namely: score <14 (not anxious), score 14-20 (mild anxiety), score 21-27 (moderate anxiety), 28-41 (severe anxiety).

Based on a preliminary study conducted at Bumi Babaran Doa Ambu in the northern

Cimahi region, during the last 3 months there were 205 pregnant women and 25 primigravida pregnant women in the first trimester, when interviewed there were 7 out of 10 first trimester pregnant women experiencing signs of anxiety symptoms including: the mother felt restless, the mother has cold sweats and the mother often feels sad for no reason

RESULTS

Results of research conducted on first trimester pregnant women who experience anxiety before and after acupressure interventions at Bumi Babaran Doa Ambu 2023.

Table 1.1 Respondents' average anxiety before acupressure was performed

Variable	Measure ment	Median	At a minimum maximal
Worry	Pre-test	21.00	14-40

Based on table 1.1 it was found that the mean value of the respondent's anxiety score before doing acupressure was 21.00. In the pre test it is known that the lowest score is 14, the highest score is 40.

Table 1.2 Respondents' average anxiety after acupressure was performed

Variable	Measure ment	Median	At a minimum maximal
Worry	Post test	10.00	3-20

Based on table 1.2 it was found that the mean score of the respondents' anxiety after doing acupressure was 10.00. In the post test it is known that the lowest score is 3, the

highest score is 20.

Table 1.3 Respondents' average anxiety after acupressure was performed

Measure ment	Median	The average decrease in anxiety levels	P
Pre-test	21.00	9.00	0.000
Post test	10.00		

Based on the results of the nonparametric test, namely the Wilcoxon test, a P value of 0.000 ($<\alpha$ 0.05) was rejected. It can be concluded that acupressure has a significant effect on reducing the anxiety level of first trimester pregnant women after being given acupressure. H_0

DISCUSSION

1. The average level of anxiety in the first trimester of pregnant women before acupressure was performed

Based on the analysis in table 1.1, the average value before being given acupressure to pregnant women in the first trimester has an average anxiety score of 21.00, with the lowest score being 14 and the highest score being 40. This is in line with research conducted by (Novianti & Safitri Muchtar, 2021) the results of the study before doing acupressure were 14 people (66.7%) with moderate anxiety and those who experienced severe anxiety were 7 people (33.3%).

Respondents in this study on average experienced moderate anxiety, in moderate anxiety conditions a person will focus on important things and override other things and narrow one's perceptions, this can affect a person to be inattentive, indifferent but can do something more directed.

If this anxiety continues for the mother, this can have a negative impact on the

mother and fetus both during pregnancy and after delivery. The impact on the mother is the weakening of the uterine muscle contractions during childbirth due to the release of catecholamine hormones and adrenaline, which can inhibit the release of the hormone oxytocin, weakening of the uterine muscle contractions can lead to prolonged labor, which can increase the occurrence of infection and fatigue in the mother. (Baroah & Jannah, 2020)

2. The average level of anxiety in the first trimester of pregnant women before acupressure was performed

Based on the analysis in table 1.2, the average value before being given acupressure to pregnant women in the first trimester has an average anxiety score of 10.00 and there is a decrease in the mean post-test score, it is known that the lowest score is 3, the highest score is 20. This is in line with previous research (Novianti & Safitri Muchtar, 2021) Anxiety of pregnant women before acupressure treatment (mean 26.61) and there was a significant change in the level of anxiety of pregnant women after acupressure treatment (mean 22.3).

Worry can be overcome in two ways, namely pharmacological and non-pharmacological. Pharmacological treatment for anxiety is giving anti-anxiety drugs, namely benzodiazepines, but drug therapy is only used for very severe anxiety (panic), because it can cause dependence and nervous disorders in sufferers. (Suriyati, 2019).

Non-pharmacological anxiety management, including acupressure, is a therapy to treat several kinds of diseases and problems experienced by a person, one of which is to overcome anxiety and nausea and vomiting. This action is an easy, cheap, and

safe action. (Fengge, 2012).

