

The Relationship Between Pregnant Women's Knowledge of Prenatal Massage and Anxiety Reduction During Pregnancy at Alisah Clinic in 2025

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ABSTRAK

Health is a state of complete physical and psychological well-being that enables every individual to live a socially and economically productive life. Pregnancy is a period that begins at conception and lasts until the birth of the fetus. During pregnancy, many changes occur, both physical and psychological, one of which is anxiety. One type of massage that can be applied during pregnancy to reduce anxiety is prenatal massage. The objective of this study was to determine The Relationship Between Pregnant Women's Knowledge About Prenatal Massage and the Reduction of Anxiety During Pregnancy at Alisah Clinic in 2025. This research used an analytic survey method with a cross-sectional approach. The population in this study consisted of 35 pregnant women. The sampling technique used was total population sampling, where the entire population was taken as the sample, totaling 35 people. The results showed that the majority of respondents had poor knowledge about prenatal massage, totaling 31 people (88.6%), while the minority had good knowledge, totaling 2 people (5.7%). The majority of mothers did not experience reduced anxiety, totaling 28 people (80%), while the minority experienced reduced anxiety, totaling 7 people (20%). There is a significant relationship between pregnant women's knowledge about prenatal massage and the reduction of anxiety during pregnancy at Alisah Clinic in 2025, as indicated by a Sig. value of $0.000 < \alpha 0.05$. The conclusion of this study is that there is a significant relationship between pregnant women's knowledge about prenatal massage and the reduction of anxiety during pregnancy at Alisah Clinic in 2025. It is recommended that mothers increase their knowledge, particularly about prenatal massage, in order to reduce anxiety during pregnancy.

Keywords:

Pregnant Women's Knowledge About Prenatal Massage, Reduction of Anxiety During Pregnancy

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1. INTRODUCTION

Health is a state of complete physical and psychological well-being that enables individuals to live a socially and economically productive life. Health is the most crucial aspect of a person's quality of life; when someone is healthy, they have energy and focus on learning and developing, engaging in activities and work, building good relationships, and enjoying a healthy and peaceful life. A state of health can be achieved if a person can manage feelings of anxiety as soon as possible, especially pregnant women.

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Pregnancy is the period that begins at conception and lasts until the birth of the fetus. According to the International Federation of Gynecology and Obstetrics, pregnancy is the fertilization or union of a spermatozoon (from the male) and an ovum (egg cells from the female), followed by nidation or implantation. From the fertilization phase until the birth of the baby, a normal pregnancy lasts 40 weeks, divided into three trimesters: the first trimester lasts for the first 13 weeks, the second trimester lasts from week 14 to week 27, and the third trimester lasts from week 28 until birth. (1)

During pregnancy, many changes occur, both physically and psychologically, including anxiety. Normal discomfort during pregnancy, such as back pain, neck stiffness, leg cramps, headaches, and swelling (edema), can be reduced with this massage. Additionally, it helps reduce pressure on weight-bearing joints, improves blood and lymph circulation, and helps reduce nervous tension, which in turn promotes better sleep, and can help alleviate depression or anxiety caused by hormonal changes. (2)

According to the World Health Organization (WHO), adolescent pregnancy occurs in women aged 11-19 years. Adolescent pregnancy has become a significant health issue not only among teenagers but also in a large number of developed and developing countries. In many societies, girls are under pressure to marry and have children at an early age. In developing countries, at least 39% of girls are married before turning 18, and 12% are married before the age of 1. (3)

According to the United Nations Children's Fund (UNICEF), approximately 12,230,142 mothers experience problems during childbirth, with 30% of them experiencing anxiety, particularly in their first pregnancies. Several developing countries worldwide have a high risk of moderate anxiety in pregnant women (15.6%) and postpartum women (19.8%), including Ethiopia, Nigeria, Senegal, South Africa, Uganda, and Zimbabwe. (4)

In Indonesia, there are 373,000,000 pregnant women, of whom 107,000,000 (28.7%) experience anxiety about childbirth. The incidence of anxiety among pregnant women in Banten Province in 2019 was 27.3% out of 30,531 pregnant women. (5)

Based on data from the Indonesian Ministry of Health in 2023, the prevalence of anxiety in pregnant women is approximately 43.3%, and that of those experiencing anxiety about childbirth is about 48.7%. According to data from the Indonesian Department in 2023, the incidence of anxiety among pregnant women in Indonesia will reach 373,000,000. Of these, 107,000,000 (28.7%) experienced anxiety as they approached the labor process. (6)

In Indonesia, approximately 107,000 (28.7%) pregnant women experience anxiety regarding childbirth. Research conducted on primigravida mothers found that 22.5% experienced mild anxiety, 30% experienced moderate anxiety, 27.5% experienced severe anxiety, and 20% experienced very severe anxiety. The Maternal Mortality Rate (MMR) in Indonesia until 2023 remains high at 305 per 100,000 live births (LB), whereas the MMR target for the 2024 National Medium-Term Development Plan is 183 per 100,000 LB, and the global SDGs target is 70 per 100,000 LB. (5)

