

**NURSING CARE FOR THIRD TRIMESTER PREGNANT WOMEN
THROUGH THE APPLICATION OF PROGRESSIVE MUSCLE
RELAXATION THERAPY TO OVERCOME ANXIETY AT PANTAI
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Abstract

This study aimed to provide nursing care for a third-trimester pregnant woman experiencing anxiety related to her first pregnancy and to evaluate the effectiveness of progressive muscle relaxation therapy as a non-pharmacological intervention. The method used was a case study approach conducted at Pantai Cermin Public Health Center on a 21-year-old primigravida with a gestational age of 34 weeks. The intervention was carried out over three consecutive days, with a duration of 15–20 minutes per session. The assessment of anxiety levels was conducted using the Pregnancy-Specific Anxiety Tool (PSAT) before and after the intervention. The results showed a significant reduction in anxiety level from moderate (score 32) to mild (score 21). The patient reported feeling calmer, more relaxed, and better prepared for childbirth. Progressive muscle relaxation therapy effectively reduced anxiety symptoms by decreasing muscle tension, improving breathing control, and enhancing mental comfort. This study suggests that progressive muscle relaxation can be implemented as an effective, safe, and easy-to-apply complementary therapy in nursing care for pregnant women facing childbirth anxiety. This study concludes that progressive muscle relaxation therapy is an effective, safe, and easy-to-implement complementary intervention in nursing care for third-trimester pregnant women experiencing anxiety, particularly primigravida mothers preparing for childbirth. This intervention is simple, safe, and improves psychological readiness for labor. Nurses are encouraged to integrate PMR as a complementary therapy in antenatal care to improve maternal comfort and reduce anxiety-related complications. This intervention has been shown to significantly reduce anxiety levels in pregnant women in their third trimester, often from moderate to mild or no anxiety at all. Progressive muscle relaxation is effective in reducing low back pain, which is often experienced in the third trimester, with a high percentage of effectiveness. This technique is safe, inexpensive, easy to learn, and can be performed independently by mothers at home, so it is recommended as an alternative therapy to accompany midwifery care. By tensing and relaxing muscles, the body releases tension, increases blood flow, and triggers a relaxation response, which ultimately provides emotional calm.

Keywords: Progressive Muscle Relaxation; Anxiety; Third Trimester; Pregnancy; Nursing Care.**INTRODUCTION**

Pregnancy is a natural physiological process accompanied by various physical and psychological changes. In the third trimester, these changes often lead to discomfort and anxiety, particularly among young primigravida women who face childbirth for the first time. According to WHO (2023), about 30% of pregnant women worldwide experience anxiety during the late stages of pregnancy. Anxiety during pregnancy can negatively affect both the mother and the fetus, increasing the risk of complications such as preterm birth and low birth weight. Progressive Muscle Relaxation (PMR) is a simple, non-pharmacological technique that involves systematic muscle tensing and releasing to induce relaxation. This study aims to describe nursing care management using PMR to reduce anxiety in a third-trimester pregnant

woman at Pantai Cermin Public Health Center. This intervention is simple, safe, and improves psychological readiness for labor.

Nurses are encouraged to integrate PMR as a complementary therapy in antenatal care to improve maternal comfort and reduce anxiety-related complications. This intervention has been shown to significantly reduce anxiety levels in pregnant women in their third trimester, often from moderate to mild or no anxiety at all. Progressive muscle relaxation is effective in reducing low back pain, which is often experienced in the third trimester, with a high percentage of effectiveness. This technique is safe, inexpensive, easy to learn, and can be performed independently by mothers at home, so it is recommended as an alternative therapy to accompany midwifery care. By tensing and relaxing muscles, the body releases tension, increases blood flow, and triggers a relaxation response, which ultimately provides emotional calm.

RESEARCH METHODS

This research used a descriptive case study approach with one participant—a 21-year-old primigravida at 34 weeks gestation. The study was conducted at Pantai Cermin Public Health Center in October 2025. Data collection involved interviews, observation, and the use of the Pregnancy-Specific Anxiety Tool (PSAT). The nursing process consisted of assessment, diagnosis, intervention, implementation, and evaluation stages. The main nursing diagnosis was anxiety related to lack of experience and knowledge about childbirth. The intervention applied was Progressive Muscle Relaxation Therapy for three consecutive days (one session per day, 15–20 minutes each). Anxiety levels were measured pre- and post-intervention to evaluate effectiveness.

