


The Relationship Between Gentle Birth Method and Reducing Pain Intensity During Childbirth at Kasih Bunda Primary Clinic in 2024

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Article Info	ABSTRACT
<p>Keywords: Gentle Birth, Normal delivery, Perineum</p>	<p>Gentle birth is a calm, gentle and minimally traumatic birth method. Gentle birth utilizes all the natural elements in the mother's body. that when there is no fear of childbirth, then there will be no pain either. Fear will cause the arteries leading to the uterus to contract and tense, causing pain. When a mother feels relaxed, the muscles will relax and flex, the cervix can thin and open naturally during contractions and push the baby out easily. Gentle birth is a calm and peaceful labor process so that the mother's pain during childbirth can be much lighter. This study aims to determine the relationship between the Gentle birth process and decreased pain intensity at the Kasih Bunda Pratama Clinic in 2024. With a population and sample of 33 mothers giving birth to decreased pain intensity at the Kasih Bunda Pratama Clinic in 2024. The data used are primary data and secondary data. The data were analyzed univariately and bivariately using the Chi-square test. The results of this study indicate that there is a relationship between Gentle birth and a decrease in the intensity of labor pain by performing Gentle birth with a degree of significance (α) = 0.05 and $df = 1$, the calculation results are Sig (2-tailed) 0.000 < (α) = 0.05, then H_0 is rejected and H_a is accepted. The conclusion is that there is a relationship between gentle birth and a decrease in the intensity of pain. It is expected that pregnant women will be more active in carrying out gentle birth in an effort to reduce pain during labor.</p>
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INTRODUCTION

Labor is the process by which the baby, placenta, and amniotic membranes come out of the uterus of the mother giving birth. Normal labor occurs at full-term gestational age/after 37 weeks of gestation or more without complications. The labor process begins when the uterus contracts and causes bleeding in the cervix (opening and thinning) and ends with the complete birth of the placenta. Labor is a natural process that every mother will go through and is a very important event. There are several factors that affect the labor process Power (strength), passenger (fetus and placenta), *passage*(birth canal), maternal psychology and physician (assistant). If there is a problem with one of these factors, it can cause difficulties during labor and cause death in the mother and fetus (Enny Fitriahadi, 2019)

According to the World Health Organization In 2020, in developed countries, the mortality rate during childbirth was very low compared to developing countries such as

Australia, Poland, Norway, which was only around 3 deaths per 100,000 live births, while in Indonesia there were 189 deaths per 100,000 live births. The Indonesian Ministry of Health showed 4,627 cases of maternal death in Indonesia. Most of the causes of maternal death were caused by infection at 4.6%, hypertension in pregnancy at 23.9%, bleeding at 28.7%, and other causes at 34.2%. In North Sumatra, based on the local monitoring report for Maternal and Child Health (PWSKIA), MMR in 2020 was 187 cases out of 299,198 birth targets, so that MMR was 65.50 per 100,000 live births. Many cases where the average maternal death can occur due to prolonged labor caused by stimulation of catecholamine and steroid hormones due to the pain felt.

The labor process is divided into four stages, namely stage I is the cervical opening period which starts from 0 to 10 cm opening. Stage II is the process of the birth of the baby. While stage III is the process of the birth of the placenta and stage IV starts from after the birth of the placenta until the next 2 hours. The labor process begins with uterine contractions which cause pain and discomfort to the mother who is about to give birth. (Enny Fitriahadi, 2019)

Most mothers in labor will experience pain during the labor process. Pain during labor is a subjective experience that arises from changes in the function of body organs that are seen in determining the progress of the labor process through the birth canal. Pain during labor is a manifestation of contractions (shortening) of the uterine muscles. These contractions cause pain in the waist, stomach area and spread towards the thighs. These contractions cause the opening of the cervix. With the opening of the cervix, labor will occur. There are several techniques to reduce pain during the first stage of labor, including: *deep back massage, water birth, birth ball, hypnobirthing, and gentle birth* (Aprilia, 2019)

Gentle birth is a calm, gentle and minimally traumatic birth method. Gentle birth utilizes all the natural elements in the mother's body. that when there is no fear of childbirth, then there will be no pain either. Fear will cause the arteries leading to the uterus to contract and tense, causing pain. When a mother feels relaxed, the muscles will relax and flex, the cervix can thin and open naturally during contractions and push the baby easily (Aprillia, 2019)

