

DAFTAR PUSTAKA

- Aisyah, R. D., Suparni, & Fitriyani. (2019). Effect of Combination of Aroma Therapy Lavender and Classical Music Towards a Decrease in Anxiety Levels Moderate and Severe on Third Trimester Pregnant Women. *STRADA Jurnal Ilmiah Kesehatan*, 8(2), 117-122. <https://doi.org/10.30994/sjik.v8i2.218>.
- Agustini, N. K. T., Sagitarini, P. N., & Wahyuningsih, L. G. N. S. (2024). Hubungan Paparan Informasi dengan Tingkat Kecemasan Pada Ibu Hamil. *Jurnal Kebidanan Malakbi*, 5(2), 105. <https://doi.org/10.33490/b.v5i2.685>.
- Alzahrani, A. F., Abdulaal, N. A., & Ahmed, A. S. A. M. (2023). Prevalence and Risk Factors of Pregnancy-Related Anxiety: A Systematic Review. *World Family Medicine Journal / Middle East Journal of Family Medicine*, 21(9). <https://doi.org/10.5742/mewfm.2023.95256195>.
- American College of Obstetricians and Gynecologists. (2023). *Special Tests for Monitoring Fetal Well-Being*. <https://www.acog.org/Womens-Health/Faqs/Special-Tests-for-Monitoring-Fetal-Well-Being>.
- Amin, H., Dashora, S., Sharma, R., & Joshi, R. (2023). Evaluation of Non-Stress Test as Predictor of Perinatal Outcome in High Risk and Low Risk Pregnancy: a Prospective Study. *International Journal of Reproduction, Contraception, Obstetrics and Gynecology*, 12(8), 2450–2455. <https://doi.org/10.18203/2320-1770.ijrcog20232289>.
- Andreyanto, I., Utami, I. T., Fitri, N. L., Diii, P., Dharma, K. A., & Metro, W. (2023). Penerapan Aromaterapi Lavender dan Relaksasi Napas Dalam untuk Menurunkan Intensitas Nyeri Kepala pada Pasien Cephalgia di Kota Metro. *Jurnal Cendikia Muda*, 3(1).
- Anggraini, D. D., Azizah, N., Mukhoirotin, Mahmud, A., Suryani, Sumaifa, Amin, E., Zainiyah, H., Insani, S. D., & Aswan, Y. (2023). *Adaptasi Anatomi dan Fisiologi dalam Kehamilan*. Yayasan Kita Menulis.
- Brennan, S. E., McDonald, S., Murano, M., & McKenzie, J. E. (2022). Effectiveness of Aromatherapy for Prevention or Treatment of Disease, Medical or Preclinical Conditions, and Injury: Protocol for a Systematic Review and Meta-Analysis. *Systematic Reviews*, 11(1). <https://doi.org/10.1186/s13643-022-02015-1>.
- Dwi Yanti, S., & Nurrohmah, A. (2023). Gambaran Tingkat Pengetahuan Ibu Hamil tentang Perawatan Saat Kehamilan di Wilayah Kerja Puskesmas Semin II Kabupaten Gunungkidul. *Jurnal Ilmiah Keperawatan Dan Kesehatan Alkautsar (JIKAA)*, 1(2), 21–28.

- Efendi, N. R. Y., Yanti, J. S., & Hakameri, C. S. (2022). Asuhan Kebidanan pada Ibu Hamil dengan Ketidaknyamanan Trimester III di PMB Ernita Kota Pekanbaru Tahun 2022. *Jurnal Kebidanan Terkini (Current Midwifery Journal)* 275 *Jurnal Kebidanan Terkini (Current Midwifery Journal)*, 2, 275–279. <https://doi.org/10.25311/jkt/Vol2.Iss2.1024>.
- Erkun Dolker, H., & Basar, F. (2019). The Effect of Music on the Non-stress Test and Maternal Anxiety. *Complementary Therapies in Clinical Practice*, 35, 259–264. <https://doi.org/10.1016/j.ctcp.2019.03.007>.
