

THE EFFECT OF PROVIDING FACIAL ACUPRESSURE TREATMENT ON REDUCING ANXIETY IN POSTPARTUM WOMEN

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Abstract.

Background: The Postpartum Period Is The Period That Begins With The Birth Of The Placenta And Ends With The Return Of The Reproductive Organs To Their Pre-Pregnancy State As A Result Of Physiological And Psychological Changes Because The Labor Process Occurs 6-8 Weeks After Delivery. Physical And Psychological Changes In Postpartum Mothers Can Cause Changes In Their Psychology. However, Not All Postpartum Mothers Can Go Through The Changes That Occur. Anxiety Is An Emotional Condition That Is A Warning Sign Of A Person's Physical Condition Regarding The Occurrence Of A Problem. After Giving Birth, 70% Of Women Usually Experience Early Postpartum Phenomena Or Often Called Postpartum Blues. Research Shows That 10% Of Postpartum Mothers Experience Emotional Changes. Facial Acupressure Is One Of The Complementary Therapies For Treating Anxiety Because It Is A Type Of Acupressure (Massage By Pressing Acupuncture Points). Facial Acupressure Is Done By Pressing With The Fingertips On Acupuncture Points On The Face. **Methods:** The Aim Of This Research Is To Determine The Effect Of Providing Facial Acupressure Treatment On Reducing The Anxiety Of Postpartum Mothers In Dawe District, Kudus Regency. This Type Of Research Uses A Pre-Experiment Method, With The Design Used Being A One-Group Pretest-Posttest Design. This Study Consisted Of 1 Group Identified Based On The Level Of Anxiety Before And After Being Given Facial Acupressure Treatment. The Population In This Study Was 48 Postpartum Mothers. The Sample Was 43 Respondents. The Sampling Technique Uses Purposive Sampling And Data Analysis Uses The Wilcoxon Test Statistical Test. **Results:** Research Results There Is An Effect Of Giving Facial Acupressure Treatment On Reducing Anxiety In Postpartum Mothers With A P Value Of $0.000 < 0.05$. This Shows That The Hypothesis Of This Research Is Accepted, Namely That There Is An Influence Of Giving Facial Acupressure Treatment On Reducing The Anxiety Of Postpartum Mothers. **Conclusion:** Facial Acupressure Can Help Postpartum Mothers Deal With Complaints During The Postpartum Period, Especially Complaints About Anxiety Before Postpartum. The Reduction In Anxiety Is Influenced By The Feeling Of Comfort Felt By Postpartum Mothers During Facial Acupressure Treatment, Which Will Relax The Muscles, Calm The Mind And Increase The Ability To Concentrate. Theoretically, Anxiety Will Decrease If The Individual Experiences Relaxation In The Body.

Key Words: Postpartum, Anxiety, Facial Acupressure

INTRODUCTION

The postpartum period is the period that begins with the birth of the placenta and ends with the return of the reproductive organs to their pre-pregnancy state as a result of physiological and psychological changes because the labor process occurs 6-8 weeks after delivery. Physical and psychological changes in postpartum mothers can cause changes in their psychology. However, not all postpartum mothers can go through the changes that occur. Anxiety is an emotional condition that is a warning sign of a person's physical condition regarding the occurrence of a problem. After giving birth, 70% of women usually experience early postpartum phenomena or often called postpartum blues. Research shows that 10% of postpartum mothers experience emotional changes. Facial acupressure is one of the complementary therapies for treating anxiety because it is a type of acupressure (massage by pressing acupuncture points). Facial acupressure is done by pressing with the fingertips on acupuncture points on the face. Childbirth is a natural process given by God to a woman (Mutmainnah et al., 2020). After giving birth, many people think that pregnancy is a woman's nature that must be experienced, but in reality a woman giving birth can be a dramatic and traumatic episode that really determines her life, because the mother experiences stress, feelings of sadness and fear which will affect the mother's emotions and sensitivity during the postpartum period. The postpartum period is the period after delivery until the reproductive

