



## Influence of Hypnobirthing on Labor Pain Intensity in Sidamulya, Cirebon, West Java

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### ABSTRACT

**Introductions:** One of the reasons for the painful labor experience is the psychological factor, such as fear and excessive anxiety, which can intensify the perception of pain and potentially lead to complications during childbirth. To address this issue, Hypnobirthing Therapy is often employed as a method to help manage and reduce pain and anxiety during labor.

**Objectives:** To assess the impact of Hypnobirthing Therapy on pain intensity during childbirth at TPMB Regional Health Center Sidamulya in Cirebon Regency in the year 2023.

**Methods:** This study employs a pre-experimental design with a one-group pretest-posttest design. The research sample consists of 30 women who are giving birth during phase I of active labor, selected using a purposive sampling technique. The intervention involves providing mothers with a 10-minute guided session using a cellphone during labor. Bivariate analysis will be conducted using a paired T-test.

**Results:** Univariate results show that, before receiving Hypnobirthing Therapy, the majority of mothers experienced severe pain intensity, accounting for 27 respondents (90%), while the remaining 14 individuals (46.7%) reported experiencing current pain intensity. The Wilcoxon test yielded a p-value of 0.000, which is less than 0.05, indicating a statistically significant difference.

**Conslussions:** Hypnobirthing Therapy is effective in reducing the intensity of pain during childbirth. In this context, midwives are expected to administer labor care by offering Hypnobirthing Therapy to mothers. This helps mothers relax and feel comfortable, ultimately preparing them for a normal childbirth experience.

**Keywords:** Hypnobirthing, Pain Intensity, Maternity Mother

## Introduction

Labor and birth are normal physiological incident. Childbirth is a social event, where the mother and family look forward to it for nine months. "When the labor process begins, the mother's role is very important to give birth to the baby, while the role of health workers (midwives or doctors) are monitoring labor, early detection of complications, in addition to The family provides assistance and support to the mother in labor." (Kurniarum Ari, 2018).

Pain is an integral part of labor and delivery, and it is normal. The cause covers physiological and psychological factors. The physiological factor here is a contraction. Muscle movement causes the intensity of pain because at that time the uterine muscles lengthen and then shortened. The cervix will also soften, thin and become flat and then retract. That moment where the fetal head presses on the cervix and opens it. So contractions are attempt to open the birth canal. The psychological factor here is the intensity of fear and excessive anxiety which will affect the intensity of the pain. Every mother will face the pain of labor and delivery in their own version. It happened because of the difference's reaction from mothers' want to be about their pain tolerance. "There are some pregnant women who increase intensity like there is no pain, just the stomach is very tight. Whereas the others cannot stand for the pain intensity. The variety of responses is a mechanism protection from Pain intensity that intensified." (Hekmawati et al., 2020).

Number painful labor part big (90%) always accompanied Intensity painful while the intensity of pain during labor is a common thing, pain during Childbirth is a physiological and psychological process. 4.5 % Reported from 2,700 mothers only 15% of births occur with mild pain, 35% with moderate pain, 30% with severe pain and 20% of labor with very severe pain. The intensity of pain due to labor pain occurs in the first stage of labor. In this phase uterine muscle contractions will become more frequent and stronger. "Contractions occur around 45 until 90 second. Intensity contraction will increase more and more in childbirth progress, so this will affect the painful intensity which is getting bigger too." (Hirza Ainin Nur & Putri, 2019)

During the first stage of labor, pain is caused by dilatation of the cervix and segments under the uterus and distention of the uterine corpus. The pain is diverted to the dermaton it supplies by segment medulla spinalis which has the same with segment that accept input nociception of the uterus and cervix.

The intensity of the pain depends on several factors, such as the intensity and duration of uterine contractions, the size of the opening cervix, lower birth canal stretch, age, parity and number of children that had born, the size of the fetus and the psychological condition of the mother. "Mothers who give birth for the first time are generally older experience labor which are more long and more painful compared to young mother. The intensity of contractions in the first labor tends to be higher in early labor. Also in labor obstruction due to a large fetus or walking narrow birth, the patient experiences pain intensity that is greater than during labor normal. Fatigue and lack of sleep also affect the mother's internal tolerance face Intensity painful." (Fitri et al., 2019) .

