

**PROGRAM STUDI S1 KEBIDANAN FAKULTAS KESEHATAN DAN
INFORMATIKA IKES PAYUNG NEGERI PEKANBARU**

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**Efektivitas Terapi Musik Klasik Terhadap Kecemasan Ibu Hamil Trimester 3
dalam Menghadapi Persalinan di Klinik Pratama Taman Sari 2 Kota
Pekanbaru**

xiv + 49 Halaman + 9 Tabel + 8 Lampiran

ABSTRAK

Kecemasan menjelang persalinan merupakan salah satu masalah psikologis yang umum dialami oleh ibu hamil trimester III dan dapat berdampak terhadap proses persalinan maupun kesejahteraan ibu serta janin. Upaya penanganan nonfarmakologis seperti terapi musik klasik perlu dipertimbangkan karena bersifat sederhana, aman, dan efektif dalam menurunkan tingkat kecemasan. Penelitian ini bertujuan untuk mengetahui efektivitas terapi musik klasik terhadap kecemasan ibu hamil trimester III dalam menghadapi persalinan di Klinik Pratama Taman Sari 2 Kota Pekanbaru. Jenis penelitian ini menggunakan desain quasi experiment dengan pendekatan one group pretest-posttest. Jumlah sampel sebanyak 30 responden yang dipilih menggunakan teknik purposive sampling sesuai dengan kriteria inklusi. Instrumen penelitian menggunakan kuesioner Hamilton Anxiety Rating Scale (HARS). Analisis data dilakukan menggunakan uji normalitas Shapiro–Wilk dan uji hipotesis Paired Sample t-Test. Hasil penelitian menunjukkan bahwa rata-rata skor kecemasan sebelum intervensi sebesar 23,90 (kategori sedang) dan menurun menjadi 19,87 setelah intervensi, dengan selisih rata-rata 4,03 poin. Hasil uji Paired Sample t-Test diperoleh nilai $t = 9,262$; $df = 29$; dan $p = 0,000$ ($p < 0,05$), yang menunjukkan adanya perbedaan signifikan antara tingkat kecemasan sebelum dan sesudah terapi. Dengan demikian, terapi musik klasik terbukti efektif menurunkan tingkat kecemasan ibu hamil trimester III menjelang persalinan dan dapat dijadikan sebagai alternatif intervensi nonfarmakologis dalam praktik kebidanan.

Kata kunci : Terapi musik klasik, kecemasan, ibu hamil trimester 3

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**The Effectiveness of Classical Music Therapy on Anxiety of Third Trimester
Pregnant Women in Facing Labor at Pratama Taman Sari 2 Clinic
Pekanbaru**

xiv + 49 Pages + 9 Tables + 8 Attachments

ABSTRACT

Anxiety before child birth is one of the most common psychological problems that is faced by pregnant women during their third trimester. This condition could impact delivery process and the overall wellbeing of both the mother and fetus. Non-pharmacological approaches, including classical music treatment should be acknowledged due to their simplicity, safety and effectiveness in reducing anxiety level. The purpose of this study is to evaluate the effectiveness of classical music therapy in reducing anxiety among third trimester pregnant women at Klinik Pratama Taman Sari 2, Pekanbaru. A quasi-experimental design with a one-group pretest–posttest approach was employed. The study involved 30 respondents selected through purposive sampling based on predetermined inclusion criteria. Anxiety levels were measured using the Hamilton Anxiety Rating Scale (HARS). Data analysis was conducted using the Shapiro–Wilk normality test and the Paired Sample t-test. The findings revealed that the mean anxiety score before the intervention was 23.90 (moderate category), which decreased to 19.87 after the intervention, with a mean difference of 4.03 points. The Paired Sample t-test yielded a t-value of 9.262, $df = 29$, and $p = 0.000$ ($p < 0.05$), indicating a statistically significant reduction in anxiety levels following the therapy. These results demonstrate that classical music therapy is effective in alleviating anxiety among third-trimester pregnant women before childbirth and can be recommended as an alternative non-pharmacological intervention in midwifery practice.

Keywords : Classical music therapy, anxiety, third-trimester pregnancy

References : 31 (2017-2024)