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## Effectiveness of Facial Acupressure Treatment on Reducing Anxiety in Postpartum Mothers at Midwife Sontri's Practice

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### Abstrak

Kecemasan postpartum merupakan kondisi psikologis yang umum dialami ibu setelah melahirkan dan dapat berdampak negatif terhadap kesehatan ibu maupun proses bonding dengan bayi. Totok wajah, suatu teknik stimulasi titik-titik refleksi di wajah, diyakini mampu menstimulasi relaksasi dan menurunkan tingkat kecemasan melalui peningkatan sirkulasi darah dan keseimbangan sistem saraf parasimpatis. Penelitian ini bertujuan untuk menganalisis efektivitas treatment totok wajah terhadap penurunan kecemasan pada ibu postpartum di BPM Bidan Sontri. Jenis penelitian ini adalah quasi-eksperimen dengan rancangan pre dan post test tanpa kelompok kontrol. Populasi penelitian mencakup ibu postpartum yang mengalami gejala kecemasan ringan hingga sedang, dengan jumlah sampel 30 responden yang dipilih menggunakan *purposive sampling*. Instrumen pengumpulan data menggunakan kuesioner *Hamilton Anxiety Rating Scale* (HARS). Data dianalisis menggunakan uji *Wilcoxon Signed Rank Test*. Hasil penelitian menunjukkan adanya penurunan signifikan tingkat kecemasan setelah diberikan treatment totok wajah dengan nilai  $p=0,001$  ( $p<0,05$ ). Secara fisiologis, efek stimulasi titik refleksi wajah meningkatkan sekresi endorfin dan menstimulasi sistem saraf vagal yang berperan dalam relaksasi otot dan penurunan denyut jantung. Kesimpulannya, totok wajah efektif menurunkan tingkat kecemasan pada ibu postpartum, sehingga dapat dijadikan alternatif terapi komplementer nonfarmakologis dalam asuhan kebidanan.

**Kata kunci:** Totok Wajah, Kecemasan Postpartum, Terapi Komplementer, Ibu Nifas

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### Abstract

*Postpartum anxiety is a common psychological condition experienced by mothers after childbirth, which can negatively impact maternal health and the bonding process with the baby. Facial acupressure, a technique that stimulates facial reflex points, is believed to promote relaxation and reduce anxiety levels by improving blood circulation and balancing the parasympathetic nervous system. This study aimed to analyze the effectiveness of facial acupressure treatment in reducing anxiety among postpartum mothers at Midwife Sontri's Practice. This research employed a quasi-experimental design with a pre- and post-test approach without a control group. The study population included postpartum mothers experiencing mild to moderate anxiety, with a total sample of 30 respondents selected through purposive sampling. Data were collected using the Hamilton Anxiety Rating Scale (HARS) questionnaire and analyzed using the Wilcoxon Signed Rank Test. The results demonstrated a significant reduction in anxiety levels after receiving facial acupressure treatment, with a p-value of 0.001 ( $p<0.05$ ). Physiologically, stimulation of facial reflex points enhances endorphin secretion and activates the vagal nerve system, which contributes to muscle relaxation and decreased heart rate. In conclusion, facial acupressure is effective in reducing anxiety levels among postpartum mothers and can serve as a non-pharmacological complementary therapy in midwifery care.*

**Key words:** Facial Acupressure, Postpartum Anxiety, Complementary Therapy, Postpartum Mothers

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## INTRODUCTION

Postpartum period is a transitional period critical for a mother, which is marked with various change physiological, hormonal, emotional, and social. During this period, the body Mother adapt towards the recovery process post childbirth, while in a way psychological Mother Study adapt self with role new as caregiver baby. Condition the make vulnerable postpartum period to disturbance emotional, one of them is postpartum (Ramadanti et al., 2023) anxiety. Postpartum anxiety is characterized by with feeling tense, worried excessive to health baby, difficulty sleep, and decreased concentration, which when No handled can bother quality life mother, function parenting, as well as the breastfeeding process. In addition, prolonged anxiety can also hinder bond emotional between mother and baby, and increase risk postpartum depression in the period Next. Data from the Ministry of Health of the Republic of Indonesia shows that prevalence Postpartum anxiety in Indonesia reaches 27–30%, a fairly high figure. high and requires attention in service midwifery (Rohmana et al., 2020).

