


The Effect of Hypnobirthing Relaxation on the Anxiety Level of Primigravida Mothers in the Third Trimester in Facing Childbirth Preparation at Bpm Nurlina Sirait, Sst Dumai City in 2023

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Article Info	ABSTRACT
Keywords: Hypnobirthing, Anxiety level, Mrs. Primigravida TM III.	The purpose of this study was to determine the effect of hypnobirthing relaxation on the anxiety level of primigravida mothers in the third trimester in facing labor preparation. The method used was quasi-experimental research involving 20 primigravida mothers selected through random sampling technique. The intervention was carried out by providing hypnobirthing sessions, and anxiety levels were measured using the Hamilton Rating Scale for Anxiety (HRS-A) before and after the intervention. The main results showed that there was a significant effect of hypnobirthing relaxation on reducing anxiety levels, with a p value = 0.001, which indicates that this intervention is effective in reducing anxiety in pregnant women. The practical implication of this study is that hypnobirthing can be used as a useful method to help primigravida mothers overcome anxiety before childbirth, so it is recommended for health workers to integrate this technique in childbirth preparation programs.
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INTRODUCTION

Anxiety is a common emotional response experienced by individuals in stressful situations, including when facing labor. The prevalence of anxiety in pregnant women, especially primigravida, is quite high. According to research, around 30% to 50% of pregnant women experience significant levels of anxiety leading up to labor. This anxiety can be caused by a variety of factors, including uncertainty about the labor process, physical changes experienced, and concerns about the baby's health. High anxiety can negatively affect not only the mother's mental health, but also the physical health and development of the fetus. Based on SDKI (Indonesia Demographic and Health Survey) data in 2017, the AKI was 305 per 100,000 live births. Maternal mortality in Indonesia is dominated by the three biggest causes of maternal death, namely bleeding, hypertension in pregnancy and infection. As one of the efforts to reduce the maternal mortality rate is through the fulfillment of blood for mothers who give birth with bleeding complications (SDKI, 2017). Health services for pregnant women are not only aimed at maintaining physical health but also the

psychological health of mothers. In accordance with the definition of health that the changes between physical and psychological affect each other (Amalia, 2014).

Various studies have shown an association between anxiety and labor outcomes. For example, a study by Triana (2017) showed that mothers who experience high anxiety tend to have a more painful and prolonged labor experience. In addition, hypnobirthing as a relaxation method has been proven effective in reducing anxiety in pregnant women. According to Putra (2016), hypnobirthing helps mothers to control their thoughts and breathing, so they can face labor more calmly. Previous research has also shown that relaxation interventions can improve the labor experience and reduce the need for analgesia. Hypnobirthing is the practice of self-hypnosis which aims to help mothers-to-be through pregnancy and childbirth in a natural, safe and comfortable way, overcoming fear and pain. The process of hypnobirthing is based on the power of suggestions from the mother. A woman who thinks positively, will be given advice, and a picture to relax her body, she will automatically guide her mind, and control her breathing. A mother can also get a depiction to relax by using a verbal affirmation recording technique that helps them enter a calm state of self-hypnosis (Setiyawati, 2019). The things that become antenatal services are the second pillar in Safe Motherhood which is a means for mothers to be better prepared to face childbirth. Mother's unpreparedness to face childbirth is one of the causes of the high (Maternal Mortality Rate) of AKI. Childbirth preparation includes psychological preparation, physical preparation, fund preparation, and childbirth plan which includes a plan for the place of delivery, choosing a sex worker, a companion during childbirth, decision-makers, transportation, and prospective donors. The third trimester of pregnancy is called a period of waiting with full vigilance, most women experience psychological and emotional changes. Complex physical and emotional changes, requiring adaptation to lifestyle adjustments to the pregnancy process that occur a number of fears seen during the third trimester. This is where midwives play an active role in explaining changes, especially the psychological changes that they will face. Pregnant pregnant women must be able to adjust to reality. She began to think that the fetus is a part of her that is completely dependent on her (Triyani, 2018).

