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**THE EFFECT OF HYPNOBIRTHING ON THE LEVEL OF ANXIETY
OF PRIMIGRAVIDA MATERNITY**

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ABSTRACT

Introduction: Pregnancy is a crisis of maturation that can cause anxiety in pregnant women. The anxiety in primigravida mother is greater than multigravida mother due to childbirth is a new thing. The unresolved anxiety during pregnancy may give a bad consequences for both mother and fetus. Hypnobirthing is one of the mind-body interventions to reduce anxiety, fear, panic, and tense during pregnancy and childbirth

Objective: The aim of the study was to find out the effect of hypnobirthing on the level of anxiety of primigravida maternity

Methods: This study used a pre-experimental design with one group pretest-posttest design. The population in this study was primigravida pregnant women who followed hypnobirthing at Tidar Hospital. The sample was 21 pregnant women with incidental sampling as the sampling technique. Data collection was performed before and after doing hypnobirthing by using Analog Anxiety Scale (AAS).

Results: There is hypnobirthing influence on the level of anxiety of primigravida maternity.

Conclusion: Hypnobirthing is effective reducing of anxiety of primigravida maternity at Tidar Hospital.

Suggestions: Hypnobirthing can be applied to reduce the anxiety of primigravida maternity at Tidar Hospital.

Introduction

Sarwoni (2018) said that pregnancy is a period of change and adjustment that can cause anxiety in pregnant women. Anxiety in pregnant women is related to changes in both physical and psychological. Helen (2011) said that the anxiety experienced by primigravida pregnant women is greater than that of multigravida pregnant women, this is because the process of pregnancy and childbirth is a new thing.

Bobak, Lowdermilk, Jensen (2014) said that the level of anxiety is influenced by several things, namely the level of education and social status, physical condition, personality type, environment and living situation, and age. There is evidence that stress during pregnancy has several effects on the immune system and can ultimately affect fetal growth and development. Pregnant women who experience high levels of anxiety can increase the risk of premature birth and even miscarriage. Other

studies have shown that pregnant women with high anxiety during pregnancy will increase the risk of hypertension in pregnancy which can cause strokes, seizures, and even death for the mother and fetus.

Martalisa (2013) said that pregnant women need calm so as not to experience excessive anxiety, so that the pregnancy process runs smoothly, the more calm the mother is in facing childbirth, the more smoothly delivery will be. There are several ways of exercising that pregnant women can do to maintain the health of the body and fetus so that it develops properly and also keeps the mother's emotions stable, such as pregnancy exercise, pregnancy yoga. In addition, there is a natural method that can be done by pregnant women to make the condition of pregnant women more calm and peaceful during pregnancy by instilling positive intentions or suggestions into the subconscious mind so that they can overcome discomfort during pregnancy and pain during childbirth without any side effects. The side effect on the fetus is by using the hypnobirthing relaxation technique. Andriana (2014) said that hypnobirthing is one of the autohypnotic techniques (self hypnosis), which is a natural effort to instill positive intentions or suggestions into the soul and subconscious mind during pregnancy and childbirth preparation.

Based on the results of a preliminary study at Tidar Hospital, there is no hypnobirthing method's that applied before at Tidar Hospital. The authors are interested in examining the effect of hypnobirthing on the anxiety level of primigravida pregnant women in Tidar Hospital.

Methods

This study uses a pre-experimental one group pre-test and post-design method. The population of this study was primigravida pregnant women in Tidar Hospital. Using incidental sampling technique, conducted in September 2022, and obtained 21 respondents. The measuring instrument for hypnobirthing using Standard Operating Procedures (SOP) and measuring anxiety using the Analog Anxiety Scale (AAS) which is a modification of the Hamilton Anxiety Rating Scale (HRS-A) which includes six statements.

Results And Discussion

In a study conducted at the Midwifery Polyclinic of Tidar Hospital, the distribution of respondents based on the characteristics of pregnant women, levels of anxiety before and after hypnobirthing obtained the following results:

Table 1
 Frequency distribution of respondents based on the characteristics of
 pregnant women
 September 2022 (n=21)

No	Characteristics of Pregnant Women	Frequency	Percentage (%)
1	Age		
	20-29 years old	15	71,43
	30-39 years old	6	28,57
2	Gestational Age		

	First trimester	0	0
	Second Trimester	0	0
	Third Trimester	21	100
3	Education		
	Base	0	0
	Intermediate	2	9,52
	Advance	19	90,48
4	Work		
	Unemployed	3	14,29
	Civil servant	3	14,29
	Private sector employee	13	61,90
	Self-employed	2	9,52

Source : Processed primary data

Analysis :

Table 1 shows the majority of pregnant women, namely 15 (71.43) with ages between 20-29 years, and all pregnant women, namely 21 (100%) with gestational age in the third trimester, pregnant women with higher education categories at the Academic level and Universities as many as 19 people (90.48%), pregnant women with the type of work as private employees as many as 13 people (61.90%).