organs return to their original state as before pregnancy, which lasts for 40 days to 6 weeks. The methods often used in childbirth are the spontaneous method and Caesarea Section (SC) (Rini & Kumala, 2017). Physical and psychological changes in postpartum mothers can cause changes in their psychology (Mawardika et al., 2020). However, not all postpartum mothers can go through the changes that occur (Rahayuningsih, 2020). The mother's condition from pregnancy to delivery and the change to parenthood causes a crisis that requires adaptation, but if this adaptation is not successful, the mother will experience anxiety which can progress to depression if not treated immediately, especially primiparous postpartum mothers (Pieter & Lubis, 2023). There is a difference in the level of maternal anxiety during the breastfeeding process between primiparous and multiparous mothers, where primiparous postpartum mothers have a higher level of anxiety than multiparous postpartum mothers (Bentelu et al., 2015).

Anxiety is an emotional condition as a warning sign of a person's physical condition regarding the occurrence of a problem (Pieter & Lubis, 2023). Based on the 2018 Riskesdas results report, it is known that the prevalence of emotional mental disorders in the Indonesian population is 9.8%. This shows that the problem of mental emotional disorders is still high in Indonesia. Meanwhile, according to gender, the prevalence in women (12.1%) is higher than in men (7.6%) (Ministry of Health of the Republic of Indonesia, 2021). Based on field data, 70% of women usually experience early postpartum phenomena or what is often called postpartum blues after giving birth. Meanwhile, in (Rahayuningsih, 2020) research shows that 10% of postpartum mothers experience emotional changes. This situation occurs for 3-6 months, and in some cases it occurs up to 1 year postpartum. A person treated with antidepressant medications for major depressive disorder does not achieve full recovery. Postpartum mothers who breastfeed their babies should also avoid certain medications that can affect breast milk production. Currently available depression treatments do not sufficiently reduce associated morbidity or mortality. So effective therapy and efforts are needed to reduce the symptoms of major depressive disorder (Mawardika et al., 2020).

There are several efforts that can be made to overcome anxiety symptoms, namely getting enough rest, eating as needed, and light exercise is recommended to relax the muscles. Apart from general management, there are also therapies that can treat anxiety by stimulating the release of endorphins (happiness hormones). Some of the therapies applied to stimulate the release of endorphin hormones include listening to music, sexual activity, consuming dark chocolate, meditation, relaxing massage, acupuncture and massage therapy (Ekawarna, 2021).

Facial acupuncture is one of the complementary therapies to overcome anxiety because it is a type of acupressure (massage by pressing acupuncture points) (Nurjanah et al., 2023). Facial acupuncture is done by pressing with the fingertips on acupuncture points on the face which aims to help smooth energy flow in the body, regulate blood flow and lymph movement, increase body immunity, make the body more relaxed and clear the mind and soften the skin (Sumantri et al., 2016). Based on research by Sumantri et al., (2016), it was stated that there was a decrease in the level of anxiety in postpartum mothers after facial acupressure, whereas before facial acupressure, there were respondents who experienced mild anxiety (58.97%), moderate anxiety (15.38%), severe anxiety (7.69%) and no anxiety (17.95%) after facial acupressure, the majority had no anxiety (84.61%), mild anxiety (12.82%) and moderate anxiety (2.56%) .

Full-blooded therapy has been introduced to Indonesia for a long time through Chinese traders who came to Indonesia and was finally applied by the people and descendants of Chinese traders who married natives and settled in Indonesia (Widiyanti et al., 2021). Currently, complementary-based services have emerged in midwifery services. One of the independent practicing midwives in Blora completes her midwifery services with postnatal natural treatment such as facial acupressure, oxytocin massage, and bengkung installation. Assessing anxiety 24 hours after treatment, the majority had no anxiety, 84.61%. Treatment has a significant effect on reducing anxiety scores (Ariesta et al., 2019).

The aim of this research is to determine the effect of providing facial acupressure treatment on reducing anxiety for postpartum mothers in Dawe District, Kudus Regency. The benefit of the research is that it can provide an overview to the public about facial acupressure treatment which can be used to reduce anxiety in postpartum mothers and as a basis for health workers in planning the provision of complementary care to postpartum mothers to prevent and reduce psychological disorders that occur during the postpartum period.

