

Complementary Therapy for Anxiety of Pregnant Women in the Era of the Covid-19 Pandemic: Literature Review

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ABSTRACT

Introduction: Anxiety in pregnant women can cause dangerous stimulation of uterine contractions, as a result of this condition pregnant women will have a negative impact, can increase blood pressure of pregnant women which can trigger preeclampsia, premature babies, and even miscarriages in pregnant women. The selection of interventions that can be done in reducing anxiety levels in pregnant women is by doing complementary therapies in the form of acupressure, aromatherapy, and 5 finger hypnosis

Method: This study uses a Literature Review by searching for journal articles conducted in November 2021 – April 2022 on the Google Scholar, Pubmed and Science Direct databases, with the keywords (Acupressure) or (Aromatherapy).) or (5 finger hypnosis) and (anxiety) and (pregnant women).

Result: The results obtained were 10 journal articles in accordance with the inclusion criteria using the Quasi Experimental method as many as 6 journal articles and a Randomized Controlled Clinical Trial as many as 4 journal articles using English and Indonesian

Conclusion: The complementary therapy of acupressure, aromatherapy, and 5 finger hypnosis is an easy, inexpensive, and can be done independently by pregnant women who experience anxiety, if done regularly and in accordance with complementary therapy procedures. Health services can apply complementary therapies to pregnant women who experience anxiety and can be used by the community as several forms of therapy in reducing anxiety in pregnant women with acupressure therapy, aromatherapy, and 5 finger hypnosis.

Keywords: Complementary therapy; Pregnancy; Anxiety.

Introduction

The Covid-19 pandemic has a psychological impact on society namely post-traumatic stress disorder, anxiety, confusion, frustration, fear of infection, insomnia, and feeling helpless. Pregnancy that takes place on the pandemic period can also cause mild or severe symptoms, these symptoms can occur depending on a person's immune and immune system, because everyone has different immunity and body resistance (Setyaningrum & Yanuarita, 2020). Covid-19 infection and conditions like this are what we're worried about will make pregnant women feel anxious. Almost all health services affected by the Covid-19 virus, including health services for pregnant women, such as maternal, neonatal, and health services for mother and child. both in terms of access and quality, as a result, pregnant women do not want to go to the puskesmas, for fear of the health of the fetus and worrying his condition if he is infected when he is checked at a health facility. As a result, pregnant women proven to have a high risk of death, spontaneous miscarriage, birth premature birth, and IUGR (intrauterine growth restriction) or often called stunted fetal growth (Arisanti, 2021)

A study conducted by Corbett during a pandemic on 71 pregnant women and each of them was given a question, 83.1% of women mostly did not worry about their own health, 50.7% of women often worry about this health. 83.3% of pregnant women experience increased anxiety about siblings or their older relatives, 66.7% are worried about their children who others, and 63.4% for their unborn babies (Corbett et al., 2020). In Indonesia the number of pregnant women who experience anxiety is 373,000,000, and 107,000,000 pregnant women including pregnant women who experience anxiety when facing childbirth (Rahayu, 2019). In developed countries the percentage of anxiety and depression in pregnant women is in the range of 7-20%, while for growing percentage is estimated to be more than 20%. In some countries like China 20.6%, Bangladesh 18%, and Pakistan 18%, in Indonesia alone the number of mothers pregnant women who experience anxiety as much as 28.7% and this anxiety is a lot found in third trimester pregnant women (Puspitasari & Wahyuntari, 2020).

Pregnant women are a group that is vulnerable to Covid-19 infection because during pregnancy the mother will experience physiological changes in herself, which result in decreased partial immunity and can also cause serious for the mother (Liang & Acharya, 2020). Pregnancy needs must be ready when this pandemic, attention should be paid to pregnant women in the first

trimester and Second, existing research suggests that although the virus will not reach the fetus, if the mother is infected, it can affect the fetus (Pradana, 2020). In the middle this pandemic all health services are experiencing restrictions, the impact is mothers. Pregnant women can experience anxiety, this can cause stimulation of dangerous uterine contractions, as a result of this condition, anxiety in the mother during pregnancy will have a negative impact on the baby. It can increase the mother's blood pressure during pregnancy which can lead to preeclampsia, premature babies, and even miscarriages in pregnant women (Hasim et al., 2018).

Anxiety in pregnant women can cause signs of confusion, pain concentrating, feeling worried, looking tense, having trouble sleeping, and looking restless (SDKI, 2016). One of the interventions that can be done is relaxation or relaxation as well as complementary therapies to reduce anxiety (SIKI, 2018). Technique Relaxation is a method that allows the mind as well as the body to relax or relax, through the process of gradually releasing tension in the muscles of each body. Relaxation techniques are useful in a variety of situations, including pain, anxiety, lack of sleep, stress, and emotional expressed. (Purwitasari, 2019). Such as Acupressure therapy, Aroma therapy lavender, and 5 finger hypnosis.

Method

The protocol and evaluation of the literature review is using the PRISMA method which is intended to select studies that have been found and then adjusted to the objectives of the literature review.

1. Data Search Literature search was conducted on three databases, namely Pubmed, Google Scholar, and Sciendirect related to complementary therapy, pregnancy, and anxiety
2. Selection of literature based on inclusion criteria and exclusion criteria in the form of journals in English, Indonesian, articles are full-text manuscripts and are quantitative studies as well as other literature studies. The data included in this library is a study of complementary therapy for Anxiety of Pregnant Women

Result

Literature identification was carried out on 272 articles found in three databases. A total of 1516 literatures were found to be non-inclusive. Then as many as 7 journal articles that were

not full-text then checked as much as possible found the use of the Mendeley application which found 2 similar journal articles so that 10 journal articles were reviewed. The author also adds selected and relevant books as literature to complement this literature.

