

PENGARUH TERAPI RENDAM KAKI AIR HANGAT SAMBIL BERZIKIR TERHADAP KECEMASAN IBU HAMIL TRIMESTER III DI MASA PANDEMI COVID-19

Fenny Andriani

Abstrak

Pandemi COVID-19 menyebabkan peningkatan risiko bagi ibu hamil yang termasuk dalam kelompok rentan mengalami gangguan kesehatan psikologis salah satunya kecemasan. Kecemasan banyak terjadi pada ibu hamil trimester III, hal ini dikarenakan semakin dekat dengan persalinan. Kecemasan yang tidak ditangani dapat menimbulkan dampak negatif bagi ibu maupun janin. Oleh sebab itu, perlunya penanganan kecemasan secara nonfarmakologi dengan terapi rendam kaki air hangat sambil berzikir. Tujuan penelitian ini untuk mengetahui pengaruh terapi rendam kaki air hangat sambil berzikir terhadap kecemasan ibu hamil trimester III di masa pandemi. Penelitian ini menggunakan desain penelitian Quasi Eksperimen dengan rancangan *one grup pre and post test*. Jumlah sampel sebanyak 27 ibu hamil trimester III sesuai kriteria inklusi dan eksklusi. Teknik pengambilan sampel menggunakan *consecutive sampling*. Instrumen penelitian menggunakan kuesioner kecemasan *Perinatal Anxiety Screening Scale (PASS)* dan lembar observasi. Analisa data menggunakan Uji T-Dependent. Hasil penelitian menunjukkan terdapat perbedaan rata-rata skor kecemasan *pretest* 31,74 dan *posttest* 23,78. Berdasarkan uji statistik diperoleh nilai $p=0,000$ ($p\ value < 0,05$), sehingga terdapat pengaruh signifikan pemberian terapi rendam kaki air hangat sambil berzikir terhadap kecemasan ibu hamil trimester III di masa pandemi COVID-19. Terapi ini dapat digunakan sebagai alternatif bagi ibu hamil untuk mengurangi kecemasan.

Kata Kunci : Kecemasan, Terapi Rendam Kaki Air Hangat, Berzikir, Ibu Hamil Trimester III, Pandemi COVID-19

THE EFFECT OF WARM WATER FOOT SOAK THERAPY WHILE DZIKIR ON THE ANXIETY LEVELS OF THE THIRD TRIMESTER PREGNANT WOMAN DURING COVID-19 PANDEMIC

Fenny Andriani

Abstract

COVID-19 pandemic increase the risk for pregnant women to vulnerable groups have psychological health problems one of them is anxiety. Anxiety much happened to third trimester pregnant women, because getting closer to labor. Untreated anxiety can have a negative impact for both mother and fetus. Therefore, need anxiety management by non-pharmacologically with warm water soak therapy while dzikir. The purpose of this research is to determine the effect of soak feet warm water on the anxiety levels of third trimester pregnant women during pandemic. This research uses a *Quasy Experimental design with one group pre and post test*. There is 27 samples of third trimester pregnant women according to the inclusion and exclusion criteria. Sampling technique using *consecutive sampling*. Research instrument using anxiety questionnaire *Perinatal Anxiety Screening Scale (PASS)* and observation sheet. Data analysis using T-Dependent test. The research result shows there are differences average anxiety score *pretest* 31,75 and *posttest* 23,78. Based on statistical test obtained the value of $p=0,000$ ($p \text{ value} < 0,05$), so there is a significant effect giving soak feet warm water therapy while dzikir to the third trimester pregnant women anxiety during COVID-19 pandemic. This therapy can be used as an alternative for pregnant women to reduce anxiety.

Keywords : Anxiety, Warm Water Foot Soak Therapy, Dzikir, The Third Trimester Pregnant Women, COVID-19 Pandemic