

Behavioral Counseling in Relaxation Techniques in Primigravida TM III: a Module Development

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Abstrak: This research was conducted to be able to provide a behavioral counseling module with relaxation techniques to Primigravida TM III mothers where it is hoped that Primigravida TM III mothers can relax in facing the process of pregnancy and childbirth later. This type of research is Research and Development (R & D), the research model used is Four-D (4 D). The 4D model consists of four stages, namely: define, design, develop and disseminate, but dissemination is not carried out due to the COVID 19 pandemic. Analysis to test the validity of the instrument using the Lawshe CVR and CVI formulas by testing by 5 experts in their expert fields, namely Guidance and Counseling Experts, Psychology Experts and Health Experts from both educational institutions and Health service providers (Midwives Independent Practice). The results showed that the CVR score was 21.6 and the CVI score was 0.9818, so the content of the product was important and based on data analysis, the value of the product content validity in the form of a behavioral counseling module in Trimester III primigravida was high and significant.

Keywords: Behavioral counseling modules, Relaxation techniques, primigravida TM III

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Introduction

Healthy women always crave a life process that starts from marriage to pregnancy. Pregnancy is both a joyful and a scary and sad thing. Happy because women feel able to be a perfect person and get offspring while scary or sad here because they feel afraid and anxious about the change in the woman's self and the process she will experience from pregnancy to childbirth. This anxiety usually occurs in first-time mothers. pregnant for fear of the mother's condition and the baby's condition. This can be seen from the research conducted by (Novitasari, 2013) that primigravida mothers need to be given group

counseling to relieve anxiety that occurs during pregnancy and until before their birth. Whereas in a study conducted by (Martini & Oktaviani, 2015) said that 47.3% of pregnant women experience anxiety and the results show that midwives as health service providers to pregnant women must provide counseling after conducting an examination so that pregnant women avoid anxiety in facing her pregnancy and childbirth. However, the fact is that the pregnancy process is a physiological and natural thing experienced by women, besides the physiological thing, the pregnancy process must also be accompanied by a good psychological presence from a woman and the support of her husband and family.

Pregnancy is a series of processes experienced by women starting from the meeting of the egg and sperm cells in the woman's ovaries to attachment or sticking to the uterine wall and experiencing the growth and development of the results of the conception until sufficient time (Jannah, 2011)). Meanwhile, according to Pregnancy (Apprilia & Ritchmond, 2011), the fetus was conceived by the fertilization of an egg by a sperm cell with a normal gestation period of 280 days (40 weeks) which is calculated from the first day of the last menstruation. So pregnancy is the process of meeting the egg and sperm where it will develop until enough time.

The pregnancy process through which a woman who is pregnant for the first time is called a primigravida mother, while a pregnant woman who has been pregnant several times or a second pregnancy and so on is called a multigravida mother. (Padjajaran University Bandung, 1983). At the time of this pregnancy process goes through 3 stages where each stage is called Trimester I (TW I) the first week to 11 weeks 6 days, Trimester II (TW II) week 12-27 weeks 6 days and Trimester III (TW III) week 28 Until the baby is born until a sufficient period of time for 40 weeks according to (Adriana, 2011) during this trimester, many rights have changed step by step. Meanwhile, according to (Varney, 2007) Trimester I (0-12 weeks), Trimester II (13-27 weeks) and trimester III (28-40 weeks). Changes that occur in pregnancy in the first trimester, second trimester and third trimester are changes in the digestive system, changes in the hormonal system, changes in the cardiovascular system, as well as psychological changes and anxiety disorders (Jannah, 2011).

The existence of anxiety and fear disorders that occur during pregnancy will have an impact on the baby and have an impact on pain in the delivery process because the pregnancy process must be passed calmly (Wiknjastro, 2007). During pregnancy, pregnant women are also expected to get rid of fear and prepare mentally with regular and simple explanations about the process of pregnancy, changes that occur during pregnancy, prepare the roles of family and husband as well as exercises to better master the muscles of the body. to relax, get adequate rest and regulate breathing (Wiknjastro, 2007). The enthusiasm of pregnant women, especially primigravidas, must need a lot of explanation about their pregnancy correctly and precisely by health workers so that there is no anxiety or fear experienced by these primigravida mothers (Wiknjastro, 2007).

