

The Relationship Of Pregnant Women's Knowledge And Attitudes Regarding Hypnobirthing At The Novi Lintas Timur Midwifery Clinic, Panyabungan District, Mandailing Natal Regency

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ARTICLE INFO

ABSTRACT

Keywords:

Hypnobirthing, Knowledge, Attitude

Hypnobirthing is a natural method used to eliminate fear, panic, tension and other pressures that haunt mothers during childbirth. Hypnobirthing is said to provide many benefits because it trains pregnant women to always relax, be calm and stabilize emotions. Hypnobirthing aims to enable mothers to give birth comfortably and relieve the pain of giving birth without the help of any anesthetic. The aim of this research is to identify the relationship between pregnant women's knowledge about hypnobirthing and pregnant women's attitudes towards hypnobirthing therapy in Novi midwives in 2023. This type of research uses an analytical survey method with a cross-sectional approach. The population in this study was the relationship between 60 pregnant women's knowledge about hypnobirthing at the Novi Midwife Clinic. Samples were taken by random sampling. The sample in this study was 37 pregnant women. Data collection uses a questionnaire. Data analysis uses univariate analysis and uses the chi square test. The research results showed that the majority of pregnant women's knowledge about hypnobirthing had sufficient knowledge as many as 19 people (51.4%) and the minority had good knowledge as many as 8 people (21.6%). Of the 19 respondents who had sufficient knowledge, the majority had a positive attitude about hypnobirthing, 16 people (43.2%), while of the 8 respondents who had good knowledge, the majority had a positive attitude, namely 8 people (21.6%). The results of the chi-square statistical test prove that there is a significant relationship between pregnant women's knowledge about hypnobirthing and pregnant women's attitudes towards hypnobirthing therapy, with a p value = 0.001 ($p < 0.05$). The conclusion of the research is that there is a significant relationship between maternal knowledge about hypnobirthing and pregnant mothers' attitudes towards hypnobirthing therapy at the Novi Midwife Clinic in 2023

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1. INTRODUCTION

Introduction: The hypnobirthing method can be used starting during pregnancy, can reduce nausea, vomiting and dizziness in the first trimester, overcome discomfort during pregnancy and pain during childbirth without side effects on the fetus. Hypnobirthing is a part of clinical hypnosis, especially obstetric hypnosis. Clinical hypnosis is a science and skill that has long been used in the world of health, and is currently developing rapidly because many people need it. This is caused by stressful conditions in dealing with very rapid changes in the pregnancy process. Clinical hypnosis aims as a promotion, prevention, therapy and rehabilitation effort (Seri Wahyuni Harahap, 2023).

Hypnobirthing before childbirth by practicing relaxation to reduce anxiety and fear before childbirth which can cause tension, pain, pain during childbirth, being able to control the sensation of pain during uterine contractions, increasing endorphin levels in the body to reduce excessive pain (Meda Yuliani, 2023). Hypnobirthing is an autohypnosis technique (selfhypnosis) in dealing with and undergoing pregnancy and childbirth so that pregnant women can undergo pregnancy and childbirth in a natural, smooth and enjoyable way because it can minimize pain (Siti Ummah, 2023).

The Relationship Of Pregnant Women's Knowledge And Attitudes Regarding Hypnobirthing At The Novi Lintas Timur Midwifery Clinic, Panyabungan District, Mandailing Natal Regency.

Ferika Desi et.al

The World Health Organization (WHO) estimates that 800 women die every day due to complications from pregnancy and the birth process. Approximately 80% of maternal deaths are due to increased complications during pregnancy, childbirth and postpartum. The maternal mortality rate (MMR) in the world is 289,000 people. Nearly two-thirds of maternal deaths are caused by direct causes, namely bleeding (25%), infection/sepsis (15%), eclampsia (12%), unsafe abortion (13%), obstructed labor (8%), other direct causes such as ectopic pregnancy, embolism, and matters related to anesthesia problems (8%), other causes (19%), Irawan, (2015) in Titi Asute (2019).

A study in England shows how hypnobirthing can indeed shorten the labor process. With 267 subjects and 600 controls, researchers Jenkins and Pritchard found that HypnoBirthing achieved a 3-hour reduction in labor time for first-time mothers, from an average of 9.3 hours to 6.4 hours. Apart from that, pushing time is also shorter for mothers who are pushing for the first time, namely reduced from an average of 50 minutes to 37 minutes. There was also a reduction in labor time by 1 hour for second (or subsequent) mothers, from 6.2 hours to 5.3 hours.

