

## INTERNATIONAL JOURNAL OF HEALTH SCIENCE

Link Page: <https://ejurnal.politeknikpratama.ac.id/index.php/ijhs>

Page: <https://ejurnal.politeknikpratama.ac.id/index.php>

### EFFECT OF MINDFULNESS THERAPY ON THE LEVEL OF ANXIETY OF POSTPARTUM MOTHERS IN MALINGPING INPATIENT HEALTH CENTER YEAR 2022

**Adiba Perwirasari<sup>1</sup>, Ita Herawati<sup>2</sup>**

<sup>1,2</sup> Abdi Nusantara College of Health Sciences

Jl. Swadaya No.7, RT.001/RW.014, Jatibening, Kec. Pd. Gede,  
Kota Bekasi, Jawa Barat 17412

#### Abstract

**Background :** Postpartum anxiety is very important to know because of the mother's lack of knowledge at this stage, because it will undergo many changes both emotional (psychologically), physical (physiological) changes and environmental (social) changes experienced by postpartum mothers. Such changes can affect the emotional instability of the mother after childbirth, which is characterized by a deep and sustained feeling of fear or worry. Continued postpartum anxiety negatively affects both mother and baby.

The anxiety rate of postpartum mothers is still a high category in various countries such as Pakistan as much as (70%), Hong Kong as much as (54%), Bangladesh as much as (29%) and Portugal as much as (18.2%) %, anxiety levels in Indonesia as much as (28.7 %) (Agustin and Septiyana, 2018).

Mindfulness therapy can be used to reduce the level of anxiety towards postpartum mothers, when a person is in a mindfulness situation, the emotional stability of postpartum mothers will be more improved, and the effect is regarding the decrease in anxiety levels (Triyono. H. G, Dwidiyanti, M. & Widyastuti, 2018). According to Oktavia (2018), defining mindfulness therapy aims to help a person in gaining awareness so that there is no reaction to what is happening (good, bad or neutral events / events) and a person is able to overcome his emotions when in a state of depression or frustration and build peace for himself.

**Research Objectives :** To determine the effect of mindfulness therapy on the level of anxiety of postpartum mothers at the Malingping inpatient health center in 2022.

**Research Methods :** Types of quantitative research using a Cross-Sectional approach. The population in this study was postpartum mothers at the Malingping Inpatient Health Center as many as 28 people. The sample technique used in this study was total sampling because the samples taken included all elements of the population, namely all postpartum mothers at the Malingping-Lebak Inpatient Health Center as many as 28 respondents.

**Research Results :** The results of the Pre-Test test showed that the level of anxiety of postpartum mothers before being given mindfulness therapy intervention at the Malingping-Lebak Inpatient Health Center was still in the heavy category, namely 16 respondents (57.1%). Based on the value of each item on the questionnaire sheet, most postpartum mothers are not / have not been able to overcome psychological problems that exist in themselves such as stress, anxiety, fear and others.

The results of the Post-Test test showed that the level of anxiety of postpartum mothers after being given mindfulness therapy intervention at the Malingping-Lebak Inpatient Health Center had decreased anxiety levels because most of them were in the mild category as many as 24 respondents ( 85.7%). Because most postpartum mothers are already able to increase their understanding and self-awareness so as not to cause an overreaction to what is happening.

The results of the paired sample T-Test test by looking at the comparison of the average Pre-Test value of 26.68 and the Post-Test value of 32.86, the largest value is located in the Post-Test value. The comparison is re-proved by the output values  $p\text{-value } 0.00 > 0.05$ , so it can be concluded that  $H_0$  is accepted and  $H_a$  is rejected. Because the anxiety level of postpartum mothers has decreased after being given mindfulness therapy interventions, it means that there is an influence of mindfulness therapy on postpartum maternal anxiety at the Malingping Inpatient Health Center in 2022.

**Keywords:** Mindfulness Therapy, Postpartum Maternal Anxiety.

## PRELIMINARY

According to Latin, the definition of postpartum is a condition that occurs after the baby is born and the baby's placenta is born so that the state of the womb returns to its pre-pregnancy state. This period usually lasts 6 weeks. In other words, the puerperium is a recovery period that lasts about 6-8 weeks after delivery.

According to Yuliana & Hakim (2020), states that postpartum (the postpartum period) is a period of recovery, during the recovery period it results in many changes that will be experienced by post-delivery mothers, both emotional (psychological) changes, physical (physiological) and environmental changes (social). Of these three conditions, not all mothers are able to handle them easily if they are not accompanied by inappropriate treatment, resulting in psychological discomfort, namely anxiety.

