

## DETERMINE EFFECT OF HYPNOBIRTHING ON THE LEVEL OF ANXIETY IN THIRD TRIMESTER PREGNANT WOMEN IN FACING CHILDBIRTH AT PUBLIC HEALTH BLANGKEJEREN TOWN

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### ABSTRACT

During pregnancy, pregnant women usually experience many disorders such as emotional disorders namely anxiety. If Pregnant women who experience anxiety has not treated seriously, they will get an impact and influence on the physical and psychic, both on the mother and fetus, because it will affect the hypothalamus to stimulate the endocrine glands that regulate the pituitary gland. This study aims to determine the effect of Hypnobirthing on the level of anxiety in third trimester pregnant women in facing childbirth at public health Blangkejeran town. This research method used a quantitative approach with the Quasy Experiment model one group pre-test post-test design. The population of this study were 45 respondents. The number of samples of this study were 16 respondents taken by Random Sampling. The data collection tool used was a questionnaire. Data processing with statistical Paired Sampel Test. The results of the study showed that the anxiety level of pregnant women decreased by (P value 0.000) < (0.05) which means Ha was accepted and Ho was rejected or there were significant changes before and after being given the Hypnobirthing technique. It is hoped that the implementation of Hypnobirthing to the pregnant women could help to reduce the level of anxiety in facing of childbirth, so that it can help the childbirth process run smoothly. Hypnobirthing made childbirth time became faster than those who didn't get Hypnobirthing.

**Keywords:** *Pregnancy, anxiety, hypnobirthing*

### INTRODUCTION

During pregnancy, pregnant women usually experience many disorders such as emotional disorders, namely anxiety. Anxiety is defined as feelings that include frightening thoughts or difficulties with uncertain threatening situations, which are characterized by motor hyperactivity such as trembling, getting tired quickly, and feeling autonomic hyperactivity such as shortness of breath, palpitations, cold

feet and hands, dizziness, nausea, and insomnia. Panic, excessive fear, or stress will cause the brain to drain substances that shut down endorphin production. So, it is not surprising that the more afraid a person is when giving birth, the more extraordinary the pain will be felt. (Ekacahyaningtyas & KaruniaMustikarani, 2021).

According to (Maulida and Wahyuni, 2020) pregnant women who experience anxiety, if not treated seriously, will have an impact and influence on the physical and psychological, both on the mother and the fetus, because it will affect the hypothalamus to stimulate the endocrine glands that regulate the pituitary gland. This reaction causes an increase in the production of stress hormones. Pregnant women who experience high levels can increase the risk of premature birth and even miscarriage. Pregnant women with high anxiety will result in a risk of hypertension in pregnancy. If this is allowed to happen, the mortality rate in pregnant women will increase.

According to (Nainggolan et, al., 2020) Research in Sweden regarding examinations in pregnant women in the third trimester has anxiety of 24% and depression of 22%. Pregnant women in Hong Kong who experience anxiety are 54% and depression 37%. In Pakistan, 70% of 165 pregnant women experienced anxiety and depression. The results of research in Indonesia regarding anxiety carried out in mothers of the first pregnancy at the end of the semester showed that 39.93% experienced anxiety. In the study of normal pregnant women in dealing with childbirth, there were 47.7% severe anxiety, moderate anxiety 16.9% and mild anxiety 35.4%

Efforts that can be made to overcome anxiety in pregnant women include by doing the hypnotherapy method that can be done from the beginning of pregnancy can help reduce anxiety levels, hypnotherapy techniques can help relax the muscles so that the mother avoids anxiety and can help the mother be calmer in dealing with childbirth.

Based on the background description above, the formulation of this research problem is the effect of hypnotherapy on anxiety levels in pregnant women in the third trimester at the Blangkejeren City Health Center.

## METHOD

The research design used is a research with a Quasi experimental design with a one-group pretest-posttest design, that is, in this research design there is no control group.

The population in this study is all pregnant women in the third trimester at the Blangkejeren City Health Center as many as 543 pregnant women in the third trimester. With an average of 45 pregnant women per month in the third trimester. The sampling technique uses Random Sampling. Data processing with statistical Paired Sampel Test.