During pregnancy, pregnant women usually experience many disorders such as emotional disorders, namely in the form of anxiety. Anxiety is defined as feelings that include frightening thoughts or difficulties with uncertain threatening situations, which are characterized by motor hyperactivity such as trembling, getting tired quickly, and feeling autonomic hyperactivity such as shortness of breath, palpitations, cold feet and hands, dizziness, nausea, and insomnia (Annatagia and Retnowati, 2017). Panic, excessive fear, or stress intensify, will cause the brain to drain substances that shut down endorphin production. So, it is not surprising that the more afraid a person is when giving birth, the more extraordinary the pain will be felt (Zatika, 2018). Pregnant women who experience anxiety, if not treated seriously, will have an impact and influence on the physical and psychological, both on the mother and the fetus, because it will affect the hypothalamus to stimulate the endocrine glands that regulate the pituitary gland. This reaction causes an increase in the production of stress hormones. Pregnant women who experience high levels of anxiety can increase the risk of premature birth and even miscarriage. Other research shows that

pregnant women with high anxiety during pregnancy will increase the risk of hypertension in pregnancy. If this is allowed to happen, then the mortality rate and morbidity in pregnant women will increase (Marliana, et.al, 2016). Hypnobirthing will help pregnant women to achieve a state that is always relaxed and calm, where the effects of this condition will affect the pregnant woman and her environment until the delivery process. With a relaxed state, brain waves will become calmer so that they can receive new input which will then cause a positive reaction in the body, and it is very possible that the mother's body will follow the intended new input. This study is important to provide empirical evidence regarding the effectiveness of hypnobirthing in reducing anxiety in primigravida mothers in the third trimester. By understanding the effect of hypnobirthing, health workers can develop better intervention programs to support pregnant women in facing childbirth. In addition, the results of this study are expected to provide useful information for pregnant women and their families, as well as raise awareness about the importance of psychological support during pregnancy. Thus, this study not only contributes to the field of midwifery, but also to the overall mental health of pregnant women.

METHODS

Research Significance

This study is important to provide empirical evidence regarding the effectiveness of hypnobirthing in reducing anxiety in primigravida mothers in the third trimester. By understanding the effect of hypnobirthing, health workers can develop better intervention programs to support pregnant women in facing childbirth. In addition, the results of this study are expected to provide useful information for pregnant women and their families, as well as raise awareness about the importance of psychological support during pregnancy. Thus, this study not only contributes to the field of midwifery, but also to the overall mental health of pregnant women.

Hypnobirthing

Hypnobirthing comes from the Greek word *hypos* which means sleep or calm mind and birthing which means the process of pregnancy until childbirth. Hypnobirthing is a natural effort to instill the intention of the subconscious mind to face childbirth calmly and consciously. Hypnobirthing is a unique method of childbirth that combines natural relaxed childbirth techniques with self-hypnosis. This method helps mothers-to-be to develop a safe natural birth instinct. It's easier and more convenient, by understanding how the body works during pregnancy and childbirth. The self-hypnosis technique helps them to feel relaxed so that the skeletal muscles can work in perfect harmony according to their function, relaxation flows naturally, freeing the mother-to-be from fear and anxiety (Putra, 2016).

There are various techniques in hypnobirthing, but the essence is still like ordinary hypnosis, namely preinduction-induction-deepening-therapeutic, suggestion, and termination.

1. Preinduction is the preparation of entering the mind that is aware and includes knowing as the benefits of doing hypnosis. In this pre-induction level, pregnant women are also trained in the level of sensitivity to susceptibility, either by using a tool or without a tool.

One of the tools used is the cevreul pendulum, a way to stillness the pendulum and look at the pendulum and then concentrate on moving the pendulum and looking at the pendulum right to left or rotating just by focusing the mind. Another way without tools is with the arm levitation method, which is to raise two hands and then feel the suggestion of the left hand as if there is a sensation of a balloon until the left hand is lifted upwards, the right hand has the sensation of carrying a heavy book so that you feel pulled down, usually the hypnotherapist will teach pregnant women who take the hypnobirthing course.

2. Induction, which is the stage of how to turn off the conscious mind and enter the subconscious mind. What is commonly used is progressive relaxation, which is a gradual relaxation quickly from the tip of the head section by part to the toes.
3. Deepening is done hypnotherapeutic, it can suggest a healthy body and feelings of joy, as well as imagination on how to give birth comfortably and peacefully and calmly. Suggestion methods can vary, can be adjusted to the patient's emotional and physical state, but if the patient experiences various cases of trauma and excessive fear, a hypnotherapist is needed to help.
4. Suggestions can be in the form of suggestions, empowerment suggestions or various affirmative sentences. After that, the process was closed with termination while giving suggestions to open the eyes in a fresh and fit state.

