

**PROGRAM STUDI S1 KEBIDANAN DAN PENDIDIKAN PROFESI
BIDAN, FAKULTAS KEBIDANAN INSTITUT KESEHATAN PAYUNG
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Penelitian, Juli 2026

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**Analisis Tingkat Kecemasan Pada Postpartum sebelum dan sesudah
Intervensi Pijat Oksitosin di Klinik Cahaya Bunda Mom & Baby Care
Kota Pekanbaru.**

xiii + 69 Halaman + 8 Tabel + 16 Lampiran

ABSTRAK

Kecemasan postpartum merupakan gangguan psikologis yang dapat mengganggu proses adaptasi ibu, bonding dengan bayi, serta kelancaran laktasi apabila tidak ditangani dengan tepat. Salah satu pendekatan non-farmakologis yang berpotensi menurunkan kecemasan adalah pijat oksitosin, yang bekerja melalui stimulasi saraf punggung sehingga merangsang pelepasan hormon oksitosin dan menekan hormon kortisol. Penelitian ini bertujuan menganalisis tingkat kecemasan ibu postpartum sebelum dan sesudah intervensi pijat oksitosin di Klinik Cahaya Bunda Mom & Baby Care Kota Pekanbaru. Penelitian menggunakan desain *quasi experimental* dengan rancangan *one group pretest-posttest* pada 30 responden yang dipilih melalui *purposive sampling*. Data dikumpulkan menggunakan *kuesioner Hamilton Anxiety Rating Scale* (HARS) versi Indonesia sebelum dan sesudah tiga kali sesi pijatan, kemudian dianalisis menggunakan uji *Wilcoxon Signed Rank Test*. Hasil penelitian menunjukkan skor kecemasan menurun dari rata-rata 16,37 menjadi 9,23, dengan nilai $Z = -4.636$ dengan $p < 0,001$, yang menandakan adanya perbedaan bermakna. Sebanyak 28 responden mengalami penurunan skor kecemasan, sedangkan 2 responden tidak mengalami perubahan skor kecemasan. Dapat disimpulkan bahwa terdapat perbedaan tingkat kecemasan ibu postpartum sebelum dan sesudah intervensi pijat oksitosin.

Kata kunci : Kecemasan postpartum, Pijat oksitosin, Ibu postpartum.
Daftar Bacaan : 55 (2016-2026)

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***Analysis of Postpartum Anxiety Levels Before and After Oxytocin Massage
Intervention at the Cahaya Bunda Mom & Baby Care Clinic in Pekanbaru.***

xiii + 69 pages + 8 tables + 16 appendices

ABSTRACT

Postpartum anxiety is a psychological disorder that can interfere with a mother's adaptation process, bonding with her baby, and successful lactation if not properly managed. One non-pharmacological approach that has the potential to reduce anxiety is oxytocin massage, which works by stimulating the spinal nerves to trigger the release of the hormone oxytocin and suppress the hormone cortisol. This study aims to analyze the level of postpartum anxiety in mothers before and after an oxytocin massage intervention at the Cahaya Bunda Mom & Baby Care Clinic in Pekanbaru. The study employed a quasi-experimental design with a one-group pretest-posttest design involving 30 participants selected through purposive sampling. Data were collected using the Indonesian version of the Hamilton Anxiety Rating Scale (HARS) questionnaire before and after three massage sessions, then analyzed using the Wilcoxon Signed-Rank Test. The results showed that anxiety scores decreased from an average of 16.37 to 9.23, with a Z-value of -4.636 with p-value <0,001, indicating a statistically significant difference. A total of 28 respondents experienced a decrease in anxiety scores, while 2 respondents showed no change in anxiety scores. It can be concluded that there is a difference in the level of anxiety among postpartum mothers before and after the oxytocin massage intervention.

Keywords : Postpartum anxiety, Oxytocin massage, Postpartum mothers.

References : 55 (2016-2026)