

PENGARUH KOMBINASI TERAPI SPIRITUAL QUR'ANI BERBASIS TADABBUR AYAT PILIHAN DAN *BENSON RELAXATION TECHNIQUE* TERHADAP TINGKAT KECEMASAN MENJELANG PERSALINAN PADA IBU HAMIL TRIMESTER III

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Abstrak

Kehamilan pada trimester III kerap disertai dengan peningkatan kecemasan akibat perubahan fisik, psikologis, serta kekhawatiran menjelang proses persalinan, yang apabila tidak dikendalikan dengan baik dapat berakhir negatif pada kondisi ibu dan calon bayi. Penelitian ini bermaksud untuk mengamati dan mengetahui pengaruh kombinasi terapi spiritual Qur'ani berbasis tadabbur ayat pilihan dan teknik relaksasi Benson terhadap tingkat kecemasan ibu hamil trimester III menjelang persalinan. Penelitian ini mengaplikasikan desain *Quasi-Experiment* dengan pendekatan *One Group Pretest-Posttest Design* yang melibatkan 30 ibu hamil sebagai subjek penelitian yang dipilih menggunakan teknik total *sampling*. Tingkat kecemasan dinilai menggunakan instrumen *Perinatal Anxiety Screening Scale (PASS)*, selanjutnya dianalisis dengan uji *paired sample t-test*. Hasil penelitian memperlihatkan bahwa terdapat penurunan tingkat kecemasan yang bermakna setelah pemberian intervensi, ditandai dengan penurunan nilai rata-rata skor kecemasan dari $34,23 \pm 8,728$ (kecemasan sedang) sebelum intervensi menjadi $22,97 \pm 7,175$ (kecemasan ringan) setelah intervensi. Analisis statistik menunjukkan nilai $p < 0,001$, yang menandakan adanya perbedaan signifikan antara kondisi sebelum dan sesudah perlakuan, sehingga hipotesis nol ditolak dan hipotesis alternatif diterima. Dengan demikian, dapat disimpulkan bahwa kombinasi terapi spiritual Qur'ani berbasis tadabbur ayat pilihan dan teknik relaksasi Benson efektif dalam menurunkan tingkat kecemasan ibu hamil trimester III dan dapat diterapkan sebagai intervensi keperawatan maternitas yang aman, holistik, serta sesuai dengan nilai spiritual masyarakat.

Kata kunci: Kecemasan, Ibu Hamil Trimester III, Tadabbur Al-Qur'an, Teknik Relaksasi Benson.

THE EFFECT OF A COMBINATION OF QUR'ANIC SPIRITUAL THERAPY BASED ON SELECTED VERSE TADABBUR AND THE BENSON RELAXATION TECHNIQUE ON ANXIETY LEVELS PRIOR TO CHILDBIRTH IN THIRD-TRIMESTER PREGNANT WOMEN

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Abstract

Pregnancy in the third trimester is often accompanied by increased anxiety due to physical and psychological changes, as well as concerns regarding the upcoming childbirth process, which, if not properly managed, may negatively affect both the mother and the fetus. This study aimed to examine the effect of a combination of Qur'anic spiritual therapy based on the contemplation (tadabbur) of selected verses and the Benson Relaxation Technique on anxiety levels among third-trimester pregnant women prior to delivery. This study employed a quasi-experimental design using a one-group pretest–posttest approach, involving 30 pregnant women selected through total sampling. Anxiety levels were assessed using the Perinatal Anxiety Screening Scale (PASS) and analyzed using a paired sample t-test. The results demonstrated a significant reduction in anxiety levels following the intervention, as indicated by a decrease in the mean anxiety score from 34.23 ± 8.728 (moderate anxiety) before the intervention to 22.97 ± 7.175 (mild anxiety) after the intervention. Statistical analysis revealed a p-value < 0.001 , indicating a significant difference between pre- and post-intervention conditions; therefore, the null hypothesis was rejected and the alternative hypothesis was accepted. In conclusion, the combination of Qur'anic spiritual therapy based on the contemplation of selected verses and the Benson Relaxation Technique is effective in reducing anxiety levels among third-trimester pregnant women. This intervention may be applied as a safe, holistic maternity nursing approach that aligns with the spiritual values of the community.

Keywords: Anxiety, Third-Trimester Pregnant Women, Qur'anic Contemplation (Tadabbur), Benson Relaxation Technique.