Gentle birth view that the birthing process is a process full of love and should be done comfortably. The mother is the one who decides on the path she will give birth to her baby, as long as the mother and baby feel comfortable. The task of other people such as midwives, doctors and family is only as a companion. Supporters of childbirth prioritize, strive for, and rely on the natural reactions of the mother's body first so that medical intervention can be minimized because in gentle birth, a mother must prepare herself during pregnancy, even if possible before pregnancy (Aprillia, 2019). Some methods in the gentle birth program that can be applied since pregnancy can be water birth, hypnobirth, silence birth, and lotus birth

According to Hestri Norhapifah, et al. (2020), the pain scale of mothers giving birth using the gentle birth method with hypnobirthing in 20 mothers, most of the respondents, 60%, had a moderate pain scale, and those who did not undergo hypnobirthing, most of the respondents, 66.7%, had a severe pain scale with a P value (0.001) $< \alpha(0.05)$ then H_0 is

rejected. Thus there is a significant relationship between the Gentle Birth Method and a decrease in pain intensity.

Based on the results of an initial survey conducted at the Kasih Bunda Pratama Clinic, data from 33 mothers giving birth showed that 21 (63.6%) used the gentle birth method and 12 (36.3%) did not use the Gentle Birth Method. Based on the background above, I am interested in conducting research on "The Relationship between the Gentle Birth Method and reducing pain intensity during the labor process." at the Kasih Bunda Primary Clinic in 2024"

METHOD

Research design is a scientific way to obtain data with specific purposes and uses. The method used in the study is the quantitative method. The research design used is the chi square test with a cross-sectional study design (an observational study that analyzes data from a population at one point in time) (Hastono, 2017). This study uses secondary data where the data is obtained from respondents at the Kasih Bunda Pratama Clinic. While the primary data is the number of respondent data obtained from the Kasih Bunda Pratama Clinic in 2024.

Population is a generation area consisting of objects/subjects that have certain quantities and characteristics determined by researchers to be studied and then conclusions drawn (Sugiyono, 2018). The population in this study was all mothers who gave birth at the Kasih Bunda Pratama Clinic in the period March to September 2024, totaling 33 respondents. Sample is part of the number and characteristics owned by the population. The sample in this study was taken using the Total Sampling technique. Where the sampling is based on the total population or sample amounting to 33 respondents with the accidental sampling technique.

Measurement Aspects

Gentle Birth Method

To measure the effect of Gentle Birth on reducing pain intensity in the first stage, the researcher used 6 questionnaires with the answer options yes given a score of 1, no given a score of 0, so the highest score is 6 and the lowest score is 0. To determine the category of gentle birth with reduced pain intensity, the author used the statistical method according to Sudjana.

Formula: $p = \frac{\text{Class length}}{\text{Many Classes}}$

Description: $P = \text{Class Length}$

Range : Highest Score – Lowest Score

$$p = \frac{6 - 0}{2}$$
$$p = \frac{6}{2}$$
$$p = 3$$

Gentle Birth Method Category

Regular = 1

Irregular = 0

To measure the level of pain by observation

Mild Pain = 1-3

Moderate pain = 4-6

Severe pain = 7-8

Pain Intensity

To measure the procedure of pain intensity using observation table with visual scale method. Where the category is 1-3 mild pain, 4-6 moderate pain, 7-9 severe pain. This study uses primary data obtained by respondents using a questionnaire as a measuring tool. First, an explanation is given about the purpose of the study and an explanation of the questionnaire, how to fill it out and ask the respondents if there is something that is not understood and secondary data obtained not directly from the source but from data on mothers giving birth at the Kasih Bunda Pratama Clinic. The data that has been collected will be subjected to statistical analysis using univariate analysis and bivariate analysis.

Univariate analysis is an analysis that describes independent and dependent variables in the form of a frequency distribution. Meanwhile, bivariate analysis is a further analysis to see the relationship between independent and dependent variables using the chis-square test at a 95% confidence level ($p < 0.05$), then a discussion is carried out by comparing theories and past research results (Ramadhanif, 2019).

RESULTS AND DISCUSSION

Univariate analysis

Univariate analysis aims to explain and describe the characteristics of each variable studied. With univariate analysis, the distribution of mothers in labor can be seen with the influence of reducing pain intensity by implementing the Gentle Birth method at the Kasih Bunda Pratama Clinic in 2024 with the dependent variable (Labor Pain Intensity).

