Rational Emotive Behavior Therapy Reduce Pre Labor Anxiety Level Of Pregnant Women In Third Trimester

Abstrak :

Introduction: Rational-emotive behavior therapy by Albert Ellis in 1990 describes a unique human being has a tendency to think rational and irrational. This therapy emphasizes that people think, emotion, and act as a stimulant. Purpose of this study was to describe the effect of rational-emotive behavior therapy dealing with anxiety reduction of labor in third trimester pregnant women in Puskesmas Jagir Surabaya. Method: The design was quasy experiment. The sample were 16 people, according to inclusion criteria. Independent variable was the rational-emotive behavior therapy. Dependent variable was the degree of anxiety dealing of delivery. Data obtained from DASS 42 (Depression Anxiety and Stress Scales) by taking 14 questions that only measure anxiety. Data were analyzed using the Wilcoxon Sign Rank test and Mann Whitney test with a degree of significance \( \alpha = 0.05 \). Result: The results showed that rational-emotive behavior therapy can reduce the anxiety dealing of labor of third trimester pregnant women in the treated group \( p = 0.010 \), no effect of rational-emotive behavior therapy dealing with anxiety reduction of labor in third trimester pregnant women in the control group \( p = 0.063 \) and there are difference in anxiety levels between the third trimester pregnant women who are treated and not treated \( p = 0.011 \). Discussion: Rational-emotive behavior therapy can reduce the anxiety dealing of labor in third trimester pregnant women in Puskesmas Jagir Surabaya, especially mild or moderate anxiety. For further research, expected to use probability sampling technique with a larger number of respondents in order to get more significant results.

Keyword :

Daftar Pustaka :

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