RESEARCH RESULTS

Before the intervention, the patient's anxiety level was categorized as moderate, with signs of restlessness, tense facial expression, and increased pulse rate. After three days of Progressive Muscle Relaxation Therapy, the patient's anxiety score decreased from 32 to 21, indicating mild anxiety. The patient reported improved sleep, calmness, and readiness for labor. Physiological parameters such as blood pressure and pulse returned to normal limits. The therapy effectively reduced psychological tension and promoted relaxation.

Physiological parameters such as blood pressure and pulse rate, which had previously been elevated, also showed improvement and remained within normal limits. This indicates that PMR therapy is effective in reducing psychological stress and increasing relaxation responses in a 21-year-old pregnant woman in her third trimester with anxiety. This intervention is simple, safe, and improves psychological readiness for labor. Nurses are encouraged to integrate PMR as a complementary therapy in antenatal care to improve maternal comfort and reduce anxiety-related complications.

This intervention has been shown to significantly reduce anxiety levels in pregnant women in their third trimester, often from moderate to mild or no anxiety at all. Progressive muscle relaxation is effective in reducing low back pain, which is often experienced in the third trimester, with a high percentage of effectiveness. This technique is safe, inexpensive, easy to learn, and can be performed independently by mothers at home, so it is recommended as an alternative therapy to accompany midwifery care. By tensing and relaxing muscles, the body releases tension, increases blood flow, and triggers a relaxation response, which ultimately provides emotional calm.

DISCUSSION

The findings of this case align with previous studies showing that Progressive Muscle Relaxation significantly reduces anxiety among pregnant women. Mulyati et al. (2021) found a significant reduction in anxiety levels ($p < 0.05$) after PMR intervention. Similarly, Inayah et al. (2023) reported that PMR effectively decreased moderate anxiety to mild levels in third-trimester pregnant women. PMR works by activating the parasympathetic nervous system, reducing muscle tension, and inducing a sense of calmness. This intervention also helps patients gain better self-control and confidence in facing childbirth. Thus, PMR can be recommended as part of routine antenatal care to enhance maternal mental well-being. This intervention is simple, safe, and improves psychological readiness for labor.

Nurses are encouraged to integrate PMR as a complementary therapy in antenatal care to improve maternal comfort and reduce anxiety-related complications. This intervention has been shown to significantly reduce anxiety levels in pregnant women in their third trimester, often from moderate to mild or no anxiety at all. Progressive muscle relaxation is effective in reducing low back pain, which is often experienced in the third trimester, with a high percentage of effectiveness. This technique is safe, inexpensive, easy to learn, and can be performed independently by mothers at home, so it is recommended as an alternative therapy to accompany midwifery care. By tensing and relaxing muscles, the body releases tension, increases blood flow, and triggers a relaxation response, which ultimately provides emotional calm.

CONCLUSION

Progressive Muscle Relaxation Therapy proved effective in reducing anxiety in third-trimester pregnant women, especially primigravidas. The intervention is simple, safe, and enhances psychological preparedness for childbirth. Nurses are encouraged to integrate PMR as a complementary therapy in antenatal care to improve maternal comfort and reduce anxiety-related complications. This intervention is simple, safe, and improves psychological readiness for labor. Nurses are encouraged to integrate PMR as a complementary therapy in antenatal care to improve maternal comfort and reduce anxiety-related complications. This intervention has been shown to significantly reduce anxiety levels in pregnant women in their third trimester, often from moderate to mild or no anxiety at all. Progressive muscle relaxation is effective in reducing low back pain, which is often experienced in the third trimester, with a high percentage of effectiveness. This technique is safe, inexpensive, easy to learn, and can be performed independently by mothers at home, so it is recommended as an alternative therapy to accompany midwifery care. By tensing and relaxing muscles, the body releases tension, increases blood flow, and triggers a relaxation response, which ultimately provides emotional calm.

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