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The Combined Effect of Counterpressure and Hypnobirthing on Reducing Labor Pain

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ABSTRACT

Labor pain is pain caused by uterine contraction that can cause sympathetic nervous system activity to increase. Labor pain can also cause physiological changes in the body such as blood pressure rising, heart rate increasing, and respiratory rate increasing, and if this pain is not addressed immediately, it will cause more anxiety, tension, fear, and stress. this therapy aims to observe how the two approaches can work together to make labor more comfortable and less traumatic and help reduce pain during labor. This literature review examines the combined effects of counterpressure and hypnobirthing on labor pain reduction. Relevant articles from PubMed, Science Direct, and Google Scholar. The result showed that the average pain scale was on a severe scale before counterpressure and hypnobirthing, but on a moderate scale after counterpressure and hypnobirthing. This way, it will reduce pain and make you feel comfortable during contractions or between contractions. Based on the analysis that has been done by the author, it can be concluded that the use of counterpressure and hypnobirthing techniques is effective for reducing labor pain.

Keywords: Counterpressure; Hypnobirthing; Labor Pain; Literature Review

Introduction

According to the World Health Organization (WHO), 2019 in the journal (1) The maternal mortality rate (MMR) is 216 per 100,000 live births or 303,000 cases of maternal deaths are estimated. Most of these deaths occur in developing countries (94%). Data from the Ministry of the Republic of Indonesia, the number of mothers who gave birth in Indonesia in 2020 was 5,043,078 people, and 23.2% of them experienced labor complications (2).

The success of health services during pregnancy, childbirth, postpartum, and

newborn delivery is indicated by the Maternal Mortality Rate (MMR) and Infant Mortality Rate (IMR). The maternal mortality rate (MMR) in ASEAN is 235 per 100,000 live births. According to the Indonesian Demographic and Health Survey (IDHS), the MMR fell from 2012 to 2015 to 305 per 100,000 live births, and the number of maternal deaths in Indonesia in 2019 was 4,221 cases. In addition, the MMR continued to fall in 2019 to 179 out of 302,555 live births, or 59.16 per 100,000 live births (3).

In the journal (4) Labor is the result of conception that can live outside the uterus

through the vagina that comes out of the uterus. In general, this procedure is completed in less than 24 hours (Sondakh, 2013). Normal labor begins with uterine contractions and changes in the shape of the cervix (opening and thinning), and ends with the birth of the placenta in stage III. In labor, there are four stages: Stage I, Stage II, and Stage III. In Stage I, labor begins with the maturation and dilation of the cervix (neck of the uterus) to 10 cm, and labor usually lasts between 10 to 18 hours. This stage has two phases: the active phase and the latent phase. During the latent phase, the cervix opens by 0 to 3 cm, mucus and blood come out of the birth canal, and the heartburn caused by contractions is mild or not very strong. The laboring mother experiences heartburn due to increased uterine contractions and increased frequency during the active phase, which lasts until the opening of the cervix is 4-10 cm wide or until the amniotic membrane breaks. Contractions can occur up to 2-4 times every 10 minutes (5).

Labor pain is pain caused by uterine contractions that can cause sympathetic nervous system activity to increase (6). Labor pain can also cause physiological changes in the body such as increased blood pressure, increased heart rate, and increased respiratory rate, and if this pain is not addressed immediately, it will cause more anxiety, tension, fear, and stress (1). Pregnant women who experience stress consume more body glucose, so they get tired and secrete catecholamines, which stop uterine contractions (7). As a result, labor becomes longer, which causes the mother more anxiety, pain, and stress (4). It is important for birth attendants to provide the mother with a sense of comfort and safety during labor because not controlling pain can lead to a poor labor experience and postpartum blues (8). Epidural and spinal analgesics are one of the pharmacological interventions to reduce labor pain (9). However, the use of epidural analgesics increases the risk of instrumental labor and section caesarea, so it is only used in emergencies.

Non-pharmacological interventions can be a safe and effective alternative to pharmacological interventions. It

can also be used to manage labor pain. Massage is one of the non-pharmacologic ways to reduce labor pain. In labor, comfort-enhancing techniques, relaxation techniques, distraction techniques, regular breathing, and other body positions can be used for non-pharmacological therapy. These techniques can help manage pain and stress associated with labor. These techniques also accelerate the progression of labor and make labouring women feel more able to handle labor pain (Simkin et al., 2007) in the journal (10).

