

A Study On The Effectiveness Of Hypnocaring Technique In Managing Post-Cesarean Section Pain (At Syekh Yusuf Gowa General Hospital)

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ABSTRACT

The hypnocaring technique is a non-pharmacological approach that utilizes therapeutic communication between nurses and clients. Through the use of affirmations and positive suggestions, this technique aims to enhance motivation and empower patients in their healing process. With a focus on empathetic interpersonal relationships, hypnocaring has the potential to be an effective solution for addressing the challenges often faced by post-sectio caesarea patients, namely pain and post-operative anxiety. This study aims to describe the implementation of the hypnocaring technique and evaluate its impact on reducing pain and anxiety in clients, as well as assess its contribution to the quality of care received by patients. The study employs a qualitative research method with a participant observation approach, where the researcher is directly involved in the observed activities to gain deeper data insights. Participant observation is a qualitative research technique that allows the researcher to interact with study subjects in their natural environment, enabling them to understand the patterns of social interaction, behavior, and the meanings behind the observed actions. The findings reveal that overall, the use of hypnocaring techniques at Syekh Yusuf Regional Hospital in Gowa shows great potential in helping alleviate pain and anxiety in post-cesarean section clients. Despite some inhibiting factors, supporting factors such as the support from healthcare professionals, the willingness of clients, and a conducive environment can maximize the application of this technique. It is recommended that the management of Syekh Yusuf Regional Hospital provide special training for nurses regarding the implementation of the hypnocaring technique. This training is crucial to ensure that nurses have the adequate skills to apply the technique optimally.

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INTRODUCTION

The childbirth period is a critical time for a pregnant woman, especially if the labor is accompanied by complications or risk factors that could lead to maternal death. Therefore, medical interventions are necessary to prevent fatalities. One common medical procedure used during childbirth is a Caesarean Section (C-Section). A Caesarean Section is a surgical

procedure performed to deliver a baby through an incision in the uterine and abdominal walls (Harry Oxorn, et al. 2010; Sartika, 2023).

The World Health Organization (WHO) reports that Caesarean sections are continuing to increase globally, now accounting for more than 1 in 5 (21%) of all deliveries. This number is expected to keep rising over the next decade, with nearly one-third (29%) of all births likely to occur through Caesarean sections by 2030. Although Caesarean sections can be essential and life-saving procedures, they can place both the mother and baby at unnecessary risk of short- and long-term health issues if performed without medical indications (Wikan Indrarto, 2021).

A Caesarean section (C-section) is a surgical procedure in which a baby is delivered through an incision made in the mother's abdomen and uterus (Quinn et al., 2017). Every surgery involves incisions that can cause trauma, leading to various complaints, one of which is pain. Acute pain is an unpleasant physical and emotional sensation caused by actual or potential tissue damage, or described in other terms as outlined by the International Association for the Study of Pain, with a sudden or gradual onset, mild to severe intensity, and lasting less than six months (Navisah et al., 2017; Aini & Pratidina, 2017; Catsaros & Wendland, 2020). A C-section is an operative procedure performed by making an incision in the uterine wall using anesthesia so that the fetus, placenta, and amniotic sac can be delivered (Diane Fraser, 2010). The C-section causes physiological stress, surgical procedures, physical healing, and postoperative complications such as pain and anxiety (Susan Saatsaz, 2016). Schoenwald (2017) mentioned in his research that a C-section is a painful experience that can make it difficult for mothers to move, affecting their ability to care for their baby. Women with postpartum anxiety experience persistent and excessive worry, fear, and tension, as well as difficulty concentrating (Cindy Lee Dennis, 2017).

Pain is an unpleasant sensory and emotional experience associated with actual or potential tissue damage (Aisyah, 2017; Wahyuningtyas & Tugasworo, 2015). The physiology of pain in postoperative patients begins as a response received by the peripheral nerves. Chemicals such as bradykinin and prostaglandins are released, stimulating the peripheral nerves, which then help transmit pain signals from the injury site to the brain. These pain signals travel as electrochemical impulses along the nerves to the dorsal part of the spinal cord (the part of the spine that receives signals from the entire body). The message is then relayed to the thalamus, the brain's sensory center, and eventually reaches the cortex, where the intensity and location of the pain are perceived (Widiatie, 2015; Oliver, 2017).