METHODS

This type of research uses the pre-experiment method, with the design used being a one-group pretest-posttest design. This study consisted of 1 group identified based on the level of anxiety before and after being given facial acupressure treatment. The population in this study was 48 primiparous postpartum mothers. The sample was 43 respondents. Inclusion criteria include: 1) Postpartum mothers who do not have a history of emotional disorders; 2) Postpartum mothers who are willing to participate from the beginning to the end of the research and sign informed consent. Exclusion criteria include: 1) Subjects did not participate in > 2 consecutive facial acupressure treatments; 2) The subject is taking drugs that can affect emotions. The sampling technique uses purposive sampling and data analysis uses the Wilcoxon Test statistical test.

RESULTS AND DISCUSSION

A. RESULTS

1. Univariate Analysis

a. Respondent Characteristic

Table 1.1
Respondent Characteristic

No.	Characteristic Respondent	Frequency	Percentage (%)
1.	20-35 years	33	76,75
2.	<20 years > 35 years	10	23,25
Amount		43	100

Based on Table 1.1, it can be seen that the majority of respondents who carried out facial acupressure treatment were 33 (76.75%) people aged 20-35 years, 10 (23.25%) people <20 and > 35 years old.

b. Anxiety Level Before Implementing Facial Acupressure Treatment

Table 1.2
Anxiety Level Before Implementing Facial Acupressure Treatment

No.	Anxiety	Frequency	Percentage (%)
1.	No Anxiety	1	2,33
2.	Light	13	30,23
3.	Currently	19	44,18
4.	Heavy	10	23,26
Amount		43	100

Based on Table 1.2, it can be seen that the majority of respondents experienced moderate anxiety 19 (44.18%) people, mild anxiety 13 (30.23%) people, severe anxiety 10 (23.26%) people, and no anxiety 1 (2.33%) people.

c. Anxiety Level After Implementing Facial Acupressure Treatment

Table 1.3
Anxiety Level After Implementing Facial Acupressure Treatment

No.	Anxiety	Frequency	Percentage (%)
1.	No Anxiety	12	27,90
2.	Light	24	55,82
3.	Currently	7	16,28
4.	Heavy	0	0
Amount		43	100

Based on Table 1.3, it can be seen that the majority of respondents experienced mild anxiety, 24 (55.82%) people, no anxiety, 12 (27.90%) people, moderate anxiety, 7 (16.28%) people, and no one experienced anxiety. heavy (0%).

2. Bivariate Analysis

a. Anxiety Level Before and After Implementing Facial Acupresure Treatment

Table 1.4

Anxiety Level Before and After Implementing Facial Acupresure Treatment

No	Anxiety	Mean	Median	Modus	St.Deviasition	Min	Max
1	Before Prenatal Gentle Yoga	25.4333	23.0000	22.00	5.19737	19.00	36.00
2	After Prenatal Gentle Yoga	19.5667	19.0000	14.00	4.92484	14.00	30.00

Based on Table 1.4, it can be seen that the level of anxiety before and after carrying out the facial acupresure treatment shows that there is a decrease in the level of anxiety, as evidenced by the lower average value (mean) between before carrying out the acupresure treatment and after carrying out the acupresure treatment.

b. The Effect of Providing Facial Acupresure Treatment on Reducing Anxiety in Postpartum Mothers

Table 1.5

The Effect of Providing Facial Acupresure Treatment on Reducing Anxiety in Postpartum Mothers

Before-After Treatment Face Acupresure	Result
Asymp. Sig. (2-tailed)	0.000

Based on table 1.5, it shows that the results of the hypothesis test show a sig value (-2 tailed) = 0.000 so that $0.000 < 0.05$ means there is a significant influence before and after carrying out facial acupresure treatment on reducing the average anxiety score in postpartum mothers.

B. DISCUSSION

Most postpartum mothers who underwent facial acupresure treatment were 20-35 years old, 33 (76.75%) people, <20 and> 35 years old, 10 (23.25%) people. The characteristics of the respondents are also a supporting factor in the success of facial acupresure in an effort to reduce the anxiety of postpartum mothers. The majority of young respondents (20-35 years) are more open to receiving facial acupresure therapy, because they understand more about the benefits of facial acupresure in terms of comfort and beauty effects (Ceria et al., 2021).