- Erwinda, D., Misrawati, & Guna, S. D. (2024). Hubungan Ketidaknyamanan Fisik dan Psikologis terhadap Kualitas Hidup Ibu Hamil. *JETISH: Journal of Education Technology Information Social Sciences and Health E-ISSN*, 3(1), 300–313.
- Ftriani, A., Ngestianingrum, A. H., Amanda, F., Mauyah, N., Supriyanti, E., & Chairiyah, R. (2022). *Buku Ajar Asuhan Kehamilan DIII Kebidanan Jilid II* (Tim MCU Grup, Ed.; 1st ed.). PT Mahakarya Citra Utama Group. www.mahakarya.academy.
- Halil, A., & Puspitasari, E. (2023). Faktor yang Menyebabkan Kecemasan Ibu Hamil Trimester III dalam Menghadapi Persalinan di Puskesmas Depok 2. *Jurnal Kesehatan*, 12(1), 2721–8007.
- Hasina, S. N., Faizah, I., Putri, R. A., Sari, R. Y., & Rohmawati, R. (2023). Analisis Faktor yang Berhubungan dengan Ketepatan Penegakan Diagnosa Keperawatan Menurut Standar Diagnosa Keperawatan Indonesia (SDKI). *Jurnal Keperawatan*, 15(1). <http://journal.stikeskendal.ac.id/index.php/Keperawatan>.
- International Federation of Gynecology and Obstetrics. (2024). *FIGO Consensus Guidelines on Intrapartum Fetal Monitoring*.
- Jalal, S. M., Alsebeiy, S. H., & Alshealah, N. M. J. (2024). Stress, Anxiety, and Depression During Pregnancy: A Survey Among Antenatal Women Attending Primary Health Centers. *Healthcare (Switzerland)*, 12(22). <https://doi.org/10.3390/healthcare12222227>.
- Janah, S. A. N., Kesumadewi, T., Dewi, N. R., Dharma, A. K., & Metro, W. (2023). Penerapan Gym Ball terhadap Nyeri Punggung pada Ibu Hamil Trimester III di Wilayah Kerja Puskesmas Ganjar Agung Kota Metro Tahun 2022. *Jurnal Cendikia Muda*, 3(4), 2023.
- Khadijah, L. P. (2023). Efektivitas Terapi Musik untuk Menurunkan Tingkat Stres dan Kecemasan. *Detector: Jurnal Inovasi Riset Ilmu Kesehatan*, 1(3), 91–96. <https://doi.org/10.55606/detector.v1i3.2065>.

- Küçükkelepçe, D & Taşhan, S. T. (2018). The Effect of Music on the Results of a Non-Stress Test: A Non-randomized Controlled Clinical Trial. *European Journal of Integrative Medicine*, 18, 8-12. <https://doi.org/10.1016/j.eujim.2018.01.002>.
- Lubis, D. P. U., Samutri, E., Murniasih, E., Dewi, I. M., Haryanti, P., & Wahyuningsih. (2022). *Buku Ajar Perawatan Maternitas*. K-Media.
- Miller, H. E., Simpson, S. L., Hurtado, J., Boncompagni, A., Chueh, J., Shu, C. H., Barwick, F., Leonard, S. A., Carvalho, B., Sultan, P., Aghaeepour, N., Druzin, M., & Panelli, D. M. (2024). Associations between Anxiety, Sleep, and Blood Pressure Parameters in Pregnancy: A Prospective Pilot Cohort Study. *BMC Pregnancy and Childbirth*, 24(1), 366. <https://doi.org/10.1186/s12884-024-06540-w>.
- Mortazavi, F., Mehrabadi, M., & KiaeeTabar, R. (2021). Pregnant Women's Well-being and Worry during the COVID-19 Pandemic: A Cross-sectional Study. *BMC Pregnancy and Childbirth*, 21(1). <https://doi.org/10.1186/s12884-021-03548-4>.