Massage and counterpressure techniques, which are safe and harmless, help reduce low back pain during labor (8). *Counter pressure* is a type of massage in which the base or fist of one hand is used to apply continuous pressure to the sacrum bone. The focus of the pressure is on the source of the pain (11). In addition to that technique hypnobirthing, or labor hypnosis, is one of the non-pharmacological methods that can be used by nurses to reduce labor pain. One method of autohypnosis (selfhypnosis) is hypnobirthing, which involves implanting positive intentions or suggestions into the subconscious mind and spirit to help with pregnancy and labor preparation. Hypnobirthing is an approach based on the belief that every mother has the potential to undergo a natural, calm, and comfortable birthing process without pain (12).

This therapy aims to observe how the two approaches can work together to make labor more comfortable and less traumatic and help reduce pain during labor.

Methods

The research design in this journal article uses literature review. One way to use reviews and reviews in research is to do a literature review. This research was conducted by examining articles in PubMed, Science direct, and Google Scholar from 2017 to 2024 regarding the combined effect of the application of counterpressure and hypnobirthing on reducing labor pain. To find relevant literature articles, the authors obtained the following standards for inclusion and exclusion:

Tabel 1. Literature review Inclusion and Exclusion Criteria

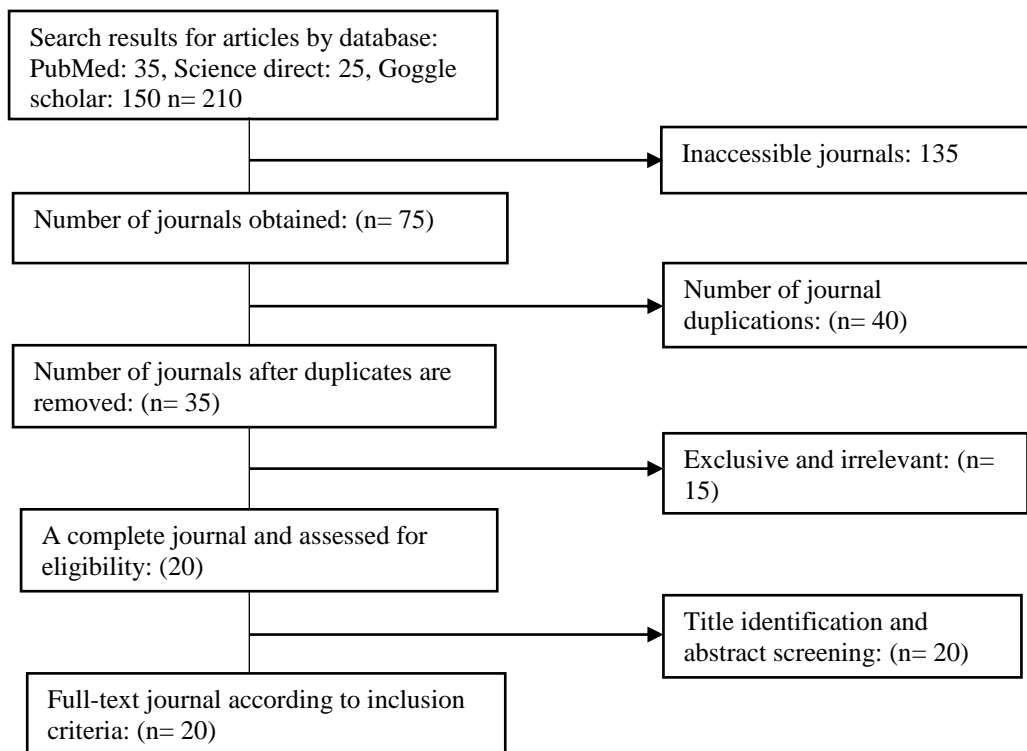
Inclusion criteria	Exclusion criteria
a. Articles that discuss the application of counterpressure and hypnobirthing to reduce labor pain	a. Incomplete and inaccessible articles
b. Articles published sine 2017-2023	b. Opinions paper
c. National articles	
d. Original article	

Literature search

To create this literature, a comprehensive search strategy was used, including journal searches through research journal databases. The databases used in this

study include Science direct, PubMed, Goggle Scholar, and several WHO documents. The purpose of this journal search was to obtain relevant and high-quality journals. This journal search used national journals.

