The Effect *Ofhypnobirt Hing* On The Intensity Of Pain In Childbirth Penuunan Kala 1 In Midwives Clinic Nining

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ARTICLE INFO	ABSTRACT
Keywords: Chara Hypnobirthing Relaxation Technique, Labor Pain	Discussion:Hypnobirthing is a technique that helps pregnant women get positive suggestions during pregnancy until before delivery so that pregnant women can undergo a smooth, safe and comfortable delivery process. One of the non-pharmacological methods that can be used to reduce labor pain is hypnobirthing. Objective: The purpose of this study was to determine the effect of hypnobirthing relaxation techniques to reduce pain in the first stage of midwifery clinic Nining. Method: this type of research is "Quasi experimental prepost test " which provides treatment or intervention on the subject of research and then the impact of the treatment is measured and analyzed. The population in this study is all mothers who came to the clinic midwives first time Nining at the time of the study was conducted with a sample of 20 people by way of purposive sampling. This research was conducted on June 2 Junito 2 Juli 2023 with the observation sheet measurement method. Data processing was done using the wilcoxon test. Results: the results of univariate analysis obtained that the majority of labor pain before being given hypnobirthing relaxation techniques are in the category of moderate pain by 57.2% and the majority hypnobirthingof labor pain after being given hypnobirthing relaxation techniques are in the category of mild pain by 68.6% while the results of bivariate analysis obtained that there is no effect of hypnobirthing value p value 0.000 <③: 0.05. Conclusion: expected to health workers in order to improve health promotion of maternity about the benefits of relaxation techniques hypnobirthing during childbirth.
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1. INTRODUCTION

Based on data held by WHO, Indonesia is ranked the third highest for maternal mortality in ASEAN countries reaching 9,900 people out of 4.5 million overall births in 2012. The first rank is occupied by Laos with 470 maternal deaths per 100,000 births, while the smallest mortality rate is owned by Singapore with 3 deaths per 100,000 births (Sulaiman, 2019). According to the Inter-Census population survey (SUPAS) in 2018, the Maternal Mortality Rate (MMR) was 305 deaths per 100,000 live births and the infant mortality rate (IMR) was 22.23 per 1,000 live births. Health efforts undertaken by the Ministry of health of the Republic of Indonesia in minimizing the decrease in AKI and AKB levels have been implemented including ANC optimization (Ministry of Health, RI, 2018).

From the profile of North Sumatra province, the maternal mortality rate (MMR) and infant mortality rate (IMR) are still relatively high. Based on data from the Aceh provincial Health Office in 2017, the maternal mortality rate (MMR) was 143/100, 000 live births and the infant mortality rate (IMR) was 9 per 1000 live births (Aceh provincial Health Office, 2018). Based on data from the North East Regency Office, the total maternal mortality rate (MMR) is 18/100, 000 live births and the infant mortality rate (IMR) is 66 per 1000 live births (North Sumatra Health Office, 2018).

The process of childbirth is a series of events that begin with the discharge of the baby at term or almost at term accompanied by the discharge of the placenta and fetal membranes from the birth canal, in the process of childbirth is certainly a lot of things that happen to the mother's body as well as the body of the fetus, this is a normal or natural occurrence but many mothers do not understand

that pain is good in the process of childbirth, this is due to changes in the body, especially in the uterus, due to the influence of hormonal work that occurs during childbirth (Putri, 2017).

Almost all women experience and feel pain during labor, but each woman's response to labor pain is different. Pain is a different experience that a person feels. Pain in labor stage I is a feeling of pain and insecurity experienced by the mother from the beginning of labor until the cervix dilates to the maximum (10 cm). Pain resulting in stress, stress can release ketocolamine resulting in reduced blood flow to the uterus so that the uterus lacks oxygen. Psychologically the reduction of pain will lower tremendous stress for the mother and her baby (Kurniarum, 2018).

In the I Cale of Labor, uterine contraction Cau e cervical dilatation and propel the Fetu through the birth canal. Uterine contractions in Labor cause pain. This pain originates in the lower abdomen and spreads to the lumbar region of the back and decreases to the thigh. Pain is caused by ischemic uterine muscles, pelvic floor muscles and perineum. With the increase in both volume and frequency of the uterus, the pain that is felt will increase in strength, the peak of pain occurs in the active phase (Surtiningsih, 2018).

