

Preferred Music, Anxiety, and Pregnant Women

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Abstract. This research investigated the influence of preferred music on the anxiety of pregnant women from the 33rd week of pregnancy until delivery. 59 pregnant women were divided into experimental and control groups. The experimental group of 30 pregnant women attended the group meeting at the maternity centre and listened to preferred music at home. The control group of 29 pregnant women only attended the group meeting at the maternity centre. The results revealed that there were no significant differences between the experimental and control groups in the state and trait anxiety scores, gestational age, Apgar scores, and the baby's birth weight. However, there was significant difference in feelings from before to during, and from before to after listening to music in the experimental group ($p \leq 0.001$).

Keywords: music, anxiety, pregnant women

Abstrak. Penelitian ini ingin mengetahui pengaruh musik yang disukai terhadap kecemasan ibu hamil sejak usia kehamilan minggu ke-33 sampai dengan persalinan. 59 ibu hamil dibagi menjadi kelompok eksperimen dan kontrol. Kelompok eksperimen yang terdiri dari 30 ibu hamil menghadiri pertemuan kelompok di BKIA (Balai Kesehatan Ibu dan Anak) dan mendengarkan musik yang disukai di rumah. Kelompok kontrol yang terdiri dari 29 ibu hamil hanya menghadiri pertemuan kelompok di BKIA. Hasil penelitian menunjukkan bahwa tidak ada perbedaan yang signifikan pada usia persalinan, skor Apgar, berat lahir bayi, atau skor kecemasan sesaat dan dasar pada State-Trait Anxiety Inventory (Spielberger, 1977) antara kelompok eksperimen dan kontrol. Namun penelitian ini menemukan bahwa ada perbedaan perasaan yang signifikan antara sebelum dan selama, dan sebelum dan sesudah mendengarkan musik pada kelompok eksperimen ($p \leq 0.001$).

Kata kunci: musik, kecemasan, ibu hamil

Pregnancy is a natural phenomenon. Because it is an important phase in human life, much attention should be paid to this event. When a woman is pregnant, many changes happen, not only in her body, but also her psychological circumstances and role (Kasdu, Meiliasari, & Purwaningsih, 2004; Reading, 1983).

The body changes of pregnant women comprise an enlarging of the breasts, faster circulation of blood, more sensitivity of the senses, and the most observable change, the enlargement of the womb

(Kasdu et al., 2004). Hanafiah (1981) explained that the entire body changes because of pregnancy and this change is caused by hormones, specifically somatomammotropin, estrogen, and progesterone.

In early pregnancy, a mother usually feels nauseous or vomits in the morning (morning sickness). During the first months of pregnancy, pressure is felt on the bladder which is constricted by the uterus expanding. Because of that, a pregnant woman urinates more frequently. This complaint reappears during the later pregnancy because of the force of the foetus's body as it descends (Hanafiah, 1981).

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Psychology of Pregnancy

According to Sloane and Benedict (1993) and Grunfeld (1994), the main emotional changes experienced by pregnant women are outlined below:

The first trimester. Emotional changes in the