

**PROGRAM STUDI S1 KEPERAWATAN FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU
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Martha Oktaria. S

**Pengaruh *Writing Therapy* Terhadap Ansietas Pada Ibu Hamil DI Wilayah Kerja
Puskesmas Payung Sekaki Pekanbaru**

Xvi+ 52 Halaman + 5 Tabel + 17 Lampiran

ABSTRAK

Kecemasan pada ibu hamil adalah reaksi terhadap perubahan fisik, emosional, dan psikologis yang terjadi selama kehamilan. Faktor yang menyebabkan kecemasan pada ibu hamil adanya perubahan fisik seperti keluhan mual dan muntah, pusing, mudah lelah, perubahan bentuk tubuh. Wanita primigravida rentan terhadap kecemasan karena belum adanya pengalaman kehamilan. Kecemasan dalam kehamilan jika tidak diatasi sesegera mungkin maka akan berdampak negatif dan mengakibatkan komplikasi bagi ibu dan janin. Penanganan kecemasan dapat dilakukan dengan pengobatan non farmakologis yaitu dengan melakukan *writing therapy*. Tujuan dari penelitian ini untuk mengetahui pengaruh *writing therapy* terhadap ansietas pada ibu hamil di wilayah kerja Puskesmas Payung Sekaki Pekanbaru. Jenis penelitian yang digunakan dalam penelitian adalah kuantitatif dan rancangan penelitian desain *quasi – eksperimen*. Teknik sampling yang digunakan adalah non *probability sampling* dengan metode *total sampling* jumlah sampel 16 responden. Penelitian dilakukan pada 16 Desember – 28 Desember. Instrumen yang digunakan SOP pelaksanaan intervensi *writing therapy* PASS (*Perinatal Anxiety Screening Scale*) diolah dengan uji *paired sample t test*. Hasil penelitian menunjukkan adanya penurunan nilai kecemasan responden setelah dilakukan *writing therapy* dilihat dari *pretest* 36,1250 dan *posttest* 21,1250, hasil uji t diperoleh nilai *p-value* yaitu 0,000 yang berarti *p-value* < 0,005, sehingga terdapat pengaruh *writing therapy* terhadap ansietas pada ibu hamil. Kesimpulan yang didapatkan yakni ada perubahan nilai rata-rata ansietas pada ibu hamil sebelum dan sesudah dilakukannya intervensi *writing therapy*. Dalam melakukan penelitian ini selanjutnya diharapkan dapat menggunakan waktu yang tepat sehingga mendapatkan hasil yang lebih optimal.

Kata Kunci: Ansietas, ibu hamil, terapi menulis

Daftar Bacaan: 53(2018 – 2023)

Martha Oktaria.S

The Effect of *Writing Therapy* on Anxiety in Pregnant Women IN the Working Area of the Payung Sekaki Health Center Pekanbaru

Xvi+ 52 pages + 7 Tbles + 17 appendixes

ABSTRACT

Anxiety in pregnant women is a reaction to physical, emotional, and psychological changes that occur during pregnancy. Factors that cause anxiety in pregnant women are physical changes such as complaints of nausea and vomiting, dizziness, fatigue easily, changes in body shape. Primigravida women are prone to anxiety because of the lack of pregnancy experience. Anxiety in pregnancy, if not addressed as soon as possible, will have a negative impact and result in complications for the mother and fetus. Anxiety management can be done with non-pharmacological treatment, namely by doing *writing therapy*. The purpose of this study is to determine the effect of *writing therapy* on anxiety in pregnant women in the working area of the Payung Sekaki Health Center in Pekanbaru. The type of research used in the research is quantitative and *quasi-experimental* design research. The sampling technique used is *non-probability sampling* with a *total sampling* method of 16 respondents. The research was conducted on December 16 – December 28. The instrument used for the SOP for the implementation of *the PASS* (Perinatal Anxiety Screening Scale) *writing therapy intervention* was processed by a *paired sample t test*. The results of the study showed that there was a decrease in the anxiety value of respondents after *writing therapy* was carried out from *the pretest* 36.1250 and *the posttest* 21.1250, the results of the t-test obtained a p-value of 0.000 which means a p-value < 0.005, so that there was an effect of writing therapy on anxiety in pregnant women. The conclusion obtained was that there was a change in the average value of anxiety in pregnant women before and after the *writing intervention was carried out*. In conducting this research, it is hoped that they can use the right time so as to get more optimal results.

Keywords: Anxiety, pregnant women, writing therapy
Reading List: 53 (2018 – 2023)