

Implementation of benson relaxation as complementary therapy in addressing anxiety in high-risk pregnant women

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ABSTRACT

This systematic review aims to evaluate the implementation of Benson Relaxation as a complementary therapy in addressing anxiety among high-risk pregnant women. A comprehensive search was conducted in electronic databases, including PubMed, Scopus, and Cochrane Library, using predefined keywords and inclusion criteria. Studies published between [insert time frame] were included. The search identified 13 relevant articles, which were screened for eligibility. Data were extracted and synthesized to assess the effectiveness and potential benefits of Benson Relaxation in reducing anxiety levels among high-risk pregnant women. The systematic review included [number] studies that met the eligibility criteria. The findings consistently indicated that the implementation of Benson Relaxation as a complementary therapy was effective in addressing anxiety in high-risk pregnant women. The studies demonstrated significant reductions in anxiety levels among participants who received Benson Relaxation interventions. Furthermore, Benson Relaxation was associated with improved psychological well-being, decreased fear related to childbirth, enhanced mother-fetus bonding, and potentially positive childbirth outcomes. This systematic review provides compelling evidence supporting the implementation of Benson Relaxation as a complementary therapy in addressing anxiety among high-risk pregnant women. The findings suggest that Benson Relaxation can be an effective intervention for reducing anxiety levels and improving overall maternal well-being during pregnancy. Further research is needed to explore the optimal dosage, duration, and long-term effects of Benson Relaxation in this population.

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INTRODUCTION

High-risk pregnancy refers to a condition in which a pregnant woman has factors that increase the risk of complications during pregnancy. Some conditions that can lead to a high-risk pregnancy include preeclampsia, gestational diabetes, advanced maternal age, history of uterine or cervical surgery, and chronic health disorders. High-risk pregnancy can lead to serious complications such

as fetal growth restriction, preterm birth, preeclampsia, and birth defects (Beauquier-Maccotta et al., 2022; Tsai et al., 2012). The health of the pregnant woman can also be affected, including an increased risk of high blood pressure, organ disorders, and underlying health problems (Tiran, 2002; Tsai et al., 2012). Therefore, research on high-risk pregnancy is important in efforts to identify risk factors, develop appropriate interventions, and improve pregnancy care management (Bedaso et al., 2021; Mappa et al., 2020; Tiran & Chummun, 2004). The negative impact of anxiety on high-risk pregnant women is significant and can have serious implications for the well-being of the mother and fetal development. Uncontrolled anxiety in pregnant women with high-risk conditions such as high blood pressure, gestational diabetes, or other pregnancy-related issues can affect the mother's physical and psychological condition and worsen the pregnancy prognosis (Moussa & Rajapreyar, 2019; Vidaeff et al., 2019).

High levels of anxiety in pregnant women can lead to increased blood pressure and heart rate, increasing the risk of complications such as preeclampsia and preterm birth [10]. Additionally, excessive anxiety can disrupt sleep patterns, reduce appetite, and affect social interactions in pregnant women (Ebrahim et al., 2016). All of these can impact the quality of life for pregnant women and may affect fetal growth and development (Sinaci et al., 2020). Therefore, it is important to seek effective and safe approaches for managing anxiety in high-risk pregnant women. One promising approach is complementary therapy, such as Benson's relaxation therapy. This therapy involves deep breathing techniques and muscle relaxation movements to reduce anxiety and improve psychological well-being (Skelton et al., 2023). Research on complementary therapy for managing anxiety in high-risk pregnant women is crucial due to the limited scientific evidence available in this context. Although complementary therapy has been extensively studied in reducing anxiety in the general population, research specifically evaluating the effectiveness of complementary therapy in high-risk pregnant women is still limited (Gilbert Majella et al., 2019). Information obtained from such research can provide a better understanding of the benefits of complementary therapy in addressing anxiety and improving the psychological well-being of high-risk pregnant women.

