THE EFFECT OF ZIKR-BASED BENSON RELAXATION ON REDUCING ANXIETY LEVELS IN THIRD-TRIMESTER PREGNANT WOMEN AT PMB YUNI NUR ASTUTI

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ABSTRACT

Background: *Pregnancy causes physiological and psychological changes, including anxiety triggered by increased cortisol levels. In Indonesia, approximately 28.7% of pregnant women experience anxiety, while in Java Island, 52.3% of third-trimester pregnant women are reported to feel anxious. Zikr-based Benson relaxation is a non-pharmacological method that can help reduce anxiety by activating the parasympathetic nervous system and lowering cortisol levels.* ***Objective:*** *To determine the effect of zikr-based Benson relaxation on reducing anxiety levels in third-trimester pregnant women at PMB Yuni Nur Astuti.* ***Methods:*** *This study used a pre-experimental design with a one-group pretest-posttest approach. The sample consisted of 22 third-trimester pregnant women selected using consecutive sampling. The zikr-based Benson relaxation intervention was conducted for three consecutive days, with a duration of 15 minutes per day. Anxiety levels were measured using the Perinatal Anxiety Screening Scale (PASS) and analyzed using the Wilcoxon test.* ***Results:*** *The respondents' anxiety levels decreased from 54.5% moderate anxiety and 45.5% mild anxiety to 59.1% no anxiety and 40.9% mild anxiety. Statistical analysis showed a p-value of 0.001 ($p < 0.05$).* ***Conclusion:*** *Zikr-based Benson relaxation has a significant effect on reducing anxiety levels in third-trimester pregnant women at PMB Yuni Nur Astuti.*

Keywords: *anxiety, pregnant women, zikr-based Benson relaxation*