Inspired by Qur'an, Surah Maryam verses 23 and 24 as following:

فَاجْأَهَا الْمَخَاضُ إِلَى جِذْعِ النَّخْلَةِ ۖ قَالَتْ يَلَيْتَنِي مِثُّ قَبْلِ هَذَا وَكُنْتُ نَسِيًا مَّنْسِيًا ۚ  
فَنَادِيهَا مِنْ تَحْتِهَا أَلَا تَحْزَنِينَ قَدْ جَعَلَ رَبُّكِ تَحْتَكِ سَرِيًّا ۚ

Meaning: Then the pain of giving birth forced her (to lean) against the base of a date palm tree, she said: "Alas, it would be good if I died before this, and I became an

insignificant thing, forgotten. So Jibril called to her from a low place : "Do not be sad, indeed your Lord has made a river beneath you. (QS Maryam [19]:23-24)

The verse above illustrates that childbirth causes pain, as experienced by Siti Maryam, but the Angel Gabriel called her not to be sad.

Various effort done for lower painful on labor, good pharmacologically and non-pharmacologically. Pharmacological pain management more effective than non-pharmacological methods, but pharmacological methods more expensive and has the potential to have adverse effects, both for the mother and the child fetus. Meanwhile, non-pharmacological methods are cheaper, simpler, effective and without effects which is detrimental and can increase satisfaction during labor because Mother can control intensity and its strength. One of non-pharmacological methods to reduce pain during childbirth is Hypnobirthing Therapy method.

The Hypnobirthing Therapy method is a technique of autohypnosis (self-hypnosis) or self-suggestion, in dealing with and undergoing pregnancy and preparation for childbirth so that pregnant women are able to go through their pregnancy and childbirth in a natural, smooth and comfortable way (without painful intensity ), what is even more important is for the mental health of the unborn baby. When a woman giving birth is free from the intensity of fear, her body muscles, including the uterine muscles, will experience relaxation which makes the birth process easier and stress-free. "Hypnobirthing aims to enable mothers to give birth comfortably, quickly and smoothly and eliminate the intensity of birth pain without the help of any anesthetic. This method also emphasizes giving birth in a positive, gentle, safe way and how to achieve this easily" (Norhapifah, Hestri, et al., 2020).

The implementation of the hypnobirthing method means that women will be trained to instill positive thoughts and carry out self-hypnosis. Hypnobirthing will help the birthing mother to achieve a condition that is always relaxed and calm, where the effects of this condition will affect the mother and her environment. In a relaxed condition, brain waves will become calmer so they can receive new input which will then cause positive reactions in the body ( Norhapifah , Hestri , et al ,2020) .

After knowing information about various ways or solutions to deal with labor pain, it is hoped that prospective mothers will no longer need to feel afraid of facing childbirth. The Hypnobirthing method can help with childbirth by utilizing calm and peace. This calmness is born from a positive attitude which is then able to provide suggestions that giving birth something that is natural and experienced by all women who have it descendants .

Based on results studies preliminary on March 1, 2023 at the Puskesmas Sidamulya mother's data was obtained maternity in 2022 with 580 participants in total. The data shows 172 mothers giving birth with complications (134 .38 %) This number is very high risk. Based on the data and armed care complements obtained from Stikes Muhammadiyah Cirebon campus, the researchers are very interested in taking study entitled, "Influence Hypnobirthing to Intensity of Labor Pain in TPMB Community Health Center Area Sidamulya Cirebon Regency in 2023"

## **Method**

The type of research is quantitative research with a pre-experimental research design. According to Sugiyono (2018), "Experimental research methods can be interpreted as research methods used to find the effect of certain treatments on others under controlled

conditions. The type of design used in this research is pre-experimental with one group pretest-posttest design, a study carried out with one group being treated.”

## Results

The result of the research is as following:

Table 1. Intensity overview pain in mothers’ giving birth before Hypnobirthing Therapy

Pain Intensity	Frequency (N=30)	%
No Pain	0	0
Mild Pain	0	0
Moderate Pain	3	10
Severe Pain	27	90
<b>Total</b>	<b>30</b>	<b>100</b>

Based on table 1 , it had found that there were 27 people (90%) who experienced severe pain before Hypnobirthing Therapy

Table 2. Intensity Overview pain in mothers giving birth after Hypnobirthing Therapy

Pain Intensity	Frequency (N=30)	%
No Pain	0	0
Mild Pain	11	36.6
Moderate Pain	14	46.7
Severe Pain	5	16.7
<b>Total</b>	<b>30</b>	<b>100</b>

Based on table 2, it had found that 14 people (46.7%) experienced moderate pain after Hypnobirthing Therapy

Table 3. *Shapiro Wilk* Normality Test Results

	<i>Shapiro-Wilk</i>		
	Statistics	Df	Sig
Before	0.844	30	0,000
After	0.862	30	0.001

Based on table 3, it had found that the significance value before was 0.000 and after it was 0.001. This means that if the two significance values are smaller than 0.05, the data is not normally distributed.