The hypnocaring technique is a non-pharmacological method that uses therapeutic communication and approach between the nurse and the client by providing affirmations or positive suggestions to enhance the client's motivation and empowerment (Prasetya, 2021). Hypnosis is a naturally occurring state of consciousness, where participants can internalize certain thoughts and suggestions to achieve desired psychological, physical, or spiritual changes (Hakim, 2010; Supriatiningsih, Rudiyaniti, & Rizqi, 2020). Hypnobirthing relaxation provides positive suggestions to the mother, transforming beta brain waves (conscious mind) into alpha brain waves (subconscious mind) in the cerebral cortex, leading to sensory association with stimulus analysis (Aprillia, 2010). Hypnobirthing relaxation helps mothers

remain calm and divert attention away from the pain caused by surgical wounds and the uterine involution process (Kuswandi, 2011; Haniyah et al., 2016; Rahmawati et al., 2013).

One technique that can be used to help reduce pain and anxiety in post-Caesarean section clients is the hypnocaring technique. Hypnocaring is a nursing intervention that utilizes effective and therapeutic communication techniques in a person's subconscious mind (A. Mutholib, 2012). Hypnocaring combines hypnosis with the concept of nursing care. It is one of the interventions for reducing postoperative pain and anxiety. Hypnocaring is more affordable and has no harmful side effects (Arnaud Potié, 2016). Therefore, the use of hypnocaring as a complementary treatment is essential for providing holistic care to medical and surgical patients, especially those experiencing pain and anxiety. Hypnocaring can also be performed independently by patients. Although the use of hypnocaring techniques has been studied in the healthcare field, the understanding, supporting factors, and obstacles in the use of hypnocaring to address pain and anxiety in post-Caesarean section clients remain a highly interesting area of study.

This study presents significant differences compared to previous research, which generally used a quantitative approach to collect and analyze data. In contrast, this study aims to provide a more in-depth understanding of the effectiveness of the hypnocaring technique in addressing pain and anxiety in patients who have undergone a sectio caesarea operation. Through this different approach, it is expected to gain a more comprehensive understanding of how the hypnocaring technique is applied and its impact on the physical and psychological condition of post-operative clients.

METHODS

This research employs a qualitative method with a participant observation approach, in which the researcher is directly involved in the observed activities to obtain more in-depth data. Participant observation is a qualitative research technique that allows the researcher to interact with the research subjects in their natural environment, enabling an understanding of social interaction patterns, behavior, and the meanings behind the observed actions. According to Bogdan and Biklen (2007), participant observation involves the researcher actively engaging in the research setting, allowing them to capture the details of complex phenomena.

This technique was chosen because it allows the researcher to directly understand the experiences of post-Caesarean section patients, particularly regarding the use of hypnocaring techniques in managing pain and anxiety. Participant observation provides the researcher with the opportunity to view phenomena from the perspective of the research subjects and uncover hidden meanings behind the social interactions that occur (Spradley, 1980). This research was conducted at Syekh Yusuf Regional Hospital in Gowa, specifically on post-Caesarean section patients. The study was carried out from August to September.

This study involves 6 post-sectio caesarea clients who were treated at RSUD Syekh Yusuf, Gowa Regency. The clients are aged between 25 and 40 years, with diverse educational and occupational backgrounds. Despite their differing backgrounds, the

commonality found among them is the experience of pain and anxiety after surgery, which serves as the main focus of this study.

Participant observation, where the researcher was directly involved in the patient care process, including interactions with patients during the application of the hypnocaring technique. The researcher observed the patients' responses to this treatment, both in terms of pain reduction and anxiety alleviation. As explained by DeWalt and DeWalt (2002), participant observation allows the researcher to understand the social and psychological context of the subjects through direct involvement. Semi-structured interviews were conducted to obtain in-depth information about the patients' experiences. The researcher used an open interview guide that allowed flexibility in developing questions based on the subjects' responses (Creswell, 2014). These interviews were conducted with both patients and medical staff involved, to gain further insights into their experiences related to the hypnocaring treatment process. Documentation was used to support the observational and interview data, as well as to monitor the patients' clinical progress during the research (Yin, 2014).

