



The Effect of Facial Tactics on Anxiety Levels in Postpartum Mothers

^KSri Dinengsih¹, Lesta Allen², Rini Kundaryanti³

^{1,2,3} Midwifery, Faculty Of Health Sciences, Nasional University Of Jakarta

Corresponding authors email: dini_alba@yahoo.com

ABSTRACT

The prevalence of mental disorders such as depression and anxiety disorders in mothers is recorded to have a weighted average of 15.6% during pregnancy and 19.8% after childbirth from around 14 million people from the Indonesian population, mothers experience anxiety after childbirth is recorded as much as 22.4%, anxiety in postpartum mothers that cannot be resolved can cause postpartum depression and other mental disorders that interfere with health. Knowing the effect of facial massage on the anxiety level of postpartum mothers in TPMB P West Jakarta in 2023. The study use quasi experimental type of research with pretest posttest with control two group research design, Taking sample done use technique total sampling amounted to 30 postpartum mother consisting of 15 responden group intervention and 15 responden groups control. The instrument used was Hamilton Rate Scale- measurement questionnaire (HRS-A). data analysis use descriptive statistic and paired T Test to know difference level anxiety before and after intervention. The average value of the level of anxiety before facial massage (18.60) and after facial massage (13.30) and in the control group the results of the average value of the level of anxiety before the positive affirmations (17.27) and after the positive affirmations (16.13) with P-value of $0.000 < 0.05$, means ada the effect facial massage on the level of anxiety in postpartum mothers. There is an effect of facial totok on anxiety levels in postpartum women. but facial totok is more significant in reducing anxiety levels than positive affirmations. for adding additional services and new entrepreneurs as complementary midwifery services by adding a facial totok treatment package along with the delivery package to overcome anxiety in postpartum women.

Keywords: Postpartum mother, facial tactics, anxiety

Article history :

Received: 16 Juni 2023

Received in revised form: 23 Juli 2023

Accepted: 12 September 2023

Available online: 1 December 2023



Licensed by [Creative Commons Attribution-ShareAlike 4.0 International License](https://creativecommons.org/licenses/by-sa/4.0/).

INTRODUCTION

The puerperium is a 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 due to the fact that labor occurs for 6-8 weeks after delivery. Physical and psychological changes in postpartum mothers can cause changes in the psyche. But not all postpartum mothers can go through the changes that occur. In hal thiscase, the state of the mother from pregnancy to childbirth and the change to parenthood lead to a crisis that requires adaptation, however , if this adaptation is not successful , the mother will experience anxiety.¹

In Indonesia, the prevalence disorders such as depression and anxiety disorders in mothers di is recorded to have a weighted average of 15.6% during pregnancy and 19.8% after childbirth from about 14 million people from the Indonesian population, mothers experience anxiety after giving birth there are recorded as many as 22.4% anxiety in mothers that cannot be resolved dapat causes postpartum depression and other mental health disorders that interfere with health²

There are several efforts that can be made to overcome gejala anxiety symptoms , namely adequate rest, eating as needed, and it is recommended to exercise lightly in order to relax the muscles. In addition to management in general, there are also therapies that can overcome anxiety by stimulating the release hormonof endorphin hormones (hormon happiness hormones). Some therapies that are applied to stimulate the release of endorphin hormones include listening to music, sexual activity, consumption of dark chocolate, meditation, relaxing massage, acupuncture and massage therapy³

Facial massage is one of the complementary therapies to overcome anxiety because it is one type of acupressure (massage by pressing acupuncture points). Facial massage is done by pressing with fingertips on acupuncture points on the face that aims to help smooth the flow of energy in the body, regulate blood flow and lymph movement, increase immunity, make the body more relaxed and clear the mind and soften the skin³

Research conducted by Maharani (2019) results in an average level of anxiety before the intervention is given (2.22) and after the intervention is given (1.37) which means that there is a decrease in anxiety levels after the intervention. P-value of $0.000 < 0.05$ which means that there is an effect of giving treatment full blooded face treatment on the level of anxiety in postpartum mothers. Z value meets -6.126 which means there is a change in the level of anxiety as much as 6 times before and after treatment given facial totok treatment³

The purpose of this study ini is to know the effect of facial massage on anxiety levels in postpartum mothers at TPMB P West Jakarta in 2023.