- Natalia, L., & Handayani, I. (2022). Ketidaknyamanan Kehamilan Trimester III: Sebuah Laporan Kasus Asuhan Kehamilan. *Jurnal Kesehatan Siliwangi*, 2. <https://doi.org/10.34011/jks.v2i3.1184>.
- Nielsen-Scott, M., Fellmeth, G., Opondo, C., & Alderdice, F. (2022). Prevalence of Perinatal Anxiety in Low-and Middle-Income Countries: A Systematic Review and Meta-Analysis. In *Journal of Affective Disorders* (Vol. 306, pp. 71–79). Elsevier B.V. <https://doi.org/10.1016/j.jad.2022.03.032>.
- Ningrum, N. M. (2023). *Self Healing dalam Menurunkan Kecemasan pada Kehamilan*. Pustaka Panasea.
- Nova Jalaludin, R., Fadila, E., Oktoviani, D., Nurmala Fia, E., & Ameliya, K. (2024). Penatalaksanaan Manajemen Nyeri Pada Ibu Bersalin. *MEJORA Medical Journal Awatara*, 2(4), 14–18. <https://doi.org/10.61434/mejora.v2i4.253>.
- Noviana, I., Varadhila Peristiano, S., & Muliati Abdullah, S. (2022). Dinamika Psikologis Ibu Hamil dengan Kecemasan yang Diberikan Relaksasi Berbasis Kelompok. *Jurnal Psikologi Talenta*, 8(1), 48–58. <https://doi.org/10.26858/talenta.v7i1.35383>.
- Nurpalah, O. R., Kusmiati, M., Meri, M., Kasmanto, H., & Ferdiani, D. (2023). Deteksi Dini Diabetes Melitus Gestasional (DMG) melalui Pemeriksaan Glukosa Darah sebagai Upaya Pencegahan Komplikasi pada Ibu Hamil. *Jurnal Pengabdian Kepada Masyarakat*, 2(9). <http://bajangjournal.com/index.php/J-ABDI>.

- Nurseha, Kusumastuti, Farida, S. N., Mardianingsih, S., & Marlinawati, I. T. (2024). *Buku Ajar Psikologi Kehamilan, Persalinan, dan Nifas*. PT Nuansa Fajar Cemerlang.
- Padoan, A. (2020). Laboratory Tests to Monitoring Physiological Pregnancy. *Journal of Laboratory and Precision Medicine*, 5, 7–7. <https://doi.org/10.21037/jlpm.2019.12.02>.
- Parni, & Tambunan, N. (2023). Pengaruh Senam Hamil Terhadap Tingkat Kecemasan Menghadapi Proses Persalinan Nornal Di PMB Deri Nur Indah. *Jurnal Riset Ilmiah*, 2(4).
- Polopadang, V., & Hidayah, N. (2019). *Proses Keperawatan Pendekatan Teori dan Praktik*. Yayasan Pemberdayaan Masyarakat Indonesia Cerdas.
- Prautami, E. S. (2023). Literatur Review: Tingkat Kecemasan Ibu Hamil Trimester III. *Jurnal Kesehatan Akper Kesdam II Sriwijaya Palembang*, 12(4).
- Putri, S. D. Y., & Putri, H. W. (2023). *Usia Ibu dengan Kecemasan Ibu Hamil Trimester III dalam Menghadapi Persalinan di Masa Pandemi Covid-19 Tahun 2022*. 1(2), 130–138. <https://doi.org/10.59680/anestesi.v1i3.417>.
- Rachma, G. N., Irwanto, I., & Izzati, D. (2024). Differences in the Level of Anxeity of Pregnant Women in the I, II, and III Trimester. *Indonesian Midwifery and Health Sciences Journal*, 8(2), 156–170. <https://doi.org/10.20473/imhsj.v8i2.2024.156-170>.