According to the 2017 SDKI (Indonesian demographic and health survey) data, the infant mortality rate shows 24 deaths per 1,000 live births (2017 SDKI). Meanwhile, in 2015, based on SUPA data (inter-census population survey) 2015, the infant mortality rate (IMR) showed a decline, namely 24 deaths per 1,000 live births (Indonesian Health Profile, 2018). According to the health report in West Java in 2017, the infant mortality rate (IMR) in West Java in 2017 saw 3077 infant deaths, an increase of 5 compared to 2016 when 3072 infant deaths were recorded. The proportion of infant deaths in 2017 was 3.4 per 1,000 live births, a decrease of 0.53 points compared to 2016 which was 3.93 per 1,000 live births (WEST JAVA HEALTH OFFICE, 2017).

It can be seen that the number of pregnant women who did the hypnobirthing technique and then did not feel anxious was 19 people (82.6%) and those who did the hypnobirthing technique then experienced anxiety were four people (17.4%). Meanwhile, there were four pregnant women who did not use the hypnobirthing technique but did not experience anxiety and there were five pregnant women who did not use the hypnobirthing technique and experienced anxiety (55.6%). The results of bivariate analysis using chi square were obtained at a p value of 0.031 ($p < 0.050$) meaning "there is a relationship between hypnobirthing techniques and reducing the anxiety level of pregnant women in the third trimester at the East Kalimantan Bontang fertilizer hospital", and OR 5.937500 (1.084300- 32.513065). Shows that mothers who use hypnobirthing techniques are 5.9 times more likely to not experience anxiety compared to mothers who do not use hypnobirthing techniques.

In Indonesia, there are 107,000 (28.7%) pregnant women who experience anxiety when facing childbirth, while on the island of Sumatra there are 355,873 (52.3%) pregnant women who experience anxiety when facing childbirth (Ministry of Health, 2021). Research conducted by Astria (2023) showed that anxiety was more experienced by primigravida pregnant women (first pregnancy), namely 66.2%, compared to anxiety in multigravida pregnant women as much as 42.2%. (Novitasari, 2023).

Based on an initial survey conducted at the Novi Lintas Timur Midwife Clinic, Panyabungan District, Mandailing Natal Regency. On September 20 2023, of the 15 pregnant women surveyed, there were still 9 people who did not understand hypnobirthing therapy. Based on the above background, researchers are interested in conducting research with the title the relationship between pregnant women's knowledge about hypnobirthing and pregnant women's attitudes towards hypnobirthing therapy at the Novi Lintas Timur Midwife Clinic, Panyabungan District, Mandailing Natal Regency, 2023.

2. METHOD

This type of research uses an analytical survey method with a cross sectional approach regarding the relationship between pregnant women's knowledge about hypnobirthing and pregnant women's attitudes towards hypnobirthing therapy. This research conducted in Novi Midwife Clinic. This research was carried out in September 2023-January 2023. The population in this study was There were 60 pregnant women who visited the Novi Midwife Clinic. The sample is part of the population that will be used for research. The sample in this research is by random sampling as much as 37 pregnant women at the Novi Lintas Timur Midwife Clinic, Panyabungan District, Mandailing Regency, Christmas 2023.

The Relationship Of Pregnant Women's Knowledge And Attitudes Regarding Hypnobirthing At The Novi Lintas Timur Midwifery Clinic, Panyabungan District, Mandailing Natal Regency.

Ferika Desi et.al

3. RESULTS

Univariate Analysis

Frequency Distribution of Respondents by Age at the Novi Midwife Clinic in 2023

No	Age	F	(%)
1	< 20 Years	6	16.2
2	20 - 35 Years	21	56.8
3	>35 Years	10	27.0
Total		37	100

Based on the table above, it can be concluded that Most of the respondents were in the age range of 20-35 years as many as 21 people (56.8%) and a small proportion of respondents were aged < 20 years as many as 6 people (16.2%).