Based on data from the Indonesian Health Profile in 2023, the number of pregnant women in Indonesia is 4,884,771, with third-trimester coverage at 4,336,254 (88.8%). The incidence of anxiety among the pregnant women was 373,000,000. Of these, 107,000,000 (28.7%) experienced anxiety as they approached the labor process. Research on primigravida mothers has shown that 22.5% experienced mild anxiety, 30% moderate anxiety, 27.5% severe anxiety, and 20% very severe anxiety. (7)

Based on data obtained from the North Sumatra Provincial Health Office in 2023, the number of deliveries is 44,623, with complications occurring in 8,256 cases. In 2023, the number of deliveries increased to 45,493, with 8,529 complications, in 2024, the number of deliveries was 46,173, with 8,771 complications more than half (54%) of the pregnant women experienced psychological changes in the form of anxiety during pregnancy. (8)

Based on data from the Alisah Clinic, almost 80% of pregnant women experience anxiety during pregnancy, with 75-80% experiencing severe anxiety, while 7-15% do not experience anxiety. (9)

Anxiety is a vague feeling of fear that is not supported by a situation. Individuals who feel anxious will feel uncomfortable or afraid but do not know the reason for this condition. Anxiety lacks a clear, identifiable stimulus. Anxiety is a subjective emotion and experience that is related to feelings of uncertainty and helplessness. Anxiety is an unpleasant emotion characterized by worry, concern, and fear that arises naturally and with varying levels of intensity. (10)

Prenatal massage can be applied in the third trimester of pregnancy to reduce anxiety. Prenatal massage is known to provide comfort to pregnant women. Prenatal massage is a non-pharmacological method involving touch

or massage, which is important for pregnant women approaching labor, as it can stimulate the body to relax or reduce anxiety. (11)

Prenatal massage is performed in pregnant women to improve maternal blood circulation and reduce common complaints experienced during pregnancy. Massage can also be performed in response to physical changes during pregnancy, such as a blood volume increase of up to 50%, increased anticoagulant levels, and reduced blood circulation to the legs. Prenatal massage can produce endorphins by reducing muscle tension, which is in contrast to the stress response. (12)

Physiologically, massage stimulates and regulates the body, improves blood and lymph flow; and ensures that oxygen, nutrients, and waste products are effectively transported to and from body tissues and the placenta. Providing massage can help balance increased estrogen levels and prevent anxiety caused by several factors, including: physical and psychological changes, such as excessive nausea and vomiting in early pregnancy, limited spousal support, discrepancies between estimated gestational age and estimated due date, inability to care for a child, worry about the baby being born abnormal, and anxiety about the upcoming labor process. Three individuals reported not experiencing anxiety because they regularly received prenatal massage, making them more relaxed during pregnancy.

Based on the above description, the researcher is interested in further investigating The Relationship Between Pregnant Women's Knowledge About Prenatal Massage and the Reduction of Anxiety During Pregnancy at Alisah Clinic in 2025.

The general objective of this study was to determine The Relationship Between Pregnant Women's Knowledge About Prenatal Massage and the Reduction of Anxiety During Pregnancy at Alisah Clinic in 2025.

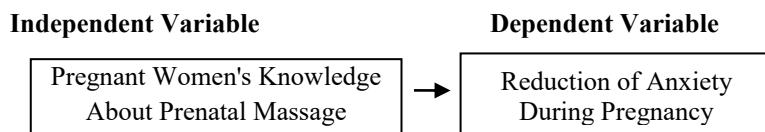
2. RESEARCH METHOD

The research design used in this study was an analytic survey that sought to explore how and why a phenomenon occurs. It then analyzes the correlation dynamics between phenomena, including risk factors and effects, using a cross-sectional approach, in which data concerning the independent (or risk) variables and the dependent (or outcome) variables are collected simultaneously. (32) This means that each research subject is observed only once, with the measurement of the subject's characteristics or variables taken at the time of examination. This study aimed to determine the relationship between knowledge about prenatal massage and anxiety levels of pregnant women at a specific point in time.

This research was conducted at the chosen location because of the prevalent lack of understanding of prenatal massage among pregnant women. The study was conducted from June to July 2025, encompassing preliminary surveys, data collection, data analysis, and report preparation.

The study populations comprised the entire set of research subjects. The study population consisted of 35 pregnant women at the Alisah Clinic. A sample is a portion or subset of the study population that represents the entire population. (33) The sampling technique used was total population sampling, where the entire population was taken as the sample. The sample for this study consisted of 35 pregnant women at the Alisah Clinic.

