CLASSICAL MUSIC INTERVENTIONS TO REDUCE ANXIETY IN PREGNANCY

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ABSTRACT
To calming mind, people can be intend with music therapy and free their body from mentally, physicaly, and emotional stress who rapidly experience by pregnant women, its also a train to patients to be able relax. Pregnant women generally experience anxiety due to changes in body shape, hormones or preparation for childbirth. This experience study conducting and providing classical music as therapy a interventions to pregnant women which proven in several study to reducting anxiety. Use a quasi-experimental design, one group pre and post test research design. This aimed a purposive sampling tehniques of 30 respondents. Study performed a significant relationship among classical music that decreasing a level of anxiety of pregnant women showed a p value = 0.000 < 0.05, N 30. Conclusions that there is a significant effect between classical music as therapy to reducing a level of anxiety of pregnant women.

Keywords *: Anxiety, Classical Music, Pregnancy*

INTRODUCTION

According the United Nations Children's Fund (UNICEF), mothers that experience problems in childbirth are around 12,230,142 people, 30% of whom are due to anxiety during pregnancy (Rahmawati, 2017). Asians country like Indonesia have 373,000,000 of pregnancy women, who experienced anxiety in 2021, mothers that facing anxiety in their childbirth are 107.000.000 (28.7%). In java the entire populations has 679.765 pregnant woman that diagnose as anxiety 355.873 (52,3%) (Public Ministry Of Health Indonesia, 2021).

A body responds in threathening situations as coping in normal thing that accompanies developing, changing, to finding a self authentically that means the trantitional phase in life. Anxiety markable by guilt feel of irritability, anxiety, tension, ease, nerveous in mind, to much allert little thing, sometimes causes hard sweat on the entire palms. Sometimes the impact that occurs on anxiety can be give a negative impact (Aprilia & Husanah, 2021). Music therapy can improve or repair various conditions, both physical, emotional, cognitive, and social for individuals or various age groups (Susilowati et al., 2019).

According to research by Suci ati et al., 2020, the Effectiveness of classical lullaby music therapy in axietas pregnancy women third trimester at Mardi Waluyo Hospital, Metro City in 2019 was found to decrease anxiety after pregnant women listened to classical lullaby music for 3 days. The novelty in this study is the location of the study, including pregnant women in trimester of pregnancy I, II, and III at the independent midwife practice in East Jave District with different respondent characteristics from previous studies.

In this study, the intervention was in the form of classical Mozart music; Eine Kleine Nacht with a frequency of 20-4- hertz in cps, claim a duration of therapy for 15-20 minutes and given 2 times a day for 21 days continously. The hypothesis in the study is expected to have relevant good therapy in classical music to reducing the level of anxiety of pregnancy women at the Independent Midwife Practice, Glenmore District.

METHODS

This quantitative study with experimental performed using a quasi-experimental research design with a One Group Pretest-Posttest research design, included population of all pregnant women in trimesters I, II, III who experiencing anxiety in the independent midwife practice work area of Glenmore District. Purposive sampling that meets the inclusion criteria to wit all pregnant women in trimesters I, II, III who are experiencing anxiety and are willing to be respondents, a research sample of 30 respondents was obtained. Univariate analysis is carried out on the data, such as calculating the average, median, mode, then bivariate analysis is carried out using two variables to be connected or tested for correlation.

The data collection procedure used an observation sheet which contained points of questions on the respondents' emotional responses measuring by the State-Trait Anxiety

Inventory (STAI) which was divided into mild, moderate, severe, and very severe anxiety. For physical data, the instruments used were a stethoscope, tensiometer, scales, and meters. The validity test used Pearson Product Moment correlation. With 30 questions> r table with Cronbach Alpha > 0,6. Correlation test between two variable using SPPS. This Experimental study was accepted and approved by Committee of Health Research Ethics Of Health Science Institude Banyuwangi in reference number:139/03/KEPKSTIKESBWI/VII/2023).

RESULTS

Table 1. Characteristics based on gestational age (n=30)

gestational age	Frequency	Percentage
1-13 weeks	18	60
14-27 weeks	9	30
28-41 weeks	3	10
Total	30	100

Based on table 1, showed majority of pregnancy womens at characteristics based on maternal gestational age are mostly 1-13 weeks as many as 18 respondents (60%). While a small portion is 28-41 weeks, namely 3 respondents (10%).

Table 2. The level of anxiety of pregnancy womens in TM I, TM II, TM III before intervention (n=30)

Anxiety	Frequency	Percentage
Light	14	46,7
Medium	8	26,7
Heavy	6	20
Very heavy	2	6,6
Total	30	100

Based on table 2, showing that level of anxiety in pregnant women before the intervention was mostly mild anxiety as many as 14 respondents (46.7%). While a small part was a very severe level of anxiety 2 respondents (6.6%).