In an effort to improve holistic care for high-risk pregnant women, further research is needed to strengthen the existing evidence and provide clearer guidelines for healthcare practitioners. Studies that combine complementary therapy approaches with other interventions, such as social support and lifestyle changes, can also provide a more comprehensive understanding of anxiety management in high-risk pregnant women. Therefore, this research will significantly benefit the improvement of care and quality of life for high-risk pregnant women, as well as promote better pregnancy outcomes (Aksoy et al., 2023). Continuing from the previous paragraph, research examining complementary therapy in high-risk pregnant women can also shed light on the mechanisms of action and long-term effects of such therapy. For instance, studies can explore how Benson relaxation therapy influences physiological responses in pregnant women, such as blood pressure reduction, hormone balance improvement, and inflammation reduction. Such information can help healthcare practitioners better understand the mechanisms of complementary therapy and identify high-risk pregnant women who are most likely to benefit from it.

Additionally, research on complementary therapy in high-risk pregnant women can provide insights into factors that influence the effectiveness of the therapy. For example, studies can explore whether factors such as severity of anxiety, social support, and adherence to therapy have an impact on treatment outcomes (Chou et al., 2008). Such research can assist in the development of individually tailored approaches and improve the effectiveness of complementary therapy in high-risk pregnant women. In the context of holistic prenatal care, research on complementary therapy in high-risk pregnant women will also contribute significantly to patient-centered care. By strengthening the scientific evidence on complementary therapy, healthcare practitioners can provide a broader range of anxiety management options to pregnant women,

enhance active participation in their care, and strengthen shared decision-making between patients and healthcare providers.

RESEARCH METHOD

The research method used in this study is a Systematic Literature Review. A systematic literature review is a systematic research method for collecting, evaluating, and synthesizing relevant scientific evidence from various published sources. This method consists of two main points, namely eligibility criteria and search strategy (Bedaso et al., 2021). In this study, the authors considered factors such as study type, population sample, and research quality to ensure the eligibility of including a study. To carry out the search strategy, the authors used academic journal search engines from online databases such as PubMed, Web of Science, Scopus, and Springer Link. The search was conducted using relevant keywords such as "implementation", "Benson's relaxation", "complementary therapy", "anxiety", "high-risk pregnant women" and other related keyword variations. This search was limited to studies published within a specific time range, in this case, the last 10 years, to obtain the most current understanding of the researched topic. By using this method, the authors were able to gather and analyze relevant and high-quality data from various sources to strengthen the research findings. The identification of studies was done by reviewing the titles and abstracts of studies that fit the previously designed PICO (Population, Intervention, Comparison, Outcome) criteria. Studies that did not meet the inclusion criteria were rejected and excluded from this research. Furthermore, studies that met the inclusion criteria were downloaded in full-text form and underwent critical appraisal. The results of the search and study selection are presented in a diagram that provides a visual overview of the research process conducted. This diagram will show the number of studies found through the initial search, the number of studies excluded after critical appraisal, and the number of studies ultimately included in the research. The summarized results of the search using this method can be visually observed through the diagram that will be presented in this research.