- Rezaei, N., Keshavarz, M., Pezaro, S., Sarvi, F., Eshraghi, N., & Bekhradi, R. (2024). The Effect of Aromatherapy and Music Therapy upon Anxiety and Non-Stress Test Results during Pregnancy: A Randomized Clinical Trial. *European Journal of Integrative Medicine*, 67. <https://doi.org/10.1016/j.eujim.2023.102307>.
- Roddy Mitchell, A., Gordon, H., Atkinson, J., Lindquist, A., Walker, S. P., Middleton, A., Tong, S., & Hastie, R. (2023). Prevalence of Perinatal Anxiety and Related Disorders in Low- and Middle-Income Countries: A Systematic Review and Meta-Analysis. *JAMA Network Open*, 6(11). <https://doi.org/10.1001/jamanetworkopen.2023.43711>.
- Rohmaniya, R., & Mardliyana, N. E. (2023). Sistematis Review Efektivitas dan Manfaat Prenatal Yoga Terhadap Keluhan Nyeri Punggung pada Ibu Hamil. *Sinar Jurnal Kebidanan*, 5(2), 14.
- Romlah, S., Pramono, J. S., & Suryani, H. (2023). The Effect of Classic Music Therapy and Lavender Aromatherapy Candles on Anxiety Levels of Trimester III Pregnant Women. *Journal of Pharmaceutical and Health Research*, 4(3), 396–403. <https://doi.org/10.47065/jharma.v4i3.4372>.

- Rustikayanti, R. N., Jayanti, T. N., Dirgahayu, I., & Hoerunnisa, S. (2025). Jenis Persalinan Berdasarkan Kesejahteraan Janin Menggunakan Non-Stress Test (NST): Studi Korelasional. *Jurnal Ilmiah Permas: Jurnal Ilmiah STIKES Kendal*, 15(2), 447–454. <http://journal.stikeskendal.ac.id/index.php/PSKM>.
- Safitri, A. N. K., Jalaluddin, S., Rahim, R., Delima, A. A. A., & Gassing, Q. (2023). Faktor Risiko Kecemasan Ibu Hamil Trimester III. *CoMPHI Journal: Community Medicine and Public Health of Indonesia Journal*, 4(2).
- Safitri, S., & Triana, A. (2021). Asuhan Kebidanan pada Ibu Hamil Trimester III di Klinik Pratama Afiah Kota Pekanbaru Tahun 2021. *Jurnal Kebidanan Terkini (Current Midwifery Journal)*, 1(2), 79–86. <https://doi.org/10.25311/jkt/vol1.iss2.488>.
- Sari, I. P., & Puspitasari, A. I. (2025). The Influence of Anxiety Levels in Third Trimester Pregnant Women Through Health Education on Childbirth Preparation at the Marlina Clinic, Ciputat District, Tangerang Selatan City. *MAHESA: Malahayati Health Student Journal*, 5(3), 1009–1017. <https://doi.org/10.33024/mahesa.v5i3.16791>.
- Sari, N. L. P. M. R., Parwati, N. W. M., & Indriana, N. P. R. K. (2023). Hubungan antara Tingkat Pengetahuan Ibu dan Dukungan Suami dengan Tingkat Kecemasan Ibu Hamil Trimester III dalam Menghadapi Persalinan. *Jurnal Riset Kesehatan Nasional*, 7(1), 35–44.
- Sariati, Sholikhah, D. U., Narendri, C. M., Sari, G. M., & Yahya, Q. N. Q. (2019). Music Therapy and Aromatherapy Interventions in Patients undergoing Hemodialysis: A Systematic Review. *Jurnal Ners*, 14(3), 81–85. [https://doi.org/10.20473/jn.v14i3\(si\).16990](https://doi.org/10.20473/jn.v14i3(si).16990).
- Setyorini, D., Putri, K. M., Danti, R. R., Putri, R. B., & Lestari, A. (2023). *Keperawatan Maternitas dan Keluarga Berencana*. PT Kimshafi Alung Cipta.