Data Reduction: Data from observations and interviews were simplified through a reduction process, where relevant data were selected and systematically organized according to pre-determined categories (Miles & Huberman, 1994). **Data Presentation:** After reduction, the data were presented in a descriptive narrative form, illustrating the phenomenon under study specifically, how the hypnocaring technique was applied and its impact on reducing pain and anxiety in post-Caesarean section patients. **Drawing Conclusions:** From the data presentation, the researcher then interpreted the information to draw final conclusions regarding the effectiveness of the hypnocaring technique in helping patients manage pain and anxiety. These conclusions were derived from in-depth analysis of the data (Creswell, 2014). **Data Validity and Reliability:** To ensure the validity and reliability of the data, the researcher used triangulation techniques by comparing data obtained from various sources (observation, interviews, and documentation) (Patton, 1990). Additionally, member checking was conducted, where interview and observation results were reconfirmed with the research subjects to ensure the accuracy of the information (Creswell, 2014).

RESULTS AND DISCUSSION

Results

Overview of the Use of Hypnocaring Technique

This study involved 6 post-Caesarean section clients treated at Syekh Yusuf Regional Hospital in Gowa Regency, with ages ranging from 25 to 40 years. The clients came from diverse educational and occupational backgrounds, but all experienced pain and anxiety following the surgery. Before the intervention, the clients experienced anxiety levels ranging from mild to severe.

1. Clients' Experiences Before Receiving the Hypnocaring Technique

From the interviews, the clients expressed that post-Caesarean section pain was very bothersome, especially during the first 24-48 hours after the surgery. Most clients described the pain as "sharp" or "stabbing," particularly when moving or coughing.

Anxiety also arose due to uncertainty about recovery and concerns regarding the care of their newborns. One client said:

"I'm afraid I won't be able to take care of my baby because the pain is too severe, especially after this major surgery." (Interview R1).

Some clients also mentioned that they experienced difficulty sleeping and tended to cry easily due to stress and anxiety.

2. Clients' Experiences After Receiving the Hypnocaring Technique Intervention

After receiving the hypnocaring intervention, most clients reported a significant reduction in their levels of pain and anxiety. The hypnocaring technique, which involved relaxation and positive suggestions, helped clients feel calmer and more focused on their recovery process. One client expressed:

"After hearing the soothing words from the nurse during hypnocaring, I felt more relaxed. The pain in my abdomen began to lessen, and I was able to sleep more soundly." (Interview R5).

Another client also added that the hypnocaring technique helped them cope with the fear they had previously experienced:

"At first, I was very worried about how the healing process would go, but after undergoing hypnocaring, my thoughts became more positive and the pain decreased a little." (Interview R3).

Most clients showed a reduction in anxiety from moderate to mild levels after the hypnocaring sessions. Additionally, the interview results indicated that clients felt more capable of controlling their emotions, reducing their tendency to cry, and feeling more optimistic about the healing process.

3. The Influence of Hypnocaring on Pain and Anxiety

Based on interviews with 6 clients, 5 out of 6 clients reported a significant reduction in pain after receiving the hypnocaring technique, particularly after the first session. The other two clients also experienced a decrease in pain, but at a slower rate. This is likely due to the differing medical conditions among the clients. The table below shows the changes in clients' levels of pain and anxiety before and after the hypnocaring intervention.

Table 4.1. Pain Scale Table

Klien	Pain Before (0-10)	Pain After (0-10)	Anxiety Before (0-10)	Anxiety After (0-10)
R1	7	3	8	4
R2	8	4	7	3
R3	6	2	6	2
R4	9	4	9	5
R5	8	3	8	4
R6	7	4	7	4

(Source: Researcher 2024)

Most clients experienced a pain reduction of 3-4 points on the scale, and their anxiety levels also decreased by 2-5 points after receiving the hypnocaring intervention.

4. Evaluation of the Hypnocaring Technique by Clients

From the interview results, clients expressed that the hypnocaring technique provided significant benefits, especially in helping them relax and manage their pain. Most clients suggested that this technique should become a standard part of care for post-section clients. One client stated:

"I hope treatments like this are done more often for new mothers. It is very helpful in reducing pain and anxiety." (Interview R3).

The results of this study indicate that the hypnocaring technique significantly helps in reducing pain and anxiety disorders in post-section clients. The next section will further discuss the implications of these findings in the context of nursing and healthcare services at RSUD Syekh Yusuf, Gowa District.

Supporting and Inhibiting Factors in the Use of Hypnocaring Technique

The Supporting Factors in the Use of Hypnocaring Technique

Based on interviews with respondents and healthcare workers at Syekh Yusuf Regional Hospital, Gowa Regency, several key supporting factors identified in the implementation of the hypnocaring technique are as follows:

1. The Willingness of the Client to Participate

Most clients showed willingness and openness to participate in hypnocaring sessions, as they believed this technique could provide benefits in reducing pain and anxiety. Clients felt more calm and comfortable during the session, which supported the success of the intervention. One client stated:

"I was initially doubtful, but after trying it, I felt calmer. I want to continue because the results are quite noticeable." (Interview R4).