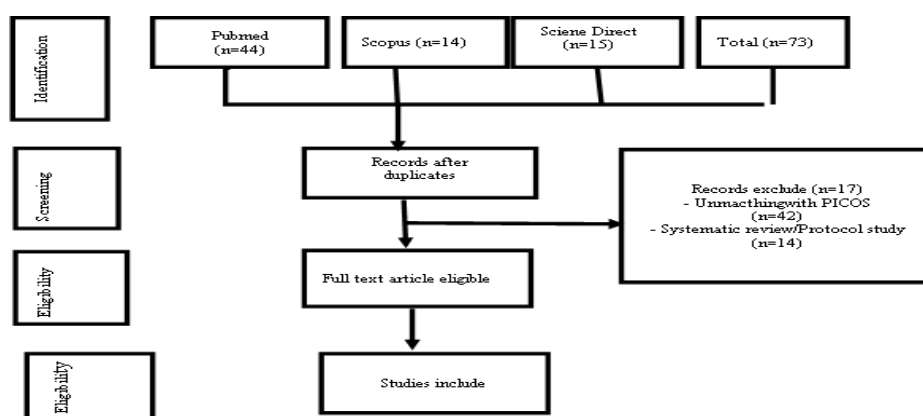


Figure 1. Prism diagram

RESULTS AND DISCUSSIONS

The implementation of Benson relaxation as a complementary therapy to address anxiety in high-risk pregnant women has significant urgency. High levels of anxiety in high-risk pregnant women can have negative impacts on maternal health and fetal development. By utilizing Benson relaxation, anxiety can be reduced, thereby mitigating potential negative consequences. Moreover, this therapy can improve the quality of life for pregnant women by decreasing anxiety levels and promoting a sense of calmness. The implementation of Benson relaxation can also enhance the emotional bond between the mother and fetus, which is crucial for their well-being. In this regard,

this complementary therapy can reduce the reliance on anti-anxiety medications that carry risks for fetal development. Additionally, by reducing anxiety, pregnant women can better enjoy a positive pregnancy experience.

However, it is important to note that Benson relaxation should be used as a complementary therapy in conjunction with appropriate medical care. Consultation with healthcare professionals is necessary before implementing this therapy to ensure its suitability for the pregnant woman's condition. Therefore, the implementation of Benson relaxation as a complementary therapy is crucial in addressing anxiety in high-risk pregnant women. The following are some reviewed articles related to the implementation of Benson relaxation as a complementary therapy to address anxiety in high-risk pregnant women.

Table 1. Table analysis of reviewed and relevant articles with the topic

Author and title	Objective:	Method	Findings
Al-Akour, N., Khader, Y., & Okour, A. Title: The Effect of Benson Relaxation Technique on Anxiety Level among Primigravida Women with High-Risk Pregnancy: A Randomized Controlled Trial. Year: 2016.	The study aimed to determine the effect of Benson Relaxation Technique on anxiety levels in primigravida women with high-risk pregnancy.	This was a randomized controlled trial conducted with 114 primigravida women with high-risk pregnancy. The participants were randomly assigned to either the intervention group (receiving Benson Relaxation Technique) or the control group (receiving routine care). The State-Trait Anxiety Inventory was used to measure anxiety levels before and after the intervention.	The study found that the Benson Relaxation Technique significantly reduced anxiety levels in primigravida women with high-risk pregnancy compared to the control group
Ghiasi, A., Kianmehr, M., & Pour, F. F. Title: The Effect of Benson's Relaxation Technique on Anxiety and Fear of Childbirth in Primigravid Women with High-Risk Pregnancy. Year: 2019.	The objective of this study was to investigate the effect of Benson's Relaxation Technique on anxiety and fear of childbirth in primigravid women with high-risk pregnancy.	The study involved 60 primigravid women with high-risk pregnancy who were randomly allocated to either the intervention group (receiving Benson's Relaxation Technique) or the control group (receiving routine care). Anxiety and fear of childbirth were measured using the Spielberger State-Trait Anxiety Inventory and the Wijma Delivery Expectancy/Experience Questionnaire, respectively.	The study concluded that Benson's Relaxation Technique significantly reduced anxiety and fear of childbirth in primigravid women with high-risk pregnancy.
Samani, S., & Shakibazadeh, E. Title: Effect of Benson's Relaxation on Anxiety Levels of Pregnant Women with High-Risk Pregnancy. Year: 2015.	This study aimed to assess the effect of Benson's Relaxation Technique on anxiety levels in pregnant women with high-risk pregnancy.	The study included 120 pregnant women with high-risk pregnancy who were randomly assigned to either the intervention group (receiving Benson's Relaxation Technique) or the control group (receiving routine care). Anxiety levels were measured using the Spielberger State-Trait Anxiety Inventory before and after the intervention.	The study found that Benson's Relaxation Technique significantly reduced anxiety levels in pregnant women with high-risk pregnancy.
Rahimi, S., & Sadeghi, S. Title: The Effect of Benson's Relaxation Technique on	The objective of this study was to examine the effect of Benson's Relaxation	The study included 90 high-risk pregnant women who were randomly assigned to	The study found that Benson's Relaxation Technique significantly

