

PENGARUH TERAPI THOUGHT STOPPING TERHADAP KECEMASAN PADA IBU POSTPARTUM DI WILAYAH PUSKESMAS KECAMATAN CITANGKIL KOTA CILEGON

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Abstrak

Ibu nifas lebih banyak mengalami krisis emosional dan perubahan suasana hati, seperti kecemasan terkait proses melahirkan, yang diperparah dengan rasa lelah akibat kehilangan tenaga, efek farmakologis, persalinan lama, serta masalah terkait persalinan dan menyusui. Berdasarkan penelitian pada beberapa artikel, terdapat beberapa pengobatan untuk mengurangi kecemasan pada ibu postpartum, yaitu thought-stopping. Teknik ini dapat dengan mudah digunakan oleh ibu bersalin ketika ingin membuang pikiran tidak menyenangkan atau negatif dengan membayangkan tanda berhenti (STOP) (Rilyani et al., 2020). Tujuan penelitian ini adalah untuk mengetahui pengaruh thought stopping terhadap tingkat kecemasan ibu nifas di Kecamatan Citangkil Kota Cilegon dengan menggunakan desain penelitian Quasy Experiment dengan One Group Pretest-Posttest Design dan teknik pengambilan sampel Non Probability Sampling. Data tersebut berasal dari sampel 38 wanita yang menjawab kuesioner *Postpartum Specific Anxiety Scale - Rssearch Shorm Form - Crises* (PSAS-RSF-C) Terdapat 34 (89,5%) ibu nifas yang kecemasannya menurun dari rentang cemas menjadi tidak cemas, bahkan 4 (10,5%) ibu nifas masih berada dalam rentang cemas. Perubahan tingkat kecemasan ibu nifas sebelum dan sesudah pengobatan selesai terlihat pada rerata penurunan skor sebelum dan sesudah tes sebesar 9,21. P-value pengobatan penghentian pikiran (Asymp. Sig 2-tailed) = 0,000 (p) pada ibu bersalin di Puskesmas Citangkil berpengaruh nyata.

Kata Kunci: (Postpartum, Primipara, Multipara, Thought Stopping, Tingkat Kecemasan, PSAS-RSF-C)

THE INFLUENCE OF THOUGHTS STOPPING THERAPY ON ANXIETY IN POSTPARTUM WOMEN IN THE AREA OF THE CITANGKIL DISTRICT CITANGKIL CILEGON CITY

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Abstract

Postpartum mothers experience more emotional crises and mood swings, such as anxiety related to the birthing process, which is exacerbated by feelings of fatigue due to loss of energy, pharmacological effects, prolonged labor, and problems related to childbirth and breastfeeding. Based on research in several articles, there are several treatments to reduce anxiety in postpartum mothers, namely thought-stopping. This technique can be easily used by mothers in labor when they want to get rid of unpleasant or negative thoughts by imagining a stop sign (STOP) (Rilyani et al., 2020). The aim of this research is to determine the effect of thought stopping on the anxiety level of postpartum mothers in Citangkil District, Cilegon City, using a quasi-experiment research design with a one-group pretest-posttest design and non-probability sampling techniques. This data comes from a sample of 38 women who answered the Postpartum Specific Anxiety Scale, Research Short Form, and Crises (PSAS-RSF-C) questionnaire. There were 34 (89.5%) postpartum mothers whose anxiety decreased from the range of anxious to not anxious; even 4 (10.5%) postpartum mothers are still in the anxious range. Changes in postpartum mothers' anxiety levels before and after completion of treatment can be seen in the average decrease in scores before and after the test of 9.21. The P-value of thought cessation treatment (Asymp. Sig 2-tailed) = 0.000 (p) on women giving birth at the Citangkil Community Health Center had a significant effect.

Keywords: (Postpartum, Primipara, Multipara, Thought Stopping, Anxiety Level, PSAS-RSF-C)