2. Support from Healthcare Workers

The role of healthcare workers, especially nurses trained in the hypnocaring technique, is a crucial supporting factor. Their expertise in guiding clients into a state of relaxation and providing positive suggestions helps make the healing process more effective. One of the interviewed nurses mentioned:

"We always ensure that clients feel comfortable before the session begins. We also provide sufficient information about the benefits of this technique so that they feel more confident during the session." (Interview P1).

3. A Supportive Hospital Environment

Syekh Yusuf Regional Hospital in Gowa Regency has a sufficiently calm treatment room that supports the implementation of the hypnocaring technique. A conducive environment, such as a quiet and comfortable space, facilitates clients in more easily reaching a state of relaxation during the session. One client expressed:

"A quiet room helps me focus more on the techniques taught by the nurse. An environment like this greatly aids my relaxation process." (Interview R1).

4. Positive Perception of Hypnocaring

Clients who have a positive perception of the hypnocaring technique tend to be more receptive and responsive to the intervention. They believe that this technique can help reduce pain and anxiety, which psychologically enhances the effectiveness of hypnocaring. One client stated:

"I believe that when our minds are calm, the pain decreases as well. So, I follow the nurse's instructions during the session." (Interview R2).

Inhibiting Factors in the Use of Hypnocaring Technique

In addition to the supporting factors, there are also several inhibiting factors identified during the interviews related to the use of the hypnocaring technique, namely:

1. Unstable Physical Condition of the Client

Some clients expressed that their physical condition after surgery often poses a barrier to participating in hypnocaring sessions. Fatigue and post-operative pain make it difficult for them to focus during the session. One client said:

"The first time I tried it, I was still very tired after the surgery, so I couldn't fully focus on the relaxation technique." (Interview R5).

2. Lack of Prior Knowledge about Hypnocaring

Some clients did not have a sufficient understanding of the hypnocaring technique before the session began. This led to confusion and hesitation in undergoing the relaxation process, especially for clients who had never heard of this technique before. One client mentioned:

"At first, I didn't know what hypnocaring was, so I was a bit hesitant about whether it would be effective or not." (Interview R3).

3. Limitations of Care Time in the Hospital

The limitation of care time in the hospital is also an inhibiting factor, especially since some clients are only hospitalized for a short period after surgery. Hypnocaring sessions, which require a certain amount of time, cannot always be conducted effectively due to the limited duration of care. One nurse mentioned:

"Sometimes we don't have enough time to provide ongoing hypnocaring sessions because clients are discharged quickly after surgery." (Interview P2).

4. Psychological Factors and High Anxiety

Clients with very high levels of anxiety or post-operative fear sometimes find it difficult to fully respond to hypnocaring interventions. Although this technique is intended to reduce anxiety, some clients struggle to relax during the first session due to their fears about their medical condition. One client said:

"I was too worried about my condition, so it felt difficult to truly relax during the session." (Interview R6).

The results of this study indicate that although there are several inhibiting factors, supporting factors such as client readiness, support from healthcare workers, and a conducive hospital environment can maximize the use of the hypnocaring technique in addressing pain and anxiety in post-cesarean section clients at Syekh Yusuf Regional Hospital in Gowa Regency.

Discussion

Overview of the Use of Hypnocaring Technique

The results of the study show that the hypnocaring technique has a positive impact on reducing pain and anxiety disturbances in post-cesarean section clients. Clients who received hypnocaring interventions reported a better experience in their recovery. This technique relies on the fundamental principle that thoughts and emotions can influence an individual's perception of pain and anxiety. By using a relaxation approach and positive suggestions, the hypnocaring technique can help clients achieve a calmer mental state, thereby accelerating the healing process.

1. Decrease in Pain After Hypnocaring Sessions

The findings of this study are consistent with the theory that pain control can be influenced by psychological factors. Clients' experiences reporting significant pain reduction after undergoing hypnocaring sessions indicate that this technique is effective in altering clients' perceptions of pain. Most clients reported that hypnocaring sessions helped them to focus better and feel calmer, which contributed to the reduction in the pain levels they experienced. This is also consistent with previous research showing that relaxation techniques can decrease pain intensity in postoperative patients.