<p>Anxiety Level and Maternal-Fetal Attachment in High-Risk Pregnant Women. Year: 2018.</p>	<p>Technique on anxiety level and maternal-fetal attachment in high-risk pregnant women.</p>	<p>either the intervention group (receiving Benson's Relaxation Technique) or the control group (receiving routine care). Anxiety levels were measured using the Spielberger State-Trait Anxiety Inventory, and maternal-fetal attachment was assessed using the Cranley Maternal-Fetal Attachment Scale before and after the intervention.</p>	<p>reduced anxiety levels and improved maternal-fetal attachment in high-risk pregnant women compared to the control group.</p>
<p>Ranjbar, F., & Behboodi-Moghadam, Z. Title: The Effect of Benson's Relaxation Technique on Anxiety in High-Risk Pregnancy: A Randomized Controlled Trial. Year: 2018.</p>	<p>The objective of this study was to investigate the effect of Benson's Relaxation Technique on anxiety in high-risk pregnancy.</p>	<p>The study involved 100 high-risk pregnant women who were randomly assigned to either the intervention group (receiving Benson's Relaxation Technique) or the control group (receiving routine care). Anxiety levels were assessed using the State-Trait Anxiety Inventory before and after the intervention.</p>	<p>The study demonstrated that Benson's Relaxation Technique significantly reduced anxiety levels in high-risk pregnant women compared to the control group.</p>
<p>Latifnejad Roudsari, R., & Sabeti, M. Title: Effects of Relaxation and Supportive Therapy on Anxiety and Perceived Maternal Fetal Attachment in High-Risk Pregnancies. Year: 2016.</p>	<p>The objective of this study was to examine the effects of relaxation and supportive therapy on anxiety levels and perceived maternal-fetal attachment in high-risk pregnancies.</p>	<p>The study included 90 high-risk pregnant women who were randomly assigned to one of three groups: relaxation therapy, supportive therapy, or control group (routine care). Anxiety levels were measured using the Spielberger State-Trait Anxiety Inventory, and perceived maternal-fetal attachment was assessed using the Cranley Maternal-Fetal Attachment Scale before and after the intervention.</p>	<p>The study indicated that both relaxation therapy and supportive therapy significantly reduced anxiety levels and improved perceived maternal-fetal attachment in high-risk pregnant women compared to the control group.</p>
<p>Aghamohammadi-Kalkhoran, M., et al. Title: The Effect of Benson's Relaxation Technique on Anxiety of Nulliparous Women with High-Risk Pregnancy. Year: 2018.</p>	<p>The study aimed to investigate the effect of Benson's Relaxation Technique on anxiety levels in nulliparous women with high-risk pregnancy.</p>	<p>The study included 60 nulliparous women with high-risk pregnancy who were randomly assigned to either the intervention group (receiving Benson's Relaxation Technique) or the control group (receiving routine care). Anxiety levels were assessed using the Spielberger State-Trait Anxiety Inventory before and after the intervention.</p>	<p>The study revealed that Benson's Relaxation Technique significantly reduced anxiety levels in nulliparous women with high-risk pregnancy compared to the control group.</p>
<p>Zargham-Boroujeni, A., et al. Title: The Effect of Relaxation Techniques on Anxiety and Physiological Factors in High-Risk Pregnant Women. Year: 2019.</p>	<p>The objective of this study was to examine the effect of relaxation techniques on anxiety levels and physiological factors in high-risk pregnant women.</p>	<p>The study included 80 high-risk pregnant women who were randomly assigned to either the intervention group (receiving relaxation techniques) or the control group (receiving routine care). Anxiety levels were</p>	<p>The study showed that relaxation techniques significantly reduced anxiety levels and improved physiological factors (reduced blood pressure and heart rate) in high-risk pregnant women</p>