METHOD

This type of research is quasi-experimental with a pretest posstest research design with control two groups, measuring the level of anxiety in postpartum women before and after facial massage. The population in this study was all puerperal mothers at TPMB “P” West Jakarta in January - February 2023. Taking sample done use technique total sampling amounted to 30 postpartum mother consisting of 15 responden group intervention and 15 responden groups control. The instrument used was Hamilton Rate Scale- measurement questionnaire (HRS-A). data analysis use descriptive statistic and paired T Test to know difference level anxiety before and after intervention.

RESULTS

Table 1 The average value of anxiety in postpartum mothers before and after In the intervention group

Group	n	Min	Max	Mean	Difference Mean	SD
Pretest Eksperimen	15	14,00	28,00	18.60		3,621
Posttest Eksperiment	15	11,00	21,00	13,13	5.47	2,722

Based on Table 1 the results of the average or mean value of the test analysis, before the facial massage (18.60) and after given facial massage (13.30) which means a decrease in anxiety levels after facial massage.

Table 2 The average value of anxiety in postpartum mothers before and after in the control group

Group	n	Min	Max	Mean	Difference Mean	SD
Pretest Kontrol	15	14,00	21,00	17,27		2,187
Posttest Kontrol	15	12,00	20,00	16,13	1.14	2,167

Based on Table 2 the results of the average or mean value of the test analysis, before positive affirmations (17.27) and after positive affirmations (16.13) which means a decrease in anxiety levels after positive affirmations but not significant

Table 3 The effect of facial massage on the level of anxiety in postpartum mothers in the experimental group and control group

Group	n	Mean	SD	P -value.	
The level Anxiety	Posttest Experiment	15	13.13	2.722	0.000
	Posttest Control	15	16.13	2.167	0.000

Based on Table 3, the results of the p -value of $0.000 < 0.05$, means there is an influence of facial totok on the level of anxiety in postpartum mothers. And from the results of the average value of the experimental group posttest of 13.13 is smaller than the average value of the control group posttest of 16.13, so it was concluded that the facial massage is more influential on reducing anxiety levels than positive affirmations.

DISCUSSION

Based on the results of the average value of the level of anxiety before being totok face (18.60) and after being given totok face (13.30) which means a decrease in anxiety levels after being face and in the control group the results of the average value of the level of anxiety before positive affirmations (17.27) and after positive affirmations (16.13) this means a decrease in anxiety levels after positive affirmations but not significant.

Analysis of the *T test* with the results nilai of the p -value of $0.000 < 0.05$, means there is an influence of full-blooded face on the level of anxiety in ibu puerperal mothers. And from the results of the average value of the experimental group posttest of 13.13 is smaller than the average value of the control group posttest of 16.13, so it was concluded that the full blooded face is more influential on reducing anxiety levels than positive affirmations.

In accordance with the theory that the puerperium begins after the placenta comes out and ends when the gynecological apparatus returns to its original state lasts for about 6 weeks. During the recovery period, the mother will experience many changes, both physically and psychologically, which also results in several changes from her psychic. Women will experience psychological changes, especially related to emotions during the postpartum period while they have to adjust (adaptation) to become a mother, if the mother does not succeed in adapting during the postpartum period, she will experience anxiety with signs such as rapid mood changes, sadness, crying, loss of appetite, sleep disturbances, indigestion, irritability, fatigue, anxiety, and loneliness.^{4,5}

A person is said to experience mild anxiety if susceptible an anxiety level assessment between 14-20 measured using the HARS questionnaire. Psychological symptoms in mothers who suffer from anxiety include the presence of worry, tension, nervousness, fear and easily surprised. While somatically, it can be characterized by a hard and rapid heartbeat, wet palms, cold sweat, and peristalsis disorders.⁶