Table 3. Anxiety levels of pregnancy womens in TM I, TM II, TM III after intervention (n=30)

Anxiety	Frequency	Percentage
No anxiety	20	66,7
Light	10	33,3
Total	30	100

Based on table 3 above, thats shows that the level of anxiety of pregnant women after the intervention was mostly not depressed as many as 20 respondents (66.7%). While a small part was mild anxiety level 10 respondents (33.3%).

Table 4. Cross tabulation of the effectiveness classical music in anxiety

Criteria	Frequency and Percentage				P value
	Pre	%	Post	%	
No anxiety	9	30,0	20	66,7	<0.000
Light	5	16,7	10	33,3	<.0001
Medium	8	26,7	0	0	<0.000
Heavy	6	20,0	0	0	<0.000
Very heavy	2	6,6	0	0	<0.000
Total	30	100	30	100	<0.000

Based on table 4 above, showed that before and after classical music therapy, there was a non – anxious anxiety level of 9 respond from resipiens (16.7%), moderate anxiety level performed 8 respondents (16.7%). After being have therapy with classical music, most of

respondents in non anxiexy level 20 (66.7%), a mild anxiety level performed 10 respondents (33.3%). Pre and post test showed a significant relationship between two variabels with p value = 0.000 < 0.05, N 30, that concluded there is significant effect in effectiveness classical music therapy to decreasing the level of anxiety.

DISCUSSION

Characteristics based on the mother's gestational age are mostly 1-13 weeks, this can be explained by the mother's anxiety factor in the first trimester related to the condition of the mothers and fetus wellness, common sense and sucured, comforting pregnancy is the best experiences, even though bad thing happen like miscarriage during previous pregnancies, a minding acceptance and great support from husband and family can be very helpful.

Before being given classical music therapy had a higher level of anxiety for criteria of moderate anxiety as many as 8 people and severe anxiety as many as 6 respondents. Based on descriptions belong, the researcher assumes that anxiety of pregnancies women can be related to threatening to safety of mother soul and reducing overthingking and the anxiety can be refered as a responses about to much thing in enable factors that related in previous research by Susi Ati et.al., 2020 The Effectiveness Of Classical Music In Lullaby To Reducing Anxiety In Third Trimester Of Pregnant Women at Mardi Waluyo Hospital Of Metro City 2019 was obtained of the t-test design with p value of 0.000 <a (0.05). Therefore, it

can be concluded that Classical Music Therapy has an effect in the level of anxiety in pregnant women.

After given classical music as therapy to all respondents had an non axious level criterion of 20 people and a mild anxiety level of 10 pregnant women with a percentage (100%). The pre and post test showing a significancies relationship among two criteria for nausea and vomiting in pregnant women with p value = 0.000 < 0.05 N=30, can be concluded that there is a significant effect of effectiveness between classical music therapy and level of anxiety in pregnant women.

According to Kharismawati, 2019 research on Music Therapy as a nursing intervention in improving comfort of pregnant women which uses the type of classical music therapy given to prevent anxiety, namely Mozart's classical music; Eine Kleine Nacht with a frequency of 20-4- cps hertz, with a duration of 15-20 minutes and given two times in consecutives days. The study proves that there is a difference in the level of anxiety in pregnant women who experience anxiety before and after being given classical music therapy. The limitations in this study are the number of respondents and the characteristics of the respondents who are similar.

After being given classical music therapy, all respondents had criteria for a non-anxious level of 20 people and a mild anxiety level of 10 pregnant women with a percentage (100%). This is related to music being a form of activity that uses music and songs/singing in an integrated and directed manner in guiding these mothers during pregnancy which is

intended to achieve the goal of relaxation for pregnant women, early stimulation of the fetus, establishing an emotional attachment between pregnant women and their fetuses so that it effectively reduces maternal anxiety. The novelty in this study is the characteristics of the respondents and the place of research where based on age, most of the gestational age is 1-13 weeks with a high school education and do not work. Where in previous studies have not examined the characteristics of respondents in detail

CONCLUSIONS

Classical music therapy has been shown to be effective in reducing anxiety in pregnant women. This in indicated that can be decreasing for a number of pregnant women with anxiety in reducing the levels or even can be totally damage with no anxiety whe the interventions have been carried.
Hoped that future researchers can conducting research by adding other variables with a larger number of respondents, so that research on the effectiveness of classical music as interventions in anxiety pregnant women.

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