Frequency Distribution of Respondents based on Education at the Novi Midwife Clinic in 2023

No	Knowledge	F	(%)
1	elementary school	2	5.4
2	JUNIOR HIGH SCHOOL	13	35.1
3	SENIOR HIGH SCHOOL	16	43.2
4	College	6	16.2
Total		37	100

Based on the table above, it can be concluded that Most of the respondents had a high school education level, namely 16 people (43.2%) and a small number of respondents had elementary school education, namely 3 people (7.5%).

Frequency Distribution of Respondents by Occupation at the Novi Midwife Clinic in 2023

No	Age	F	(%)
1	IRT	21	56.8
2	Farmer	4	10.8
3	Self-employed	8	21.6
4	Civil servants	4	10.8
Total		37	100

Based on the table above, it can be concluded that Most of the pregnant women are Housewives (IRT) as many as 21 people (56.8%) and a small portion are farmers and civil servants each as many as 4 people (10.8%).

Frequency Distribution of Respondents based on Information Sources at the Novi Midwife Clinic in 2023

No	Resources	F	(%)
1	Mass media	16	43.2
2	Print media	5	13.5
3	Health workers	9	24.3
4	Family	7	18.9
Total		37	100.0

Based on the table above, it can be concluded that the majority of respondents obtained sources of information from mass media, namely 16 people (43.2%) and a small number of respondents obtained sources of information from print media, namely 5 people (13.5%).

Frequency Distribution of Pregnant Women's Knowledge About Hypnobirthing at the Novi Midwife Clinic in 2023

No	Knowledge	F	%
1	Good	8	21.6
2	Enough	19	51.4
3	Not enough	10	27.0
Total		37	100.0

Based on the above, it can be concluded that knowledge of pregnant women about hypnobirthing at the Novi Midwife Clinic in 2023, the majority of respondents had sufficient knowledge, namely 19

people (51.4%) and the minority of respondents had good knowledge, namely 8 people (21.6%).

Frequency Distribution of Pregnant Women's Attitudes towards Hypnobirthing Therapy at the Novi Midwife Clinic in 2023

No	Attitude	F	%
1	Negative	27	0
2	Positive	10	100
	Total	37	100

Based on the above, it can be concluded that attitude of pregnant women towards hypnobirthing therapy at the Novi Midwife Clinic in 2023, the majority of respondents had a positive attitude, namely 27 people (73.0%) and a minority of respondents had a negative attitude, namely 10 people (27.0%).

Bivariate Analysis

Results of Analysis of the Relationship between Pregnant Women's Knowledge About Hypnobirthing Based on Age

No	Age	Knowledge				Pvalue		
		Good		Enough			Not enough	
		F	%	F	%		F	%
1	<20 Years	1	16.7	1	16.7	4	10.8	
2	20-35 Years	3	8.1	15	40.5	3	8.1	
3	>35 Years	4	10.8	3	8.1	3	8.1	
	Total	8	21.6	19	51.4	10	27.0	

In table showed that the results of the analysis of the relationship between maternal knowledge about hypnobirthing therapy based on age showed that of the 21 respondents aged 20-35 years, the majority had sufficient knowledge about hypnobirthing, 15 people (40.5%). Furthermore, the majority of respondents aged < 20 years had insufficient knowledge, 4 people (10.8%). Meanwhile, the majority of respondents aged >35 years had good knowledge, 4 people (10.8%). The results of the chi-square statistical test prove that there is a significant relationship between pregnant women's knowledge about hypnobirthing therapy based on age, with a p value = 0.028 ($p < 0.05$).

Results of Analysis of the Relationship between Pregnant Women's Knowledge About Educational Hypnobirthing Therapy

No	Education	Knowledge				Pvalue		
		Good		Enough			Not enough	
		F	%	F	%		F	%
1	elementary school	0	0	1	2.7	1	2.7	
2	JUNIOR HIGH SCHOOL	1	2.7	5	13.5	7	18.9	
3	SENIOR HIGH SCHOOL	3	8.1	11	29.7	2	5.4	
4	PT	4	10.8	2	5.4	0	0.0	
	Total	8	21.6	19	51.4	10	27.0	

In the table above showed the results of the analysis of the relationship between pregnant women's knowledge about hypnobirthing therapy based on education with data obtained that of the 16 breastfeeding mothers with high school education, the majority had sufficient knowledge about hypnobirthing, 11 people (29.7%). Furthermore, most of the respondents with tertiary education had good knowledge, namely 4 people (10.8%). Meanwhile, the majority of respondents with junior high school education had less knowledge, 7 people (18.9%). The results of the chi-square statistical test prove that there is a significant relationship between pregnant women's knowledge about hypnobirthing therapy based on education, with p value = 0.015 ($p < 0.05$).