- Shafqat, N., Agrawal, A., Pushpalatha, K., Singh, B., Verma, R., Podder, L., Das, S., & Sutar, R. F. (2024). Effect of Music Therapy on Anxiety in Pregnancy: A Systematic Review of Randomized Controlled Trials. *Cureus*. <https://doi.org/10.7759/cureus.69066>.
- Sudiari, K., Wayan Armini, N., Arifin Senjaya, A., Wayan Ariyani, N., & Ayu Eka Utarini, G. (2023). Differences in the Level of Anxiety of Pregnant Women in the Third Trimester in Facing Their Delivery Prenatal Yoga. *International Conference on Multidisciplinary Approaches in Health Science*, 1, 3032–4408. <https://ejournal.poltekkes-denpasar.ac.id/index.php/icmahs>.
- Sumarni, Bohari, N. H., & Haerani. (2023). Manajemen Asuhan Kebidanan Komprehensif Pada Ny "S" dengan Nyeri Punggung di Wilayah Kerja Puskesmas Lasepang Kabupaten Bantaeng. *Jurnal Midwifery*, 5(1), 21–26.

- Suryaningsih, E. K., & Horhoruw, C. P. (2024). The Relationship between Parity and Anxiety Levels of Pregnant Women in the Third Trimester. *Jurnal Kebidanan*, 13(1), 23. <https://doi.org/10.26714/jk.13.1.2024.23-28>.
- Sutriningsih, Radhiah, S., Arwan, Mantao, E., Salmawati, L., & Hasanah. (2024). Faktor yang Berhubungan dengan Tingkat Kecemasan Ibu Hamil di Wilayah Kerja Puskesmas Balingg. *Preventif: Jurnal Kesehatan Masyarakat*, 15(1), 1.
- Tang, X., Lu, Z., Hu, D., & Zhong, X. (2019). Influencing Factors for Prenatal Stress, Anxiety and Depression in Early Pregnancy among Women in Chongqing, China. *Journal of Affective Disorders*, 253, 292–302. <https://doi.org/10.1016/j.jad.2019.05.003>.
- Thomas, C. L., & Cassady, J. C. (2021). Validation of the State Version of the State-Trait Anxiety Inventory in a University Sample. *SAGE Open*, 11(3). <https://doi.org/10.1177/21582440211031900>.
- Tim Pokja SDKI DPP PPNI. (2017). *Standar Diagnosis Keperawatan Indonesia (SDKI)*. Edisi 1. Jakarta: Persatuan Perawat Indonesia.
- Umana, O. D., Vadakekut, E. S., Siccardi, M. A. (2024). *Antenatal Fetal Surveillance*. Treasure Island: StatPearls. <https://www.ncbi.nlm.nih.gov/books/NBK537123/>.
- Vena, R., & Yuantari, C. (2022). Kajian Literatur: Hubungan antara Pola Makan dengan Kejadian Diabetes Melitus. *Jurnal Kesehatan Masyarakat*, 9(2).
- Yang, H. J., Li, M. W., & Chen, T. C. (2025). Evaluating the Impact of Lavender Aromatherapy and Music Therapy on Reducing Stress, Anxiety, and Depression in Female Nurses during the COVID-19 Pandemic. *Complementary Therapies in Clinical Practice*, 59. <https://doi.org/10.1016/j.ctcp.2025.101973>.
- Yuliana, W., Hastri, R., & Nulhakim, B. (2024). Perubahan Fisik pada Ibu Hamil Primigavida Trimester 1 di Ponkeskel Kedemangan Wilayah Kerja Puskesmas Kedemangan Kecamatan Bondowoso. *Jurnal Keperawatan*, 76–81.
- Zakiyah, Z., Palifiana, D. A., & Ratnaningsih, E. (2020). *Buku Ajar Fisiologi Kehamilan, Persalinan, Nifas dan Bayi Baru Lahir*. Respati Press.