

ABSTRACT**THE EFFECT OF PROGRESSIVE MUSCLE RELAXATION ON ANXIETY LEVELS IN THE THIRD TRIMESTER PREGNANT WOMEN**

Quasy Experiment at the area of Sei Pinang Community Health Center Mandau
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Pregnancy is a physiological state in which occurs the changes experienced by the mother, both physical and psychological changes. Physical and psychological changes experienced by pregnant women will often cause anxiety. Pregnant anxiety can be reduced by giving progressive muscle relaxation. This study aimed to identify the effect of progressive muscle relaxation on anxiety levels in the third trimester pregnant women.

The study design used was quasy experiment. Samples were collected using purposive sampling, the number of samples used were 20 respondents that were divided into two groups: the treatment group (10 respondents) and the control group (10 respondents). The independent variable was progressive muscle relaxation and the dependent variable was anxiety levels in the third trimester pregnant women. Data were collected using questionnaire. The data were analyzed using Wilcoxon Signed Rank Test and Mann Whitney U-Test with significance level of $p < 0,05$.

The result showed that progressive muscle relaxation had an effect on anxiety levels in the third trimester pregnant women. In treatment group, the anxiety level had significance $p = 0,005$, in control group $p = 0,060$ and Mann Whitney U-Test $p = 0,045$. That means progressive muscle relaxation had an effect on anxiety levels in the third trimester pregnant women.

It can be concluded that progressive muscle relaxation can give effect on anxiety levels in the third trimester pregnant women. Further study should be conducted with larger samples.

Keywords: *anxiety level, progressive muscle relaxation, third trimester pregnant women*