Results of Analysis of the Relationship between Pregnant Women's Knowledge About Hypnobirthing and Pregnant Women's Attitudes towards Hypnobirthing Therapy Based on Occupation

NoWork	Knowledge						Pvalue
	Good		Enough		Not enough		
	F	%	F	%	F	%	
1 IRT	2	5.4	11	29.7	8	32.7	0.027
2 Farmer	0	0.0	2	5.4	2	13	
3 Self-employed	3	8.1	5	13.5	0	3.6	
4 Civil servants	3	8.1	1	2.7	0		
Total	8	21.6	19	51.4	10	27.0	

In the table above shows that the results of the analysis of the relationship between pregnant women's knowledge about hypnobirthing therapy based on work showed that the majority of 21 housewives had sufficient knowledge, as many as 11 people (29.7%). Furthermore, the majority of respondents who work as entrepreneurs have sufficient knowledge, 5 people (12.5%) while the majority of respondents who work as civil servants have good knowledge, 3 people (8.1%). The results of the chi-square statistical test prove that there is a significant relationship between maternal knowledge about hypnobirthing and pregnant mothers' attitudes towards hypnobirthing therapy based on work, with p value = 0.032 ($p < 0.05$).

Results of Analysis of the Relationship between Pregnant Women's Knowledge About Hypnobirthing Based on Information Sources

NoResources	Knowledge						Pvalue
	Good		Enough		Not enough		
	F	%	F	%	F	%	
1 Mass media	2	5.4	10	27.0	4	10.8	0.035
2 Print media	1	2.7	1	2.7	3	8.1	
3 PowerHealth	5	13.5	4	10.8	0	0.0	
4 Family	0	0.0	4	10.8	3	8.1	
Total	8	21.6	19	51.4	10	27.0	

The data above shows the results of an analysis of the relationship between pregnant women's knowledge about hypnobirthing and pregnant women's attitudes towards hypnobirthing therapy based on information sources. It was found that of the 16 mothers who obtained information from the mass media, most of them had sufficient knowledge, 10 people (27.0%). Furthermore, the majority of respondents who obtained information from health workers had good knowledge, 5 people (13.5%) and the majority of respondents who obtained information from print media had poor knowledge, 3 people (8.1%). The results of the chi-square statistical test prove that there is a significant relationship between pregnant women's knowledge about hypnobirthing and pregnant women's attitudes towards hypnobirthing therapy based on the source of information, with a p value = 0.035 ($p < 0.05$).

Results of the analysis of the relationship between pregnant women's knowledge about hypnobirthing and pregnant women's attitudes towards hypnobirthing therapy

NoKnowledge of Pregnant Women	Knowledge						Pvalue
	Good		Enough		Not enough		
	F	%	F	%	F	%	
1 Good	2	5.4	11	29.7	8	32.7	0.027
2 Enough	0	0.0	2	5.4	2	13	
3 Not enough	3	8.1	5	13.5	0	3.6	
Total	8	21.6	19	51.4	10	27.0	

The data above shows the results of the analysis of the relationship between pregnant women's knowledge about hypnobirthing and pregnant women's attitudes towards hypnobirthing therapy. It was found that of the 19 respondents who had sufficient knowledge, the majority were positive about hypnobirthing, 16 people (43.2%), while of the 8 respondents who had good knowledge. Overall, 8

people (21.6%) had a positive attitude. Furthermore, of the 10 respondents who had less knowledge, the majority had a negative attitude towards hypnobirthing. The results of the chi-square statistical test prove that there is a significant relationship between pregnant women's knowledge about hypnobirthing and pregnant women's attitudes towards hypnobirthing therapy, with a p value = 0.001 ($p < 0.05$).

