

Article

The Effect Of Aromatherapy Massage on Anxiety Levels in Postpartum Women

Erinda Nur Pratiwi¹, Siti Nurjanah², Ajeng Maharani Pratiwi³, Aris Prastyoningsih⁴, Atiek Murharyati⁵, Hanugrah Ardy Crisdian Saraswati⁶

^{1,2,3,4}Midwifery Professional Education Study Program, Professional Program, Faculty of Health Sciences, Universitas Kusuma Husada Surakarta, Central Java, Indonesia

⁵Undergraduate Nursing Study Program, Faculty of Health Sciences, Universitas Kusuma Husada Surakarta, Central Java, Indonesia

⁶Pharmacy Study Program Undergraduate Program, Faculty of Health Sciences, Universitas Kusuma Husada Surakarta, Central Java, Indonesia

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CORRESPONDENCE

Phone: +6285216579191

E-mail: pratiwierinda@gmail.com

A B S T R A C T

Anxiety is an affective disorder characterized by deep and ongoing feelings of fear or worry. Research in Germany found 16.2% of 6-week postpartum mothers with pure anxiety disorder control (phobias, panic, acute adjustment disorder with anxiety). On the first day of the postpartum period, 82% were diagnosed with phobias. Miller et al showed that 10% of women experienced symptoms of anxiety and controls from 6 weeks to 6 months after delivery. Aromatherapy is a non-pharmacological strategy for anxiety management developed to reduce anxiety in patients. Aromatherapy can be used as an emotional therapy, thereby enhancing relaxation. Besides aromatherapy, aromatherapy massage can be used for stress management for individual health, and has often been used as a therapy to control pain and reduce psychological stress, such as anxiety. The results of a study conducted by Winai in 2003 explained that jasmine oil has a stimulating effect on nervous system function, by inhaling jasmine oil it can affect brain wave activity, increase positive emotions including feelings of happiness, prosperity, activity, freshness and romance and improve mood. The mood or mood that is often erratic in postpartum mothers can get better by inhaling jasmine oil. One of the types of complementary therapy according to Permenkes Number 15 of 2018 is aromatherapy, which is a popular therapy for mothers and midwives. The purpose of this study was to determine the effect of aromatherapy massage on anxiety levels in postpartum mothers. The benefit of this research is that it can be a complementary therapy, especially for postpartum mothers who experience anxiety so that they are comfortable living as a new mother in their life. The research design used a Quasi Experimental design, which is a study that does not have strict restrictions on randomization with the Non-Randomized Control Group Pretest and Posttest Design, the grouping of samples in the treatment group and the control group is not done randomly.

I. INTRODUCTION

Anxiety is an affective disorder characterized by deep and continuous feelings of fear or worry (Dadang, 2010). Research in Germany found 16.2% of 6-week postpartum mothers with a diagnosis of pure anxiety disorder (phobias, panic, acute adjustment disorder with anxiety). On the first day of the postpartum period, 82% were diagnosed with phobias. Miller et al showed that 10% of women experience symptoms of anxiety and stress from 6 weeks to 6 months after giving birth (Reck C, 2010). According to research conducted at the University of New Hampshire, United States, it reaches 40% to 50% of depression in primiparous postpartum mothers who experience postpartum depression, if this is not immediately identified and treated it will result in stopping breastfeeding their babies. Research in Israel shows that about 13% of women giving birth to their first child experience postpartum depression in the first year period (Inbal, 2014). The results of a study conducted by Winai explained that jasmine oil has a stimulating effect on the function of the nervous system, by inhaling jasmine oil can affect brain wave activity, increase positive emotions including feelings of happiness, prosperity, activity, freshness and romance and improve mood. The mood or mood that is often erratic in postpartum mothers can get better by inhaling jasmine oil. Ji Wu (2014), that aromatherapy massage reduces anxiety and stress, and is beneficial for the immune system.

II. METHODS

The research design used a Quasi Experimental design, which is a study that does not have strict restrictions on randomization with a Non-Randomized Control Group Pretest and Posttest Design (Non Equivalent Control Group), grouping samples in the treatment group and the control group is not carried out randomly. This study consisted of 2 groups, the aromatherapy massage treatment group, and the untreated control group. Systematically described schematically. The population in this study were primipara postpartum mothers, while the population reached by this study were primipara postpartum mothers. The sample used in this study were primipara postpartum mothers who met the inclusion criteria. The sampling method in this study was using concecutive sampling. The sample size for each group is 10 people.

III. RESULT

The results showed that the aromatherapy massage age group was 24.6 years and in the control group 22.5 years and there was no age difference in the two groups with p value of 0.581.

Education in the aromatherapy massage group has the most secondary education as many as 8 respondents, primary and tertiary education each 1 respondent. Education in the control group on average, respondents who have primary and secondary education respectively are 4 respondents, while those who have tertiary education are 1 respondent and there is no difference in education in the two groups with p-value of 0.278.