Childbirth that cannot be handled properly can cause the labor process to not take place smoothly, so that Labor lasts a long time. One that affects prolonged labor is inadequate uterine contractions (his) during the first stage of the labor process. When I am in labor for a long time, it will cause the mother to experience fatigue so that she runs out of energy. As a result, uterine contractions are increasingly inadequate and subsequently this condition can lead to failure of Labor. Other conditions that cause prolonged labor are psychological conditions including the mother's perception of pain and anxiety during labor (Pratiwi, 2020).

Various efforts are made to reduce labor pain, both pharmacologically and nonpharmacologically. Pharmacological pain management is more effective than nonpharmacological methods, but pharmacological methods are more expensive, and potentially have less effect. While nonpharmacological methods are cheaper, simple, effective and without adverse effects (Rilyani, 2017).

According to Norhapifah (2020), labor pain can be overcome using pharmacological and nonpharmacological methods. One of the non-pharmacological methods that can be used to reduce labor pain is hypnobirthing. Hypnobirthing is one of the techniques of autohipnotis (selfhipnotis) by instilling positive intentions / suggestions to the soul / subconscious mind in undergoing pregnancy and childbirth preparation. *The hypnobirthing method* is based on the belief that every woman has the potential to give birth naturally, calmly and comfortably without pain. Hypnobirthing techniques performed on mothers inpartu kala I active phase can calm and release body tension. Because this will reduce the production of catecholamines and related stress hormones so that the blood vessels become wider and blood flow to the uterus becomes smooth, thereby increasing uterine contractions. The occurrence of uterine contractions will affect the duration of his which will accelerate the opening of the cervix (Melva, 2017).

Nanda (2017) in his research states that there is an effect of hypnobirthing relaxation techniques on reducing pain in first-time Labor characterized by the mother feels calmer in undergoing labor. Some experiences that have been experienced by mothers who give birth that hypnobirthing can control themselves when the pain comes caused by uterine contractions so that mothers can give birth calmly, comfortably, smoothly, and without severe pain. Furthermore Indria (2017) states that there is a significant influence of hypnobirting on reducing the intensity of labor pain.

Based on previous research conducted by Sriwahyuni (2019) at Rumah Sehat Kasih Bunda, Medan Selayang District, researching the effect of hypnobirthing relaxation techniques on reducing pain in the first stage of Normal labor in Primiparas with the type of quasy experimental research the results showed that there was an effect *of hypnobirthing relaxation techniques* on reducing pain in the first stage of Mother with a p-value of 0.000.

The results of interviews conducted on 20 mothers giving birth in the first stage at The Midwife Nining Clinic found 5 people (50%) said they were given hynobirthing relaxation techniques and they said after being given hynobirthing relaxation techniques the pain they felt during childbirth in the first stage could be reduced while 5 people (50%) again said they were not given relaxation techniques *hynobirthing* and they say the pain they feel is very strong and frequent. Based on the

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above background, the researchers are interested in researching further on *the influence of hypnobirthing relaxation* techniques on reducing First-Time Pain in the Nining midwife Clinic.

2. METHOD

The design used in this study is a "*Quasi experimental pre-post test*" which provides treatment or intervention on the subject of research and then the impact of the treatment is measured and analyzed. The population in this study is the entire maternity mothers who came to the clinic midwife nining, the sample in this study is using *purposive sampling technique.*

3. RESULTS AND DISCUSSION
Research Results

From the results that have been carried out on June 2 Juni to July 2uli, 2023, the following results are obtained:

Characteristics Of Respondents

Table 4.1 overview of the characteristics of respondents by age, education, work at the Nining midwife Clinic in 2021.

