

THE EFFECT OF HYPNOTHERAPY ON THE LEVEL OF ANXIETY OF PREGNANT WOMEN IN THE THIRD TRIMESTER

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Abstract

In the third trimester of pregnancy, there are physical changes and side effects of pregnancy that make mothers worry, so pregnant women start to worry about the birth process. Hypnotherapy techniques can help relax the muscles so that the mother avoids anxiety and makes the mother calmer when facing childbirth. This research aims to determine the effect of hypnotherapy on the anxiety level of pregnant women in the third trimester. The research sample was 30 people, carried out from 15 May to 15 June 2023. This research is a quantitative research with a Quasi Experiment design with a one group pre test and post test design. The analysis method used was univariate and bivariate, analysis using the Paired Samples T-Test. The results of the study showed significant differences before and after hypnotherapy on pregnant women with a significance value of $0.000 < 0.05$. In conclusion, there is an influence of hypnotherapy on the level of anxiety in third trimester pregnant women at PMB Indah Permatasari, 2023. The suggestion is that midwives can apply hypnotherapy as a complementary approach in an effort to reduce the level of anxiety in third trimester pregnant women in handling childbirth.

Keywords: Anxiety, Hypnotherapy, Pregnant women.

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1. Introduction

Panjalín Kidul Village is one of the villages in Sumberjaya District, Majalengka Regency, West Java Province. The village boasts a population of 11,646 individuals. Administratively, the Panjalín Kidul Village government consists of five hamlets and 9 community units (RW) and 24 neighborhood units (RT). Based on data published by the Central Statistics Agency of Majalengka Regency in 2023, the number of women who fall into the criteria for fertile age couples ranging from 20 to 24 years old is 487 people, 25 to 29 years old is 448

people, and 30 to 34 years old is 446 people. The data also includes the group of pregnant women [1].

Based on World Health Organization (WHO) data in 2020, the maternal mortality rate in Indonesia is still far from achieving the SDGS 2030 target, which is expected to be 70 per 100,000 live births, but the results show 177 per 100,000 live births [2]. 75% of maternal deaths are caused by bleeding, infection, high blood pressure, diabetes, abortion, and other diseases; this places Indonesia in 3rd place for the highest MMR in Southeast

Asia after Laos, with a mortality rate of 292 per 100,000 live births [2].

Anxiety often occurs in pregnant women at 29.2% compared to postpartum mothers at 16.5%. Anxiety that occurs during pregnancy will affect between 15-23% of women and has an effect on increasing negative risks for the mother and child born [3]. The prevalence of anxiety in pregnant women is estimated to be between 7- 20% in developed countries, while in developing countries it is reported to be 20% or more. In Indonesia itself, it was reported that 28.7% experienced anxiety in pregnant women in the third trimester [5] and then increased in 2020, where anxiety increased to 33.93%. Anxiety felt by mothers, such as fear of complications in the mother and fetus, fear of labor pain, fear of not being able to give birth normally, fear of perineal stitches, fear of bleeding, fear of not being able to breastfeed their babies, and fear of not being able to care for their babies later [3]. The main effort to reduce the level of anxiety in pregnant women really needs to be given an explanation of the changes that occur in them. This is where the midwife plays an active role in explaining the psychological changes that the pregnant woman will face, enabling her to adjust to the fact that the fetus is a part of her and completely dependent on her [4].

Hypnotherapy, which is also called hypnosis for pregnancy and childbirth, helps people feel safe, comfortable, and at ease during the whole process. Anxiety during childbirth can lead to high levels of catecholamines, which lower blood flow to the uterus, uterine contractions, and the placenta. This means that the fetus has less oxygen and the first stage of labor lasts longer [11].

Previous research conducted by [10] found that mothers who were given hypnotherapy experienced a decrease in anxiety to no anxiety compared to mothers who were not given hypnotherapy. This is because the mother feels more relaxed, comfortable, and calm. In addition, hypnotherapy techniques can help relax muscles so that mothers avoid

anxiety and be calmer when facing childbirth [12]. The results of an initial survey conducted on 15 pregnant women in the third trimester at the Indah Permatasari Midwife Practice stated that the women experienced anxiety [10]. Respondents felt anxious about facing childbirth due to remembering and imagining the pain of previous childbirth in multiparous pregnant women and had no experience for primigravida pregnant women [6]. Hypnotherapy does not require costs because it only provides positive suggestions to pregnant women in the third trimester with the aim of reducing their anxiety of pregnant women in the third trimester in facing the labor process.

The purpose of this study was to determine the effect of hypnotherapy on the level of anxiety of pregnant women in the third trimester at PMB Indah Permatasari in 2023.