2. Reduction of Anxiety and Improvement of Sleep Quality

The results of the study also showed a significant reduction in anxiety among clients after the hypnocaring intervention. Clients who participated in the sessions felt more capable of controlling their emotions and reducing uncertainty about the recovery process. This decrease in anxiety levels is important because high anxiety can worsen pain perception and hinder the recovery process. The clients' willingness to participate in hypnocaring techniques indicates that they felt valued and supported, which is a crucial factor in creating a conducive environment for healing.

3. The Influence of the Environment and Support from Healthcare Professionals

The calm hospital environment and support from healthcare professionals play a significant role in the effectiveness of hypnocaring techniques. A room free from distracting noise and pressure provides clients with the opportunity to more easily achieve a state of relaxation. Additionally, the skills and approaches of healthcare professionals in guiding hypnocaring sessions greatly influence the success of the intervention. Clients' trust in healthcare professionals is also an important factor that enhances the effectiveness of hypnocaring. As expressed by several clients, the presence of trained nurses with a good understanding of this technique helps them feel safer and more comfortable during the sessions.

4. Challenges in Implementing Hypnocaring

Although many benefits were identified, this study also pinpointed several challenges in implementing hypnocaring techniques. Factors such as clients' unstable physical conditions, a lack of prior knowledge about hypnocaring, and time constraints in care became obstacles. Clients experiencing severe pain or post-operative fatigue often struggle to actively participate in hypnocaring sessions. This highlights the need for a more flexible approach in implementing hypnocaring techniques, including providing

adequate information to clients before the sessions and considering their physical conditions when scheduling sessions.

5. Implications in Nursing Practice

The findings of this study have important implications for nursing practice, particularly in managing post-operative patients following a cesarean section. Hypnocaring techniques can be an effective method for addressing post-operative pain and anxiety. Therefore, training for healthcare professionals on this technique is highly recommended to enhance their knowledge and skills. Integrating hypnocaring into patient care protocols can help provide a more holistic care experience and support the psychological well-being of patients.

The use of hypnocaring techniques at RSUD Syekh Yusuf in Gowa Regency presents a positive approach to addressing pain and anxiety issues in post-cesarean clients. Although there are challenges that need to be addressed, the benefits offered by this technique make it worth considering as part of the standard care for post-operative patients. Further research is needed to explore in depth the mechanisms underlying the effectiveness of hypnocaring and to identify strategies that can overcome the barriers to its implementation.

Supporting and Inhibiting Factors of the Use of Hypnocaring Techniques

This study aims to identify the supporting and inhibiting factors in the use of hypnocaring techniques to alleviate pain and anxiety in post-cesarean section clients at RSUD Syekh Yusuf, Gowa Regency. The interview results indicate that although this technique shows great potential in aiding client recovery, various factors influence the effectiveness of its implementation.

The Supporting Factors in the Use of Hypnocaring Technique

1. Client Willingness to Participate

One significant supporting factor is the client's willingness to participate in hypnocaring sessions. Clients who are open to this technique tend to enjoy the benefits it offers more. This aligns with the principle that active client participation in care can enhance the effectiveness of interventions. Clients who report positive experiences and feel more comfortable are likely to be more willing to continue hypnocaring sessions, thereby having a positive impact on the healing process.

2. Support from Healthcare Professionals

The role of healthcare professionals, especially nurses trained in hypnocaring techniques, is crucial. The expertise and appropriate approach of healthcare professionals can create a safe and comfortable environment for clients. In interviews, healthcare professionals experienced in this technique demonstrated a deep understanding of how to guide clients to achieve a state of relaxation. The moral and emotional support from healthcare professionals is a key factor in the success of interventions, fostering trust and a strong therapeutic relationship between the client and the nurse.

3. Supportive Environment

A calm and comfortable hospital environment also contributes to the success of hypnocaring techniques. Treatment rooms that are free from noise disturbances and

have soft lighting create an atmosphere conducive to relaxation. Clients who feel comfortable with their surroundings tend to find it easier to focus and respond during hypnocaring sessions. This indicates that the physical aspects of the environment can influence the psychological experience of clients during the treatment process.

4. Positive Perception of Hypnocaring

The client's perception of hypnocaring techniques is another important supporting factor. Clients who have adequate knowledge or information about the benefits of hypnocaring tend to be more confident and optimistic during the sessions. Conversely, clients who lack information may feel hesitant, which can reduce the effectiveness of the technique. Therefore, education about hypnocaring prior to implementation is key to enhancing client acceptance of this technique.