The conceptual research framework is explained in a diagram, where the independent variable is Pregnant Women's Knowledge About Prenatal Massage, and the dependent variable is the Reduction of Anxiety During Pregnancy. It is as follows:



2.1. Measurement Aspects

- Pregnant Women's Knowledge of Prenatal massages
- Reduction of Anxiety

2.2. Data Processing and Analysis

According to Notoatmodjo (2010), manual data processing is rarely performed today, as it is considered outdated. However, owing to limitations in facilities and infrastructure, or if the dataset is not too large, manual data processing is still performed. The data processing steps were as follows.

- Collecting
- Checking
- Coding
- Entering
- Data processing

2.3. Data Analysis

According to Notoatmodjo (2010), data analysis typically involves sequential procedures, including

- a. Univariate Analysis
- b. Bivariate Analysis

3. RESEARCH RESULTS AND DISCUSSION

3.1. Pregnant Women's Knowledge About Prenatal Massage

Based on the research results, it can be determined that out of 35 respondents, the number of mothers with good knowledge about prenatal massage was two (5.7%), mothers with sufficient knowledge about prenatal massage were two (10.0%), and mothers with poor knowledge about prenatal massage were 31 (88.6%).

Knowledge is one of the drivers for a person to change or adopt new behaviors. Knowledge of infant massage is a determining factor for a mother to shift from negative to positive behavior in seeking infant massage services. Knowledge can be acquired; the higher a mother's knowledge about infant massage, the more information she obtains. Therefore, the lower the mother's knowledge about infant massage, the more limited her understanding. Additionally, age, education, and occupation influenced mother's level of knowledge about infant massage. (37)

3.2. Reduction of Anxiety

Based on the research results, it can be determined that out of 35 respondents, the number of mothers who experienced reduced anxiety was 7 people (20%), and the number of mothers who experienced no reduction in anxiety was 28 people (80%). The results showed that most mothers experienced anxiety during their pregnancies. However, this condition can still be addressed using prenatal massage. Nevertheless, many mothers still do not understand prenatal massage, and many are unfamiliar with it. If mothers understand the benefits of prenatal massage, this treatment could help them overcome anxiety and depression during pregnancy, enabling them to better prepare themselves for the birthing process and motherhood.

3.3. The Relationship Between Pregnant Women's Knowledge About Prenatal Massage and the Reduction of Anxiety During Pregnancy at Alisah Clinic

Based on Table 4.3, it can be determined that out of 35 respondents, mothers with **good knowledge** about prenatal massage numbered two (5.7%). Among them, two people (5.7%) with good knowledge experienced reduced anxiety, and 0 people (0%) with good knowledge experienced no reduction in anxiety. Mothers with sufficient knowledge about prenatal massage numbered 2 people (5.7%). Among them, two people (5.7%) with sufficient knowledge experienced reduced anxiety, and two (6.7%) with sufficient knowledge experienced no reduction in anxiety. Mothers with poor knowledge about prenatal massage numbered 31 people (88.6%). Among them, 3 people (0%) with poor knowledge experienced reduced anxiety, and 28 people (80%) with poor knowledge experienced no reduction in anxiety.

There is a significant relationship between pregnant women's knowledge about prenatal massage and the reduction of anxiety in pregnant women at the Alisah Clinic in 2025, as indicated by a Sig. value of $0.000 < \alpha 0.05$. Based on the research results, the researcher assumed that the majority of mothers experience persistent anxiety during pregnancy because they are worried about fetal development and bodily changes throughout pregnancy.

4. CONCLUSION

After conducting research on The Relationship Between Pregnant Women's Knowledge About Prenatal Massage and the Reduction of Anxiety at Alisah Clinic, the following conclusion can be drawn:

1. Based on Knowledge, the majority of mothers had poor knowledge about prenatal massage, totaling 31 people (88.6%), while the minority had good knowledge, totaling 2 people (5.7%).
2. Based on Anxiety Reduction, the majority of mothers did not experience reduced anxiety, totaling 28 people (80%), while a minority experienced reduced anxiety, totaling seven people (20%)
3. There was a significant relationship between pregnant women's knowledge about prenatal massage and the reduction of anxiety in pregnant women at the Alisah Clinic, as indicated by the Sig. value of $0.000 < \alpha 0.05$

5. SUGGESTIONS

1. Considering that this study has several limitations and weaknesses, it is recommended that future researchers investigate postpartum mothers' knowledge of prenatal massage in relation to anxiety reduction.
2. For Respondents: It is hoped that mothers could improve their knowledge, particularly regarding the benefits of prenatal massage in managing anxiety during pregnancy.
3. Regarding the Research Location: It is recommended that health workers more frequently provide counseling on the benefits of prenatal massage during pregnancy and encourage mothers to participate in every available counseling session.

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