No	Characteristics Of Respondents	N	%
1.	Age		
	<20 years	old 3	15
	20-35-35 years	old 12	60
	36> years	5	25
2.	Education		
	Not finished	2nd	10th
	SD	3	15
	Junior	4	20
	High school	7	35
	College	4	20
2.	Jobs		
	IRT	10	50
	PNS	5	30
	Private Employees	3	10
	Self-employed	2	10
	Total	20	100

(Sumber: Primary Data Processing, 2021)

Based on the results of Table 4.1reviewed from the age of the majority of mothers aged 20-35-35 years as much as 12 people (60 %) and minority age <20 years as much as 3 people (15 %). Education respondents majority of high school as many as 7 people (35 %), and the minority did not finish elementary school as many as 2 people (10 %). IRT majority employment is 102 people (50 %) and minority Self-Employed is 2 people (10 %).

Analisa Univariate Analysis

Labor Pain Before And After Given *Hypnobirthing Relaxation Techniques*

Table. 4.22 frequency distribution of labor pain before and after given *hypnobirthing relaxation techniques* in clinic Midwives Of The Year 2021

No	labor pain	Pretest		Postest	
		f	%	f	%
1	No	severe pain 0	0	0	0
2	pain mild	4	20	15	75
3	pain moderate	10	50	4	20
4	pain	6	30	1	5
5	controlled severe pain uncontrolled	0	0	0	0
	Total	20	100	20	100

(Sumber: Primary Data Processing, 2021*)*

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From table 4.2 it can be seen that labor pain before being given *hypnobirthing relaxation techniques* at the Nining midwife Clinic in 2023, was in the mild pain category, which was 4 people with a percentage of 20%, the moderate pain category, which was 10 people with a percentage of 50% and in the controlled severe pain category, which was 6 people with a percentage of 30%. While labor pain after being given *hypnobirthing relaxation techniques* are in the category of mild pain as many as 15 people with a percentage of 75%, moderate pain category as many as 4 people with a percentage of 20% and in the category of controlled severe pain as many as 1 person with a percentage of 5%.

Bivariate Analysis

Data Normality Test

Table 4.3 Data Normality Test Results

Group	p-value	P-A	criteria
for pain reduction before	delivery	0.05	abnormally distributed
delivery after	0.000	0.05	abnormally
	0.000		distributed

(Sumber: Primary Data Processing, 2021)

From table 4.3 it can be seen that the data is not normally distributed, this is evidenced by the significant value of each data < 0.05 so that it is concluded that the data is not normally distributed, then for the bivariate test if the numerical data is not normally distributed using non-parametric statistics with wilcoxon test.

Effect *of hypnobirthing relaxation techniques* on pain reduction during Labor

Test of the effect *of hypnobirthing relaxation techniques* on pain reduction during labor in Nining midwife Clinic is presented in the table below.

Table 4.4 test results effect of hypnobirthing relaxation techniques on pain reduction during labor in the clinic Bidan Nining Tahin 2021

	Mean	p-value	Keputusan
Pre Test	1.91	0.000	Ho Ditolak
Post Test	2.63		

(Sumber: Primary Data Processing, 2021)

From table 4.4 shows that the average reduction of pain during labor before being given hypnobirthing relaxation techniques is equal to 1.91 and the average reduction of pain during labor after being given hypnobirthing relaxation techniques equal to 2.63. The result is there is a difference between before and after treatment in which the value of the post test group is higher than the pre test group. The results of the p value of 0.000 < 0.05 then the decision was taken to reject Ho and accept Ha, so it can be concluded that there is an effect of hypnobirthing relaxation techniques to reduce pain during labor at The Midwife Nining Clinic.

Discussion

Univariate Analysis

Labor Pain Before Being Given *Hypnobirthing Relaxation Techniques*

From the results of the study, it was found that labor pain before being given *hypnobirthing* relaxation techniques at the Nining midwife Clinic in 2023 was in theRI category of mild pain, namely as many as 4 people with a percentage of 20%, the moderate pain category, namely as many as 10 people with a percentage of 50% and in the category of controlled severe pain, namely as many as 6 people with a percentage of 30%.

According to Kurniarum's theory (2018), pain in first-stage Labor is a feeling of pain and insecurity experienced by the mother from the beginning of labor until complete opening. Pain resulting in stress, stress can release ketocolamine resulting in reduced blood flow to the uterus so that the uterus lacks oxygen. Psychologically the reduction of pain will lower tremendous stress for both the mother and the baby.