Tabel 2. PRISMA diagram literature review selection process



Results

The results of the search for journals that met the inclusion and relevant criteria

showed that only 20 articles related to the effect of the combination of counterpressure and hypnobirthing on reducing labor pain were selected:

Tabel 3. Grouping by journal type

No	Journal type	Volume	Yea	Issue	Total
1	Science Midwifery	10	2023	6	1
2	INNOVATIVE: Journal of Social Science Research	3	2023	3	
3	INNOVATIVE: Journal of Social Science Research	4	2024	3	1
4	PROFESI	13	2015	1	1
5	PJMHS: Pakistan Journal of Medical and Health Sciences	16	2022	3	1
6	Journal of Healthcare Technology and Medicine	9	2023	2	1
7	Prosiding Seminar Hi-Tech	2	2023	1	1
8	Jurnal IMJ: Indonesia Midwifery Journal	6	2022	1	1
9	Jurnal Kesehatan	12	2023	2	1
10	MJ (Midwifery Journal)	3	2023	4	1
11	GASTER	17	2019	2	1
12	Jurnal Kesehatan Al-Irsyad	17	2024	1	1
13	Jurnal Penelitian Keperawatan Medik	6	2024	2	1
14	Jurnal Inovasi Daerah	1	2022	2	1
15	Poltekita: Jurnal Ilmu Kesehatan	15	2021	1	1
16	Jurnal Genta Kebidanan	12	2022	1	1
17	Jurnal IMJ: Indonesia Midwifery Journal	7	2024	2	1
18	Journal for Quality in Women's Health	4	2021	2	1
19	Health Media	1	2020	2	1
20	JAMBURA Journal of Health Science and Research	5	2023	4	1

Tabel 4. Hasil

No	Research/Title	Research objectives	Type of research	Research method	Results
1	The effect of hypnobirthing relaxation the scale pain in labor during the active phase I	To determine the effect of the application of hypnobirthing on reducing pain in laboring mothers.	Quantitative	Quasi experimental method with one group pretest dan posttest without control design	The average before pain before being given hypnobirthing is 2.60. The average pain after being given hypnobirthing is 1.07 with a p-value of 0.000 (<0.05), there is a significant influence between hypnobirthing on labor pain.
2	The relationship between the application of hypnobirthing techniques on reducing labor pain in mothers inpartu kala I at the Yusniar	To determine the relationship of the application of Hypnobirthing to the reduction of pain during labor in mothers inpartu	Quantitative	Non-equivalen control group desain, consecutive sampling	Based on statistical tests with the independent T test, the p value is 0.002 <0.05 , which shows that there is a relationship between the application of hypnobirthing to reduce labor pain in mothers inpartu kala I, hypnobirthing

No	Research/Title	Research objectives	Type of research	Research method	Results
	PKL Clinic. Branda	kala I			techniques can reduce pain in labor
3	The effect of hypnobirthing therapy on reducing pain intensity in labouring mothers at RSIABDT Jakarta in 2024	To determine the effect of hypnobirthing therapy on reducing pain intensity in laboring mothers	Qualitative	Study case literature review	There is an effect of Hypnobirthing therapy and deep breath relaxation on reducing the intensity of pain in labouring women, but childbirth with helps more to reduce the pain and anxiety faced by patients during the labor process and helps patients be much more prepared to undergo the labor process
4	Effect of hypnobirthing application on normal labor pain	To determine the effect of the hypnobirthing application method on normal labor pain	Quantitative	Quasi eksperimen with one group pretest-posttest design	There is an effect of Hypnobirthing on the level of normal labor pain at Harapan Bunda Surakarta maternity home with a p value: $0.000 < 0.05$ at a significance of 5% hypnobirthing is able to reduce normal labor pain
5	Hypnobirthing and prenatal yoga on pain and Labor duration: Literature review	To review research articles on the effectiveness of hypnobirthing and prenatal yoga on labor pain and duration	Searches were conducted in several databases: google scholar, biomed central, PubMed, Pubmed central	Literature review	8 out of 11 reports concluded that hypnobirthing effectively reduced the pain and duration of labor, while 3 articles had opposite results. While a combined report on hypnobirthing and prenatal yoga showed its efficacy in reducing labor duration
6	The effect of hypnobirthing implementation on the effect of pain on the labor process at the Talita Medan Clinic	To determine the effect of hypnobirthing implementation on reducing pain in the labor process at the Talitha Medan clinic	Quantitative	Quasi-experimental method with one group pretest and posttest.	The average reduction in pain before and hypnobirthing is statistically decreased, namely the effect of pain in mothers with $P = 0.000$ or less than < 0.05 , which means that there is an effect of reducing pain before and after hypnobirthing is done
7	The effect of applying hypnobirthing techniques on pain and normal labor progress	To determine the effect of hypnobirthing techniques on reducing pain during the labor process	Qualitative	Literature review	Of the 10 articles obtained, the results show that hypnobirthing is very influential in reducing pain in labor
8	The effect of hypnobirthing on reducing the	To find out how hypnobirthing	Quantitative	The experimental design used is	The bivariate results obtained a significant Relationship with the results

