



The Effect of Hypnobirthing Relaxation on the Anxiety Level of Third Trimester Primigravida Mothers in Facing Childbirth Preparations in the Working Area of the Naras Health Center, Pariaman, Indonesia

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A B S T R A C T

Pregnancy is a normal physiological process, but it can cause anxiety in pregnant women, especially in the third trimester. Anxiety in pregnant women can be caused by various factors, such as physical and hormonal changes, as well as fear of childbirth. Hypnobirthing relaxation is one method that can be used to reduce anxiety in pregnant women. This study aims to determine the effect of hypnobirthing relaxation on the anxiety level of third trimester primigravida mothers in preparing for childbirth in the working area of the Naras Health Center, Pariaman, Indonesia. This research uses a quasi-experimental research design with a pre-test and post-test approach. The research sample was 30 third trimester primigravida mothers in the working area of the Naras Health Center, Pariaman, Indonesia, who were divided into two groups, namely the intervention group that was given hypnobirthing relaxation and the control group that was not given hypnobirthing relaxation. The results showed that there was a significant difference between the anxiety levels of third trimester primigravida mothers in the intervention group and the control group after being given hypnobirthing relaxation ($p < 0.05$). This shows that hypnobirthing relaxation can reduce the anxiety level of third trimester primigravida mothers in preparing for childbirth.

1. Introduction

Pregnancy is a normal physiological process, but it can cause anxiety in pregnant women, especially in the third trimester.¹ Anxiety in pregnant women can be caused by various factors, such as physical and hormonal changes, as well as fear of childbirth. Physical and hormonal changes that occur in the third trimester of pregnancy can cause pregnant women to feel uncomfortable, such as nausea, vomiting, fatigue, back pain, and constipation. These changes can cause anxiety in pregnant women. Apart from that, fear of childbirth can also be a factor that causes anxiety in pregnant women. Pregnant women can feel afraid of

pain during labor, afraid of complications during childbirth, or afraid of death.²⁻⁴

Anxiety in pregnant women can have a negative impact on the physical and psychological health of pregnant women. Anxiety can cause pregnant women to experience sleep disturbances, decreased appetite, and difficulty concentrating. Anxiety can also increase the risk of pregnancy complications, such as hypertension, preeclampsia, and gestational diabetes.^{5,6} Hypnobirthing relaxation is one method that can be used to reduce anxiety in pregnant women. Hypnobirthing relaxation is a relaxation technique that combines hypnosis and deep breathing



techniques. This technique aims to help pregnant women achieve a relaxed and calm state, thereby reducing anxiety and pain during childbirth.⁷⁻⁹ This study aims to determine the effect of hypnobirthing relaxation on the anxiety level of third-trimester primigravida mothers in preparing for childbirth in the working area of the Naras Health Center, Pariaman, Indonesia.

2. Methods

This research uses a quasi-experimental research design with a pre-test and post-test approach. This research design was used to compare two groups, namely the intervention group and the control group. The intervention group was given treatment, while the control group was not given treatment. The research sample was 30 primigravida mothers in the third trimester in the working area of the Naras Health Center, Pariaman, Indonesia. Samples were taken using a purposive sampling technique, namely by selecting samples that met certain criteria, namely Pregnant women with a gestational age of 36-40 weeks, pregnant women with a single pregnancy, and pregnant women who did not have chronic diseases. The research variable in this study was the anxiety level of third-trimester primigravida mothers.

Anxiety levels were measured using the Hospital Anxiety and Depression Scale (HADS) questionnaire. This questionnaire consists of 14 items, with 7 items measuring anxiety and 7 items measuring depression. The intervention group was given hypnobirthing relaxation for 12 meetings, with each meeting lasting 60 minutes. Hypnobirthing relaxation is provided by midwives who have been specially trained. Hypnobirthing relaxation is a relaxation technique that combines hypnosis and deep breathing techniques. This technique aims to help pregnant women achieve a relaxed and calm state, thereby reducing anxiety and pain during childbirth. Measurement of anxiety levels was carried out before and after treatment. Measurements were carried out using the HADS questionnaire. The research results were analyzed using the Wilcoxon difference test to

compare the anxiety levels of third-trimester primigravida mothers in the intervention group and the control group.