Anxiety (Ansietas)

Anxiety is something that happens to almost every person at some point in their life. Anxiety is a normal reaction to a situation that is very stressful in a person's life, and therefore does not last long (Ramaiah, 2003). Based on research from Laraia in 2005, Anxiety is an ambiguous and diffuse worry related to feelings of uncertainty and helplessness. Based on research from Ermawati in 2009, Anxiety is an emotional response to individual judgments that are subjective, influenced by the subconscious and the cause is not specifically known. Everyone must have experienced to worry about future events (which have not yet happened). We face the future often with frightening predictions that are not necessarily based on real things or facts. In everyday life, symptoms of physical and emotional anxiety are usually in the form of increased heart rate, concentration, and irritability towards others, both family, friends, and co-workers. Anxiety and stress are actually normal, normal, of course if at a reasonable level. Anxiety is a feeling of something in the future that causes a person to anticipate. This is where stress comes in. The two synergize. But when it begins to reach an outrageous stage, where common sense, real facts, truth, and logic begin to be sidelined, the state of unnatural anxiety begins to haunt (the appearance of anxiety disorders). Usually the reactions that appear are excessive, for example irritability, irritability, lack of focus, lack of concentration, inability to sleep, excessive fear/extreme fear (phobia) and so on. Education also affects a person's anxiety level. Usually, the higher a person's education, the more controlled a person's emotional level is. In Triana Manurung (According to Videbeck, Sheila 2015) to find out the extent of a person's anxiety whether it is mild, moderate, severe or very severe, a measuring tool known as the Hamilton Rating Scale For Anxiety (HRSA) is used. This measuring tool consists of 14 groups of symptoms, each of

which is further detailed with more specific symptoms. Each symptom group was given a score between 0-4, which means that a value of 0 means no symptoms, a value of 1 mild symptom, a value of 2 moderate symptoms, a value of 3 severe symptoms, and a score of 4 very severe symptoms. Each score of the 14 symptom groups is summed up and from the results of the summation, it can be known the degree of a person's anxiety, namely the total score (score) < 14 no anxiety, 14-20 mild anxiety, 21-27 moderate anxiety, 28-41 severe anxiety and 42-52 very severe anxiety.

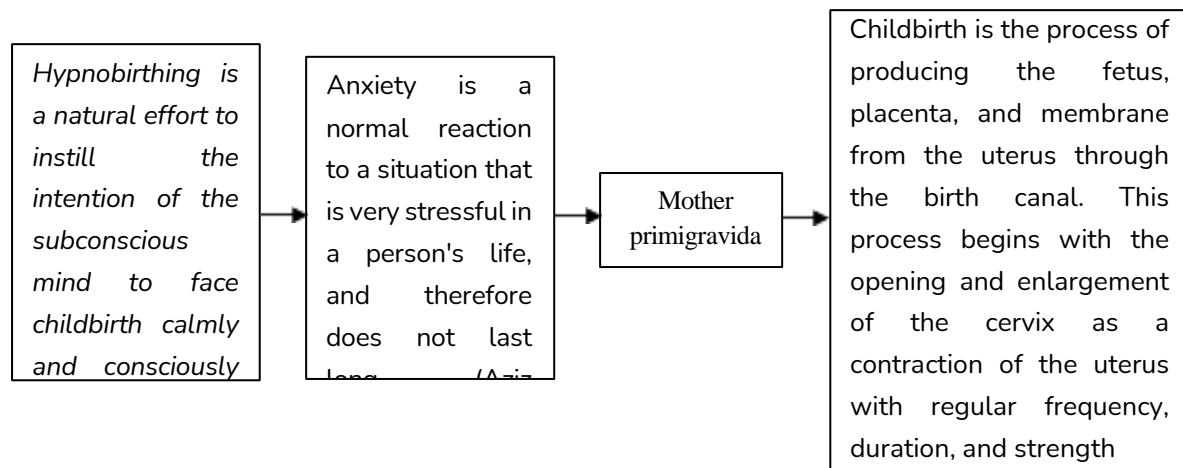


Figure 1. Theoretical Framework

A conceptual framework is a description of the relationship or relationship between concepts that you want to observe or measure through research that has been conducted. This conceptual framework consists of variables and the relationship of variables to each other (Notoadmojo, 2012). The conceptual framework of this research is:

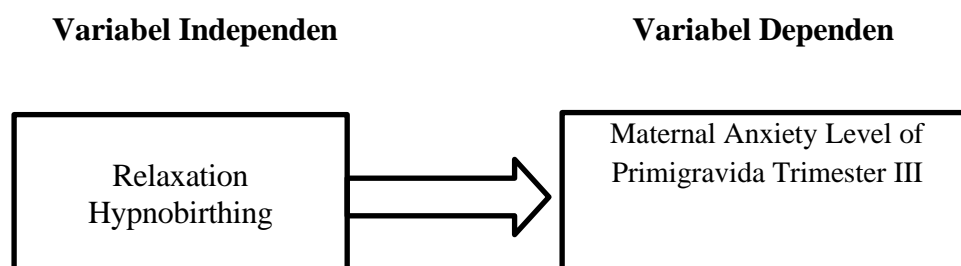


Figure 2. Research Concept Framework

Research Hypothesis

The hypotheses in this study are:

1. Ha : There is an Effect of Hypnobirthing Relaxation on the Anxiety Level of Primigravida Mothers in the Third Trimester at BPM Nurlina Sirait SST Dumai in 2023.
2. Ho: There is no effect of hypnobirthing relaxation on the anxiety level of Primigravida mothers in the third trimester at BPM Nurlina Sirait SST Dumai in 2023.

Validation

In this study, the measuring instrument used to assess the anxiety level of primigravida mothers is HRS-A (Hamilton Rating Scale for Anxiety). This measuring instrument is designed to evaluate various symptoms of anxiety experienced by individuals. The HRS-A has good content validity, as it was developed by involving experts in the fields of psychology and mental health, so the items are considered representative. In addition, the construct validity of the HRS-A has been shown to be able to differentiate between individuals with different levels of anxiety and shows significant relationships with other anxiety measurement tools. The HRS-A also shows good reliability, with high consistency of measurement results when used at different times or by different raters. Thus, the use of the HRS-A in this study enabled the collection of valid and reliable data regarding the anxiety levels of primigravida mothers before and after the hypnobirthing intervention.

RESULTS AND DISCUSSION

results of the study on the Effect of Hypnobirthing Relaxation on the Anxiety Level of Primigravida Mothers in the Third Trimester at BPM Nurlina Sirait SST Dumai, before and after being given Hypnobirthing intervention. This research started on July 25 – 30, 2023 at BPM Nurlina Sirait SST Dumai.

Univariate Analysis

The primigravida mothers of Trimester III in this study amounted to 20 people. The characteristics in the study include age, education, and occupation. Characteristics of respondents by age can be seen in the following table.

Table 1. Distribution of Respondents by Age

No	Age	N	%
1	21	1	5,0
2	22	1	5,0
3	23	1	5,0
4	25	1	5,0
5	26	4	20,0
6	27	2	10,0
7	28	2	10,0
8	29	2	10,0
9	30	1	5,0
10	31	2	10,0
11	32	1	5,0
12	33	2	10,0
Sum		20	100,0

Based on the table above, it can be seen that the most respondents are 26 years old, which is 4 people (20.0%) and the least respondents have 32 years old 1 person (5.0%).

The characteristics of respondents based on education are categorized into junior high school, high school, and higher education which can be seen in the following table.

Table 2. Distribution of Respondents by Education

No	Education	N	%
1	Junior High School	2	10,0
2	High School	14	70,0
3	College	4	20,0
Sum		20	100,0

Based on the table above, it can be seen that the most respondents have a high school education, which is 14 people (70.0%) and the least respondents have a junior high school education as many as 2 people (10.0%).

Respondent characteristics based on occupation are categorized into IRT, Private Employees which can be seen in the following Table.

Table 3. Distribution of Respondents by Job

No	Work	N	%
1	Housewives	13	65,0
2	Private Employees	7	35,0
Sum		20	100,0

Based on the table above, it can be seen that the most respondents worked IRT, which was 13 people (65.0%) and the least respondents worked as private employees as many as 7 people (35.0%).

