

THE EFFICACY OF COGNITIVE BEHAVIOR THERAPY (CBT) FOR REDUCING ANXIETY AND INCREASING SELF-EFFICACY IN THIRD TRIMESTER PRIMIGRAVIDAE

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ABSTRACT

Introduction : Psychological problems commonly experienced by pregnant women especially primigravidae are anxiety and fear. Prenatal classes is used to manage anxiety and low self-efficacy in pregnant women. However, it is still not enough. This study aimed to prove the efficacy of CBT for reducing anxiety and increasing self-efficacy in third trimester primigravidae. **Method**: This is a pre-experimental study with the one group pretest posttest design approach. The population was all third trimester primigravidae at Kendangsari Mother and Child Hospital, Surabaya. Samples were third trimester primigravidae who experienced anxiety, answered self-efficacy questionnaire, met the inclusion criteria and willing to be a research subject. Sample size was 10. The statistical test used to determine the influence of independent variable toward dependent variables was Wilcoxon Signed Rank test. **Result** : CBT could lower the anxiety level ($p= 0.007$), CBT could improve self-efficacy ($p= 0.007$) in third trimester primigravidae. **Discussion** : CBT has been able to reduce anxiety. In the process, CBT encourages clients against their negative thoughts and figure out how more positive thoughts could change the level of anxiety becoming lower. CBT in the process turns client's mind into more positive thought that will be resulted in changing feelings (affection), so that positive behaviors implemented could reduce anxiety level. Declining anxiety level individual could control the situation, produce positivethings and increase self-efficacy.

Keywords: *Cognitive Behaviour Therapy, Anxiety, Self-Efficacy*