The data collection tool on the variable of anxiety level in pregnant women in the third trimester in facing childbirth is using a questionnaire that has been researched by (Pane et al., 2021). The validity and reliability values of each indicator are 0.90, 0.89, 0.86, and 0.87.

## RESULT AND DISCUSSION

### Characteristics Responden

Based on the research that has been conducted at the Blangkejeren City Health Center, the results of the characteristics of the respondents in the intervention group which include age, occupation, and education are as follows:

Tabel.1 Characteristics Respondent

Characteristics Respondent	f	%
Age		
17-25	5	31
26-35	9	56
36-45	2	13
Jobs		
IRT	15	94
PNS	1	6
Education		
SD	1	6
SMA	12	75
D3	1	6
S1	2	13

Based on table.1, it can be seen that the age of the most respondents is located at 26-35 years old (56%). Meanwhile, the highest number of jobs is found in IRT (94%). And for education, the largest number is high school (75%).

Tabel 2. Anxiety Levels of Pregnant Women in the 3rd Trimester

Group	Anxiety Level	f	%
<i>Pre Test</i>	No Mild Anxiety	0	0
	Moderate Anxiety	2	13
	Severe Anxiety	3	18
	Severe Anxiety	11	69
<i>Post Test</i>	No Anxiety	6	37
	Mild Anxiety	3	19
	Moderate Anxiety	2	13
	Severe Anxiety	5	31
	Severe Anxiety		

Based on the table. 2 It can be seen that before being given treatment, the majority of anxiety levels in pregnant women were in the severe anxiety category (69%), while after being given treatment, the majority of anxiety levels in pregnant women were in the non-anxiety category (37%).

## Bivariate Analysis

Table.3 Differences in Anxiety Levels in Pregnant Women in the Third Trimester Before (Pre Test) and After (Post Test) were given Hypnibrithing.

Variabel	Group	Mean	SD
Anxiety Levels in Pregnant Women in the Third Trimester	<i>Pre Test</i>	47,00	15,47
	<i>Post Test</i>	28,63	18,16
		Quarel	18,37 2,69

Based on table 3, the average difference in anxiety levels in pregnant women in the third trimester before (Pre Test) and after (Post Test) was given Hypnibrithing was 18.37 with (SD: 2.69) p value = 0.000 ( $\alpha < 0.05$ ). So it can be concluded that the level of anxiety in pregnant women in the third trimester between before and after Hypnibrithing is given there is a significant difference.

## DISCUSSION

Based on the analysis test, the average difference in anxiety in pregnant women before and after treatment with Hypnibrithing is 18.37 (SD: 2.69) so that it can be said that anxiety in pregnant women in the third trimester between before and after treatment with Hypnibrithing there is a significant difference, which shows the influence of Hypnibrithing on the reduction of anxiety in pregnant women in the third trimester.

During the post test, the respondents said that when they started to get anxious, the respondents were able to do Hypnibrithing independently. After giving Hypnibrithing,

pregnant women are able to control themselves against anxiety, they start thinking positively about themselves and their pregnancy, they also said that hypnobrithing was very helpful for respondents in dealing with anxiety and calming down if they felt restless. The factors that affect the level of anxiety in the face of childbirth are in pregnant women in this study are age, education, occupation, and environment

Basic Hypnobrithing techniques such as relaxation and affirmation, visualization, communication with the fetus, and deepening can help pregnant women condition their body and mind/mind in harmony during pregnancy until preparing for the labor process. This creating a sense of calm and confidence that his body will be able to function naturally in the process.

## CONCLUSION

Anxiety is caused by mind disorders experienced by pregnant women so that it results in excessive anxiety, if not treated it will cause a negative health appearance in pregnant women and fetus. So the provision of treatment with the Hypnobrithing technique is influential in reducing anxiety in pregnant women in the third trimester, especially when they are about to face childbirth.

The education in Hypnobrithing also supports in reducing the level of anxiety in facing childbirth.

Respondents are expected to be able to perform Hypnobrithing techniques in their daily lives, in overcoming anxiety problems in pregnant women in the third trimester to achieve the expected quality and quantity. So that it can be used as an independent action for pregnant women who experience anxiety in facing childbirth.

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