The level of anxiety of pregnant women before Hypnobirthing is carried out is as follows:

Table 4. Anxiety Levels in Respondents Before Hypnobirthing

No	Anxiety levels	N	%
1	Severe Anxiety	8	40,0
2	Very Severe Anxiety	12	60,0
Sum		20	100

Based on Table 4.4 above, it can be seen that the most respondents had a very severe anxiety level, as many as 12 people (60.0%) and the least at the level of severe anxiety as many as 8 people (40.0%).

The level of anxiety of pregnant women after the Hypnobirthing intervention is as follows:

Table 5. Anxiety Levels in Respondents After Hypnobirthing

No	Anxiety levels	N	%
1	No Anxiety	3	15,0
2	Mild Anxiety	17	85,0

Sum	20	100
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Based on the table above, it can be seen that the most respondents had mild anxiety levels of 17 people (85.0%) and at least no anxiety as many as 3 people (15.0%).

Bivariate Analysis

Effect of Hypnobirthing Relaxation on Anxiety Levels of Primigravida Mothers in the Third Trimester

The measurement was carried out before the mother gave birth, then measured the respondent's anxiety level before being given the Hypnobirthing intervention after the respondent was obtained in accordance with the predetermined sample criteria and then given the Hypnobirthing intervention for 30 minutes, then after the intervention was completed, the value of the anxiety level felt by the respondent was observed again. From these results, it can be known that the change in the level of anxiety of respondents using an observation sheet. After all the respondent data was collected, data analysis was carried out using the help of a computer statistics program. Analysis with t-test obtained the results of data not normally distributed with the number of respondents 20 people. This is shown in the following table:

Table 6. Effect of Hypnobirthing Relaxation on Anxiety Levels of Primigravida Mothers in the Third Trimester

No	Treatment	N	Mean	Std. Deviasi	P Value	Conclusion
1	Pretest	20	42,05	2,704	0,00	0,917
2	Posttest (<i>Hypnobirthing</i>)	20	16,40	2,644		

The paired-t test results table shows that the mean value of the pretest anxiety level (before the hypnobirthing treatment) is 42.05 and the mean value of the posttest anxiety level (after the hypnobirthing treatment) is 16.40. This means that there is a decrease in anxiety levels after hypnobirthing treatment. Furthermore, based on a significant value (p-value) of 0.000, it is less than 0.05. This means that the Hypnobirthing treatment has a significant effect on reducing anxiety levels. Thus, it can be concluded that the Hypnobirthing treatment has a significant effect on reducing the anxiety level of pregnant women TM III Primigravida.

Anxiety Levels of Pregnant Women Before Being Given Hypnobirthing

The level of anxiety in primigravida pregnant women in the third trimester before Hypnobirthing at PM Nurlina Sirait SST Dumai, it was obtained that the most respondents had a very severe anxiety level, which was 12 people (60.0%). Hypno-birthing is one of the techniques of autohypnosis (self hypnosis), which is a natural effort to instill positive intentions/suggestions into the soul/subconscious mind in undergoing pregnancy and preparing for childbirth. The hypno-birthing method is based on the belief that every woman has the potential to undergo a natural, calm and comfortable (painless) childbirth process. This program teaches pregnant women to be one with the body's natural movements and rhythms during the delivery process, allowing the body to function as it should so that the

pain disappears. This study is in line with Neny's (2017) research on the effect of Hypnobirthing treatment on the anxiety level of TM III Primigravida pregnant women at the Pratama Nauli Clinic Medan Tembung in 2017 it can be concluded that from 15 samples, 1 person (6.7%) did not experience anxiety, 3 people (20.0%) experienced mild anxiety, 4 people (26.7%) experienced moderate anxiety, 5 people (33.3%) experienced severe anxiety and 2 people (13.3%) experienced very severe anxiety. According to Ima, S. (2016) the Hypnobirthing relaxation method is an effective way to eliminate all feelings of anxiety, fear, and tension. Hypnobirthing is a holistic treatment where pregnant women will be helped to relax, focus, calm and in a fully conscious state in accordance with the philosophy of obstetrics that pregnancy and childbirth are normal and not a disease. According to researchers, the level of anxiety in pregnant women is normal if it is within normal limits. A person's anxiety level is influenced by several factors, both internal and external factors. In line with the theory that thoughts such as childbirth that will always be followed by pain will lead to an increase in the work of the sympathetic nervous system. In this situation, the endocrine system, which consists of glands, such as the adrenal, thyroid, and pituitary (gland control centers), releases their respective hormones into the bloodstream in order to prepare the body for an emergency situation. As a result, the autonomic nervous system activates the adrenal glands which affect the system on the hormone epinephrine. An increase in the hormones adrenaline and noradrenaline or epinephrine and norepinephrine causes biochemical dysregulation of the body, resulting in physical tension in pregnant women. The impact of this physiological process can arise on daily behavior. Pregnant women become irritable or irritable, restless, unable to concentrate, hesitate, and even the possibility to run away from the reality of life (Triyani, 2016).

