

THE RELATIVE EFFECTIVENESS OF BENSON'S RELAXATION THERAPY, AL QURAN MUROTAL THERAPY, AND GROUP COMMUNICATION IN THE REDUCTION OF ANXIETY IN PREGNANT WOMEN BEFORE LABOR

Sri Karyati

School of Health Sciences (STIKes) Muhammadiyah, Kudus

ABSTRACT

BACKGROUND: Psychological condition of pregnant mothers before delivery is an important factor for smooth labor process. Anxiety may cause uterine muscles spasm, poor contraction, poor dilatation, and pain. In addition, anxiety may cause vasoconstriction of uterus, poor vascularization, poor contraction, and prolonged labor. Benson's relaxation therapy, Al Quran murotal therapy, and group communication may reduce anxiety. This study aimed to determine the relative effectiveness of Benson's relaxation therapy, Al Quran murotal therapy, and group communication, in reducing anxiety among pregnant women before delivery.

SUBJECT AND METHODS: This was a quasi-experimental study with control group design conducted in Kudus, Central Java. A sample of 30 pregnant mothers was selected from Kaliwungu, Tanjung Rejo, and Dawe sub-districts, Kudus, Central Java. The sample was divided into 3 groups: (1) Benson's relaxation therapy, (2) Al Quran murotal therapy, and (3) Group communication. The dependent variable was anxiety. Anxiety in pregnant women before delivery was measured by Edinburgh Postnatal Depression Scale (EPDS). The difference in anxiety before and after intervention was tested by t-test. The difference in anxiety among the 3 groups was tested by One Way Anova and post-hoc test.

RESULTS: Both relaxation ($p=0.020$) and Al Quran murotal ($p=0.001$) therapies significantly decrease anxiety after intervention. Group communication did not significantly decrease anxiety ($p=0.529$). There was no significant difference in the average decrease in anxiety between Benson's relaxation and Al Qur'an murotal therapy ($p=0.780$).

CONCLUSION: Both relaxation and Al Quran murotal therapies decrease anxiety in pregnant women before delivery, with equal effectiveness. Group communication was not effective in reducing anxiety.

Keywords: Benson's relaxation therapy, Al-Quran murotal therapy, group communication therapy, anxiety