

THE EFFECT OF GUIDED IMAGERY AND MUSIC (GIM) RELAXATION ON ANXIETY OF PREGNANT WOMEN FACING LABOR IN PRIMIGRAVIDA PREGNANT WOMEN TRIMESTER III

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ABSTRAK PENGARUH RELAKSASI GUIDED IMAGERY AND MUSIC (GIM) TERHADAP KECEMASAN IBU HAMIL MENGHADAPI PERSALINAN PADA PRIMIGRAVIDA IBU HAMIL TRIMESTER III

Latar Belakang: Kecemasan merupakan salah satu faktor yang berkontribusi terhadap kemajuan persalinan, 28,7% ibu hamil merasa cemas sehingga perlu dilakukan upaya guna mengurangi kecemasan tersebut. Salah satu contoh terapi relaksasi yang cukup populer dilakukan adalah terapi Guided Imagery yang dibarengi dengan lantunan musik pada ibu hamil. Tujuan penelitian diketahui pengaruh relaksasi guided imagery and music (GIM) terhadap kecemasan ibu hamil menghadapi persalinan pada ibu hamil primigravida Trimester III di Wilayah Kerja Puskesmas Punggur Kabupaten Lampung Tengah Tahun 2023. Metode Penelitian : Jenis penelitian kuantitatif rancangan penelitian pra eksperimen dengan rancangan one group pre – post test design. Populasi ibu hamil Primigravida Trimester III fisiologis di Wilayah kerja Puskesmas Punggur sebanyak 55 responden dengan sampel yang digunakan sebanyak 16 responden menggunakan proposional random sampling. Penelitian telah dilaksanakan pada bulan Januari - Juli 2023 di Puskesmas Punggur. Pengumpulan data menggunakan kuesioner, analisis data secara univariat, dan bivariat menggunakan uji t test- paired sample test). Hasil penelitian diketahui rata-rata kecemasan ibu hamil menghadapi persalinan pada ibu hamil primigravida trimester III sesudah dilakukan terapi guided imagery and music (GIM) adalah 56,7 dan sesudah dilakukan terapi guided imagery and music (GIM) adalah 34,4. Hasil bivariat diketahui ada pengaruh relaksasi guided imagery and music (GIM) terhadap kecemasan ibu hamil menghadapi persalinan pada ibu hamil primigravida Trimester III di Wilayah Kerja Puskesmas Punggur Kabupaten Lampung Tengah Tahun 2023 (p-value = 0,000). Saran bagi Puskesmas dapat memberikan layanan kesehatan ibu hamil untuk tetap meningkatkan program kelas ibu dan latihan relaksasi Guide Imagery Music dapat dijadikan model atau alternatif intervensi untuk mengelola kecemasan ibu hamil dalam menghadapi persalinan.

Kata Kunci : Kecemasan ibu hamil, relaksasi GIM

ABSTRACT

Background Anxiety is one of the factors that contribute to the progress of labor, 28.7% of pregnant women feel anxious so efforts need to be made to reduce this anxiety. One example of relaxation therapy that is quite popular is Guided Imagery therapy accompanied by music for pregnant women.

The aim of this research was to know the effect of guided imagery and music (GIM) relaxation on the anxiety of pregnant women facing childbirth in third trimester primigravida pregnant women in the Working Area of Punggur Public Health Center, Central Lampung Regency, in 2023.

Research Methods This type of quantitative research is a pre-experimental research design with a one group pre-post test design. The population of Primigravida Trimester III physiological pregnant women in the working area of the Punggur Public Health Center was 55 respondents with a sample of 16 respondents. Proportional random sampling. The research was carried out in February - July 2023 at Punggur Public Health Center. Data collection used a questionnaire, whereas data analysis was univariate, and bivariate used (t-test paired sample test).

The results showed that the average anxiety of pregnant women facing childbirth in third trimester primigravida pregnant women after guided imagery and music (GIM) therapy was 56.7 and after guided imagery and music (GIM) therapy was 34.4. The bivariate results show that there is an effect of guided imagery and music (GIM) relaxation on the anxiety of pregnant women facing childbirth in third trimester primigravida pregnant women in the Working Area of Punggur Public Health Center, Central Lampung Regency, 2023 (p-value = 0.000).

