

**APPLICATION OF CLASSIC MUSIC THERAPY TO ANXIETY IN
PRIMIGRAVIDA PREGNANT WOMEN TRIMESTER III AT
MOJOPURNO HEALTH CENTER MADIUN DISTRICT**

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ABSTRACT

Background: *The number of pregnant women who experience anxiety before giving birth is rising year over year. Pregnancy in a primigravida produces both psychological and physical changes. Anxiety is one of the psychological factors that frequently manifests during pregnancy. Relaxation techniques can be used to manage anxiety; one such treatment is classical music therapy, which can lower anxiety levels.*
Purpose: *Understanding the changes in anxiety levels among primigravida pregnant women in the third trimester at the Mojopurno Health Center.*
Methods: *With each respondent receiving an intervention for 4 straight days, this application used a descriptive design on 2 female respondents and was conducted from April 18–21, 2023, in Munggut Hamlet, RT 12 RW 03 Munggut Village, Wungu District, Madiun Regency. The Hamilton Anxiety Rating Scale HARS observation sheet was the tool used to gauge the patient's degree of anxiety before and after therapy.*
Results: *Before the two respondents' implementation, there was moderate anxiety, and after their implementation, there was mild anxiety or no worry.*
Conclusion: *At the Mojopurno Health Center, the use of classical music therapy helps lower the degree of anxiety in third-trimester primigravida pregnant women.*

Keywords: Anxiety, Classical Music Therapy, Primigravida