Discussion

The Relationship between Mothers' Knowledge About Hypnobirthing and Pregnant Women's Attitudes towards Hypnobirthing Therapy Based on Age at the Novi Midwife Clinic in 2023

The research results showed that based on the mother's age, it was found that the majority of respondents were in the 20-35 year age range, 21 people (56.8%) and a small percentage of respondents were < 20 years old, 6 people (16.2%). Based on the data obtained, there is a picture of the suitability of the theory that the normal and safe gestational age for the mother is between 20 and 35 years. Ages under 20 years and over 35 years are dangerous ages for pregnancy. The physical condition of pregnant women over 35 years of age will greatly determine the birth process. This also affects the condition of the fetus. During the fertilization process, the quality of egg cells in women of this age has decreased compared to egg cells in women of healthy reproductive age, namely 20 - 35 years (Sulistiyawati, 2016).

Based on an analysis of the relationship between maternal knowledge about hypnobirthing therapy based on age, it was found that of the 21 respondents aged 20-35 years, the majority had sufficient knowledge about hypnobirthing, 15 people (40.5%). Furthermore, the majority of respondents aged < 20 years had insufficient knowledge, 4 people (10.8%). Meanwhile, the majority of respondents aged >35 years had good knowledge, 4 people (10.8%). The results of the chi-square statistical test prove that there is a significant relationship between pregnant women's knowledge about hypnobirthing therapy based on age, with a p value = 0.028 ($p < 0.05$).

Based on the researchers' assumptions, it was found that the age of pregnant women is 20-35 years old, at that age the mother is psychologically and physiologically ready to take care of herself and is able to believe that hypnobirthing can be used to make her feel comfortable during pregnancy until giving birth and there are no contraindications. when doing hypnobirthing. However, because this is new information, respondents do not know enough about hypnobirthing.

The Relationship between Mothers' Knowledge About Hypnobirthing and Pregnant Women's Attitudes towards Hypnobirthing Therapy Based on Education at the Novi Midwife Clinic in 2023

Based on the results of univariate analysis based on education, it is known that the majority of respondents had a high school education, namely 16 people (43.2%) and the least respondents had an elementary school education, namely 2 people (5.4%). The results of the analysis of the relationship between pregnant women's knowledge about hypnobirthing therapy based on education and data obtained showed that of the 16 breastfeeding mothers with high school education, the majority had sufficient knowledge about hypnobirthing, 11 people (29.7%). Furthermore, most of the respondents with tertiary education had good knowledge, namely 4 people (10.8%). Meanwhile, the majority of respondents with junior high school education had less knowledge, 7 people (18.9%). The results of the chi-square statistical test prove that there is a significant relationship between pregnant women's knowledge about hypnobirthing therapy based on education, with p value = 0.015 ($p < 0.05$).

According to research, most of the respondents with tertiary education had good knowledge, as many as 4 people (10.8%). Someone who has a high level of education will significantly have good knowledge. According to theory, people who have higher education will respond rationally to the information that comes and will think about the benefits they will get. Someone who has a higher education will more easily accept new things so that information is easier to accept, especially about the benefits of hypnobirthing therapy for pregnant women.

Based on the researcher's assumption that the majority of people with low education have less knowledge because the level of education is one of the factors that influences a person's knowledge. If someone has a high level of education, that person tends to accept new information more easily, whereas if someone has a basic level of education, that person tends to find it difficult to accept new information. Mothers who have insufficient knowledge about hypnobirthing cause mothers to not understand the benefits and goals of hypnobirthing. This can cause negative attitudes towards hypnobirthing. The

mother's low knowledge about hypnosis methods for pregnant and postpartum women has an impact on the mother's attitude which will then influence the mother's behavior in carrying out hypnosis methods during pregnancy.

The Relationship between Mothers' Knowledge About Hypnobirthing and Pregnant Women's Attitudes towards Occupational Hypnobirthing Therapy at the Novi Midwife Clinic in 2023

The results of the univariate analysis showed that the most respondents worked as Housewives (IRT) with 21 people (56.8%) and the fewest respondents worked as farmers and civil servants with 4 people each (10.8%). Pregnant women at home can also do hypnobirthing themselves, it's easy once you know how to relax your subconscious mind, a good time of day is usually morning or evening, accompanied by music (Sholihah, 2018).