Meanwhile, according to Muyasaroh et al (2020), argues that anxiety is a condition or condition that a person (psychologically) always feels worried and afraid of, this occurs due to possibilities that are not necessarily proven.

Based on the opinion of the American Psychological Association (APA) in (Muyasaroh et al. 2020), anxiety is a psychological condition arising from a person experiencing emotional instability, and accompanied by a state of stress, making a person always feel afraid and worried and have an impact on physical changes (rising blood pressure, fast heart beat, excessive anxiety, and others).

The anxiety rate for postpartum mothers is still in a high category in various countries such as Pakistan (70%), Hong Kong (54%), Bangladesh (29%) and Portugal (18.2%), the anxiety level in Indonesia is (28.7%). (%) (Agustin and Septiyana, 2018).

Postpartum anxiety is very important to know because the lack of knowledge of postpartum mothers about the state of psychological or physiological changes will affect the emotions of postpartum mothers offset by the deepest and most persistent worries and fears. Continued postpartum anxiety has a negative impact on both mother and baby.

The anxiety rate for postpartum mothers with a severe anxiety level is 73.4%, with a moderate anxiety level of 26.6%, the anxiety rate for multiparous mothers is 7% experiencing severe anxiety, 71.5% experiencing moderate anxiety, and as many as 21, 5% experience mild anxiety (Depkes RI, 2018).

According to Khamida & Meilisa (2018) Anxiety can be reduced by pharmacological drugs and psychotherapy. Alternative techniques that can be used to reduce one's anxiety are yoga, aromatherapy, relaxation through massage and mindfulness therapy.

Until now, some experts say that mindfulness therapy is a good way to overcome and reduce anxiety levels in postpartum mothers. Mindfulness therapy is used to treat a variety of anxiety problems.

Mindfulness therapy can be used to reduce anxiety levels for postpartum mothers, when a person is in a mindfulness situation, the emotional stability of postpartum mothers will increase, and the effect will be on reducing anxiety levels (Triyono. H. G, Dwidiyanti. M. & Widyastuti, 2018)

Awareness of postpartum mothers if they can understand and be able to adjust to various changes both psychologically and physiologically so that they will avoid anxiety. mothers who experience postpartum blues. Postpartum blues will affect the child's growth and development, so that the child is less active and interacts with his friends.

According to Videbeck & Sheila (2018) regarding the concept of mindfulness, it is a simple, gentle and continuous way to be fully aware of being present and getting used to staying awake and aware of all the events that occur in life.

According to Jawadene et al (2017) stated that mindfulness therapy carried out for 2 weeks can have a good effect in reducing anxiety and increasing self-awareness.

From research that has been conducted by Maharani (2013), regarding giving mindfulness exercises to postpartum mothers, with mindfulness exercises that are carried out regularly, it shows that there is a decrease in stress levels in emotional, behavioral, physical and cognitive aspects.

Data from records at the Malingping Inpatient Health Center for postpartum mothers from January to July 2022, namely 286 people. The observation was carried out in July 2022 at the Malingping Inpatient Health Center. By interviewing the coordinating midwife and manager of the Maternal Health Program, it was found that the malingping health center has a number of health services, namely ANC (Antenatal Care) program services, PNC (Post Natal Care) services, childbirth and others. ANC services include exercise for pregnant women given four times at 20 weeks of gestation, during the Covid-19 pandemic these activities were not implemented properly and neither did postpartum activities.

The results of interviews conducted with patients at the Malingping Health Center were 15 postpartum mothers who were in the postpartum period, as many as 10 postpartum mothers said they felt severe anxiety and were afraid to take care of their babies, as many as 2 postpartum mothers said they were moderately anxious, and as many as 3 postpartum mothers said they felt anxious. The anxiety level of postpartum mothers at the malingping inpatient puskesmas is included in the severe category, because the puskesmas has not implemented a mindfulness therapy system for postpartum mothers. Hopefully with this research the quality of service for postpartum mothers will be maximized so that it can reduce the level of anxiety for postpartum mothers.

Thus the authors are interested in conducting research on the effect of mindfulness therapy on the anxiety level of postpartum mothers at the malingping inpatient health center in 2022.

## METHOD

This research is a type of quantitative research using a cross-sectional approach. The population in this study were postpartum mothers at the Malingping Inpatient Health Center as many as 28 people. The sample technique used in this study was total sampling because the samples taken included all elements of the population, namely all mothers postpartum at the Malingping-Lebak Inpatient Health Center as many as 28 respondents.