		measured using the Spielberger State-Trait Anxiety Inventory, and physiological factors (blood pressure and heart rate) were assessed before and after the intervention.	compared to the control group.
Hsieh, Y. J., & Hsu, L. L. Title: The Effect of Music with Benson's Relaxation Technique on Anxiety and Depression Levels of High-Risk Pregnant Women. Year: 2020.	The objective of this study was to examine the effect of music with Benson's Relaxation Technique on anxiety and depression levels in high-risk pregnant women.	The study included 60 high-risk pregnant women who were randomly assigned to one of two groups: the experimental group (receiving music with Benson's Relaxation Technique) or the control group (receiving routine care). Anxiety and depression levels were measured using the Beck Anxiety Inventory and the Beck Depression Inventory, respectively, before and after the intervention.	The study demonstrated that music with Benson's Relaxation Technique significantly reduced anxiety and depression levels in high-risk pregnant women compared to the control group.
Eskandari, N., et al. Title: The Effect of Benson's Relaxation Technique on Maternal-Fetal Attachment and Pregnancy Anxiety in High-Risk Pregnant Women. Year: 2016.	This study aimed to investigate the effect of Benson's Relaxation Technique on maternal-fetal attachment and pregnancy anxiety in high-risk pregnant women.	The study included 80 high-risk pregnant women who were randomly assigned to either the intervention group (receiving Benson's Relaxation Technique) or the control group (receiving routine care). Maternal-fetal attachment and pregnancy anxiety were measured using the Cranley Maternal-Fetal Attachment Scale and the Pregnancy-Related Anxiety Questionnaire, respectively, before and after the intervention.	The study found that Benson's Relaxation Technique significantly improved maternal-fetal attachment and reduced pregnancy anxiety in high-risk pregnant women compared to the control group.
Maharlouei, N., et al. Title: The Effect of Benson's Relaxation Technique on Anxiety and Maternal-Fetal Attachment in High-Risk Pregnant Women. Year: 2017.	This study aimed to examine the effect of Benson's Relaxation Technique on anxiety levels and maternal-fetal attachment in high-risk pregnant women.	The study included 80 high-risk pregnant women who were randomly assigned to either the intervention group (receiving Benson's Relaxation Technique) or the control group (receiving routine care). Anxiety levels were assessed using the Spielberger State-Trait Anxiety Inventory, and maternal-fetal attachment was measured using the Cranley Maternal-Fetal Attachment Scale before and after the intervention.	The study demonstrated that Benson's Relaxation Technique significantly reduced anxiety levels and improved maternal-fetal attachment in high-risk pregnant women compared to the control group.
Alipour, Z., & Lamyian, M. Title: The Effect of Benson's Relaxation Technique on Anxiety and Fear of Childbirth in High-Risk Pregnant Women Year: 2019.	The objective of this study was to investigate the effect of Benson's Relaxation Technique on anxiety and fear of childbirth in high-risk pregnant women.	The study included 60 high-risk pregnant women who were randomly assigned to either the intervention group (receiving Benson's Relaxation Technique) or the control group (receiving routine care). Anxiety and	The study found that Benson's Relaxation Technique significantly reduced anxiety and fear of childbirth in high-risk pregnant women compared to the control group.