2. Methods

This research is quantitative research and, the research design used is a quasi-experiment with one group pre-test and post-test design. The researcher did not randomize the two groups. The study was conducted on pregnant women in the third trimester at PMB Indah Permatasari, Panjalin Kidul Village, in 2023, with a sample of 30 people. The study was conducted from May 15 to June 15, 2023. Data collection used a questionnaire. Data processing with the SPSS application uses univariate data analysis and bivariate analysis to see the relationship between 2 variables, namely the independent variable in the form of hypnotherapy with the dependent variable in the form of anxiety levels of pregnant women in the third trimester.

3. Results and Discussion

This research was conducted from May 15 to June 15, 2023. The sampling technique was total sampling, so that a sample of 30 people was obtained. The location of the research was at PMB Indah Permatasari, Panjalin Kidul Village. Data collection was carried out using a research

instrument in the form of a questionnaire where, before the research was carried out, an initial measurement (pre-test) was carried out to determine the level of anxiety of the respondents. Furthermore, a final measurement (post-test) was carried out to determine the effect of the treatment on the respondents. The analysis method used was univariate analysis to describe each research variable using a frequency distribution, and bivariate analysis was an analysis carried out by two variables that were suspected of having an effect or the difference in the average between two groups and to see the strength between the two variables. This study conducted a bivariate analysis using the Paired Samples T Test to examine the relationship between the variables. The study's results revealed that 28 respondents, or 93.4%, were between the ages of 21 and 35.

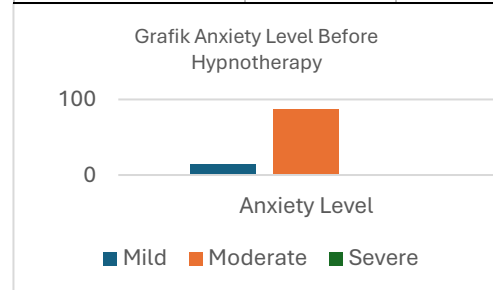
Table 1. Respondent Characteristics

	Frequency (N=30)	%
Age		
<20 years	1	3,3%
21 – 35 years	28	93,4%
>35 years	1	3,3%
Education		
Elementary	4	13,3%
School	9	30%
JHS	16	53,4%
SHS	1	3,3
undergraduate		
Parity		
Primipara	9	30%
Multipara	21	70%

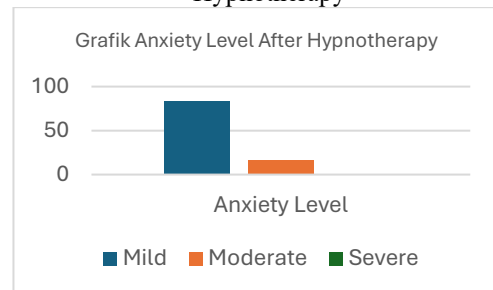
The results of the analysis showed that the majority of respondents were aged between 21-35 years, 28 people (93.4%). From the educational background, the majority of respondents had a high school education background, 16 people (53.4%). While the majority of respondents had multiparity, 21 people (70%).

Gambar 1. Grafik Anxiety Level Before Hypnotherapy

Anxiety Level	Frequency	%
Mild	4	13,3%
Moderate	26	86,7%
Severe	0	0%



Gambar 2. Grafik Anxiety Level Before Hypnotherapy



Anxiety Level	Frequency	%
Mild	25	83,3%
Moderate	5	16,7%
Svere	0	0%
Total	30	100%

Tabel 2. The Effect of Hypnotherapy on Respondents' Anxiety Levels

Hipno	Mean	Media n	SD	Sig
Before	28,40	28,50	4,651	0,000
After	19,97	20,50	3,518	

Based on table 1, the results of the study show that the average anxiety level score before Hypnotherapy was 28.40 and the average anxiety level score after Hypnotherapy was 19.97. The results of the Paired Samples T Test obtained a significance value of 0.000 (p-value <0.05) indicating that there was an effect of Hypnotherapy on anxiety levels in pregnant women in the third trimester at the Independent Practice of Midwives Indah Permatasari Panjalin Kidul

Majalengka in 2023. This study is in line with the results of [16] which revealed that anxiety in pregnant women in the third trimester was caused by fear in facing childbirth. Anxiety or fear in childbirth can be influenced by several things including fear of death, fear of pain and suffering, fear of inability or worry about the condition of the fetus, for example disability or fetal death, fear of losing self-control, helplessness, fear of loneliness or rejection from others, fear of complications in childbirth so that they must be referred to services with more complete facilities or must undergo a cesarean section [15]. Midwives have a fairly large role in overcoming these problems. One of the treatments that can be done to overcome the anxiety of pregnant women facing childbirth is with Hypnotherapy [17].

4. Conclusion

There is a difference in the level of anxiety in pregnant women in the third trimester before and after hypnotherapy, where there is a decrease in the level of anxiety after being given hypnotherapy.

5. Recommendation

Midwives are encouraged to use hypnotherapy as a complementary method to reduce anxiety in third-trimester pregnant women, as it is cost-free and helps mothers strengthen their faith in God, promoting greater confidence during labor.

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