The primary data collection technique in this study is the method of observation and structured interviews/using a questionnaire.

Quantitative data analysis techniques, namely Univariate analysis and analysis in the form of pre-test and post-test (before and after being given mindfulness therapy interventions) Bivariate using the SPSS computer program in the form of paired sample t-test aims to determine the average value of the pre-test and a post-test where from the results of these tests whether there is an influence or not the effect of mindfulness therapy on the anxiety level of postpartum mothers at the Malingping Inpatient Health Center in 2022.

## RESULTS AND ANALYSIS

**Table Pre-Test Frequency Distribution Analysis**

No	Postpartum Mother Anxiety Level	N	%
1	Light	3	10.7 %
2	Currently	9	32.1 %
3	Heavy	16	57.1 %
<b>Total</b>		28	100%

*Source: Analysis Results, 2022*

The results of the data analysis above show that there is a Pre-Test frequency distribution of 28 respondents (postpartum mothers before being given mindfulness therapy interventions) who say that their anxiety level is in the mild category as many as 3 respondents (10.7%), moderate as many as 9 respondents (32.1%) and severe as many as 16 respondents (57.1%).

**Table Analysis of Post-Test Frequency Distribution**

No	Postpartum Mother Anxiety Level	N	%
1	Light	24	85.7 %
2	Currently	3	10.7 %
3	Heavy	1	3.6 %
<b>Total</b>		28	100%

*Source: Analysis Results, 2022*

The results of the data analysis above show that there is a Post-Test frequency distribution of 28 respondents (postpartum mothers after being given a mindfulness therapy intervention) saying that their anxiety level is in the mild category as many as 24 respondents (85.7%), while as many as 3 respondents (10.7%) and severe as many as 1 respondent (3.6%).

Table Sample Normality Test

		Unstandardized Residuals
N		28
Normal Parametris <sup>a, b</sup>	Means	,0000000
	std. Deviation	5.89755253
Most Extreme Differences	absolute	,153
	Positive	,084
	Negative	-,153
Test Statistics		,153
asympt. Sig. (2-tailed)		,094 <sup>d</sup>

Source: Analysis Results, 2022

Based on the results of the above data analysis between the Pre-Test and Post-Test scores of 28 respondents (postpartum mothers before and after being given the mindfulness therapy intervention), the results can be seen from the Unstandardized Residual Statistical Test with sig. 2-tailed is  $0.094 > 0.05$ , so it can be concluded that  $H_a$  is accepted and  $H_0$  is rejected, meaning that the data for each research sample is normally distributed. Because the result is that each data is normally distributed, it can proceed to the Paired Sample t-test.

Table Paired Sample Test

Anxiety Category	Frequency		Means		Mean difference	SD difference	P_Value
	Pre Test	Posttest	Pre Test	Posttest			
Light	3	24	26,68	32.86	-6,179	8,010	0.000
Currently	9	3					
Heavy	16	1					

Source: Analysis Results, 2022

The results of the Paired Sample T-test above show that the average value of the test produces an output value of  $p\_value\ 0.00 > 0.05$ , so it can be concluded that  $H_0$  is accepted and  $H_a$  is rejected. Because the anxiety level of postpartum mothers has decreased after being given a mindfulness therapy intervention, it means that there is an effect of mindfulness therapy on the anxiety of postpartum mothers at the Malingping Inpatient Health Center in 2022.

## DISCUSSION

### Pre-Test test before being given a mindfulness therapy intervention

The test results from table 5.4 show that the anxiety level of postpartum mothers before being given mindfulness therapy interventions at the Malingping-Lebak Inpatient Health Center is still in the severe category, namely 16 respondents (57.1%). This is the same as what was stated by Davis (2020), stating that transpersonal anxiety is able to see and feel awareness/awareness of the subject, namely from the way the subject achieves awareness in overcoming various problems and disturbances both psychologically including worry, depression, anxiety and others. -other. Notoatmodjo (2018) defines anxiety as something that greatly influences the anxiety level of postpartum mothers, including suppressed emotions, stress arising from the environment, support from family, sufficient financial conditions,

### Post-Test test after being given a mindfulness therapy intervention

The test results from table 5.5 show that the anxiety level of postpartum mothers after being given mindfulness therapy interventions at the Malingping-Lebak Inpatient Health Center has decreased anxiety levels because most of them are in the mild category as many as 24 respondents (85.7%). Because most postpartum mothers have been able to increase their understanding and self-awareness so they don't overreact to what happened. The research above is in accordance with the theory put forward by Oktavia (2018), defining mindfulness therapy aims to help a person gain awareness so that there is no reaction to what is happening (good events/events,

### Paired Sample T-test

It can be seen from table 5.7 based on testing the Pre-Test and Post-Test data and then testing it again with the Paired Sample T-test with the aim of knowing the difference in the average pre-test and post-test scores where from the test results is there any influence or there is no effect of mindfulness therapy on the anxiety level of postpartum mothers at the Malingping Inpatient Health Center in 2022.

