

The Effect of Green Color Therapy on Anxiety Level among Primigravida Mothers in Their Third Trimester

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Abstract

Being a mother is a happy thing for a woman to experience. Mothers feel happy, proud, joyful and blessed. But the process of being a mother is not an easy thing to go through. Pregnant women will experience adaptation, because physical and psychological changes occur among pregnant women. One of the psychological changes that occur in pregnancy is anxiety. This study aimed to determine the influence of green color therapy on the level of anxiety of primigravida mother during the third trimester. This study used pre-experimental design with one-group pretest-posttest design, where data were gathered from 30 primigravida mothers in their third trimester using purposive sampling. Data analysis was performed using the mean and paired t-test. The results of this study showed that the level of anxiety before and after the green color therapy was 3.20 and 2.05, respectively. The study revealed that there is a significant effect of green color therapy to anxiety level of primigravida mother in her third trimester. Based on the result, the health center may consider the color in decorating the room for pregnant women.

Keywords: *anxiety, primigravida, Trimester III, green color*