Table 1. Anxiety Levels Before and After Aromatherapy Massage in Postpartum Mothers

Anxiety levels	Before		Anxiety levels	After	
	F	%		F	%
Not anxious	0	00,0	Not anxious	5	50,0
Mild anxiety	7	70,0	Mild anxiety	5	50,0
Medium Anxious	3	30,0	Medium Anxious	0	00,0
Weight Anxious	0	00,0	Weight Anxious	0	00,0
Amount	10	100,0	Amount	10	100,0

Based on table 1. it is known that respondents in the aromatherapy massage treatment group, before being given aromatherapy massage, most of the respondents experienced mild anxiety as many as 7 respondents (70.0%) and 3 respondents experienced moderate anxiety (30.0%). Then after being given aromatherapy massage, it turned out that the respondents who experienced mild anxiety decreased to 5 respondents and those who were not anxious were 5 respondents.

Table 2. Anxiety Levels of Control Group in Postpartum Mothers

Anxiety levels	Before		Anxiety levels	After	
	F	%		F	F
Not anxious	0	00,0	Not anxious	1	10,0
Mild anxiety	5	50,0	Mild anxiety	9	90,0
Medium Anxious	5	50,0	Medium	0	00,0
Weight Anxious	0	00,0	Anxious	0	00,0
			Weight Anxious		
Amount	10	100,0	Amount	10	100,0

Table 2. shows the 7th day of respondents who experienced mild anxiety as many as 5 respondents (50.0%) and 5 respondents (50.0%) experiencing moderate anxiety. On the 28th day, respondents who were not anxious were 1 respondent (10.0%) and those who experienced mild anxiety were 9 respondents (90.0%). From the results of the Wilcoxon test, it shows that in each treatment the p value is <0.05 , it is concluded that all the data obtained there is a significant difference between before and after each treatment.

IV. DISCUSSION

The level of anxiety before treatment in the aromatherapy massage treatment group respondents, before being given aromatherapy massage, most of the respondents experienced mild anxiety with a percentage of 70%, after being given aromatherapy massage, most of the respondents had no anxiety with a percentage of 50%, while most respondents in the control group experiencing moderate anxiety with a percentage of 50%. Then after treatment, most respondents still experienced mild anxiety with a percentage of 90%.

Stress, anxiety, anxiety will affect the body to react automatically in the form of stimulating hormones and neurotransmitters, to withstand stress, so it is important to maintain mental and physical conditions, this is stress, anxiety will stimulate the hormonal center, namely the hypothalamus (Dadang, 2010).

The results of this study indicate that aromatherapy massage affects the level of anxiety in postpartum mothers. The results of this study are supported by research conducted in Kyoto that a massage combined with a mixture of aromatherapy lavender oil, sweet marjoram oil and cypress oil for 30 minutes can reduce anxiety levels with p value <0.05 .

Another study that supports the results of this study is research on massage in pregnant women which shows that massage can reduce depression, anxiety, leg and back pain. The results of this study indicate that mothers who were given massage decreased anxiety levels. Respondents to the massage group received a 20 minute massage treatment weekly for 16 weeks of gestation, starting during the second trimester of pregnancy. The results of the massage that was carried out for 16 weeks to pregnant women were a decrease in the level of anxiety and depression as well as a decrease in leg and back pain (Field, 2012). Similar research carried out on women who give birth shows that massage is an effective nursing intervention that reduces pain and anxiety during childbirth, it also has a positive influence on a mother's experience of childbirth.

V. CONCLUSION

The conclusion, there is an effect of aromatherapy massage on anxiety levels in postpartum mothers. It is hoped that the results of this study are expected to stimulate the motivation of health workers as health services to increase knowledge and skills in giving massage through seminars, trainings and symposiums so that it can help reduce anxiety levels.

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BIOGRAPHY

First Author Erinda Nur Pratiwi,SST.,M.Kes.,M.Keb was born in Boyolali Central Java Indonesia on November 22th 1991. Master of Health graduated from Diponegoro University Semarang and Master of Midwifery graduated from ‘Aisyiyah University Yogyakarta.

Second Author Siti Nurjanah,SST.,M.Keb was born in Kebumen Central Java Indonesia on December 25th 1988. Master of Midwifery from Padjadjaran University Bandung.

Third Author Ajeng Maharani Pratiwi, SST.,M.Keb was born in Wonosobo Central Java Indonesia on April 21st 1991. Master of Midwifery graduated from ‘Aisyiyah University Yogyakarta.

Fourth Author Aris Prastyoningsih, SST.,M.Keb was born in Sragen Central Java Indonesia on January 1st 1987. Master of Midwifery graduated from ‘Aisyiyah University Yogyakarta.

Fifth Author Atiek Murharyati, S.Kep.,Ns.,M.Kep was born in Sukoharjo Central Java Indonesia on April 18th 1981. Master of Nursing graduated from Diponegoro University Semarang.

Sixth Author Hanugrah Ardya Crisdian Saraswati, S.Farm.,Apt.,M.Farm was born in Karanganyar Central Java Indonesia on July 21st 1991. Master of Pharmacy graduated from Setia Budi University Surakarta.