Anxiety Levels of Pregnant Women After Hypnobirthing

The level of anxiety in primigravida pregnant women in the third trimester after Hypnobirthing at BPM Nurlina Sirait SST Dumai, it was obtained that the most respondents had a mild anxiety level, which was 17 people (85.0%). This means that the level of anxiety of pregnant women TM III Primigravida decreased after the hypnobirthing treatment. The results of the paired t-test also showed the same thing, where the mean value of the pretest anxiety level (before the hypnobirthing treatment) was 42.05 ± 2.704 while the mean value of the posttest anxiety level (after the hypnobirthing treatment) was 16.40 ± 2.644 . This means that there is a decrease in anxiety levels after hypnobirthing treatment. Thus, it can be concluded that the Hypnobirthing treatment has a significant effect on reducing the anxiety level of pregnant women TM III Primigravida. This study is in line with Triana's (2017) research on the Effect of Hypnobirthing on the Anxiety Level of Primigravida TM III Mothers in Facing Childbirth Preparation, data was obtained from the results of a study at the Nauli Pratama Clinic from 15 respondents after Hypnobirthing to reduce anxiety in childbirth preparation, the majority with mild anxiety as many as 6 people (40%) and 4 people (26.7%) did not experience anxiety. This is in accordance with the theory that hypnobirthing helps focus attention based on the belief that women can experience childbirth through the instinct to give birth naturally calmly, comfortably, confidently. This exercise teaches pregnant women to carry out natural relaxation techniques, so that the body can work with all nerves

in harmony and with full cooperation. A series of relaxation techniques ranging from relaxation of muscles, breathing, thoughts, and the cultivation of positive sentences, communication with the fetus that is carried out regularly and concentration will cause a relaxed condition in the body so that the body responds to release endorphin hormones that make the mother relax and reduce pain, especially when the brain reaches alpha waves or at rest. In this condition, the body releases the hormones serotonin and endorphins so that humans are in a relaxed state without tension and anxiety. The provision of Hypnobirthing relaxation exercises has an effect on the level of anxiety of pregnant women. This decrease in anxiety levels is due to the Hypnobirthing relaxation technique that works by bringing the brain to work on alpha waves, which are waves that have a frequency of 14-30 HZ. In this condition, the brain is in a relaxed, relaxed wave, between conscious and unconscious and almost asleep, when the body releases the hormones serotonin and endorphins so that the pregnant woman becomes relaxed and eliminates anxiety or at least anxiety decreases (basic hypnosis and hypnobirthing training workbook, 2014).

Effect of Hypnobirthing Relaxation on Anxiety Levels of Primigravida Mothers in the Third Trimester

