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Program Studi Keperawatan

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THE APPLICATION OF CLASSICAL MUSIC TO REDUCE ANXIETY IN THIRD TRIMESTER PREGNANT WOMEN IN THE GAMBIRSARI HEALTH CENTER

ABSTRACT

Background; Anxiety is a feeling that is universally experienced. Anxiety is a response to stress that generally has adaptive functions that alert us to real dangers and motivate us to be prepared and deal with situations. However, when the feelings of anxiety appear excessive and significantly disrupt the function of the individual. Pregnant women mostly experience concern, anxiety, and fear both during pregnancy in labor and after childbirth. Common anxiety is fear of bleeding, fear of disability, fear of complications of pregnancy, fear of childbirth and fear when sewn. In addition, the fear of complications at the time of birth, which can cause death, to the fear if one day can not treat and raise children well. Unconsciously the process of childbirth will be embedded in the subconscious mind and eventually embedded as a negative program. The presence of a fear of childbirth that will always be followed by pain, will cause an increase in the work of the sympathetic nervous system. **Objective;** Provide classical music therapy in pregnant women of the third trimester to reduce the anxiety of three trimester pregnant women. **Research methods;** Using descriptive method with research instrument using questionnaire. **Results;** After being given classical music therapy on both respondents 7 times in 7 days with duration 30 minutes, the anxiety of both respondents decreased. **Conclusion;** Classical music therapy proved to reduce anxiety in pregnant women third trimester.

Keywords: *Classical Music Therapy, anxiety, three trimester of pregnant women*