Table 2

Frequency Distribution of Respondents Based on Anxiety Levels Before Hypnobirthing
September 2022

No	Anxiety Level	Frequency	Percentage (%)
1	Un-anxiety	0	
2	Mild	9	42,86
3	Moderate	7	33,33
4	Severe	4	19,05
5	Panic	1	4,76
	Total	21	100

Source : Processed primary data

Analysis :

Table 2 shows that of the 21 respondents, most of them, namely 9 respondents (42.86%) experienced mild anxiety and a small proportion, namely 1 respondent (4.76%) experienced panic anxiety.

Table 3

Frequency Distribution of Respondents Based on Anxiety Levels After Hypnobirthing
September 2022

No	Anxiety Level	Frequency	Percentage (%)
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1	un anxiety	11	52,38
2	Mild	3	14,29
3	Moderate	7	33,33
4	Severe	0	0
5	Panic	0	0
Total		21	100

Source : Processed primary data 2022

Analysis :

Table 3 shows that most of the respondents, namely 11 people (52.38%) did not experience anxiety (anticipation), while a small number of respondents, namely 3 respondents (14.29%) experienced mild anxiety.

Table 4
Differences in Anxiety Before and After Hypnobirthing
September 2022

No	Before <i>Hypnobirthing</i>	After <i>Hypnobirthing</i>	Difference	Rating Without Noticing the Signs	Marked Rating	
					Positive	Negative

1	240	170	70	8,5	+8,5
2	170	80	90	12,5	+12,5
3	220	160	60	6,5	+6,5
4	310	230	80	10,5	+10,5
5	280	100	180	21	+21
6	170	80	90	12,5	+12,5
7	160	110	50	5	+5
8	190	150	40	3,5	+3,5
9	180	30	150	19	+19
10	350	220	130	18	+18
11	210	200	10	1	+1
12	200	100	100	14,5	+14,5
13	270	250	20	2	+2
14	310	250	60	6,5	+6,5
15	170	90	80	10,5	+10,5
16	360	250	110	16,5	+16,5
17	180	80	100	14,5	+14,5
18	250	180	70	8,5	+8,5
19	420	260	160	20	+20
20	190	80	110	16,5	+16,5
21	160	120	40	3,5	+3,5
					$\Sigma=T=0$
$\bar{x} = 237,7$		$\bar{x} = 150,9$			
Z count = 4,01					
Z tabel = 1,645					

Source : Processed primary data

Analysis :

The table above shows the results of the Wilcoxon signed rank test. The average anxiety before hypnobirthing was 237.7 (moderate anxiety), while anxiety after hypnobirthing was 150.9 (mild anxiety). After testing using the Wilcoxon signed rank test manually, the value for Z count is 4.01 and Z table for an error rate of 5% is 1.645, because Z count > Z table then H_0 is rejected and H_a is accepted, meaning that there is an effect of hypnobirthing on the level of Anxiety of primigravida pregnant women in Tidar Hospital.

Most of the respondents experienced a decrease in anxiety levels, but there were two people who did not experience a decrease in anxiety, based on the results of the interview, this was because the two people could not concentrate when the hypnobirthing took place. This is also supported by the education level of both of them being secondary so that they are more prone to anxiety than those with higher education. The average level of anxiety before hypnobirthing was moderate anxiety, while the average after hypnobirthing was mild anxiety. Hypnobirthing which is only done once cannot eliminate anxiety completely, so pregnant women still need assistance from both the closest people and from health workers.

The results of this study are supported by research conducted by Martalisa (2013), that there are differences in anxiety levels before and

after hypnobirthing from moderate anxiety to mild anxiety. When the mother is pregnant, the mother will experience physiological and psychological changes that can cause feelings of anxiety, fear, and discomfort, by doing hypnobirthing, the mother will become calmer and relaxed so that she can reduce the level of anxiety she experiences.

Hypnobirthing teaches pregnant women to be at one with the natural movements and rhythms of the body during childbirth, to allow the body and mind to work, and to believe that the body is able to function as it should so that the pain will disappear. According to the researcher's assumption, the success of hypnobirthing is influenced by several things, including the trusting relationship between the facilitator and pregnant women, a comfortable and safe environment when doing hypnobirthing and the facilitator's ability to guide hypnobirthing.

CONCLUSION

1. The level of anxiety before hypnobirthing was carried out, as many as 9 people experienced mild anxiety, 7 people with moderate anxiety, 4 people with severe anxiety and 1 person experienced panic.
2. The level of anxiety after hypnobirthing was carried out, namely 11 people were not anxious, 3 people experienced mild anxiety levels, and 7 people had moderate anxiety.
3. After being tested with the willcoxon signed rank test with a significance level (α) of 0.05, the Z count = 4.01 so that the Z count > Z table means that there is an effect of hypnobirthing on the anxiety level of primigravida pregnant women in Tidar Hospital, September 2022.

SUGGESTION

Health workers are expected to provide more motivation to pregnant women to participate in hypnobirthing in order to reduce the level of anxiety experienced by pregnant women, so that the use of drugs and their side effects can be avoided. Hypnobirthing can be applied to reduce the anxiety of primigravida maternity at Tidar Hospital.

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