No	Research/Title	Research objectives	Type of research	Research method	Results
	pain scale in the labor process at the Independent Practice of Midwife Amelia Village	affects the decrease in pain scale in labor		aquasi-experiment with a static group comparison design pproach	of p value = 0.000, it means that Ha is accepted, which means that there is an effect of hypnobirthing on reducing the pain scale in the labor process
9	The effect of hypnobirthing on reducing pain intensity in mothers	To determine the effect of hypnobirthing techniques	Systematic literature review	Literature review	There is a decrease in intensity with laboring mothers who are given hypnobirthing therapy during pregnancy compared to labouring mothers who are not given hypnobirthing therapy during pregnancy
10	The effectiveness of hypnobirthing on the pain scale of mothers in labor during the active phase I in the Lebuh Dalem Health Center Work Area	To determine the effect of hypnobirthing techniques in reducing labor pain in women	Quantitative	reexperimenta l design with one group pretest posttest research design	Bivariate analysis can be concluded that the results of the t test obtained a p value of $0.000 < \alpha (0.05)$ and a CI-95% value (0.738-1.727, 0.738-1.738), which means that there is an effect of hypnobirthing on the pain scale in labouring mothers inpartu kala I phase in the work area
11	Counterpressur e Massage Technique to Reduce the Intensity of Active Phase IPain in Laboring Mothers at RSUD. Dr. M.m Dunda Limboto Gorontalo Regency	To analyze the effect of counter pressure mass technique on reducing the intensity of Active Phase I pain in laboring mothers	Quantitative	Preexperiment Research design using One Group Pretest posttest	Based on the research obtained the results of p value $0.000 < 0.05$, that is, there is an effect of counter pressure massage technique on reducing the intensity of pain in Active Phase I in labouring mothers.
12	The effect of a combination of deep breath relaxation, counter pressure and murotal as a complementary nurse on reducing labor pain at Fatimah Islamic Hospital Cilacap	To determine the effect of the combination of these measures on labor pain	Quantitative	Quasi-experimental design in the form of nonequivalent control group design	There was a decrease in Postintervention pain levels from 4.8 to 1.13, statistical tests obtained p value < 0.05 , meaning that there was an effect of a combination of deep breath relaxation, counter pressure and murotal as a complementary nurse on labor pain
13	Effect of Combination of Counterpressur e Therapy with	To find out the effect of the combination of counterpressure	Quantitative	Using a Pseudo experiment with a two	There is an effect combination of counterpressure therapy with birth ball on reducing labor

No	Research/Title	Research objectives	Type of research	Research method	Results
	Birth Ball on Reducing Active Phase I Labor Pain at Marendal Image Clinic	therapy with birth ball on reducing labor pain during the active phase I.		group only posttest design.	pain during the active phase I with p value = 0.001 < 0.005
14	Effect of Combination of Massage and Counter Pressure on First Period Labor Pain in Cilacap Regency Area	To determine the effect of the combination of massage with counterpressure	Qualitative	Case study research strategy	There are benefits of massage and counter pressure techniques on labor pain during the active phase I.
15	Effectiveness of the Combination of Counter Pressure and Pelvic Rocking Techniques on Reducing Pain in the Active Phase of Normal Labor at Kayamanya Health Center	To analyze the effectiveness of the combination of counter pressure and pelvic rocking techniques on reducing pain in the active phase of	Quantitative	Aquasi-experimental study, with a pretest posttest control group design	The results of statistical tests using the t-dependent test show that there are significant differences before and after being carried out in the intervention group and control group with a p value < 0.05, pelvic rocking is better in reducing pain during the active phase of normal labor than the counter pressure technique
16	The Effect of Counter Pressure Massage on Reducing the Intensity of Active Phase I Pain in the Kintamani VI Work Area	To determine the effect of counterpressure massage on reducing pain intensity kala one active phase	Quantitative	Pre-experimental with one group prepost test design with accidental sampling technique	Almost all (80%) respondents experienced severe pain before being given massage and most (65%) experienced moderate pain after being given counterpressure, there is an effect of counterpressure massage there is a decrease in pain during the active phase of normal labor with a p value = 0.001 < 0.05.
17	The effect of Counterpressure Technique on reducing labor pain during the active phase I at PMB H Sepatan	To determine the effect of counterpressure techniques in showing the scale of labor pain	Quantitative	Quasi experiment with one grup pre-test post-test	The results of the study mean value before 7.35 and after treatment 4.05 showed that the counterpressure technique had an effect on reducing the pain scale in Labouring mothers
18	The Effect of Giving Acupressure and Counterpressure on Active Phase I Pain of Primiparous Mothers at Aura Syifa	Efforts to reduce labor pain are by non pharmacological methods with acupressure and counter pressure techniques.	Quantitative	Quasi experiment with random sampling technique	This study shows that there is an effect before and after being given acupressure and counter pressure treatment on reducing the intensity of labor pain.