Based on the results of the statistical test, $p = 0.000$ where $p < 0.05$ was obtained. The results showed that there was an effect of Hypnobirthing relaxation on the anxiety level of Mrs. Primigravida Trimester III at BPM Nurlina Sirait SST Dumai This means that the Hypnobirthing treatment had a significant effect on the reduction of anxiety levels. Thus, it can be concluded that based on the level of anxiety, the Hypnobirthing treatment has a significant effect on reducing the anxiety level of pregnant women with primigravida TM III. This research is in line with the research of Enggar, et al. (2014) on the effectiveness of prenatal class hypnobirthing on the length of the delivery process. at the hospital. Mardi Rahayu temporarily analyzed the p value of $0.000 < 0.05$, the calculated t value was greater than the t Table ($22.905 > 1.740$) so that it can be concluded that Hypnobirthing has a significant effect on the length of the labor process. Hypnobirthing prenatal classes are proven to be able to answer the worries and fears of pregnant women in dealing with pain during the delivery process. A study showed that women who participated in the Hypnobirthing prenatal class had more positive emotions and did not experience The results of this study are in line with the research of Andriyani, A (2013) the effect of the Hypnobirthing class on the anxiety of pregnant women at the Yogyakarta City Inpatient Health Center showed that there was a significant difference in anxiety scores between the percentage of anxiety scores in the Hypnobirthing group and the percentage of the control group. where the anxiety score of the Hypnobirthing group was lower than that of the control group ($p < 0.001$). Hypnobirthing class has an effect on reducing maternal anxiety, the results of the analysis using the chi square test showed that $p < 0.001$, RR value: 5.63 at 95% CI 1.99-15.93. According to the researcher's analysis, the application of the Hypnobirthing technique to primigravida TM III mothers is very important, especially pregnant women who experience fear or anxiety about their ability to prepare for childbirth. Not only primigravida mothers, but even multigravida pregnant women still experience fear and anxiety. This adaptation can be obtained from various information. In the control group that was given

information in the form of counseling about childbirth preparation, maternal care, and information that childbirth is a physiological or normal thing can reduce the level of anxiety in her, namely from the average result value of the pretest of the control group of 42.05 and the posttest of 16.40 there is a difference of 1.16292, it can be concluded that the source of information can reduce the level of anxiety. It can be concluded that there is a fairly good difference in the experimental group. Dalam hal ini peneliti juga melakukan observasi terhadap perkembangan setiap responden dalam 4 kali pertemuan didapatkan perubahan yang positif mulai dari ekspresi wajah selama menjalani pelatihan, kehadiran setiap responden untuk melihat seberapa antusias responden dalam mengikuti setiap pertemuan kemudian melakukan pemeriksaan keadaan umum mulai dari tekanan darah, pernafasan dan nadi. Mengikuti pelatihan Hypnobirthing merupakan suatu kemauan atau niat positif dengan mengikuti segalanya sebagaimana mestinya dan mensyukuri setiap perubahan atau keadaan yang dialami.

Discussion Comparison with Other Studies

The results of this study are in line with previous studies showing that hypnobirthing is effective in reducing anxiety in pregnant women. For example, research by Marlina et al. (2016) found that hypnobirthing can reduce anxiety levels, blood pressure, and pulse rate in primigravida pregnant women. In addition, Ramadahaningsih (2019) also reported similar results, where hypnobirthing contributed to a decrease in anxiety in primigravida mothers. This comparison shows the consistency of results supporting the use of hypnobirthing as an effective relaxation method. Limitations in this study include the small sample size (only 20 participants), which may affect the generalizability of the results. In addition, this study did not consider other factors that may affect anxiety levels, such as social support, previous experiences, or underlying mental health conditions. Another limitation is the quasi-experimental design of the study, which may not fully control for outside variables that may affect the results. Therefore, further research with a more robust design and larger sample size is needed to confirm these findings.

CONCLUSION

Given the effectiveness of hypnobirthing in reducing anxiety in primigravida mothers, it is recommended that midwifery practices in health facilities include hypnobirthing programs as part of childbirth preparation. Health workers, including midwives, should be trained in hypnobirthing techniques and can provide information and support to pregnant women regarding this method. In addition, it is important to create a supportive environment where pregnant women feel safe and comfortable to share their concerns and receive emotional support. Based on the results of the study, it can be concluded that hypnobirthing relaxation has a significant influence in reducing anxiety levels in primigravida mothers in the third trimester at BPM Nurlina Sirait SST Dumai. Before the hypnobirthing intervention, the majority of mothers experienced very severe anxiety (60.0%), but after the intervention, most mothers experienced a decrease in anxiety to a mild level (85.0%). This result was reinforced by the value of $P=0.000$ ($P<0.05$), which shows that hypnobirthing relaxation is effective in reducing anxiety in pregnant women. Research can also consider other variables that may

affect anxiety levels, such as social support, previous experience in childbirth, and mental health conditions. In addition, longitudinal studies can be conducted to evaluate the long-term effects of hypnobirthing intervention on maternal mental health and child development.

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