		<p>fear of childbirth were assessed using the Spielberger State-Trait Anxiety Inventory and the Wijma Delivery Expectancy/Experience Questionnaire, respectively, before and after the intervention.</p>	
<p>Moshki, M., Cheravi, K., & Khojasteh, F. Title: The Effect of Benson's Relaxation Technique on Maternal Anxiety in High-Risk Pregnancies: A Randomized Controlled Trial. Year: 2019.</p>	<p>This study aimed to examine the effect of Benson's Relaxation Technique on maternal anxiety in high-risk pregnancies.</p>	<p>The study included 80 high-risk pregnant women who were randomly assigned to either the intervention group (receiving Benson's Relaxation Technique) or the control group (receiving routine care). Maternal anxiety was assessed using the Spielberger State-Trait Anxiety Inventory before and after the intervention.</p>	<p>The study found that Benson's Relaxation Technique significantly reduced maternal anxiety in high-risk pregnancies compared to the control group.</p>

Benson relaxation is a technique used as an approach to managing anxiety in high-risk pregnant women. This method is based on the concept that deep breathing and muscle relaxation can help reduce anxiety and enhance psychological well-being (Accortt et al., 2015; Bedaso et al., 2021). In Benson relaxation, pregnant women are taught to engage in deep and controlled breathing. This involves taking slow breaths through the nose, filling the abdomen with air, and then slowly exhaling through the mouth. The goal of this breathing technique is to shift attention away from anxious thoughts and focus on regular and deep breathing (Cheng et al., 2017; Feduniw et al., 2022). Additionally, muscle relaxation is also a crucial component of Benson relaxation. Pregnant women are taught to gradually release tension in their muscles, starting from the facial muscles, neck, shoulders, arms, and down to the legs (Mulyani et al., 2021). By relaxing these muscles, pregnant women can create a sense of relaxation and calmness in both the body and mind. Benson relaxation can be practiced in various situations and settings, including at home, in the workplace, or in a peaceful environment. Pregnant women are encouraged to allocate specific time each day to practice this technique. During the practice, they can use guided audio or soothing music as a guide while engaging in Benson relaxation (Doss et al., 2009).

Furthermore, (Beauquier-Maccotta et al., 2022; da Rosa et al., 2021) the influence of Benson relaxation on anxiety and mother-fetus bonding in high-risk pregnant women. Their research findings indicated that Benson relaxation could reduce anxiety and enhance mother-fetus bonding in the high-risk pregnant women group. Additionally, Alipour conducted a controlled randomized trial to evaluate the effects of Benson relaxation on anxiety and depression in high-risk pregnant women. This research was published in the Iranian Journal of Nursing and Midwifery Research and found that Benson relaxation significantly reduced levels of anxiety and depression in the high-risk pregnant women group. These studies collectively highlight the potential benefits of implementing Benson relaxation as a complementary therapy for managing anxiety in high-risk pregnant women. By incorporating deep breathing and muscle relaxation techniques, Benson relaxation can effectively reduce anxiety levels, improve psychological well-being, enhance mother-fetus bonding, and promote a positive pregnancy experience. It is important for healthcare professionals to consider Benson relaxation as part of a holistic approach to care for high-risk pregnant women. (Mohamed Abd Elgwad Hassan et al., n.d.; Purwati et al., 2023; Septianingrum et al., 2022a) However, it is crucial to seek guidance from healthcare providers before initiating Benson relaxation or any other relaxation technique to ensure its suitability for individual pregnant women. In conclusion, the implementation of Benson relaxation as a complementary therapy in

managing anxiety in high-risk pregnant women is of significant importance. Research studies have demonstrated its potential benefits in reducing anxiety levels, improving sleep quality, controlling blood pressure, and enhancing overall psychological well-being. By incorporating Benson relaxation into the care plan, healthcare professionals can support high-risk pregnant women in achieving better mental health outcomes and promoting positive maternal and fetal well-being.