Acupressure is performed to reduce anxiety levels in pregnant women in the first trimester by emphasizing the acupoints, namely the pericardium meridian (PC6), stomach meridian (ST36), and spleen or spleen meridian (SP4). Acupressure massage was carried out for 5 days with a frequency of 4 cycles once a day, 1 cycle of 30 clockwise rotations bilaterally on the hands and feet.

Physiologically, putting emphasis on acupressure points (acupoints) on the meridians will stimulate sensory nerve cells around the acupressure points, then this stimulation will be passed on to the spinal cord and hypothalamus pituitary. relax (Ayu Maharani et al., 2019).

3. The effect of acupressure on the anxiety level of first trimester pregnant women

Based on the results of the analysis in table 1.3, the median value before the intervention was 21.00 and after the intervention was 10.00. Based on the results of the nonparametric test, namely the Wilcoxon test, it obtained a P value of 0.000 ($< \alpha$ 0.05) with a 95% confidence level, so it was rejected and accepted based on these results it can be concluded that there is a significant effect on reducing anxiety levels in first trimester pregnant women after being given acupressure. $H_0 H_a$

This is in line with research (Kharismawati, 2019) The Effectiveness of Acupressure and Deep Breathing Relaxation on Anxiety Levels in Third Trimester Pregnancy from the results of the study obtained a p value of 0.003 ($p < 0.05$) so that the results showed that there was an effect of deep breathing acupressure and relaxation on anxiety levels in third trimester pregnant women.

Point suppression when doing acupoints or acupressure will suppress anxiety nerve

points including points Pc6, St36, and Sp4(Au et al., 2015). Massaging the PC6 point increases stimulation of the wrist muscles which can increase blood flow and increase the secretion of neurotransmitters, this can increase endorphins so that they can relax and reduce anxiety.(Saputra, 2017). Emphasis on point St36 is Physiology will regulate brain function which carries signals to the brain to activate the pituitary gland to produce endorphins so that it has a sedative effect.(Indrayanti et al., 2022).

Emphasis on the Sp4 point will relax the leg muscles, thus affecting the central nervous system which adapts to increased hormones, every pregnant woman has different factors that cause nausea and vomiting in respondents in this study influenced by gravid and anxiety. Most of the respondents in this study were primigravidas, so they were worried about their pregnancy.

Other data from this study revealed that although all respondents experienced a decrease in their anxiety levels, there were still pregnant women who experienced mild anxiety after acupressure was performed. This shows that there are other factors that can affect the level of anxiety of pregnant women including the average respondent is a multigravida mother on Anxiety in multigravida mothers tends to be caused by fear of complications during labor or the trauma of previous deliveries. Whereas in the anxiety that occurs primigravida mothers experience something that has never been experienced before, so that the process of adaptation is more to physical and psychological changes(Sadock K. a., 2015).

In addition to predisposing factors, such as the situation in the field at the first time of research, after directives and guidance on acupressure massage techniques, some

respondents were constrained by work so that acupressure was carried out independently the next day, such as improper acupressure techniques, lack of relaxation when doing acupressure which was the causative factor. there are still pregnant women who experience mild anxiety after acupressure is done.

CONCLUSION

The results showed that pregnant women in the 1st trimester before doing acupressure, on average, pregnant women experienced moderate anxiety with a score of 21.00. After doing acupressure with a score of 10.00, they did not experience anxiety.

The results of the Wilcoxon test obtained a p value of 0.000 ($<\alpha$ 0.05). It can be concluded that akupresuh affects the anxiety level of first trimester pregnant women at Bumi Babaran Doa Ambu.

SUGGESTION

1. For midwives
It is hoped that the results of this study can be used as input and information in improving services for pregnant women, especially in the 1st trimester, who experience anxiety using alternative non-pharmacological options, namely acupressure therapy, which midwives have previously attended training.
2. For further researchers
It is hoped that it can conduct research on the effect of acupressure at several other points that are carried out on discomfort that occurs during pregnancy.

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