

## **Application of Art Therapy on Reduce Anxiety in Pregnancy Towards First Childbirth**

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### **Abstract**

The purpose of this study was to determine whether the application of art therapy can reduce anxiety in pregnant woman before delivery first child and assist pregnant woman to express their anxiety feelings of anxiety experienced. Art therapy is a creative process in order to overcome the anxiety that help to be able to express themselves through the media of drawing, for individuals who are not able to express the anxiety to gain insight. Anxiety is a function of the ego to warn individuals about the probability of danger and to prepare an appropriate response. Pregnant women who experience anxiety during pregnancy can cause birth lasts longer and it could endanger the lives of both mother and fetus. Excessive anxiety will adversely affect stimuli that can trigger uterine contractions. The condition can lead to miscarriage and raised blood pressure so it can be one of the trigger factors of poisoning and causes the likelihood of complications in pregnancy such as high blood pressure which occurs in late pregnancy or in childbirth, as well as prone to premature birth. The subjects consisted of two pregnant women, have the same characteristics of the participants, ie 27-40 weeks gestation who have anxiety in the face of child labor first. To reduce anxiety, the subject is given in the form of art therapy intervention. This intervention allows individuals to gain positive emotions, relaxed conditions, and reduce anxiety. This study uses qualitative and quantitative research methods. Maternal anxiety was measured before and after intervention using the STAI (State Trait Anxiety Inventory) developed by Charles D. Spielberger. The study states that art therapy has not been effective in reducing anxiety in pregnant women before delivery of first child.

Key word: art therapy and anxiety