Work is one of the factors that influences knowledge. Someone who works will often interact with other people so they will also have good knowledge. Work experience will provide knowledge and skills and learning experience at work will be able to develop the ability to make decisions which are an integration of scientific reasoning (Ernidawati, 2018). Based on the results of the analysis of the relationship between knowledge of pregnant women about hypnobirthing therapy based on work, it was found that the majority of 21 housewives had sufficient knowledge, as many as 11 people (29.7%). Furthermore, the majority of respondents who work as entrepreneurs have sufficient knowledge, 5 people (12.5%) while the majority of respondents who work as civil servants have good knowledge, 3 people (8.1%). The results of the chi-square statistical test prove that there is a significant relationship between maternal knowledge about hypnobirthing and pregnant mothers' attitudes towards hypnobirthing therapy based on work, with p value = 0.032 ($p < 0.05$).

Based on the author's assumption, most pregnant women who do not work have less knowledge, this is because respondents who do not work do more activities at home, and have full responsibility for taking care of their family, so knowledge of hypnobirthing is something that is new to respondents, while mothers who work will generally gain experience and knowledge both directly and indirectly in the work environment, as well as have better access to various information, including health so that they have more knowledge and experience.

The Relationship between Mothers' Knowledge About Hypnobirthing and Pregnant Women's Attitudes towards Hypnobirthing Therapy Based on Information Sources at the Novi Midwife Clinic in 2023

The results of research on the relationship between mothers' knowledge about exclusive breastfeeding based on sources of information showed that the majority of respondents got information sources from the mass media, namely 16 people (43.2%) and at least 5 people got information sources from print media (13.5%). According to Notoatmodjo (2020), the source of information is the stimulating content issued by the source (communicator) to the communicator (recipient). Sources of information are messages or information that a person receives either directly or indirectly. The results of the analysis of the relationship between pregnant women's knowledge about hypnobirthing and pregnant women's attitudes towards hypnobirthing therapy based on information sources showed that of the 16 mothers who obtained information from the mass media, most of them had sufficient knowledge, 10 people (27.0%). Furthermore, the majority of respondents who obtained information from health workers had good knowledge, 5 people (13.5%) and the majority of respondents who obtained information from print media had poor knowledge, 3 people (8.1%). The results of the chi-square statistical test prove that there is a significant relationship between pregnant women's knowledge about hypnobirthing and pregnant women's attitudes towards hypnobirthing therapy based on the source of information, with a p value = 0.035 ($p < 0.05$).

The results of this research are in line with the study conducted by Nur Wahid, et al (2023), it is known that the majority of pregnant women's knowledge level is based on the source of information, the highest being the source of information through mass media, with 23 respondents having less knowledge with a percentage of (41.8%)., and the lowest result was that the source of information was through mass media with good knowledge, 1 respondent with a percentage (1.8%).

Based on the data obtained, there is a picture of the suitability of the theory that information sources are anything that becomes an intermediary in conveying information, information media for

mass communication. Sources of information can be obtained through print media (newspapers, magazines), electronic media (television, radio, internet), and through health worker activities such as training held (Sri Yuningsih, 2019).

Based on researchers' assumptions, pregnant women who get information sources through mass media have less knowledge, this may be because mothers get more information from family, the surrounding environment or medical personnel, because not all pregnant women have time to search for or get information from the internet. nor does television and mass media provide much information about hypnobirthing.

The Relationship Between Mothers' Knowledge About Hypnobirthing and Pregnant Women's Attitudes Towards Hypnobirthing Therapy at Novi Midwives in 2023

Based on univariate data, it is known that the knowledge of pregnant women about hypnobirthing and the attitude of pregnant women towards hypnobirthing therapy at the Novi Midwife Clinic in 2023, the majority of respondents have sufficient knowledge, namely 19 people (51.4%) and the minority of respondents have good knowledge, namely 8 people (21, 6%).

The results of the analysis of the relationship between pregnant women's knowledge about hypnobirthing and pregnant women's attitudes towards hypnobirthing therapy showed that of the 19 respondents who had sufficient knowledge, the majority had a positive attitude about hypnobirthing, 16 people (43.2%), while of the 8 respondents who had good knowledge, the majority had a positive attitude. positive, namely 8 people (21.6%). Furthermore, of the 10 respondents who had less knowledge, the majority had a negative attitude towards hypnobirthing. The results of the chi-square statistical test prove that there is a significant relationship between pregnant women's knowledge about hypnobirthing and pregnant women's attitudes towards hypnobirthing therapy, with a p value = 0.001 ($p < 0.05$).