Approach non-pharmacological in handling postpartum anxiety is increasing Lots developed Because nature safe, easy applied, and minimal effect side. One of the starting method Lots used is therapy full-blooded face or facial acupressure (Jannah et al., 2024). Facial acupressure is technique stimulation point reflection or point acupressure on the facial area with pressure finger certain purposes balance energy body and reduce tension muscles. In physiological, pressure soft in spots face capable expedite flow blood, increase oxygenation network, as well as stimulate system nerve parasympathetic plays a role in the relaxation process. In addition, the effect stimulation This push release neurotransmitters such as serotonin, dopamine, and endorphins which are known own effect calms and reduces anxiety (Rahman et al., 2024)

With base said, therapy full-blooded face potential become alternative intervention complementary in lower anxiety in postpartum (Sulistiyorini & Ayu Wardani, 2020) mothers. However, evidence scientific about effectiveness method This to decline level anxiety in mothers postpartum in a way special Still limited, especially

in the environment practice midwife private sector. Therefore that, research This done For analyze effectiveness of acupressure treatment face to decline anxiety in postpartum mothers at BPM Bidan Sontri as form innovation service midwifery based therapy complementary (Elizar & Hidayanti, 2023).

The problem that becomes base study This started from height number incident anxiety in postpartum mothers who are still often ignored in practice midwifery (Rohmana et al., 2020). Postpartum period often focused on recovery physical and fulfillment need baby, while aspect psychological mother, especially disturbance anxiety, not yet get optimal attention. Condition anxiety that is not handled can impact negative to maternal mental health, interferes with the breastfeeding process, reduces ability Mother in nurse babies, and weaken connection emotional between mother and child.

On the other hand, some big handling anxiety Still focused on approach potential pharmacological cause effect side and less in accordance for Mother breastfeeding. Therefore that, is necessary method therapy safe, easy alternative done, and effective For help lower level anxiety in mothers postpartum. One of the starting method interesting attention is therapy full-blooded facial acupressure, which is believed to capable stimulate relaxation through activation system nerve parasympathetic and release hormone endorphins. However, as far as This Still limited proof scientific evidence that proves effectiveness full-blooded face in a way empirical in context midwifery, especially in postpartum mothers.

With Thus, the problem main in study This is How effectiveness of acupressure treatment face to decline level anxiety in postpartum mothers, so can made into base development intervention complementary non-pharmacological in service midwifery.

## METHOD

Study This use quasi- experimental design with design *pre-test and post-test without control group*. Approach This chosen For know influence giving therapy full-blooded face to decline level anxiety in postpartum mothers with compare

score anxiety before and after intervention given to the same group (Putri, 2023).

Study was held at BPM Bidan Sontri, Kolaka Regency, Southeast Sulawesi Province, in the month of February until March 2025. Population study is all over postpartum mothers who do postpartum visits at the BPM. Through method *purposive sampling*, obtained 30 respondents who met the requirements criteria inclusion, namely postpartum mothers with level anxiety light until currently based on score *Hamilton Anxiety Rating Scale* (HARS) between 14-28 (Dede et al., 2022).

Intervention done in form giving therapy full-blooded face for 20 minutes, which was carried out once every day for five days consecutively. Pointing technique face conducted by researchers who have get training base therapy acupressure with focus on the points reflection in the related facial area with relaxation and system nerve parasympathetic. Instrument data collection includes HARS questionnaire for measure level anxiety before and after intervention as well as sheet observations used For take notes change response physiological like respiratory rate, pulse heart, and expression calm respondents. The data results are then analyzed using statistical tests *Wilcoxon Signed Rank Test* with level significance of 0.05 for know difference meaningful between mark *pre-test* and *post-test*.

## RESULTS AND DISCUSSION

### Results

Study This involving 30 postpartum mothers with level anxiety light until currently based on score Initial *Hamilton Anxiety Rating Scale* (HARS) (pre-test) between 14–28. Entire respondents has undergo intervention full-blooded face for 20 minutes every day for five days in a row.

Measurement results level anxiety show existence decline HARS scores in general significant after giving therapy full-blooded face. Average score anxiety before intervention (pre-test) was  $21.2 \pm 3.4$ , whereas after intervention (post-test) down to  $13.5 \pm 2.9$ . The results of the analysis statistics using the *Wilcoxon Signed Rank Test* shows p value = 0.001 ( $p < 0.05$ ), so can concluded there is difference meaningful between

level anxiety before and after done therapy full-blooded face.