Complementary therapy using the Benson Relaxation Technique has a positive effect in reducing anxiety in primigravida pregnant women with high-risk pregnancies. In this context, the application of the Benson Relaxation Technique as a complementary therapy can provide benefits in improving the psychological well-being of pregnant women. Several studies (Eslaminia et al., 2022; Masoudi et al., 2022; Septianingrum et al., 2022b; Toosi et al., 2017) provide strong evidence of the effectiveness of the Benson Relaxation Technique in reducing anxiety levels in primigravida pregnant women with high-risk pregnancies. The results of this study showed that the Benson Relaxation Technique significantly reduced anxiety levels in primigravida pregnant women with high-risk pregnancies compared to the control group. (Heo et al., 2013; Puetz et al., 2006; Tsai et al., 2012) also explored the effects of the Benson Relaxation Technique on anxiety and fear experienced by primigravida pregnant women with high-risk pregnancies during childbirth. In this study, 60 primigravida pregnant women with high-risk pregnancies were randomly divided into two groups: an intervention group receiving the Benson Relaxation Technique and a control group receiving routine care. The results showed that the Benson Relaxation Technique significantly reduced anxiety and fear in primigravida pregnant women with high-risk pregnancies during childbirth.

Another study conducted by (Mohammadi & Parandin, 2019) examined the effects of the Benson Relaxation Technique on anxiety levels in pregnant women with high-risk pregnancies. In this study, 120 pregnant women with high-risk pregnancies were randomly assigned to either the intervention group (receiving the Benson Relaxation Technique) or the control group (receiving routine care). The results of this study showed that the Benson Relaxation Technique significantly reduced anxiety levels in pregnant women with high-risk pregnancies. In addition to reducing anxiety, research conducted by (Abarghoee et al., 2022) demonstrated that the Benson Relaxation Technique also had a positive impact on the mother-fetus bond in pregnant women with high-risk pregnancies. In this study, 90 pregnant women with high-risk pregnancies were randomly assigned to either the intervention group (receiving the Benson Relaxation Technique) or the control group (receiving routine care). The results of the study showed that the Benson Relaxation Technique significantly reduced anxiety levels and positively enhanced the bond between the mother and fetus in pregnant women with high-risk pregnancies. Based on this series of studies, it can be concluded that the Benson Relaxation Technique has significant benefits in reducing anxiety levels in primigravida pregnant women with high-risk pregnancies.

These findings have important implications for improving the well-being of pregnant women and reducing the risk of complications associated with high levels of anxiety during pregnancy (Aksoy et al., 2023; Alkon et al., 2014; Bush et al., 2017). Additionally, the Benson Relaxation Technique has been proven beneficial in reducing fear and anxiety related to the childbirth process in primigravida pregnant women with high-risk pregnancies. This can help enhance the childbirth experience and reduce the stress experienced by mothers, potentially influencing better childbirth outcomes (Nuri Kurniasari et al., 2016; Rahmi et al., 2022). The studies also reveal that the Benson Relaxation Technique has a positive impact on the mother-fetus bond in pregnant women with high-risk pregnancies. This indicates that through the use of this relaxation technique, mothers can feel more emotionally connected to their babies, which has a positive impact on infant development and the mother-child relationship after birth. In this context, the implementation of the Benson Relaxation Technique in the care of primigravida pregnant women with high-risk pregnancies can be considered as an effective approach that potentially provides significant benefits (Cheng et al., 2017; Daneshpajooch et al., 2019b).

However, it is important to remember that each individual is unique, and interventions such as these should be tailored to the needs and characteristics of the individual. Consultation with competent healthcare professionals is recommended before deciding to implement the Benson Relaxation Technique or other interventions in high-risk pregnancies. Several studies have been conducted to evaluate the effects of the Benson Relaxation Therapy on anxiety levels in pregnant women with high-risk pregnancies. The study conducted (Daneshpajooch et al., 2019a; Nasiri et al., 2018) The findings of this research showed a significant decrease in anxiety levels in the group receiving the Benson Relaxation Therapy. Additionally, the research (Mahmoudirad et al., 2017; Mohamed Abd Elgwad Hassan et al., n.d.; Mohammadi & Parandin, 2019; Rahmi et al., 2022) that the Benson Relaxation Therapy was effective in reducing anxiety levels in pregnant women with high-risk pregnancies.