No	Research/Title	Research objectives	Type of research	Research method	Results
	Hospital, Kediri Regency				
19	Literature review: non pharmacological methods to reduce pain in the first stage of labor with a counter pressure technique	To find out how influential the counter technique is	Searches Were carried out in several databases: google scholar, proquest, science direct	Literature review	Counter pressure may be categorized as a safe and effective intervention for reducing labor pain in the first phase I.
20	The effect of counter pressure massage technique on the effect of labor pain at stage I	To analyze the effect of counter pressure massage technique on the effect of labor pain during the first stage of labor in mothers.	Quantitative	Quasi-experimental design with pretest posttest with contrl group approach	The average decrease in labor pain during the first stage in the intervention group was -0.93 (1.46): -2,00 (1,23). The statistical test results show that there is a significant difference in the decrease in labor pain in the two groups (pvalue = 0.003) which means that the counter pressure massage technique has an effect on reducing labor pain in the first stage of labor in mothers.

Discussion

In the literature review, most articles described the results of research on counterpressure and hypnobirthing, but there were also combinations of the 2 techniques counterpressure and hypnobirthing with deep breathing, acupressure, pelvic rocking, birth ball, and yoga. These results can be used as a basis for reviewing research journals.

Of the 20 journals presented, fourteen used experimental methods, and six used literature review methods. By using Wong Weber's Face pain scale and Visual Analog Scale (VAS). The results showed that the average pain scale was on a severe scale before counterpressure and hypnobirthing, but on a moderate scale after counterpressure and hypnobirthing.

Anxiety, prolonged labor, and intractable labor pain can lead to breastfeeding failure. Methods to reduce labor pain are needed due to the high level of pain found in this study. Pregnant women need support from health professionals and family to meet their physical and psychological needs during labor (13). An example is reducing labor pain. Skin

stimulus with massage or touch is one way to reduce pain.

Hypnobirthing is very important to lower labor pain to reduce maternal anxiety and fatigue during labor (14). Some alternatives that can be used to reduce labor pain are counterpressure, hypnobirthing, religious music and murottal, classical and local music, relaxation, compresses, drinking warm ginger, acupressure, TENS, accounts, and aromatherapy (15).

Counterpressure is used in a safe and effective way to reduce labor pain in Stage I, hypnobirthing techniques can also be categorized as safe and effective interventions (16). Counterpressure is done by applying pressure to the patient's sacrum bone during contractions with the base or fist of one palm. A new method called hypnobirthing is intended to help pregnant women prepare for a smooth, comfortable, and painless normal birth (17).

This counterpressure technique is performed in the lumba area, where the sensory nerves of the uterus and the mouth of the uterus run together with the sympathetic nerves of the uterus to the spinal cord through the thoracic nerves 10-11-12 to the lumba 1 area. As a result,

taste impulses enter the spinal cord. Hypnobirthing was introduced by Jacobson and Wolpe and is thought to reduce the pain of pregnant women (18). This method uses visualization and positive language to help people relax and regulate deep breathing. Hypnobirthing has many benefits for pregnant women, one of which is the ability to control the level of pain they experience during labor (19). It also makes them less stressed and depressed during the labor process.

The counterpressure technique aims to stop pain stimuli from being sent to the spinal cord and brain. This process activates endorphin compounds, which inhibit the transmission of pain messages, which reduces pain (20). One non-pharmacological approach that can be used to reduce pain during labor is to do hypnobirthing. The hypnobirthing method is based on the belief that every mother has the ability to carry out the process of giving birth naturally, calmly, and comfortably (without pain) (4). The program teaches pregnant women to become one with their body's

movements and rhythms during the birthing process, allowing their body and mind to work, which reduces pain.

Counterpressure and hypnobirthing techniques are very effective for reducing back pain during labor. In this way, it will reduce pain and make you feel comfortable during contractions or between contractions. Several journals that have been researched show that using counter pressure and hypnobirthing techniques are effective for labor pain.

Conclusion

Based on the analysis that has been done by the author, it can be concluded that the use of counterpressure and hypnobirthing techniques is effective for reducing labor pain. Suggestions from the implementation of literature review for the next is better to use more databases so that it can get more research articles and more good and the limitations of the year searched by keyword articles obtained are the last five years so that the literature review is more updated again.

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