Suggestions for the Public Health Center to provide health services for pregnant women to continue to improve mother class programs and relaxation exercises Guide Imagery Music can be used as a model or alternative intervention to manage pregnant women's anxiety in facing childbirth.

Keywords: Anxiety of pregnant women, GIM relaxation

INTRODUCTION

According to the data from the Central Lampung Health Office in 2022, there were a total of 5,750 pregnant women. In the working area of Punggur Public Health Center in 2022, there were 165 pregnant women. Based on the preliminary study conducted by the researcher in January 2023, the number of registered pregnant women in the catchment area of Punggur Public Health Center is 175. Among them, there were 25 pregnant women in the third trimester who were primigravida. Data from Pujokerto Public Health Center in 2022 showed a total of 134 pregnant women, with 8 primigravida pregnant women in the third trimester in January. It is evident from the data that Punggur Public Health Center has a higher number of pregnant women compared to Pujokerto Public Health Center.

If this anxiety is not promptly addressed, it can affect the labor process, resulting in weak uterine contractions, prolonged labor, fetal distress, increased maternal blood pressure leading to maternal and fetal mortality and morbidity (Meihartati T, 2019). Anxiety is one of the contributing factors to the progress of labor, so efforts are needed to reduce this anxiety (Suriyati, 2019).

So far, pregnant women experiencing anxiety have not received specific treatment. Emergency services in antenatal care still consist of treatment based on perceived complaints and visible, palpable, or laboratory results. However, reports of anxiety during pregnancy have not been recorded. Based on this description, efforts are needed to minimize anxiety that occurs during pregnancy, both through pharmacological and non-pharmacological methods (Susilowati, 2019).

Non-pharmacological therapy is a treatment carried out without using medications and can be used to reduce anxiety levels. Some types of non-pharmacological therapy that can be used to reduce anxiety levels include art therapy, information provision, pet therapy, counseling, distraction, aromatherapy, hypnosis, music therapy, meditation, and relaxation. One popular example of relaxation therapy conducted is Guided Imagery therapy accompanied by soothing music for pregnant women (Meihartati T, 2019).

Guided Imagery technique or Guided Imagery has proven to be more effective in promoting relaxation when combined with other relaxation techniques such as breathing and muscle relaxation. Adding the effect of music to relaxation exercises is a strategy to enhance the focus of relaxation exercises, as music can create a relaxed state (Meihartati T, 2019). Guided Imagery and Music (GIM) therapy involves imagining pleasant events or favorite places while accompanied by music using

sensory perception, such as visuals, sounds, scents, and emotions, resulting in positive emotional responses that act as enjoyable distractions to divert attention from discomfort or pain (Mustikarani et al., 2017).

In Guided Imagery sessions, mothers are guided with words to stimulate relaxation responses. They imagine a healthy pregnancy, the baby's well-being inside the womb, envision a pleasant childbirth, create a calm and comfortable mental state while releasing the tension and anxiety experienced. This technique significantly induces relaxation (Murni, 2020).

Relaxation through GIM as a form of mind-body intervention can effectively transform the brain's threshold from stress or anxiety into a more adaptive physiological state. Music is easily accepted by the auditory organs, and through the auditory nerves, it is interpreted in the brain. Music can directly affect the emotional brain or limbic system (Murni, 2020).

Based on Murni's research (2018) with the title "The Effect of Guided Imagery And Music (GIM) Relaxation Exercises on Pregnant Women's Anxiety Levels Facing Their First Labor: A Study at Meninting Public Health Center in West Lombok Regency," the results showed that both groups had similar anxiety levels before the treatment (p-value of 0.890). After the treatment, the average anxiety scores in both groups decreased. The research results demonstrated that GIM relaxation exercises in the intervention group and prenatal exercises in the control group were effective in reducing anxiety in first-time mothers facing labor, as indicated by the comparison between anxiety scores before and after the intervention in both groups, with p-values each less than 0.05.

