

**THE EFFECT OF ACUPRESSURE AT POINT EX-HN3, HT-7 AND P6 THERAPY ON
REDUCING ANXIETY LEVELS IN THIRD TRIMESTER PREGNANT WOMEN AT
KLINIK HAIDAR MEDIKA**

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ABSTRACT

Background : *Pregnancy causes physiological and psychological changes, including anxiety due to increased cortisol hormone levels. In Indonesia, 28.7% of pregnant women experience anxiety, and in Java Island, 52.3% of third trimester pregnant women feel anxious. Acupressure is one of the effective non-pharmacological methods because it stimulates endorphin production that reduces cortisol hormone responsible for anxiety.* **Objective :** *To determine the effect of acupressure therapy on reducing anxiety levels in third trimester pregnant women at Klinik Haidar Medika.* **Method :** *The design of this study was pre-experimental design with pre-test and post-test design. The subject of study is normal pregnant women in third trimester, it used consecutive sampling with a total of 22 respondents. Accupresure at yintang (EX-HN3), shenmen (HT-7) and neiguan (P6) acupoints was do everyday for a week. The instrument used is Perinatal Anxiety Screening Scale (PASS) and used Wilcoxon statistical test.* **Results :** *The percentage of third trimester pregnant women experiencing anxiety decreased from 54.5% with moderate anxiety and 45.5% with mild anxiety to 50.0% with mild anxiety and none with anxiety. Data analysis showed a p-value of 0.000 ($p < 0.05$).* **Conclusion :** *Acupressure therapy has a significant effect on reducing anxiety levels in third trimester pregnant women at Klinik Haidar Medika.*

Keywords : *acupressure, anxiety, pregnant women*