The results of the paired sample T-Test by looking at the comparison of the average Pre-Test value of 26.68 and the Post-Test value of 32.86, then the largest value lies in the Post-Test value. This comparison is proven again by the output value  $\_value 0.00 > 0.05$ , so it can be concluded that  $H_0$  is accepted and  $H_a$  is rejected. Because the anxiety level of postpartum mothers has decreased after being given a mindfulness therapy intervention, it means that there is an effect of mindfulness therapy on the anxiety of postpartum mothers at the Malingping Inpatient Health Center in 2022

## CONCLUSION AND SUGGESTION

Based on the Post-Test test scores before being given the mindfulness therapy intervention in the form of a frequency distribution, most of them were in the severe category, namely 16 respondents (57.1%).

Based on the Post-Test test scores after being given a mindfulness therapy intervention in the form of a frequency distribution, most of them were in the mild category, as many as 24 respondents (85.7%).

Based on the results of the Paired Sample T-Test it is known that the difference in the average value of the test produces an output value of  $\_value 0.00 > 0.05$ , it can be concluded that  $H_0$  is accepted and  $H_a$  is rejected. Because the anxiety level of postpartum mothers has decreased after being given a mindfulness therapy intervention, it means that there is an effect

of mindfulness therapy on the anxiety of postpartum mothers at the Malingping Inpatient Health Center in 2022.

## REFERENCES

- Aulia, Ayu. MINDFULNESS: Memaknai Konsep Kesadaran Diri dari Perspektif Islam, 2020, diakses pada tanggal 16 Februari 2021 dari <https://www.baceday.com/2020/05/mindfulness-memaknai-konsep-kesadaran-diri-dari-perspektif-islam.html>
- Brown, Kirk Warren and Richard M. Ryan. “Perils and Promise in Defining and Measuring Mindfulness: Observations From Experience”, *Clinical Psychology: Science and Practice*, 11, 242–248
- Marmi, (2018). Asuhan Kebidanan Pada Ibu Nifas. Yogyakarta: Pustaka Pelajar
- Maritalia, D. (2017) Asuhan Kebidanan Pada Ibu Nifas. Yogyakarta: Gosyen Publishing
- Notoatmodjo, S. (2018). Metodologi Penelitian Kesehatan. Jakarta: Rineka Cipta.
- Bungin, Burhan. 2001. Metode Penelitian Sosial: Format-Format Kuantitatif Dan Kualitatif. Surabaya: Universitas Airlangga.
- Arini Miftahul Jannah, Skripsi: “Hubungan Mindfulness Dan Penerimaan Diri Pada Remaja Dengan Orang Tua Tunggal”, (Malang: UMM, 2019),
- Tri Anita Jumaroh, Skripsi: “Pengaruh Mindfulness Therapy Dalam Meningkatkan Regulasi Emosi Santriwati Kelas Isti’dad Pendidikan Diniyah Formal (PDF) Ulya Pondok Pesantren Assalafi Al-Fithrah Surabaya”, (Surabaya: UINSA, 2018),
- Kirk Warren Brown and Richard M. Ryan, “Perils and Promise in Defining and Measuring Mindfulness: Observations From Experience”, *Clinical Psychology: Science and Practice*, 11, 242–248
- Nila Audini Oktavia, Skripsi: Efektivitas Pelatihan Mindfulness
- Apriliyani, I., Dwidiyanti, M., & Sari, S. P. (2020). Pengaruh Terapi Mindfulness Terhadap Tingkat Depresi Pada Remaja, 74–84.
- Wilkinson, M., McIntyre, D., & Edwards, L. (2013). Electrocutaneous pain thresholds are higher during systole than diastole. *Biological Psychology*, 94(1), 71-73. doi: <http://doi.org/10.1016/j.biopsycho.2013.05.002>
- World Health Organization (WHO). (2017).
- Depression and othe common mental disorders : Global health estimates. Geneva : World Health Organization