

**PROGRAM STUDI PENDIDIKAN PROFESI BIDAN FAKULTAS KEBIDANAN
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Asuhan Kebidanan Berkesinambungan pada Ny. Y dengan Penerapan Terapi Musik Klasik dalam Mengurangi Kecemasan Ibu Hamil Trimester III terhadap Persalinan di PMB Hasna Dewi Fitria Sari

xiv + 165 Halaman + 1 Gambar + 5 Tabel + 7 Lampiran

ABSTRAK

Kecemasan pada ibu hamil trimester III dapat memengaruhi kesiapan menghadapi persalinan sehingga diperlukan intervensi nonfarmakologis yang efektif. Penelitian ini bertujuan menerapkan asuhan kebidanan berkesinambungan dengan terapi musik klasik untuk mengurangi kecemasan ibu hamil trimester III terhadap persalinan di PMB Hasna Dewi Fitria Sari. Metode yang digunakan adalah studi kasus berbasis *Evidence Based Practice* dengan pendekatan *Continuity of Care* yang meliputi masa kehamilan, persalinan, bayi baru lahir, nifas, dan keluarga berencana. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dokumentasi, dan pengukuran tingkat kecemasan menggunakan *Hamilton Anxiety Rating Scale* (HARS). Hasil menunjukkan seluruh proses asuhan berlangsung fisiologis. Penerapan terapi musik klasik selama tiga kali kunjungan antenatal menurunkan skor HARS dari 24 (kecemasan sedang) menjadi 17 (kecemasan ringan) dan 11 (tidak mengalami kecemasan). Ibu juga tampak lebih tenang, lebih siap menghadapi persalinan, serta menjalani persalinan, masa nifas, dan pelayanan keluarga berencana tanpa komplikasi. Disimpulkan bahwa terapi musik klasik efektif sebagai intervensi nonfarmakologis untuk mengurangi kecemasan ibu hamil trimester III dan dapat diterapkan dalam asuhan kebidanan berkesinambungan.

Kata Kunci : Asuhan kebidanan berkesinambungan, terapi musik klasik, kecemasan, ibu hamil trimester III.

Daftar Bacaan :40 (2020–2026)

**MIDWIFERY PROFESSIONAL EDUCATION PROGRAM FACULTY OF
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Continuity of Midwifery Care for Mrs. Y Through the Implementation of Classical Music Therapy to Reduce Anxiety in Third-Trimester Pregnant Women Before Childbirth at Hasna Dewi Fitria Sari Independent Midwifery Practice

xiv + 165 Pages + 1 Figures + 5 Tables + 7 Appendices

ABSTRACT

Anxiety during the third trimester of pregnancy may affect a woman's readiness for childbirth, highlighting the need for effective non-pharmacological interventions. This case study aimed to implement continuity of midwifery care through classical music therapy to reduce childbirth-related anxiety among a third-trimester pregnant woman at Hasna Dewi Fitria Sari Independent Midwifery Practice. This Evidence-Based Practice case study employed a Continuity of Care approach covering antenatal care, childbirth, newborn care, postpartum care, and family planning services. Data were collected through interviews, observations, physical examinations, documentation, and assessment of anxiety levels using the Hamilton Anxiety Rating Scale (HARS). The findings showed that all stages of care progressed physiologically. The implementation of classical music therapy during three antenatal visits reduced the HARS score from 24 (moderate anxiety) to 17 (mild anxiety) and finally to 11 (no anxiety). The mother also appeared calmer, better prepared for childbirth, and successfully completed childbirth, the postpartum period, and family planning services without complications. It can be concluded that classical music therapy is an effective non-pharmacological intervention for reducing anxiety among third-trimester pregnant women and can be integrated into continuity of midwifery care.

Keywords : Continuity of midwifery care, classical music therapy, anxiety, third-trimester pregnancy.

References : 40 (2020–2026)