The explanation given by this health worker can be in the form of providing services to mothers as stated in Law No. 4 of 2019 on Midwifery where " that health services to the community, especially women, babies, and children are carried out by midwives in a responsible, accountable, and quality, safe and sustainable, still faced with obstacles of professionalism, competence and authority ". In carrying out health services, he acts as a provider of midwifery services, midwifery service manager, extension agents and counselors for clients, educators, clinical counselors and facilitators, activists for community participation and empowering women and researchers. One of the services provided by midwives for primigravida mothers is in the form of counseling. Counseling is the provision of assistance carried out through counseling interviews by an expert (called a counselor) to individuals who are experiencing a problem (called a counselee) where the problem faced by the counselee is presented by Prayitno and Erman Amti (2004). Meanwhile, according to Tolbert (in Prayitno, 2004) counseling is a personal relationship that is carried out face-to-face between two people where the counselor goes through that relationship with his special abilities. In this case, the counselee is helped to understand himself, his present state, and the possibility of his future state that he can create by using his potential, for the sake of personal and community welfare. Furthermore, the counselee can learn how to solve problems and find future needs. So counseling is a process of providing assistance by the counselor to the counselee so that they can overcome the problem.

Primigravida mothers who experience problems in the pregnancy process should be given counseling so that they do not become a burden on the mind of a primigravida mother which will have an impact on the welfare of the fetus in the womb. Where Damayanti, 1995 said that 80% of pregnant women experience anxiety, anxiety, anxiety, and anxiety in facing their pregnancy. The feelings that arise, among others, are related to the state of the fetus in which it is conceived. Fear and anxiety in dealing with childbirth and the physical and psychological changes that occur. According to the opinion (Kartono, 1992) that the gestational age of 35 weeks (7 months), the anxiety level of primigravida mothers is getting more acute and has frequent intervals because it is approaching the delivery period of the fetus. One way that this is done is by providing behavioral counseling with relaxation techniques to pregnant women because as stated by (Suryani, 2000) that relaxation is one way to rest physical and mental functions so that they become relaxed. Whereas in (Wiramihardja, 2006) states that activities to relieve tension are first of all physical tension which will later have an impact on reducing mental tension. In addition, the behavioral counseling approach is a therapy that can change the behavior of a pregnant woman by providing relaxation techniques. Where this relaxation technique consists of prolonged contraction - over time the muscles relax until there is a relaxed state in the muscles - muscles. Before the existence of this relaxation exercise, the client is told about how to use relaxation, how to use relaxation in everyday life and how to relax certain body parts (Corey, 2013).

So relaxation techniques are a way to rest physically and mentally and the muscles of the body to relax so that the mother and fetus are healthy during pregnancy. Relaxation techniques change the attitudes and thoughts of primigravida mothers where later there will be no anxiety and are able to get through the pregnancy period and get through the labor process well. Behavioral Counseling This relaxation technique has never been done by health workers, especially midwives, therefore Behavioral Counseling needs to be applied so that pregnant women Primigravida TW III have their pregnancies running according to their gestational age without any problems and pregnant women feel comfortable until their delivery arrives.

Method

This study uses research and development methods. The subjects in this study were experts from the field of Guidance and Counseling, Psychology, Health at the Midwifery Education Institution as well as the Health Sector who carried out independent midwives practice. There are 2 variables in this study, namely the independent variable, namely behavioral counseling with relaxation techniques and the dependent variable, namely Primigravida TM III. The operational definition in this study is a counseling aid provided to be able to overcome problems that occur in individuals accompanied by encouragement from the individual so that they are able to change attitudes or habits or thoughts of pregnant women as well as changes that occur during pregnancy due to the first pregnancy. These pregnant women do not have knowledge or experience in childbirth so they must be given sufficient knowledge about their pregnancy towards a better direction because during pregnancy there are physical changes as well as hormonal changes during pregnancy by doing breathing relaxation techniques so that this primigravida TM III mother feel comfortable during pregnancy and when there are contractions before childbirth later.

The research design used in this study is a 4-D model research design, which includes 4 stages, namely the stage of define (define), design (design), develop (development), and disseminate (spread). The first stage is define, at this stage the researcher defines product development, as well as a theoretical literature study to find the concept of the variables developed, namely relaxation behavioral counseling and primigravida TM III. The second stage is design, at this stage the researcher makes a behavioral counseling module which will later be given or used as a reference for counseling every TM III primigravida pregnant woman as for the mechanism where during the visit of TM III primigravida pregnant women come Midwifery care with a varney mindset and documentation is done by means of SOAP (Subjective, Objective, Assessment, Planing) at the time of midwifery care for primigravida TM III pregnant women who come to PMB was carried out anamnesis and was asked about the complaints felt by Primigravida TM III then carried out an examination from head to toe after that primigravida TM III pregnant women we gave Behavioral Counseling Relaxation techniques for Lamaze breathing so that later the Primigravida TM III pregnant woman feel comfortable and relaxed and can foster positive thoughts about her pregnancy and if there are contractions, the Primigravida TM III mother performs relaxation techniques with Lamaze and can enjoy contractions without any pain.