From the results of anxiety assessments before and after facial acupresure, it is known that facial acupresure is effective for respondents with mild to moderate anxiety. It can be seen that before acupresure the face is dominated by moderate anxiety, after acupresure the face is dominated by mild anxiety and no anxiety. Thus, it can be concluded that there is a change in the results of anxiety assessments, namely a decrease in anxiety assessments in postpartum mothers after facial acupresure treatment. In research (Sumantri et al., 2016) it is stated that when approaching delivery, questions and thoughts will arise about whether you can give birth normally, whether you can care for your baby after giving birth, whether after giving birth the mother will not be cared for. There are various questions and thoughts after the mother gives birth, namely whether she can care for her baby well. According to (Widyaningrum, 2013) from a psychological perspective, using massage techniques on the facial acupresure can calm oneself and focus the mind. Besides It is used as a self-help medium that will help when you

are struck by anxiety and fear, or when your attention is scattered or when your attention is stuck in a traffic jam of your mind.

According to (Pardede, 2022) the anxiety experienced by postpartum mothers is caused by an increase in the hormone progesterone. Apart from making postpartum mothers feel anxious, the increase in hormones also causes emotional disturbances and makes postpartum mothers tired quickly. Another hormone that increases is the adrenaline hormone. The hormone adrenaline can cause dysregulation of the body's biochemistry, resulting in physical tension in the mother, such as irritability, restlessness, inability to concentrate, doubt, perhaps even wanting to run away from the reality of life (Mayasari et al., 2022). Postpartum mothers will experience forms of psychological changes, namely emotional changes, tend to be lazy, sensitive, get jealous easily, ask for more attention, feel uncomfortable, depressed, stressed, and experience anxiety (Cahyanto, 2020).

The results of this study state that there is an influence of giving facial acupressure treatment on reducing the anxiety of postpartum mothers. Overall, this research shows that facial acupressure can help postpartum mothers deal with complaints during the postpartum period, especially complaints about postpartum anxiety. The reduction in anxiety is influenced by the feeling of comfort felt by postpartum mothers during facial acupressure treatment, which will relax the muscles, calm the mind and increase the ability to concentrate. Theoretically, anxiety will decrease if the individual experiences relaxation in their body (Pratiwi et al., 2021). Facial acupressure is a physical treatment which apparently can also have a psychological effect because it has a relaxing effect on a person's body and influences several psychological aspects of the person who does it, which is said to help reduce anxiety (Cahyanto, 2020).

The results of this study are in line with research conducted by (Ariesta et al., 2019) that there was a difference after facial acupressure therapy was carried out on postpartum mothers, where anxiety levels decreased and respondents felt more relaxed. In the study (Sulistiyorini et al., 2020) also presented the results before being given a combination intervention of facial acupressure and lavender aromatherapy in postpartum mothers who experienced anxiety of 55.75%, and after being given the intervention there was a decrease of 50.45%.

The element in facial acupressure treatment that can help reduce anxiety is the temple and chin massage which has a relaxing effect. According to (Firmansyah & Rochmawati, 2020) deep facial massage can activate the parasympathetic nervous system, especially by stretching the facial nerve tissue. In general, people who do facial acupressure will get many benefits, one of which is reducing anxiety in postpartum mothers (Anggraini et al., 2022).

CONCLUSION

Based on the results of statistical tests, a significance p value of 0.000 was obtained. This means that if the p value (0.000) < 0.05 then H_0 is rejected. This shows that the hypothesis of this research is accepted, namely that there is an influence of giving facial acupressure treatment on reducing the anxiety of postpartum mothers. Facial acupressure can help postpartum mothers deal with complaints during the postpartum period, especially complaints about anxiety before postpartum. The reduction in anxiety is influenced by the feeling of comfort felt by postpartum mothers during facial acupressure treatment, which will relax the muscles, calm the mind and increase the ability to concentrate. Theoretically, anxiety will decrease if the individual experiences relaxation in the body.

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