Table 4. *Wilcoxon* Test Results

	N	Mean	Elementary school	p-value
Before	30	7.87	0.900	0,000
After	30	4.73	1,799	

Based on table 4, the results of the analysis showed that the average intensity of labor pain before hypnobirthing was 7.87 and the average after hypnobirthing was 4.73. The results of the Wilcoxon test showed that the significant value was 0.000 that was smaller than 0.05, so there was a significant difference in the intensity of labor pain before and after hypnobirthing. It can be concluded that there is an influence of hypnobirthing on the intensity of labor pain.

## Discussion

### 1. Univariate Analysis

#### a. Description of the condition of the mother giving birth before given therapy Hypnobirthing

Based on table 4 above, it is known that the condition of the mother before Hypnobirthing Therapy mostly experience severe pain's intensity as many as 27 respondents ( 90 %).

Labor pain is a physiological process that occurs where the muscle walls of the uterus naturally contract to open the cervix so that the baby's head is pushed towards the pelvis (Antik, et al. 2017). According to Indriyani, et al (2016), "Labor pain occurs due to contractions of the uterine muscles, stretching of the pelvic floor muscles and psychological conditions. Even some researchers have expressed that "Labor pain has caused by uncoordinated uterine activity which will result in prolonged labor, which ultimately can threaten the life of the fetus and mother" (Noviyanti et al, 2016).

In accordance with the results of this research, research by Norhapifah, Hestri, et al (2020) shows that most of the respondents who were not given hypnobirthing experienced severe pain intensity of 70%. The results of further research by Fathony, Zaiyidah (2017) showed that there were 12 (60%) respondents with severe pain. According to research results by Melva, et al (2020), the control group generally experienced very severe pain (56.3%) during childbirth.

Researchers assume that pain during childbirth is caused by the contraction process of the uterine muscles, stretching of the pelvic floor muscles, in addition to the psychological conditions experienced by the mother giving birth, which causes pain during the birth process.

There is family support by accompanying the mother during childbirth can reduce anxiety so that lower pain level, another effort is to provide positive suggestion about labor in order to reduce tension in the muscles due to excessive contractions thereby creating relaxation during the labor process. Midwives have an important role in efforts to reduce the excessive pain experienced by mothers giving birth, one of which is by providing hypnobirthing at the moment childbirth.

b. Description of the condition of the mother giving birth After Given Therapy *Hypnobirthing*

Based on table 5 it is known that intensity first stage pain in the mother giving birth after done *hypnobirthing* part big with intensity painful currently as many as 14 people (46.7%).

The basis of hypnobirthing is relaxation. Relaxation is a technique in behavioral therapy developed by Jacobson and Wolpe. Asmadi in (Putra, 2016) "This technique can reduce physiological tension and anxiety." Kuswandi in (Putra, 2016), "In carrying out hypnobirthing exercises, prospective mothers are guided naturally to increase self-comfort and instill positive suggestions during pregnancy until the birth process."

In accordance with research results Norhapifah, Hestri, et al (2020) shows that the group that was not given *hypnobirthing*, most of the respondents experienced severe pain intensity of 70% and mild pain of 30%. In the group given *hypnobirthing*, the majority of respondents experienced mild pain, 66%, moderate pain, 27%, and severe pain, 7%. The results of further research by Fathony, Zaiyidah (2017) showed that the majority of respondents who were not given hypnobirthing experienced moderate pain 8 (40%) and 12 (60%) severe pain. In the group given hypnobirthing, most respondents experienced moderate pain, 15 (75%) and severe pain, 5 (25%).

Researchers assume that there will be a decrease after administering the *hypnobirthing* method, namely that the mother will be trained to instill positive thoughts and carry out self-hypnosis. *Hypnobirthing* will help the birthing mother to achieve a condition that is always relaxed and calm, where the effects of this condition will affect the mother and her environment. In a relaxed condition, brain waves will become calmer so they can receive new input which will then cause positive reactions in the body.