Based on the problems faced by three third-trimester primigravida pregnant women in the working area of Punggur Public Health Center, all three expressed fear and anxiety. Pregnant women experiencing anxiety in the third trimester are anxious about labor. From the mothers' knowledge, they lack understanding about how to cope with and calm themselves from anxiety during labor. Most actions taken by mothers to cope with anxiety include getting enough rest and praying. Additionally, healthcare providers have not previously conducted Guided Imagery and Music (GIM) interventions for anxiety levels before labor in pregnant women. The usual approach is to advise regular check-ups, with no evaluation concerning pregnant women's anxiety levels before labor.

Given the description above, the researcher is interested in conducting a study on the effect of

Guided Imagery and Music (GIM) on anxiety levels before labor in pregnant women.

RESEARCH METHODS

The research design employed in this study was a quantitative pre-experimental research with a one-group pretest-posttest design. The research was conducted in May 2023 in the working area of Punggur Public Health Center, Central Lampung Regency. The population of this study comprised physiologically Primigravida Trimester III pregnant women in the working area of Punggur Public Health Center for the year 2022, totaling 612 pregnant

women. The sample size used in this study was 16 individuals. The dependent variable in this research was the anxiety of pregnant women facing childbirth. The independent variable in this study was the Guided Imagery and Music (GIM) therapy.

RESEARCH RESULTS

Based on Table 1 above, it is known that out of 16 respondents, 14 (87.5%) were aged between 20-35 years, 8 (50.0%) had completed senior high school education (SMA), and 12 (75.0%) were housewives (IRT).

Table 1
Respondents Characteristics

Variable	Category	Intervention	
		n	%
Age	20 – 35 ages	16	100.0
Education	Junior high school	8	50.0
	High school	8	50.0
Occupation	Housewife	12	75.0
	Working	4	25.0

Table 2
Normality Test of Data

Variable	Relaxation GIM	Shapiro Wilk	Status
Pregnant mothers' anxiety	Before	0.441	Normal
	After	0.070	Normal

Based on Table 2 above, the normality test using Shapiro-Wilk for both the before and after variables in the intervention group yielded significant values > 0.05, indicating that the data is normal.

Based on Table 3 above, the average anxiety of pregnant mothers facing childbirth in primigravida pregnant women in the third trimester before guided imagery and music (GIM) therapy is 56.7, with a standard deviation of 9.0, a minimum value of 40, and a maximum value of 70.

Univariate Analysis

Table 3
Average anxiety of pregnant mothers facing childbirth in primigravida pregnant women in the third trimester before guided imagery and music (GIM) therapy

Pregnant mothers' anxiety	Mean	SD	Min	Max	N
Before	56.7	9.0	40	70	16

Table 4
Average anxiety of pregnant mothers facing childbirth in primigravida pregnant women in the third trimester after guided imagery and music (GIM) therapy

Pregnant mothers' anxiety	Mean	SD	Min	Max	N
After	34.4	10.2	23	58	16

Based on Table 4 above, the average anxiety of pregnant mothers facing childbirth in primigravida pregnant women in the third trimester after guided imagery and music (GIM) therapy is 34.4, with a standard deviation of 10.2, a minimum value of 23, and a maximum value of 58.

Bivariate Analysis

Based on the table 5 above, the normality test using Shapiro-Wilk for both the before and after variables in the intervention group yielded significant values > 0.05, indicating that the data is normally distributed. Since the data follows a normal distribution, the appropriate bivariate analysis used is the paired sample t-test.

Table 5
The Effect of guided imagery and music (GIM) relaxation on anxiety of pregnant mothers facing childbirth in primigravida pregnant women in the third trimester in the Working Area of Punggur Public Health Center, Central Lampung Regency

Variable	Relaxation GIM	Mean	Different- Mean	P- Value
Pregnant mothers' anxiety	Before	56.7	22.3	0,000
	After	34.4		

DISCUSSION

The average anxiety level of primigravida pregnant women facing childbirth before undergoing Guided Imagery and Music (GIM) therapy was found to be 56.7, with a standard deviation of 9.0, a minimum value of 40, and a maximum value of 70.