Based on previous research conducted by Sudarman (2017) examined the effectiveness of hypnobirthing relaxation techniques against labor pain during labor at Jeumpa Pontianak Maternity Hospital with pre-experimental research. The results showed labor pain before being given *hypnobirthing relaxation techniques* are on a scale of 9-10 (100%).

Labor Pain After Hypnobirthing*Hypnobirthing*

From the results of the study, it was found that labor pain before being given *hypnobirthing relaxation techniques* at the Nining midwife Clinic in 2023 was in the mild pain category, which was as many as 15 people with a percentage of 75%, the moderate pain category, which was as many as 4 people with a percentage of 20% and in the controlled severe pain category, which was as much as 1 person with a percentage of 5%.

According to Martin's theory (2018), pain during labor is a physiological condition that is commonly experienced by almost all mothers in labor. Pain caused by uterine contractions and cervical dilatation with increasing intensity and frequency of uterine contractions the pain felt will increase in strength, the peak of pain occurs in the active phase where the complete opening is up to 10 cm and lasts about 4.6 hours for primiparous and 2.4 for multiparous.

Based on previous research conducted by Haqiqi (2020) examined the differences in changes in the level of normal labor pain between groups with and without hypnobirthing relaxation techniques in Lamongan with the type of true experiment research with pre test and post test control gorup. The results showed labor pain in the group who were not given *hypnobirthing relaxation techniques* were on a scale of 8-10 (100%).

Analisis *Bivariate Analysis*

Effect *of hypnobirthing relaxation techniques* **on pain reduction during Labor**

The results showed that there is an effect of hypnobirthing relaxation techniques to reduce pain during labor with a value of $p = 0.000$ so that $p < 0.05$, which means that hypnobirthing relaxation techniques have an effect on reducing pain during labor. According to Norhapifah's (2020) theory, labor pain can be overcome using pharmacological and non-pharmacological methods. One of the non-pharmacological methods that can be used to reduce labor pain is hypnobirthing. Hypnobirthing is one of the techniques of autohipnotis (selfhipnotis) by instilling positive intentions / suggestions to the soul / subconscious mind in undergoing pregnancy and childbirth preparation. The hypnobirthing method is based on the belief that every woman has the potential to give birth naturally, calmly and comfortably without pain.

This is also in accordance with Nisman's theory (2019), hypnobirthing is a technique that helps pregnant women get positive suggestions during pregnancy until before delivery so that pregnant women can undergo a smooth, safe and comfortable delivery process. Hypnobirthing is a simple and very effective way to keep pregnant women comfortable during pregnancy and childbirth. Hypnobirthing is a hypnosis Technique That is used in pregnancy until before delivery to provide comfort, tranquility and enjoyment.

This result is in accordance with previous research conducted by Sriwahyuni (2019) at Rumah Sehat Kasih Bunda Medan Selayang District, researching the effect of hypnobirthing relaxation techniques on reducing pain in the first stage of Normal labor in Primiparas with quasy experimental type of research the results showed that there was an effect of hypnobirthing relaxation techniques on reducing pain in the first at Rumah Sehat Kasih Bunda with a p-value of 0.000.

According to the assumption of researchers when done hypnobirthing by including positive suggestions will memeberikan feeling more relaxed, calm and comfortable. Hypnobirthing begins in the late third trimester to instill positive suggestions in the subconscious of the mother so as to help the mother deal with her delivery. The process that occurs when hypnobirthing is done is the increase in endorphins and suppress stressor hormones so as to support the subconscious to control the mother's actions in the face of childbirth. According to the assumption of researchers, hypnobirthing makes the soul become calmer with positive energy and helps kelancara labor and relieve pain and anxiety at the time of contractions and accelerate the labor process.

4. CONCLUSION

From the results of research on the effect of hypnobirthing relaxation techniques to reduce pain in the first stage of labor in Midwives nining Clinic found that: The majority of labor pains before being given *hypnobirthing relaxation techniques* at the Nining midwife clinic were in the moderate pain category of 57.2%. The majority of labor pain after being given *hypnobirthing relaxation techniques* at Nining midwife clinic was in the mild pain category of 68.6%. There is an effect *of*

hypnobirthing relaxation techniques to reduce pain during labor with the value *of p value (0.000<* ③*: 0.05)*.

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