The third stage is develop, in this research is the stage of developing research products. At this stage expert validation was carried out to validate the contents of the module content which would later be used as a guide in providing behavioral counseling of relaxation techniques to primigravida TM III mothers. Furthermore, to find out the appropriateness of the content of the behavioral counseling development module for relaxation techniques, an expert test was conducted by five (5) experts in their respective fields, namely the field of Guidance and Counseling, Psychology, the Health Sector in educational institutions and the health sector that performs services. in primigravida TM III. . After getting input and assessment from experts, some improvements were made to improve the behavioral counseling development module for this relaxation technique. The instrument used in this study was the behavioral counseling instrument for the relaxation technique of Primigravida TM III with 4 sub-categories: 1. Module usability, 2. Module appropriateness, 3. Module accuracy, 4. Behavioral Counseling Steps for relaxation techniques in Primigravida TM III mothers item instrument it is divided into 22 question items. In each statement the respondent can have 4 alternative answer categories that have been provided, namely 1, 2, 3, and 4 which indicate the range of acceptability levels for this module based on each item. The explanation of the score category is that range 1 represents very low acceptability, score 2 represents low acceptance, score 3 represents high acceptability, and score 4 represents high acceptability. The product developed was then tested for its feasibility from the items in the questionnaire developed, using the Lawshe Formula test (1975). Lawshe's CVR (Content Validity Ratio) is one of the widely used methods to measure content validity. Measuring the validity of the instrument that was developed involved 5 experts / practitioners who are experts in their fields. The data analysis technique used is the Lawshe CVR and CVI formula, with the formula:

$$CVR = \frac{ne - N/2}{N/2}$$

Source: (Lawshe, 1975)

Information:

CVR = *Content Validity Ratio*

n = the number of experts who answered "essential" or "important"

N = Total number of experts

The criteria for the validity of the contents of the items are using the CVR minimum value reference based on the number of panelists involved in the assessment of the instrument being developed. This formula yields values ranging from +1 to -1, positive values indicating that at least half of the panelists rated the item as essential. The greater the CVR than 0, the more "important" and the higher the validity of the content. After obtaining the CVR value, then proceed by calculating the CVI (Content Validity Index). The CVI calculation is the average CVR value for all items. To calculate CVI, the following formula is used:

$$CVI = \frac{\sum CVR}{k}$$

Source: (Lawshe, 1975)

Information:

CVI = *Content Validity Index*

$\sum CVR$ = the amount of content validity ratio

k = the number of grains

According to Lawshe, the criteria for a good CVI index is a score above 0.50. Meanwhile, if the CVI value obtained is > 0.90 to 1, it is a special and important CVI index.

(Behavioral Counseling in Relaxation Techniques in Primigravida TM III)

Results and Discussion

Based on the judge's test from experts that have been done, the following results are obtained. This research is a type of Research and Development (R & D) with instruments in the form of a behavioral counseling development module with relaxation techniques. The research model used in this research is the 4-D development model (four D models), which includes 4 stages, namely define, design, develop, and disseminate. However, the dissemination stage was not carried out because it took into account the COVID 19 pandemic period.

a. *define*

This definition stage or definition is used to find out how the behavioral counseling of relaxation techniques in this concept can be applied in the Midwifery Independent Practice (PMB) and its benefits for Primigravida TM III mothers so that later a mother's pregnancy can run well and smoothly without any obstacles and the delivery process went smoothly.

b. *design*

At this stage, the statement is divided into four sub-sections, namely 1) Usability module (Unility) 2). Module eligibility 3) Module accuracy and 4). Behavioral Counseling Steps for Relaxation Techniques in Primigravida TM III where the items with the total number of statements are 22 items. In each statement the respondent can have 4 categories of alternative answers that have been provided, namely 1, 2, 3, and 4 which indicate the range of levels of acceptance of this guide based on each item. The explanation of the score category is that range 1 represents very low acceptability, score 2 represents low acceptance, score 3 represents high acceptability, and score 4 represents very high acceptability.