Anxiety is a condition that signifies a threat to one's well-being and is manifested in behaviors such as feelings of powerlessness, incapability, fear, and specific phobias (Nursalam, 2013). Anxiety is associated with a state of worry characterized by feelings of uncertainty, helplessness, and unclear emotional states regarding specific objects. In first pregnancies, this fear is often experienced, particularly in facing childbirth. Psychological stress on a pregnant woman occurs more frequently in the third trimester of pregnancy. Women experiencing anxiety during pregnancy are more likely to experience abnormal labor and even complications that can result in maternal and fetal mortality. Maternal mortality and morbidity remain significant problems in developing countries (Ashari, Pongsibidang, and Mikharunnisai, 2019).

Consistent with the research by Fanratami (2021), the study results showed that the anxiety level of third trimester pregnant women before receiving Guided Imagery and Music (GIM) intervention was 27.27 (8.8863) with a range of 16-44. In Wulandari's study (2019), the analysis of 30 respondents revealed that the majority of

respondents experienced moderate anxiety before receiving guided imagery therapy, with 18 respondents (60%).

In the researcher's opinion, the research results indicate that the average anxiety level of pregnant women before intervention is 56.7, with the highest score being 70 points and the lowest being 40 points. According to the researcher's view, there are variations in anxiety levels among pregnant women due to other factors related to anxiety, such as spousal support, good knowledge about pregnancy, positive coping mechanisms that enable the respondent to divert from negative emotions. The researcher believes that the level of anxiety experienced by pregnant women in the third trimester varies depending on their coping strategies to deal with stress or anxiety. A healthy pregnant woman is one who is physically and psychologically healthy. Although a pregnant woman may appear physically well, her psychological state may not necessarily be good. Therefore, providing support and a sense of safety and comfort to pregnant women is essential for a smooth birthing process that ensures the health of both the mother and the baby. The causes of anxiety during pregnancy, especially in the third trimester, include feelings of anxiety and fear of death, birth trauma, guilt or feelings of sin, and real fears such as the fear of the baby being born with disabilities. At the same time, pregnant mothers also

experience apprehension about their baby's birth and the beginning of a new phase in their lives.

Anxiety during pregnancy can also be influenced by education. Education plays a significant role in the development of one's abilities and behaviors. Educated individuals are expected to acquire knowledge. A pregnant woman with higher education is better equipped to manage emotions and reduce feelings of anxiety when facing the physical and emotional changes of pregnancy and childbirth.

According to the researcher's perspective, feelings of anxiety during the third trimester of pregnancy regarding the childbirth process and the condition of the baby to be born not only occur in a woman's first pregnancy but also in subsequent pregnancies. Even if women have prior experience with childbirth, feelings of anxiety will persist. The researcher believes that women about to give birth worry about the fate of their unborn child, fearing pain during labor, being anxious about the health and safety of the baby, and fearing that the newborn may have disabilities.

The average anxiety level of primigravida pregnant women facing childbirth after undergoing Guided Imagery and Music (GIM) therapy was found to be 34.4, with a standard deviation of 10.2, a minimum value of 23, and a maximum value of 58.

According to Sadock as cited in Hawari (2013), anxiety is an excessive worry about things to come (apprehensive expectation). So far, pregnant women experiencing anxiety have not received specific treatment. Services for anxiety in antenatal care still involve treatment based on perceived complaints and observable symptoms, or based on laboratory results. However, anxiety reports during pregnancy have not yet been documented. Referring to this description, efforts are needed to minimize anxiety that occurs during pregnancy, whether through pharmacological or non-pharmacological means (Susilowati, 2019).

Guided Imagery technique or Guided Imagery and Music (GIM) has proven to be more effective in enhancing relaxation when combined with other relaxation techniques such as breath relaxation and muscle relaxation. Incorporating music into relaxation exercises is a strategy to focus the relaxation practice, and music can create a state of relaxation (Meihartati T, 2019). The GIM therapy involves imagining pleasant events or favorite places while accompanied by music, using sensory input such as sights, sounds, scents, emotions, and resulting in a positive emotional response that acts as an enjoyable distraction from discomfort or pain (Mustikarani et al., 2017).