2. Bivariate Analysis

a. The Effect of Providing Hypnobirthing on First Stage Pain Intensity in Mothers Giving Birth in TPMB Community Health Center Areas Sidamulya in 2023

Wilcoxon test, it can be seen that the average intensity of labor pain before hypnobirthing was 7.87 and the average after hypnobirthing was 4.73. The results of the Wilcoxon test showed that the significance value was 0.000, which was smaller than 0.05, so there was a significant difference in the intensity of labor pain before and after hypnobirthing. It can be concluded that there is an influence of hypnobirthing on the intensity of labor pain.

According to Melva, et al (2020), "Hypnobirthing aims to enable mothers to give birth comfortably, quickly and smoothly and eliminate pain during childbirth without the help of any anesthetic. This method also emphasizes birth in a positive, gentle, safe and easy way." Norhapifah, Hestri, et al (2020) added that Hypnobirthing aims to enable mothers to give birth comfortably, quickly and smoothly and eliminate pain during childbirth without the help of any anesthetic. This method also emphasizes birth in a positive, gentle, safe and easy way.

In accordance with the results of this research, it is confirmed by research by Darjati, et al (2021). The results of the research show that the average pain scale before hypnobirthing relaxation is 8.15 and after relaxation is 6.7. There was an effect of hypnobirthing relaxation on the labor pain scale during the first active phase at Emanuel

Purwareja Klampok Banjarnegara Hospital with a p value <0.05. The conclusion of this research is that providing hypnobirthing therapy can reduce the pain scale score by 1.45.

The results of further research carried out by Wahyuningsih, Juliana Widyastuti and Intan Sari (2022) showed that the results of research using the Mann-Whitney test were  $p = 0.000$ . The conclusion of this test was that there was a significant difference between mothers who used hypnobirthing for normal vaginal delivery and mothers who did not use hypnobirthing for normal vaginal birth at the Budi Mulia Medika Maternity Clinic.

Researchers assume that there is an influence of giving hypnobirthing against labor pain. This caused because of this process use affirmation positive, suggestion and visualization for calm body, guide mind as well as control breath so that reduce pain at times \_ contraction. This can cause pain experienced by the mother reduced and replaced with a feeling of relaxation and comfort when facing childbirth. Therefore, by giving Hypnobirthing Therapy, Mothers are hoped will feel more relax and comfort so they can confidently face labor without any worries.

Inspired by Qur'an, Surah Maryam verses 23 and 24 as following:

فَاجَاءَهَا الْمَخَاضُ إِلَى جِذْعِ النَّخْلَةِ ۖ قَالَتْ يَا أَيُّهَا الْمَلَأَى الْأَعْنَافُ وَالكُوفَرُ يَا أَيُّهَا الْحِقَابُ أَلَا تَرَوُنَّ أَنَّ اللَّهَ جَاءَ بِكُورٍ عَجِيبٍ  
فَتَادَّبَهَا مِنْ تَحْتِهَا أَلَّا تَحْزَنِي قَدْ جَعَلَ رَبُّكِ تَحْتَكِ سَرِيًّا ۚ

Meaning: *Then the pain of giving birth forced her (to lean) against the base of a date palm tree, she said: "Alas, it would be good if I died before this, and I became an insignificant thing, forgotten. So Jibril called to her from a low place : "Do not be sad, indeed your Lord has made a river beneath you. (QS Maryam [19]:23-24)*

Based on the Surah Maryam above, the researcher assumes that childbirth causes pain as experienced by Siti Maryam but the Angel Gabriel called her not to be sad. It means that giving birth's mothers have to be in a good feeling like happy, relax, and comfort so that they can accept Hypnobirthing Therapy to reduce the pain during childbirth moment. Also, the limitation of this study is about a spouse and family's support which is extremely important during childbirth's process, limited space for giving Hypnobirthing therapy, and inadequate audio tools. There should be more research about Hypnobirthing Therapy in advance, and we use with 2 group control for research method.

## Conclusion

This research was conducted in May till June 2023 entitled "Influence Hypnobirthing to Intensity of Labor Pain in TPMB Community Health Center Area Sidamulya In 2023." It can be concluded as following: First, some of pregnant women experience severe pain before receiving Hypnobirthing Therapy. Second, Majority of painful intensity after hypnobirthing therapy is in moderate pain level. The last, yes hypnobirthing therapy impacts to the painful intensity during childbirth moments.

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