The results of this study are in line with Elsa's (2017) study on the Relationship between Knowledge and Interest of Pregnant Women in the Third Trimester in Participating in Hypnobirthing. The study results showed that 21 respondents (60.0%) had very little knowledge about hypnobirthing, 7 respondents (20%) had sufficient knowledge. .0%), good knowledge 7 respondents (20.0%) Based on the data obtained, there is a suitability of theory that the study is in accordance with Notoatmodjo's opinion in Yuliana (2017), stating that knowledge is the result of human sensing, or the result of someone knowing about objects through their senses. (eyes, nose, ears, and so on). So knowledge is a variety of things obtained by a person through the five senses.

According to research by Romadhomah, et al (2012), the negative attitude of respondents was because mothers did not know about the meaning and benefits of hypnobirthing. Mothers have not experienced the benefits of hypnobirthing directly, so a negative attitude towards hypnobirthing appears. The negative attitude that emerged was also due to the lack of outreach from local midwives to provide information about the purpose of hypnobirthing. Mothers who have insufficient knowledge about hypnobirthing cause mothers to not understand the benefits and goals of hypnobirthing. This can cause negative attitudes towards hypnobirthing. The mother's low knowledge about hypnosis methods for pregnant and postpartum women has an impact on the mother's attitude which will then influence the mother's behavior in carrying out hypnosis methods during pregnancy.

Based on the researchers' assumptions, it was found that mothers who had less knowledge were due to a lack of understanding and a lack of health information from officials and information media such as the internet, books or television. Apart from that, because the surrounding environment does not yet apply hypnobirthing, mothers do not understand about hypnobirthing.

4. CONCLUSION

There is a significant relationship between maternal knowledge about hypnobirthing and pregnant mothers' attitudes towards hypnobirthing therapy at the Novi Midwife Clinic in 2023, with a p value = 0.001 ($p < 0.05$). Based on an analysis of the relationship between pregnant women's knowledge about hypnobirthing based on age, it was found that of the 21 respondents aged 20–35 years, the majority had sufficient knowledge about hypnobirthing, 15 people (40.5%). The results of the chi-square statistical test prove that there is a significant relationship between pregnant women's knowledge

The Relationship Of Pregnant Women's Knowledge And Attitudes Regarding Hypnobirthing At The Novi Lintas Timur Midwifery Clinic, Panyabungan District, Mandailing Natal Regency.

Ferika Desi et.al

about hypnobirthing based on age, with a p value = 0.028 ($p < 0.05$). The results of the analysis of the relationship between pregnant women's knowledge about hypnobirthing based on education showed that the majority of 16 pregnant women with high school education had sufficient knowledge, 11 people (29.7%). The results of the chi-square statistical test prove that there is a significant relationship between pregnant women's knowledge about hypnobirthing based on education, with p value = 0.015 ($p < 0.05$). The results of the analysis of the relationship between pregnant women's knowledge about hypnobirthing based on work showed that the majority of the 21 mothers who worked as housewives had sufficient knowledge, as many as 11 people (29.7%). The results of the chi-square statistical test prove that there is a significant relationship between pregnant women's knowledge about hypnobirthing based on occupation, with p value = 0.027 ($p < 0.05$). The results of the analysis of the relationship between pregnant women's knowledge about hypnobirthing based on information sources showed that of the 16 mothers who obtained information from the mass media, most of them had sufficient knowledge, 10 people (27.0%). The results of the chi-square statistical test prove that there is a significant relationship between pregnant women's knowledge about hypnobirthing based on the source of information, with a p value = 0.035 ($p < 0.05$). It is hoped that this research can be used as a reference source at the Novi Midwife Clinic, especially regarding hypnobirthing in improving the quality of services. For researchers it is hoped become direct experience in conducting research and increase the author's knowledge of knowledge about hypnobirthing in pregnant women.

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The Relationship Of Pregnant Women's Knowledge And Attitudes Regarding Hypnobirthing At The Novi Lintas Timur Midwifery Clinic, Panyabungan District, Mandailing Natal Regency.

Ferika Desi et.al

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