c. *develop*

In the Develop stage, the researchers developed a module containing behavioral counseling relaxation techniques starting from the Primigravida TM III mother coming to the health service in the form of an Independent Midwife Practice (PMB) which started from taking anamnesa asking about the complaints felt by the Primigravida TM III mother then carrying out an examination. starting from head to toe and then training the Primigravida TM III mother to perform relaxation techniques by means of breathing exercises performed by Lamaze. Furthermore, an Expert Test was carried out in which the Experts consisted of 5 experts from the field of Counseling Guidance and Psychology and from the Health Services Sector both in Educational Institutions and in the Health Services sector who were in the Midwife Independent Practice. The first experts are Dr. Kadek Suranata, M.Pd. Kons. He is an Expert in Guidance and Counseling, Dr. Second Expert. I Ketut Gading, M.Psi, he is an expert in the field of psychology, the third expert is Prof. Dr. Ketut Suarni, M.Pd Kons He is a professor of Guidance and Counseling, the fourth expert is Ni Komang Sulyastini, M.Pd, he is a Health Expert in education in the field of Antenatal Care, the Fifth Expert Luh Mertasari, M.Pd, he is a Service Provider Health of Primigravida mothers as well as being the owner of an independent midwife practice in Buleleng Regency.

After getting input and assessment from experts, several improvements were made to improve the development module from several aspects such as the use of proper sentences, theoretical accuracy and steps taken at the behavioral counseling stage of relaxation techniques in Primigravida TM III mothers.

The assessment instrument used was a questionnaire consisting of 22 question items. Based on the calculation of the CVR score on each item, it can be seen that of the 22 item items on the instrument, all of them meet the validity index. This shows that the instrument items in the developed module are valid and important to be developed based on the CVR analysis test.

After obtaining the CVR value, then proceed by calculating the CVI (Content Validity Index). CVI calculation is the average CVR value for all instrument items. From the calculation results, the CVI value from the behavioral counseling development module of relaxation techniques obtained from the assessment of 5 experts is 0.9818. This score means that the content validity index of the 22 items in this anxiety instrument is important and very very good.

The results showed that the behavioral counseling development module for relaxation techniques in primigravida TM III mothers is important to develop, which is based on the results of content validation data

analysis by experts to obtain agreement between the assessors regarding the importance of the statement instrument product for each item. Apart from that, this is also reinforced by research conducted by: Ni Nengah Arini Murni, Suhartono, 2014) where with the title "The Effect of Guided Imagery and Music (GIM) Relaxation Exercises in the class of mothers on the degree of anxiety of pregnant women facing childbirth First" This was done at the Meninting Health Center, West Lombok Regency. The results show that if the anxiety of pregnant women is not handled properly, it will have an impact on the health of the pregnant woman and the baby she is carrying. This can be seen from the results of her research where pregnant women who are given treatment in the form of Guided Imagery relaxation exercises and music will have a good impact on the pregnancy process and the labor process will run smoothly. Meanwhile, in another study researched by Fandiar Nur Isdiaty in 2013 said that one of the causes of maternal mortality is complications that occur during pregnancy, therefore every pregnant woman must know about the danger signs during pregnancy so that her pregnancy runs smoothly. However, in this study, the results showed that there was no statistically significant relationship between the knowledge of pregnancy danger signs and the behavior of pregnancy care in third trimester pregnant women.

Conclusion

From the research and discussion that has been conducted by researchers, the following conclusions can be drawn: First, it is important that the Behavioral Relaxation Technique counseling development module be applied to Primigravida TM III mothers which is useful for overcoming problems faced during pregnancy or during contractions so as to create a sense of comfort in Primigravida TM III mothers.

The research model used in this research is the 4-D development model (four D models), which includes 4 stages, namely define, design, develop, and disseminate. Second, from the results of the instrument validation, the content validity score (CVI) is 0.9818, which means that it is very good and important.

1. For Primigravida TM III, it is hoped that she will be able to overcome the disruption of comfort that occurs during pregnancy such as anxiety, increasing body image disorders and additional physical burden on the body due to the fetus she is carrying and the presence of contractions before childbirth so that it can be calm and comfortable. As well as applying every step of the relaxation technique anywhere, whether you are at home or Primigravida TM III, who works because every step is easy to implement.
2. Midwives who provide services are expected to be able to apply behavioral counseling of relaxation techniques and be able to apply every step in the development module to all Primigravida TM III mothers so that pregnant women feel safe and comfortable and can provide complete health services to every Primigravida TM III mother.
3. For prospective midwives in educational institutions, it is hoped that the behavioral counseling development module for relaxation techniques will be able to contribute to prospective midwives in providing competency for Ante Natal Care Services, especially for Primigravida TM III to train themselves in the competency of providing behavioral counseling techniques for relaxation techniques for pregnant women.

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