

Masase Effleurage dan Aromaterapi Lavender untuk Mengatasi Kecemasan pada Ibu Hamil Trimester III Selama Pandemi Covid-19 = Effleurage Massage and Lavender Aromatherapy to Reduce Anxiety in Third Trimester Pregnant Women During the Covid-19 Pandemic

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Abstrak

Kondisi pandemi covid-19 menyebabkan berbagai macam krisis kesehatan baik fisik maupun mental. Sejatinnya kondisi cemas wajar dirasakan pada ibu hamil setelah menginjak trimester 3, namun kondisi pandemi yang terjadi di Indonesia menyebabkan tambahan beban psikologis bagi ibu hamil sehingga memunculkan tren kecemasan yang meningkat selama kehamilan. Klien ibu hamil berusia 32 tahun dengan usia kehamilan 38 minggu dan bersuku Betawi memiliki masalah kecemasan akibat kekhawatiran persalinan pada kondisi pandemi. Pemberian intervensi masase effleurage dan minyak aromaterapi lavender diharapkan dapat menurunkan tingkat kecemasan pada ibu hamil. Intervensi dilakukan dengan frekuensi satu kali sehari selama 3 hari dan durasi 10 menit. Hasilnya didapatkan penurunan tingkat kecemasan dibuktikan dengan skor Perinatal Anxiety Screening Scale menjadi 25, serta peningkatan kualitas tidur dengan skor Pittsburgh Sleep Quality Index menjadi 5. Penerapan implementasi masase effleurage dan aromaterapi lavender efektif mengatasi kecemasan pada ibu hamil, sehingga direkomendasikan untuk menerapkan intervensi tersebut pada ibu hamil khususnya di trimester ketiga.

.....The COVID-19 pandemic has caused various kinds of health crises, both physical and mental. In fact, it is normal for pregnant women to feel anxious after stepping on the 3rd trimester, but the pandemic conditions that occurred in Indonesia caused an additional psychological burden for pregnant women, resulting in an increasing trend of anxiety during pregnancy. The client, a 32-year-old pregnant woman with 38 weeks of gestation and ethnicity Betawi, has anxiety problems due to concerns about childbirth during a pandemic. The intervention of massage effleurage and lavender aromatherapy oil is expected to reduce anxiety levels in pregnant women. The intervention was carried out with a frequency of once a day for 3 days and a duration of 10 minutes. The results showed a decrease in anxiety levels as evidenced by the Perinatal Anxiety Screening Scale score to 25, as well as an increase in sleep quality with the Pittsburgh Sleep Quality Index score to 5. The implementation of effleurage massage and lavender aromatherapy was effective in overcoming anxiety in pregnant women, so it is recommended to apply these interventions to pregnant women, especially in the third trimester.