



## Utilization of Complementary Therapy to Reduce Anxiety in Prospective Acceptors of Long-Term Contraceptive Methods

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### Abstract

Family Planning is a government program to control population growth which has an impact on high maternal and child mortality rates. 1. The number of long-term contraceptive users in Indonesia is very low. Anxiety is one of the factors that influences the low number of contraceptive users. 2. Complementary therapy is a non-pharmacological and non-conventional therapy to reduce anxiety. 3. The aim of this study was to utilize complementary therapy to reduce anxiety in prospective family planning acceptors so as to increase the number of long-term contraceptive users. This type of research is pre-experimental with one group pretest-posttest design without using a control group. Respondents in this study were 30 prospective long-term contraceptive acceptors at the Jakenan Health Center, Pati, Indonesia. The anxiety measurement tool in this study used the HARS (Hamilton Anxiety Rating Scale). Data analysis used the Wilcoxon test. The results of the study showed that the provision of complementary therapy (yoga and husband's assistance) with intervention 2-4 times for 1 week with a total of 30 respondents was proven to reduce anxiety levels with a pre-test value of 21.5 (moderate anxiety) and a post-test of 10 (no anxiety). Hypothesis test results ( $p = 0.000 < 0.05$ ). Complementary yoga therapy accompanied by a husband has benefits in reducing the level of anxiety of prospective long-term contraceptive acceptors.

## Introduction

Family planning is a government program to reduce population growth rates which has an impact on all sectors, including poverty, crime, unemployment and high maternal and infant mortality rates (Kusumawardani, 2021). Long-Term Contraceptive Methods (LCMs) such as IUDs and Implants have high effectiveness and high reversibility in spacing pregnancies (Priyatni & Rahayu, 2016). The current problem is the low number of long-term contraceptive users compared to other types of contraception. The largest number of contraceptive users are injections (53.34%) and pills (18.74%). While the lowest are implants (10.75%), IUDs (8.94%) and Female Operative Method/Male Operative Method (3.46%) (Badan Pusat Statistik, 2023).

Statistical test results (Heriani, 2020), shows that there is a significant relationship between anxiety and the lack of long-term contraception users.  $p$  value = 0.041. The cause of anxiety is due to ignorance of the side effects of contraception, which influences the behavior of acceptors (Ratna et al., 2023). In addition, the many negative myths can influence the anxiety of Family Planning acceptors (Ali et al., 2023).

Complementary therapy is a non-pharmacological and non-conventional therapy to reduce anxiety (Supardi et al., 2022). Yoga is a combination of physical postures (asana), breathing (pranayama) and meditation practices (mindfulness) (Rias et al., 2022; Govindaraj et al., 2016).

Study Yadla et al. (2024), shows a significant increase in reducing anxiety  $p=0.042$  and improving quality of life  $p= 0.001$ . Yoga has effects on the nervous system, hormones, physiological factors and regulation of nerve impulses, it is effective in improving depression and mental disorders (Badfar et al., 2018). In addition to yoga, supportive therapy is a psychotherapy approach used by individuals with mental disorders (Misch, 2018). A husband plays an important role in accompanying his wife and is the main supporter in calming the wife's psychological condition (Prihidko et al., 2022; Rahayu et al., 2022).

The results of secondary data obtained by researchers, Jakenan Pati Health Center has a low number of long-term contraceptive users. Meanwhile, the results of interviews conducted with fertile couples at Jakenan Pati Health Center, stated that the cause of the low number of users was because most of them anxious, afraid of bleeding and pain during long-term birth control installation. This correlates with the results of previous studies, that low Long Term Contraceptive Method users experienced moderate anxiety. This study aims to reduce anxiety in prospective family planning acceptors by implementing complementary yoga therapy with husband assistance.

## Methods

This type of research is pre-experimental with a one group pretest-posttest design without using a control group. This research was conducted at the Jakenan Pati Health Center, Central Java, Indonesia from September 2024 to October 2024. The sample used was 30 prospective long-term contraceptive acceptors with a total sampling technique. Data analysis used Wilcoxon because the data was not normally distributed. The instrument used was a questionnaire measuring anxiety in this study using the HARS (Hamilton Anxiety Rating Scale). This protocol was approved by the Health Research Ethics Commission Institute of Health Science Ngudia Husada Madura (No. 2262/KEPK/STIKES-NHM/EC/IX/2024). Written consent was obtained from all respondents involved in the study through informed consent.

## Result and Discussion

The intervention was conducted on 30 respondents. The level of anxiety of respondents was measured before and after the intervention. The data obtained were analyzed using univariate and bivariate analysis.