Table 1. Distribution of Anxiety Scores Before and after Intervention on Respondents

HARS Anxiety Score	Before Intervention (n=30)	After Intervention (n=30)
Average (mean ± SD)	21.2 ± 3.4	13.5 ± 2.9
Median	21	13
Range (min–max )	14–28	8–18

Source : Processed data 2025

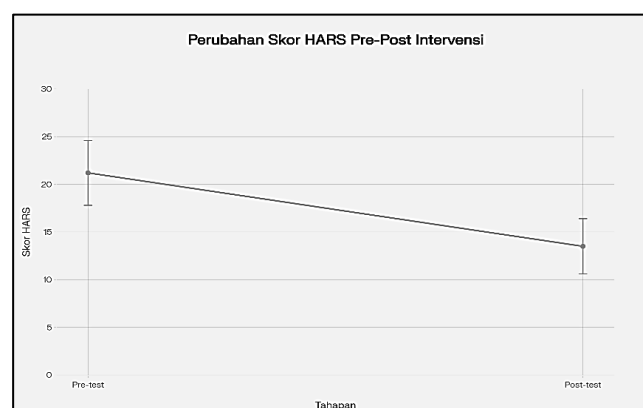


Figure 1. Changes in the Average Anxiety Score (HARS) Before and After Facial Acupressure Intervention in Postpartum Mothers

Figure 1, shows decline significant score anxiety after giving therapy full-blooded face, from 21.2 (*pre-test*) to 13.5 (*post-test*), with error bars representing standard deviation of each group. In addition to the decrease score anxiety, change response physiological like decline pulse heart, breathing frequency is higher orderly, and appearance expression more face relaxation was also observed in some big respondents after follow series full-blooded face on a regular basis. Based on findings this, can concluded that therapy full-blooded face effective lower level anxiety in postpartum mothers at BPM Bidan Sontri with significance strong statistics. Decline anxiety This is also supported by improvements indicator observed physiological during the therapy process.

## Discussion

Discussion results study This highlight effectiveness therapy full-blooded face as intervention complementary in lower level anxiety in postpartum mothers. Based on data analysis, found that there is significant decrease in the average score HARS anxiety after postpartum mothers undergo series therapy full-blooded face for five days consecutively. Decrease score from the average before intervention by 21.2 to an average of 13.5 after intervention, as well as Wilcoxon test results with  $p$  value = 0.001 ( $p < 0.05$ ), indicating effect real from giving therapy This.

Effect positive from therapy full-blooded face allegedly relate close with mechanism physiological stimulation dot, dot, dot acupressure on the face, which is able to increase circulation blood and stimulate release neurotransmitters such as serotonin and endorphins (Zhao, F. Y., Yeung, A., Zhang, C., et al., 2024). Both neurotransmitters This give effect relaxation and lowering voltage muscles, so that participate play a role in lower intensity anxiety experienced mother. Research results This in line with results studies previously reported that intervention full-blooded face can creates a sense of calm and comfort, reduces symptom tense, difficult sleep, and fear frequent overuse experienced by mothers during the postpartum period (Rahyani, N. K. Y., et al, 2024). In addition, the findings change response physiological like decline pulse heart and respiratory rate stable confirm occurrence activation system nerve parasympathetic and the creation of relaxation after its implementation therapy full-blooded face (Liu, X. Y., et al., 2024).

From the corner view practice obstetrics, results study This strengthen position therapy full-blooded face as one of the alternative action non-pharmacological, safe, easy, and minimal side effects side in handling anxiety Mother postpartum. Implementation therapy this also supports approach service midwifery holistic that pays attention need physical and psychological clients. However, research This Still own a number of limitations, including not being able to existence group control and retrieval sample on one location practice only, so that generalization results need done with be careful. To study Next, it is

recommended development design study with addition group control, amount more samples big, and evaluation term long post-intervention in order to obtain more results comprehensive and strengthening validity findings. Therapy full-blooded face proven capable lower level anxiety postpartum mothers and should considered as intervention complementary in care midwifery For support welfare psychological Mother postpartum and the mother-baby bonding process.

## CONCLUSION

Based on results research that has been done, can concluded that therapy full-blooded face effective lower level anxiety in postpartum mothers. This proven with existence decline significant score HARS anxiety after Mother accept intervention full-blooded face for five days consecutively at BPM Bidan Sontri, Kolaka Regency. Mechanism Work therapy full-blooded face allegedly through stimulation dot, dot, dot reflection face that enhances relaxing and stimulating release neurotransmitters such as serotonin and endorphins, so that create effect calm and comfortable for the mother postpartum.

With thus, totok face worthy considered as one of the alternative intervention complementary non-pharmacological in service midwifery, in particular For overcome problem postpartum anxiety. Need done study advanced with more design strong and coverage sample more wide For strengthen proof scientific about effectiveness and sustainability method This in support welfare psychological Mother as well as quality care postpartum in a way holistic.

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