Guided Imagery and Music (GIM) relaxation can effectively change the brain's threshold under stress or anxiety conditions to be more physiologically adaptive. Music is easily accepted by the auditory system, and it enters the brain through the auditory nerve and is interpreted in the limbic system, impacting emotional states (Murni, 2020).

In line with Fanratami's research (2021), the study found that anxiety levels of third trimester pregnant women decreased after receiving the intervention, with an average anxiety level of 18.10 (6.900) and a range of 9-37.

According to the researcher's view based on the research results, it is evident that there was a reduction in anxiety levels of third trimester pregnant women after undergoing Guided Imagery and Music (GIM) therapy, with a decrease of 34.4 points. This means that the intervention successfully lowered anxiety levels in the pregnant women. For primigravida, the experienced pregnancy is their first time, and thus the third trimester can be more anxiety-inducing as the childbirth process draws near. Pregnant women tend to worry about their pregnancy, feel restless, and fear childbirth, especially considering the lack of knowledge that contributes to anxiety. The research results demonstrate that guided imagery can decrease anxiety levels before childbirth in pregnant women. This is because guided imagery teaches focusing on positive imagination that induces a state of relaxation. The data indicates a change in anxiety levels between points 23-47, implying a reduction of anxiety by 12-36 points. This variation in anxiety reduction could be due to individual differences in coping with stress. After the Guided Imagery intervention, a decrease in anxiety is observed. Essentially, this intervention directs individuals to think and imagine positively, stimulating the release of serotonin, a pleasant chemical that reduces anxiety and diminishes the sympathetic response to stress, facilitating self-healing. Guided Imagery also stimulates the pituitary gland to release endorphins, creating feelings of happiness and joy in patients.

BIVARIATE ANALYSIS

The effect of Guided Imagery and Music (GIM) relaxation on the anxiety of primigravida pregnant women facing childbirth in the third trimester in the Punggur Public Health Center, Central Lampung Regency in 2023.

Based on the statistical test results, a p-value of 0.000 ($p\text{-value} < \alpha = 0.05$) was obtained, indicating that there is an influence of Guided Imagery and Music (GIM) relaxation on the anxiety of primigravida pregnant women facing childbirth in the third

trimester in the Punggur Public Health Center, Central Lampung Regency in 2023.

Anxiety is related to a state of excessive worry, fear, uncertainty, or feelings of powerlessness, and emotions that are not clear about a specific object. Pregnant women experiencing anxiety during pregnancy are more likely to experience abnormal deliveries and complications that can lead to maternal and fetal mortality. Maternal mortality and morbidity remain significant issues in developing countries (Ashari, Pongsibidang, and Mikharunnisai 2019).

Guided Imagery technique or Guided Imagery and Music (GIM) has been proven to be more effective in enhancing relaxation when combined with other relaxation techniques such as breath relaxation and muscle relaxation. Adding the effect of music to relaxation exercises is a strategy to enhance focus and create a state of relaxation (Meihartati T, 2019). Guided Imagery and Music (GIM) therapy involves imagining pleasant events or favorite places accompanied by music using sensory inputs like sights, sounds, scents, emotions, producing a positive emotional response as a pleasant distraction from discomfort or pain (Mustikarani et al., 2017).

In Guided Imagery sessions, the mother is guided through words to stimulate relaxation responses, imagining a healthy pregnancy, the baby in a healthy condition inside the womb, envisioning a pleasant childbirth experience, creating a calm and comfortable state of mind while releasing tension and anxiety experienced by the mother. This technique significantly brings about relaxation effects (Murni, 2020).