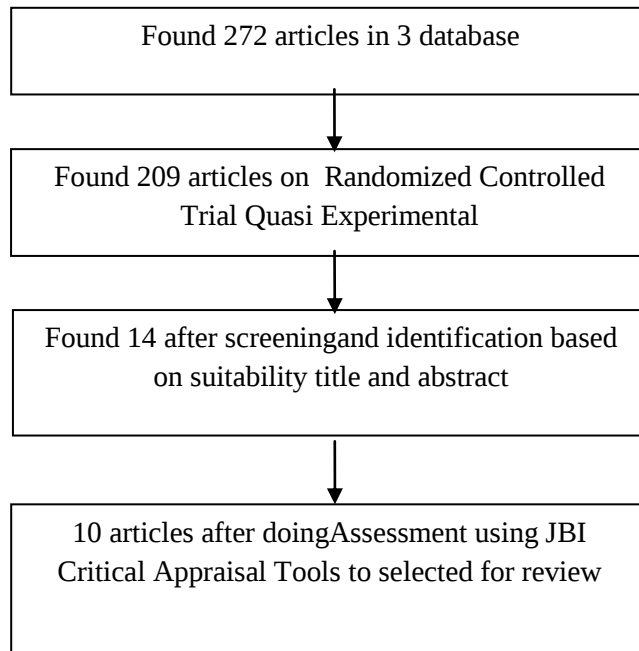


Figure 1. Flowchart of literature review search

Discussion

Of the 10 articles studied, all of them had positive results with a p value <0.05 . In research (Novianti & Muchtar, 2021). about acupressure, it was given acupressure therapy at Yintang (EX-HN3) and Shenmen (HT-7) points, for 40-60 times with the direction of rotation to the left or counterclockwise, the old frequency implementation 3 times per week and carried out for 4 weeks, emphasis on These points on the body can process healing as well as improve psychological health. Stimulation given by acupoints can weakens and strengthens energy (Qi) so that the vitality of the body's organs increases so that it can increase the body and acupressure energy at the acupuncture points will flows through the meridians to the target organs. sedation will give changes in taste / perception that can be in the form of a sense of calm and comfort. This matter evidenced by the results measured by the HARS instrument before being administered anxiety acupressure therapy was rated 26.6 and after therapy decreased to 22.3 which has a difference of 4.3, most of the experienced mild anxiety, the rest experienced

moderate anxiety, with The test results P value < 0.001 which indicates acupressure therapy has an effect on pregnant women anxiety.

While in research (Susanti & Yati, 2021) giving aromatherapy is also the same using the inhalation method every 12 hours and repeated for 2-3 days, it is proven to reduce the anxiety of pregnant women who are assessed with the Zung Self-Rating Anxiety Scale (SAS/ZRAS) instrument. This instrument is an anxiety assessment in adult patients designed by William W.K. Zung, developed based on symptoms of anxiety in Diagnostic and Statistical Manual of Mental Disorders (DSM-II). There are 20 questions, where each question is scored 4 (1: never, 2: sometimes, 3: some of the time, 4: almost every time). There are 15 questions towards increasing anxiety and 5 questions towards reducing anxiety (Dewangga, 2018). With value $41.36 - 28.26$ which has a difference of 13.1 and the statistical test value of $p < 0.05$ which indicates that aromatherapy can reduce anxiety levels in pregnant women. This is because Lavender has the main ingredient, namely linalool. Linalool is the main active ingredient that acts as an anti-anxiety or relaxant. Linalool has the effect of increasing alpha waves in the brain and these waves help us to relax and inhibit the prostanoic acid system involved in the production of PGE₂. Aromatherapy given by inhalation will enter the limbic system where the aroma will be processed so that we can smell it. When inhaling the aroma, the chemical components will enter the olfactory lobe and then proceed to the limbic system in the brain. The limbic system is part of the brain that functions as a center for pain, pleasure, anger, fear, depression, and other emotions.

Research conducted by (Marbun et al., 2021) Five finger hypnosis is a form of self-hypnosis that can have a relaxing effect, so it will reduce tension and stress from the mind of somebody. The results of this study indicate a change in anxiety after and before the intervention with the duration of therapy 5-30 minutes can be identified by assessing anxiety with the HARS instrument (Hamilton Anxiety Rating Scale). The HARS scale is a measure of anxiety based on the emergence of symptoms in individuals who experience anxiety. (Ranti, 2022) With the results of the value of $27.87 - 12.73$ the difference in mean value is 15.14, and the test value is statistic $p = 0.001$. This value shows where the pregnant woman after the intervention was at a level of anxiety from mild to no anxiety, it means that 5 finger hypnosis therapy has an effect on the anxiety of pregnant women. Hypnosis 5 finger is initially done by adjusting the position first with a

comfortable as possible, and suggestions for taking a deep breath while touching fingers while imagining pleasant or positive things that different in each finger, the stimulus will be received by the thalamus which then transmitted to the limbic system and the primary sensory cortex. then it will affect limbic system. In the limbic system will affect the hypothalamus so that there is a decrease in anxiety (Marbun et al., 2019)

Conclusion

Complementary therapies contained in 10 articles that have been reviewed, There are different types of complementary therapies, namely acupressure, lavender aromatherapy, and 5 finger hypnosis. These three therapies have the same effect on the anxiety of pregnant women, which is indicated by 10 journal articles showing a $p\text{-value} < 0.05$, which means complementary acupressure therapy, lavender aromatherapy, and 5 finger hypnosis have an effect on reducing anxiety in pregnant women

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