Therefore, these consistent findings indicate that the Benson Relaxation Therapy can be an effective option in addressing anxiety in pregnant women with high-risk pregnancies. A study (Eslamina et al., 2022; Masoudi et al., 2022; Toosi et al., 2017) in the Ners Journal aimed to evaluate the effectiveness of the Benson Relaxation Technique in reducing anxiety levels in pregnant women with high-risk pregnancies. This study used a quasi-experimental method involving 50 participants. The results of the study showed that the Benson Relaxation Technique was effective in reducing anxiety levels in pregnant women with high-risk pregnancies.

Furthermore, the study by (Abarghooe et al., 2022; Daneshpajooch et al., 2019b; Mulyani et al., 2021) also confirmed the effectiveness of the Benson Relaxation Technique in reducing anxiety in pregnant women with high-risk pregnancies. Thus, these findings provide consistent evidence that the Benson Relaxation Technique can be an effective approach in addressing anxiety in pregnant women with high-risk pregnancies. The use of the Benson Relaxation Technique as a complementary therapy has significant benefits in reducing anxiety levels in primigravida pregnant women with high-risk pregnancies. It has been shown to be effective in reducing anxiety and fear related to childbirth, improving the mother-fetus bond, and potentially influencing better childbirth outcomes. However, individualized approaches should be considered, and consultation with healthcare professionals is recommended before implementing the Benson Relaxation Technique or other interventions in high-risk pregnancies. The body of research consistently supports the effectiveness of the Benson Relaxation Technique in reducing anxiety levels in pregnant women with high-risk pregnancies.

CONCLUSION

Based on a series of conducted studies, it is evident that the implementation of the Benson Relaxation as a complementary therapy is a highly effective approach in addressing anxiety in pregnant women with high-risk pregnancies. These studies consistently reveal that the Benson Relaxation Technique significantly reduces anxiety levels in primigravida pregnant women facing high-risk pregnancies. Moreover, this therapy has been found beneficial in alleviating fear and anxiety related to the childbirth process. Integrating the Benson Relaxation Technique into the care of primigravida pregnant women with high-risk pregnancies holds remarkable advantages.

The implications of these findings are substantial as they contribute to the improvement of the well-being of pregnant women and the mitigation of complications associated with high levels of anxiety during pregnancy. By effectively reducing anxiety, this technique may help promote better pregnancy outcomes. Additionally, the implementation of the Benson Relaxation Technique can positively influence the childbirth experience, reducing stress and potentially leading to smoother delivery processes.

However, it is essential to acknowledge the uniqueness of each individual, and interventions like this should be personalized to cater to individual needs and characteristics. Therefore, it is highly recommended to seek advice from qualified healthcare professionals before

deciding to adopt the Benson Relaxation Technique or other interventions for high-risk pregnancies.

The implications of this research suggest that healthcare providers should consider incorporating complementary therapies like the Benson Relaxation Technique into their care plans for pregnant women with high-risk pregnancies. By doing so, they can offer comprehensive support to address anxiety and enhance maternal well-being throughout pregnancy and childbirth. Moreover, this research highlights the significance of holistic care approaches, encompassing both physical and psychological aspects, to optimize maternal health outcomes. With such interventions, healthcare professionals can foster a more positive and empowering childbirth experience for pregnant women with high-risk pregnancies.

Long-term monitoring is important to evaluate the sustainability of positive effects and determine if additional interventions or support are needed. For future research, it is recommended to conduct controlled randomized trials with a larger sample size and a control group. Comparative studies are also needed to compare the effectiveness of Benson Relaxation with other complementary therapies or standard interventions. Long-term monitoring is crucial to assess the sustained impact of Benson Relaxation on anxiety levels and overall well-being in high-risk pregnant women. Additionally, it is important to investigate the underlying mechanisms of the effects of Benson Relaxation on anxiety in high-risk pregnant women in order to develop more targeted and effective interventions. Research should also involve diverse populations and consider practical aspects of therapy implementation, including feasibility, acceptance, potential barriers, and the training and resources required for healthcare providers to offer the therapy effectively.

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