Inhibiting Factors in the Use of Hypnocaring Technique

1. Unstable Physical Condition of the Client

One of the main challenges in implementing hypnocaring techniques is the unstable physical condition of the client after surgery. Many clients experience severe pain or fatigue post-surgery, making it difficult for them to focus and participate in hypnocaring sessions. The influence of this physical condition can hinder the client's ability to enter the state of relaxation required for hypnocaring techniques. Therefore, it is necessary to adjust the timing and techniques applied according to the client's condition.

2. Lack of Preliminary Knowledge about Hypnocaring

Some clients express a lack of understanding about hypnocaring techniques before attending sessions. This lack of knowledge becomes a barrier because clients do not fully understand the process and benefits of the technique. Limited information can create uncertainty and anxiety, which reduces the effectiveness of the intervention. Adequate pre-session education is crucial to help clients understand what to expect and how this technique can assist them.

3. Limited Time for Treatment in the Hospital

Time limitations in hospital care are another inhibiting factor. Many clients are hospitalized for a short duration after surgery, so hypnocaring sessions that require a specific amount of time may not always be conducted to their fullest potential. In this situation, nurses need to consider the available time and may have to adjust the frequency or duration of sessions to achieve optimal results.

4. Psychological Factors and High Anxiety

Clients with high levels of anxiety often have difficulty responding to hypnocaring techniques. Excessive fear and worry can make it challenging for clients to relax and accept the suggestions provided. In this context, additional psychological support may be necessary to help clients manage their anxiety before undergoing hypnocaring sessions.

5. Implications for Nursing Practice

The findings of this study have significant implications for nursing practice, particularly in the context of managing post-cesarean section patients. Understanding the supporting and inhibiting factors in the use of hypnocaring techniques can help nurses

design more effective and targeted approaches. Adequate training for healthcare professionals in hypnocaring techniques and ways to create a supportive environment will greatly assist in enhancing the client care experience. Additionally, client education about the benefits of hypnocaring needs to be strengthened to improve acceptance and effectiveness of the intervention.

Overall, the use of hypnocaring techniques at RSUD Syekh Yusuf in Gowa Regency demonstrates great potential in helping to address pain and anxiety in post-cesarean section clients. Although there are several inhibiting factors, supporting factors such as healthcare professional support, client willingness, and a conducive environment can maximize the application of this technique. Further research is needed to explore strategies that can address the challenges in implementing hypnocaring, so it can be more widely implemented in clinical practice.

CONCLUSION

The use of the hypnocaring technique at RSUD Syekh Yusuf in Gowa Regency has proven effective in reducing pain and anxiety levels in post-operative sectio caesarea patients. This is demonstrated by a significant decrease in patients' pain and anxiety scores after the hypnocaring intervention was applied. This technique can also accelerate the healing process by creating a relaxed atmosphere and enhancing psychological comfort. The implementation of hypnocaring assists nurses in providing holistic care that encompasses physical, mental, and emotional aspects, thus supporting the principles of caring in modern nursing. The technique improves patient satisfaction with the healthcare services provided. Overall, the use of hypnocaring at RSUD Syekh Yusuf in Gowa Regency shows great potential in helping alleviate pain and anxiety in post-sectio caesarea clients. It is recommended that the management of RSUD Syekh Yusuf provide specialized training for nurses regarding the application of the hypnocaring technique. This training is important to ensure that nurses have adequate skills to implement the technique optimally. The integration of hypnocaring into Nursing Standard Operating Procedures (SOP) for managing pain and anxiety post-sectio caesarea is suggested. RSUD Syekh Yusuf is expected to provide psychological support services for patients after sectio caesarea, where hypnocaring could be a part of these services, helping to reduce potentially persistent anxiety levels. Further research is needed to expand the scope of the hypnocaring technique to other types of surgeries or medical conditions, as well as to evaluate its long-term effectiveness. Comparative studies with other relaxation techniques could also be conducted to gain a more comprehensive understanding of the advantages of hypnocaring. This study recommends the development of a Hypnocaring Program; broader application of the Hypnocaring technique; research with a larger sample size; combination with other techniques; and conducting more in-depth qualitative research, such as detailed interviews with patients, to explore their subjective experiences related to the use of hypnocaring, thereby providing additional insights into the emotional and psychological factors that influence the effectiveness of this technique.

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