Consistent with Wulandari (2019), the results of the Wilcoxon test show a p-value of 0.000 (p-value < 0.05). According to Fanratami's research (2021), bivariate analysis shows a p-value of 0.000. With a p-value $\leq \alpha$ 0.05, it means there is a difference in average scores before and after the Guided Imagery and Music intervention in relation to the anxiety level of pregnant women. Multivariate analysis results indicate that age and gravidity significantly affect the anxiety of third-trimester pregnant women. In Murni's study (2018), there were significant differences in anxiety scores before and after the intervention in both the intervention group ($p = 0.001$) and the control group ($p = 0.016$).

The first pregnancy often brings about a sense of fear, particularly when facing childbirth. The psychological burden on a pregnant woman tends to increase during the third trimester of pregnancy. The anxiety experienced by pregnant women can be attributed to the elevated levels of the hormone

progesterone. This hormone can induce feelings of anxiety and emotional disturbance, leading to increased fatigue. Another hormone that increases during pregnancy is adrenaline, which can cause biochemical dysregulation in the body, resulting in physical tension such as irritability, restlessness, inability to focus, and anxiety. Guided Imagery relaxation, as a form of mind-body intervention, effectively modifies the brain's threshold for stress and anxiety, leading to physiological adaptations. Music is easily received by the auditory organs, and through the auditory nerves, it is interpreted in the brain. Music can directly influence the emotional brain or limbic system.

According to the researcher's findings, it's known that the majority of respondents are aged 20-35, accounting for 14 (87.5%) of the total. Psychologically, younger individuals tend to have higher stressor factors, particularly in terms of tolerating perceived pain stimuli, which can increase pain perception or vice versa, where pain can trigger feelings of anxiety or stress. The researcher also notes that a larger number of respondents have a high school education, accounting for 8 (50.0%). A person's educational level is associated with their knowledge about specific issues, and higher knowledge levels lead to a better understanding of the intervention, thus reducing pain levels.

According to researchers, from the obtained results, it was found that more respondents with the occupation of a homemaker (IRT) accounted for 12 (75.0%) of the respondents. According to the researchers, individuals who are not employed tend to have a lighter mental burden compared to those who work. This means that work-related stress, which is one of the factors causing anxiety and exacerbating the perceived pain in an individual, is not experienced. Rather, the experienced anxiety tends to be caused by other factors. On the other hand, for individuals who are employed, anxiety tends to stem from both job-related and household-related burdens. Consequently, the presence of anxiety increases the perceived pain. Employed individuals are more likely to experience stress due to their job-related burdens.

The results of this research demonstrate that guided imagery, trained for each respondent, plays a significant role in reducing the anxiety experienced by pregnant mothers during the third trimester of pregnancy and before childbirth. This therapy has proven to offer many positive benefits to each respondent. As revealed through interviews conducted by the researcher at the end of the sessions, respondents become more relaxed and comfortable, and they gain the belief that their

childbirth will proceed smoothly. According to the researcher, guided imagery can be considered as a therapy to address anxiety experienced by pregnant mothers in the third trimester when facing the birthing process. This therapy is simple, easy to perform, effective, and has no side effects. Therefore, it has the potential to enhance the health status of pregnant mothers and mitigate the adverse effects of anxiety experienced by both the pregnant mother and the fetus.

CONCLUSION

It can be concluded that the average anxiety level of pregnant primigravida women facing childbirth in the third trimester significantly decreases after undergoing guided imagery and music (GIM) therapy. The initial average anxiety score was 56.7, with a standard deviation of 9.0, a minimum value of 40, and a maximum value of 70. Following the GIM therapy, the average anxiety score decreased to 34.4, with a standard deviation of 10.2, a minimum value of 23, and a maximum value of 58. This reduction in anxiety levels demonstrates the effectiveness of GIM therapy in alleviating anxiety among pregnant primigravida women in their third trimester. The statistical analysis revealed a significant influence of guided imagery and music (GIM) relaxation on reducing anxiety levels in pregnant primigravida women facing childbirth. This was evident from the p-value of 0.000, which is less than the significance level ($\alpha = 0.05$). This indicates a strong impact of the GIM intervention on

decreasing maternal anxiety in the third trimester within the working area of Punggur Public Health Center, Central Lampung Regency, in the year 2023.

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