From the research results, when viewed based on the level of regularity and irregularity, this can be seen in table 4.1 below:

Table 4.1 Frequency Distribution of Respondents Based on the Gentle Birth Process Variable for Mothers During Childbirth at the Kasih Bunda Primary Clinic in 2024.

No.	Gentle Birth Method	Amount	
		f	%
1.	Watter Birth	-	-
2.	Hypnobirthing	33	100
3.	Lotus Birth	-	-
4.	Silence Birth	-	-
	Total	33	100

Based on Table 4.1, it can be seen that those who performed Gentle Birth at the Kasih Bunda Pratama Clinic mostly used the gentle birth method technique Hypnobirth, 33 respondents (100%).

Pain Intensity

From the research results when viewed based on the level of pain intensity, it can be seen in table 4.2 below:

Table 4.2 Frequency Distribution of Respondents Based on the Variable of Labor Pain Intensity in the Gentle Birth Delivery Process in Mothers During Childbirth at the Kasih Bunda Primary Clinic in 2024.

NO.	Pain Intensity	Amount	
		f	%
1.	Mild Pain	22	66.7
2.	Moderate Pain	7	21.2
3.	Severe Pain	4	12.1
4.	Very Severe Pain	-	-
Total		33	100.0

Based on Table 4.2 above, it can be seen that the majority of respondents experienced labor pain with mild pain intensity, as many as 22 respondents (66.7%), while the minority of respondents experienced labor pain with severe pain intensity, as many as (12.2%), but there were still respondents who experienced labor pain with moderate pain intensity, as many as 7 respondents (21.2%).

Bivariate Analysis

Bivariate analysis is conducted to determine the relationship between independent variables and dependent variables. The analysis is conducted using *Chi-Square*. So if the statistical analysis results are determined to be $p < 0.05$ then the variables are stated to be significantly related.

Table 4.3 Frequency Distribution of Characteristics of the Relationship between the Gentle Birth Delivery Process and the Reduction in Pain Intensity in Mothers During Childbirth at the Kasih Bunda Primary Clinic in 2024

NO	Gentle Birth	Labor Pain Intensity								Amount		Sig (2-titled) 0,000
		Mild Pain		Moderate Pain		Severe Pain		Very Severe Pain		f	%	
		f	%	f	%	f	%	f	%			
1	Watter Birth	0	0	0	0	0	0	0	0	0	0	
2	Hypno Birth	22	66.7	7	21.17	4	12.13	0	0	33	100	
3	Silence Birth	0	0	0	0	0	0	0	0	0	0	
4	Lotus Birth	0	0	0	0	0	0	0	0	0	0	
Total		22	66.7	7	21.17	4	12.13	0	0	33	100	

Based on the majority of deliveries using the gentle birth method, 33 respondents (100%) experienced mild pain as many as 22 respondents (66.7%), moderate pain 7 respondents (21.17%), severe pain 4 respondents (12.13%) and very severe pain none. Based on the results of the Chi-square test, the relationship between the gentle birth method and decreased pain intensity during the labor process at the Kasih Bunda Pratama Clinic in 2024 can be concluded with a significance value of $0.000 < 0.05$, so H_0 is rejected and H_a is accepted. The conclusion is that there is a relationship between the Gentle Birth labor process and decreased pain intensity in mothers giving birth at the Kasih Bunda Pratama Clinic in 2024.

Discussion

Univariate Analysis

Gentle Birth Method

Based on Table 4.1 above, it is known that those who performed Gentle Birth at the Kasih Bunda Pratama Clinic mostly used the gentle birth method Hypnobirth technique, 33 respondents (100%). Based on the research results of Endah Wijayanti (2024), it is known that most of the pregnant women who underwent examinations at PMB Griya Bunda Sehat, namely 51 people (64.6%), were interested in giving birth using the gentle birth method. The results of this study indicate that pregnant women who underwent examinations at PMB Griya Bunda Sehat have a high interest in choosing the gentle birth method. Based on the description above, the researcher assumes that most of the respondents expressed interest in the gentle birth method. The interest in the form of intense attention is a reaction of the organism, both real and imaginary, which is caused by a liking for a particular object. This interest tends to influence individual behavior in certain activities. Therefore, it can be said that interest in an individual is very important for the success that will be achieved

Reduction in Pain Intensity

Based on table 4.2 above, it can be concluded that the distribution of pain levels in mothers giving birth at the Kasih Bunda Pratama Clinic in 2024, the majority of mothers who experienced mild pain were 22 respondents (66.7), moderate pain was 7 respondents (21.2), severe pain was 4 respondents (12.1) and there was no very severe pain.