Table I. Characteristics of Respondents at Jakenan Community Health Center, Pati, Indonesia (n = 30)

Variables	Frequency	(%)
Age		
<20 year	0	0
20-30 year	17	56,7
>30 year	13	43,3
Level of education		
Elementary School	6	20
Junior high school	14	46,7
Senior High School	10	33,3
Employment Status		
Doesn't work	20	66,7
Work	10	33,3
Number of children		
1	1	3,3
2	10	33,3

3	14	46,7
4	5	16,7

Table I shows the characteristics of the respondents. The majority of respondents are aged 20-30 years (56.7%). The majority of respondents' education level is senior high school (46.7%). The majority of employment status is not working (66.7%). The majority of children are 3 (46.7%).

Table 2. Results of Univariate Analysis of Respondents' Anxiety Levels Before Intervention (pre-test)

Anxiety	Frequency	(%)
Low	12	40
Moderate	15	50
Heavy	3	10
<b>Total</b>	<b>30</b>	<b>100</b>

Table 2 shows the results of univariate analysis of the level of anxiety of respondents before complementary therapy in the form of yoga with husband support. The results showed that most respondents experienced moderate anxiety (50%).

Table 3. Univariate Analysis Results of Respondents' Anxiety Levels Before Intervention (post-test)

Anxiety	Frequency	(%)
No Worries	20	66,7
Worried	7	23,3
Moderate anxiety	3	10
<b>Total</b>	<b>30</b>	<b>100</b>

Table 3 shows the results of univariate analysis of the level of anxiety of respondents after complementary therapy in the form of yoga with husband support. The results showed that most respondents did not experience anxiety (66.7%).

Table 4. Bivariate Analysis Results of Differences in Respondents' Anxiety Levels Before and After Intervention

Anxiety	N	Median	Min	Maks	Z-Score	p-value
<i>Pre-test</i>	30	21,5	14	28	-4,79	0,000
<i>Post-test</i>	30	10	6	23		

Table IV shows the results of bivariate analysis, the respondents' anxiety before and after undergoing complementary therapy has a median value in the pre-test of 21.5 and the post-test of 10. The lowest level of anxiety in the pre-test was 14 and the highest was 28, while the lowest level of anxiety in the post-test was 6 and the highest was 23. The results of the hypothesis test using the Wilcoxon test obtained a p value = 0.000 < 0.05 so H0 was rejected and H1 was accepted, so there was a significant difference between the results of complementary therapy in the pre-test and post-test values, which means that there is an effect of complementary therapy on the anxiety of prospective IUD acceptor mothers in Indonesia, Jakenan Health Center, Pati.

The results of the study showed that the provision of complementary therapy (yoga accompanied by a husband) given at least 2 times for 1 week and at most 4 times for 1 week with a total of 30 respondents was proven to reduce anxiety levels (P 0.000 < 0.05). The results of this study are in line with research Julianti et al. (2023) which shows a decrease in anxiety before and after being given yoga intervention. The average anxiety score before being given yoga was 19.6 and after being given yoga therapy was 11.67 (not anxious). This is also in line

with research Yuniza et al. (2021), that there is an effect of yoga on anxiety with a P value of  $0.000 < 0.05$ .

In addition, the support given by a husband to his wife is a real form of concern and responsibility of the husband in his family life. This proves that the support of a husband is very important (Mauludiya & Sunanto, 2023). The same thing is that husband's assistance has a significant relationship with the level of maternal anxiety with a p value of  $0.00 < 0.05$ . Research results Insani & Armala (2022), showed a decrease in anxiety using the HARS Scale with a score of 34 (pre-test) and 20 (post-test). This means that there was a decrease from severe to mild anxiety. Frequency of yoga administration in the study Putri et al. (2022), stated that giving yoga which is done at least 2 times for 1 week is useful as a self-help media that can reduce discomfort, prepare mentally and condition the body to be stronger. This is also in line with research Mafadzoh & Mariyati (2020), The application of yoga exercises with a duration of 15-30 minutes and a frequency of 2 times a week affects changes in anxiety levels before and after being given yoga exercises from a score of 24 (moderate anxiety) to 12 (no anxiety).

This finding is in line with the theory that yoga has physical, mental and spiritual benefits. Mentally it can calm, focus the mind, eliminate negative emotions such as anxiety and fear. Yoga in this study involves pranayama (breathing) techniques, namely Nadhi sodana. This is in line with the theory that states the benefits of the nadhi sodana breathing technique include providing more oxygen supply, purifying and calming the nerves and increasing calm and clarity of mind (Aprilia, 2024). The limitation of this study, during the intervention conducted at the health center, many husbands as companions were not present to accompany. So it was only done during yoga at home.

## Conclusion

Based on the results of the study, there is an effect of complementary therapy with yoga and husband's assistance on reducing the level of anxiety of contraception acceptors of long-term contraceptive methods at the Jakenan Pati Health Center, Indonesia. Thus, complementary therapy in this study can be used as an effort to increase the number of long-term contraceptive users which has an impact on reducing maternal and child mortality rates.

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