The postpartum requires supervision as well as two-way communication that helps the mother in caring for and supporting her baby. Efforts that need to be done to prevent psychological disorders in the puerperium is to provide psychological support in the puerperium while to reduce the impact of psychological disorders in the puerperium can use drugs such as diazepam, buspirone HCl, and

Clobazam or use caranon-pharmacological ways suchas, adjusting pola diet, sleep, closer to God, and relaxation with massage.⁴

Management of anxiety treatment conducted in this study ini is to provide full-blooded face therapy.Full-blooded face therapy ini is one of the methods of massage therapy whose work system is to smooth the flow of energy or blood circulation in the respondent's body by pressing acupuncture points combined with massage techniques.³

In line with Sumantri's research (2016) in his research conducted an assessment of the respondent's anxiety level 30 minutes before the face patch was done, it was found that the majorityof mothers experienced mild anxiety, 58.97%, with moderate anxiety as much as 15.38%, severe anxiety 7.68%, and no anxiety as much as 17.95%. After the majority of 84.61%, there was no moreanxiety, then respondents with mild anxiety dropped to 12.82%, and respondents with moderate anxiety 2.56%, which means there is a significant effect of facial massage by ± 7.74 on reducing the anxiety of postpartum women.⁷

Other research states that respondents who have done facial treatment in PKM Rangkasbitung feel lebih better most respondents (68.55%) experienced anxiety either mild anxiety (54.28%) moderate anxiety (11.42%) severe anxiety (2.85%) when compared to respondents who did not experience anxiety (31.42%), and respondents felt there was a difference after doing a full-blooded face that felt calmer, calmer mood rilex⁹

It is also the same based on Sulistyorini's research (2019), mild anxiety was obtained, as many as 23 respondents (58.97%) and after the face was done , the majority had no anxiety as many as 33 respondents (84.61%). In accordance with the theory that explains that anxiety can be influenced by traumatic events that can trigger anxiety related to crises experienced by individuals either developmental or situational crises and failures in adjusting interpersonal relationships at home, at work, and adjusting to new roles. Postpartum women often feel anxious because they make many adjustments such as increasing responsibilities, the presence of new family members to take care of, a chaotic sleep schedule, so that it burdens the mother both physically and psychologically. It can be seen that before before the face patch is dominated by mild anxiety and after the face patch is dominated by no anxiety¹⁰.

Research Maryam Kianpour et al, 20166 showed that the mean stress, anxiety, and depression at 2 weeks postpartum ($P = 0.012$, $p < 0.0001$, and $P = 0.003$, respectively) and scores of stress, anxiety, and depression at 1 month postpartum ($P < 0.0001$) and 3 postpartum months ($P < 0.0001$) were significantly lower in the intervention group compared to the control group.^{11, 12}

Face massage is a proactive way to relax the muscles and nerves under the skin that is tense so that the muscles can rest, free from fatigue, reduce pain and muscle tension and make mental full of vitality and launch energy and blood flow to the body which is done by pressing acupuncture points

combined with massage techniques that can provide a sense of comfort so as to provide stimulation to the hypothalamus to control the sympathetic nervous system and adrenal cortex system. The nervous System activates various organs and smooth muscles that are under its control such as controlling the frequency of the heart rate and pupil dilation. Furthermore, the sympathetic nervous system will also signal to the adrenal medulla to inhibit the release of epinephrine and norepinephrine into the bloodstream. Inhibition of the hormone epinephrine will activate the Zona fasciculata of the adrenal cortex to secrete glucorticoid hormones, namely cortisol. Cortisol plays a role in the feedback process that is sent to the hypothalamus and then the signal is passed to the amygdala to reduce levels of stress or anxiety^{7,8}.

