

**ABSTRACT**

**THE EFFECT OF BENSON RELAXATION TO ANXIETY LEVELS AT  
THE THIRD TRIMESTER PREGNANCY WOMEN IN PUSKESMAS  
MOJO SURABAYA**

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**Introduction:** Pregnancy could be a stressor anxiety source for the third trimester pregnancy women. The anxiety could lead to premature birth, pre eclampsia and the birth process disturbance. Interviewed result from 10 of the third trimester pregnancy women in Puskesmas Mojo, 70% of them said worried because they would face childbirth, pain during labored and worried about unwanted things on mother or the baby death on delivery process or unperfected of baby condition. Anxiety could be reduced with Benson relaxation. The aim of this study to identified the Benson relaxation effected to decreased anxiety levels in third trimester pregnancy women. **Method:** The study design used a quasi-experimental design with pre test-post test control group design used purposive sampling. Total population were 66 third trimester pregnancy women and obtained 20 samples. The data was collected using a PASS questionnaire and analyzed using Wilcoxon Sign Rank Test and Mann-Whitney. Independent variable was Benson relaxation and dependent variable was anxiety levels. **Result:** The result showed that Benson relaxation had an effect on anxiety levels in the third trimester pregnancy women ( $p=0,044$ ;  $\alpha=0,05$ ). **Discussion:** Benson relaxation could decrease anxiety levels in trimester third pregnancy women, because Benson relaxation had certain sentence that read repeatedly by involving the element of faith and believed would caused a relaxation response that is more powerfuled than just relaxation without involving an element of confidence, furthermore nurses could socialize Benson relaxation to third trimester pregnancy women with anxiety.

**Keywords:** Benson Relaxation, Anxiety, Third Trimester Pregnancy Women.