In table 4.2 it can be concluded that mothers giving birth at the Kasih Bunda Pratama Clinic have understood, known and carried out the Gentle Birth method so that the majority experienced a decrease in pain intensity. The results of the study showed that there was a relationship between the Gentle Birth Method and decrease in pain intensity with a p value of 0.000 (p value < 0.05).

Pain intensity is a description of how severe the pain is felt by an individual. Measuring pain intensity is very subjective and pain at the same intensity is felt differently by two different people (Andarmoyo, 2021). Measuring pain intensity is very subjective, and for each person, two different people have a high probability of pain at the same intensity but at different intensities. Measuring pain intensity can be done using a Verbal Descriptor scale (VDS). The Verbal Descriptor scale shows the degree of pain on a scale of 0-10. The patient's pain will be classified as no pain (0), mild pain (1-3), moderate pain (4-6), severe pain (7-9), very severe pain (10). One of the non-pharmacological approaches that can be

used to reduce pain

Bivariate Analysis

Based on the test results *Chi-Square* the relationship between the application of the Gentle Birth Method and a decrease in pain intensity during the labor process at the Kasih Bunda Pratama Clinic in 2024 with a degree of significance (α) = 0.05 and $df = 1$, the calculation results were obtained, namely Sig (2-tailed) 0.000 < (α) = 0.05, then H_0 is rejected and H_a is accepted. The conclusion is that there is a relationship between the application of the Gentle Birth Method and a decrease in pain intensity during the labor process at the Kasih Bunda Pratama Clinic in 2024.

This study is in line with the study conducted by Riska Nisfi Fitria (2022) entitled "The Effect of Hypnobirthing Relaxation Techniques on Reducing Pain in the First Stage of Labor in the Independent Practice of Midwives (Pmb) Siti Sara, S.Tr.Keb, District I in Tunong, East Aceh Regency" the results showed that the average reduction in pain during labor before being given the hypnobirthing relaxation technique was 1.91 and the average reduction in pain during labor after being given the hypnobirthing relaxation technique was 2.63. so it can be concluded that there is an effect of the hypnobirthing relaxation technique on reducing pain during labor.

Also in line with the research (Febri 2019) entitled "the effect of hypnobirthing on reducing pain intensity in mothers in labor" in his research found that the average pretest pain intensity in labor without hypnobirthing was 9 (severe pain) and the posttest of labor without hypnobirthing was 6 (moderate pain). While the average pretest pain intensity in labor with hypnobirthing was 4 (moderate pain) and the posttest of labor with hypnobirthing was 2 (mild pain).

Also supported by the results of the study (Suyono, 2022) showing that the intensity of pain in mothers giving birth normally at RSUD Labuang Baji Makassar before being given hypnobirthing was severe pain of 65%. While the intensity of pain in mothers giving birth normally at RSUD Labuang Baji Makassar after being given hypnobirthing was moderate pain of 60%. The results of this study are also supported by the results of statistical testing which state that there is an effect of hypnobirthing on the intensity of pain in mothers giving birth normally at RSUD Labuang Baji Makassar.

CONCLUSION

From the results Research on the Gentle Birth delivery process at the Kasih Bunda Primary Clinic, the majority of respondents used the gentle birth hypnobirth method technique, 33 respondents (100%) From research on the gentle birth process at the Kasih Bunda Pratama Clinic in 2024, the majority of mothers giving birth who regularly underwent gentle birth experienced mild pain, as many as 22 respondents (66.7%), moderate pain, 7 respondents (21.2), and severe pain, 4 respondents (12.1) p -value 0.000. The results of this study indicate that there is a relationship between gentle birth and a decrease in the intensity of labor pain by performing gentle birth with a degree of significance (α) = 0.05 and $df = 1$, the calculation results are Sig (2-tailed) 0.000 < (α) = 0.05, then H_0 is rejected and H_a is

accepted. The conclusion is that there is a relationship between gentle birth and a decrease in the intensity of labor pain.

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