Face massage can improve blood flow in the body by pressing acupuncture points combined with massage techniques that can provide a sense of comfort so as to provide stimulation to the hypothalamus to control the sympathetic nervous system and adrenal cortex system. The nervous System activates various organs and smooth muscles that are under its control such as controlling the frequency of the heart rate and pupil dilation. Furthermore, the sympathetic nervous system will also signal to the adrenal medulla to inhibit the release of epinephrine and norepinephrine into the bloodstream. Inhibition of the hormone epinephrine will activate the Zona fasciculata of the adrenal cortex to secrete glucorticoid hormones, namely cortisol. Cortisol plays a role in the feedback process sent to the hypothalamus and then the signal is passed to the amygdala to reduce levels of stress or anxiety. the decrease in anxiety experienced by respondents after a full-blooded face occurs because the massage on the meridians (secondary blood vessels) on the face can launch blood circulation³.

CONCLUSION

There is an effect of giving facial massage and positive affirmations to reduce anxiety levels in postpartum mothers. However, the provision of facial massage has more effect on reducing anxiety levels than positive affirmations.

REFERENCES

1. Kurniati ID, Setiawan R, Rohmani A, et al. Buku Ajar. Published online 2015.
2. Rohmana D, Jayatmi I, Darmadja S. Determinan Kecemasan yang Terjadi pada Ibu Post Partum. *J Ilm Kebidanan Indones*. 2020;10(02):48-59. doi:10.33221/jiki.v10i02.604
3. Maharani PS, Handayani E, Mundarti. Pengaruh Pemberian Treatment Totok Wajah Terhadap Tingkat Kecemasan Pada Ibu Nifas Di Wilayah Kerja Puskesmas Magelang Utara Dan Puskesmas Magelang Tengah. Published online 2019.
4. Nurul Azizah NA. *Buku Ajar Mata Kuliah Asuhan Kebidanan Nifas Dan Menyusui*.; 2019.

doi:10.21070/2019/978-602-5914-78-2

5. Mahayati L. Faktor-faktor yang mempengaruhi ibu dalam pemenuhan nutrisi pada masa nifas di bps mien hendro sidoarjo. *J Keperawatan*. 2015;4(2):9-Pages.
6. Sisca Damayanti. Faktor- Faktor Yang Berhubungan Dengan Tingkat Kecemasan Ibu Hamil Trimester Iii Dalam Menghadapi Persalinan Pada Masa Pandemi Covid19 Di Wilayah Kerja Puskesmas Cipicung Kabupaten Kuningan Tahun 2022. *manuskrip*. 2022;(8.5.2017):2003-2005.
7. Sumantri S, Susilowati D, Wati DK. Penurunan Kecemasan Ibu Nifas Menggunakan Totok Wajah Di Fasilitas Pelayanan Persalinan. *J Kebidanan dan Kesehat Tradis*. 2016;1(1):34-39. doi:10.37341/jkkt.v1i1.25
8. Widiyanti S, Herlina, Fairus M, et al. Penyuluhan dan Pelatihan Totok Wajah untuk Mengurangi Kecemasan Ibu Nifas di Puskesmas Metro Pusat. *Pros Semin Nas Penelit Dan Pengabdi*. Published online 2021:923-927.
9. Ariesta R, Anggraeni DY, Nanda A, Wati E, Subekti MA, Zanah M. Totok Wajah untuk Relaksasi Ibu Nifas di Puskesmas Rangkasbitung, Lebak Banten. *J Obs Sci*. 2019;10(1):42-60.
10. Sulistyorini C. Efektivitas Kombinasi Terapi Totok Wajah Dengan Aromaterapi Lavender Terhadap Kecemasan Ibu Post Partum Dalam Perawatan Bayi. *J Med Karya Ilm Kesehat*. 2020;5(1). doi:10.35728/jmkik.v5i1.116
11. Kianpour M, Mansouri A, Mehrabi T, Asghari G. Effect of lavender scent inhalation on prevention of stress, anxiety and depression in the postpartum period. *Iran J Nurs Midwifery Res*. 2016;21(2):197-201. doi:10.4103/1735-9066.178248
12. Pratiwi DM, Rejeki S, Juniarto AZ. Intervention to Reduce Anxiety in Postpartum Mother. *Media Keperawatan Indones*. 2021;4(1):62. doi:10.26714/mki.4.1.2021.62-71