3. Results and Discussion

The results showed that there was a significant difference between the anxiety levels of third-trimester primigravida mothers in the intervention group and the control group after being given hypnobirthing relaxation ($p < 0.05$). The mean anxiety level of third-trimester primigravida mothers in the intervention group before being given hypnobirthing relaxation was 18.20 ± 2.12 , while the mean value of anxiety level after being given hypnobirthing relaxation was 13.40 ± 1.54 . The mean value of the anxiety level of third-trimester primigravida mothers in the control group before being given hypnobirthing relaxation was 20.50 ± 1.78 , while the mean value of anxiety level after being given hypnobirthing relaxation was 17.50 ± 1.73 .

Pregnancy is a normal physiological process, but it can cause anxiety in pregnant women, especially in the third trimester. Anxiety in pregnant women can be caused by various factors, such as physical and hormonal changes, as well as fear of childbirth.¹⁰⁻¹² Hypnobirthing relaxation is one method that can be used to reduce anxiety in pregnant women. Hypnobirthing relaxation is a relaxation technique that combines hypnosis and deep breathing techniques. This technique aims to help pregnant women achieve a relaxed and calm state, thereby reducing anxiety and pain during childbirth.^{13,14}

Relaxation is a physical and mental state characterized by a decrease in muscle activity, breathing, and heart rate. Relaxation can reduce levels of stress hormones, such as cortisol and adrenaline. Stress hormones can cause various symptoms of anxiety, such as restlessness, heart palpitations, and difficulty concentrating. Hypnobirthing relaxation techniques can help pregnant women achieve a state of relaxation. This technique uses deep breathing techniques, visualization, and positive affirmations. Deep breathing techniques can help pregnant women control breathing and reduce heart rate. Visualization



can help pregnant women imagine themselves in a relaxed and calm state. Positive affirmations can help pregnant women build confidence that they can face labor calmly.¹⁵⁻¹⁷

Hypnobirthing relaxation is one method that can be used to reduce the anxiety of pregnant women. This technique combines relaxation techniques, such as deep breathing and visualization, with information and understanding about the birthing process. Anxiety in pregnant women can be caused by fear of the unknown. Pregnant women who understand the birth process will be better prepared to face labor and will not feel afraid of the unknown. Anxiety can also be caused by a lack of self-confidence. Pregnant women who understand the birth process will be more confident that they can face labor smoothly and happily. Information and understanding about the birth process can help pregnant women prepare for delivery.^{18,19}

Pregnant women who are ready to face childbirth will be calmer and will not feel anxious. Hypnobirthing classes are an effective way to provide information and understanding about the birthing process. Hypnobirthing classes are usually given by a trained midwife or hypnobirthing therapist. Books and articles can also be a source of information about the birthing process. Pregnant women can read books or articles about the birth process to increase their understanding. Pregnant women can also discuss with a doctor or midwife to get information about the birth process. A doctor or midwife can provide information that is accurate and appropriate to the condition of the pregnant woman.¹⁸

Hypnobirthing relaxation is one method that can be used to reduce the anxiety of pregnant women. This technique combines relaxation techniques, such as deep breathing and visualization, with information and understanding about the birthing process. Apart from that, hypnobirthing relaxation can also help pregnant women develop coping skills to face childbirth. Coping skills are the ability to face stress and challenges. Pregnant women who have good coping skills will be better able to deal with pain and

anxiety during childbirth. When pregnant women feel anxious, they tend to focus on negative things, such as pain and fear. Hypnobirthing relaxation can help pregnant women focus on positive things, such as positive images or affirmations. Hypnobirthing relaxation teaches pregnant women various relaxation techniques, such as deep breathing and visualization. These techniques can help pregnant women deal with the stress of childbirth. Hypnobirthing relaxation can help pregnant women build self-confidence so that they can face labor smoothly and happily. Deep breathing techniques can help pregnant women stay calm and relaxed when dealing with pain and anxiety. Visualization can help pregnant women imagine themselves in a relaxed and calm state. Positive affirmations can help pregnant women build self-confidence so that they can face labor smoothly and happily.^{7,20}

4. Conclusion

Hypnobirthing relaxation is an effective method for reducing anxiety in pregnant women. This technique can help pregnant women achieve a relaxed and calm state, thereby reducing anxiety and pain during childbirth.

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