

Effectiveness of hypnotherapy on the level of anxiety of post-section caesarean mothers at dr Salamun tni hospital, Bandung City in 2024

Fitri Nurhayati¹, Tri Setiowati²

^{1,2}Midwifery Profession Study Program, Universitas Jenderal Ahmad Yani, Indonesia

ARTICLE INFO

Article history:

Received Dec 2, 2024

Revised Dec 15, 2024

Accepted Dec 23, 2024

Keywords:

Anxiety

Cortisol Level

Hypnotherapy

ABSTRACT

Based on WHO data, the incidence of postpartum blues is 30-75%, depression in postpartum mothers is 10-15% and psychosis is 0.1%-0.2%. The brain responds to stressors by sending information to the hypothalamus which causes the adrenal glands in the cortex to produce cortisol as a stress hormone, pathologically the sympathetic nervous system responds to this by increasing blood pressure, chronic fatigue and vasoconstriction. Hypnotherapy can be an alternative for holistic prevention and treatment in reducing anxiety so as to prevent the release of the hormone cortisol in postpartum mothers. Hypnotherapy targets the parasympathetic nervous system to stimulate an increase in all functions of the sympathetic nervous system that react to anxiety. The purpose of the study was to determine the effectiveness of hypnotherapy intervention on anxiety levels and cortisol levels in the serum of post-caesarean section postpartum mothers. The research method used was a Quasy Experiment with a pretest-posttest with control group design. The study was conducted in August - September 2024 at the Dr. Salamun TNI Hospital in Bandung City. The sample in this study was 50 post-caesarean section postpartum mothers using a probability sampling method, namely the simple random sampling technique, 25 treatment respondents and 25 control respondents. The target output that will be produced is an article published in an accredited journal.

This is an open access article under the [CC BY-NC](https://creativecommons.org/licenses/by-nc/4.0/) license.



Corresponding Author:

Fitri Nurhayati,

Midwifery Profession Study Program,

Universitas Jenderal Ahmad Yani,

Jl. Terusan Jend. Sudirman, Cibeber, Kec. Cimahi Sel, Kota Cimahi, Jawa Barat 40531, Indonesia

Email: fitri.nurhayati@lecture.unjani.ac.id

INTRODUCTION

The postpartum period is known as a real change in a woman's life that requires adjustment. The adaptation process of a mother causes fatigue, mood changes such as sadness and anxiety. The main concerns and anxieties of women in the postpartum period are about how to care for the baby, feeding, inability, lack of time for personal work, breast wounds or negative body image, and lack of sleep which can cause physical and emotional disorders.

World Health Organization (WHO), worldwide around 13% of postpartum mothers experience mental disorders, especially depression. In developing countries, the prevalence can be even higher, which is around 19.8% during postpartum. Severe cases with severe psychological conditions can make it possible for mothers to commit suicide (Wijayanti, 2022)(Hasanudin et al., 2023)(Sumendap & Tumuju, 2023). Postpartum depression in mothers negatively affects the growth and development of their children. According to WHO data through research by Edwards et al, Indonesia in 2016 had a prevalence of 22.4% postpartum psychiatric and psychological morbidity with an EPDS score > 10. The prevalence rate of postpartum disorders is divided into three categories, namely postpartum blues as much as 30-75%, postpartum depression as much as 10-15% and postpartum psychosis as much as 0.1-0.2%.

Primiparous postpartum mothers are subjects who have risk factors for experiencing anxiety, stress, to postpartum depression or postpartum psychosis through a new role as a mother for the first time (Sulistyaningsih & Wijayanti, 2020)(Setyaningrum, 2021)(Bidayati, 2022)(Nurjanah, 2024). Research by Ramsha Rukh et al. stated that the incidence of postpartum depression was more common in primigravida mothers with an age group of 16-25 years as much as 57.69%. Indications of difficulty in adapting to the postpartum period begin with the emergence of anxiety due to reactions that arise to a threat through feelings of restlessness, worry and so on. Prolonged stressors for the mother cause stress. Perception of relative stress, each individual has a very varied response which is determined by objective and subjective factors. The brain responds to stressors by sending information to the hypothalamus which causes the adrenal glands in the cortex to produce cortisol as a stress hormone (Aziz & Rayanti, 2020)(KOYUMI, n.d.)(Marita, n.d.). Pathologically, the sympathetic nervous system responds to this by increasing blood pressure, chronic fatigue, and vasoconstriction. The reverse response of cortisol hormone release and sympathetic nervous system response can bring postpartum mothers to the point of inability to function and physical function (somatic complaints) in maladaptive responses to stress, causing postpartum depression which can disrupt brain function, autonomic nerves, endocrine system, and immune system which is called psychosomatic disease.

Hypnotherapy is an alternative therapy that can overcome anxiety, because this therapy touches the target of the parasympathetic nervous system to stimulate an increase in all functions of the sympathetic nervous system that react to the emergence of anxiety (Tasalim & Cahyani, 2021)(Handayani et al., 2021)(Widiyono et al., 2022)(Aliah et al., 2024). When all functions derived by the sympathetic nervous system are successfully raised again (normal conditions), this causes the loss of stressors so that it stimulates the limbic system and cortex to secrete gamma amino butyric acid (GABA), encephalin & beta endorphin as hormones that will increase maternal comfort and increase coping activities.

The results of the study by Sari et al. stated that through hypnotherapy therapy for 10 minutes per day since the first 48 hours of postpartum mothers for 10 days of observation showed a decrease in anxiety levels, cortisol levels, increased oxytocin hormones and breast milk production in postpartum mothers. Other studies by McAllister et al. showed that professional health workers support mothers using hypnosis techniques to face the labor process, making mothers feel confident in their ability to face the labor process (Rufaindah, 2020)(Raidanti & Mujianti, 2021)(SIREGAR, 2021)(Raidanti & Mujianti, 2021). This technique is used during the labor process starting with a duration of each hypnotherapy session for 20 minutes until the labor process is complete. Based on the diversity of the duration of hypnotherapy sessions between a minimum of 10 minutes per day and 20 minutes per hypnotherapy session during the labor process, the researchers concluded that it was necessary to increase the duration by 30 minutes per hypnotherapy session as many as 3 times face-to-face for 15 days of the postpartum period considering that the minimum anxiety level assessment process can be repeated for 7 days. Increasing the duration can achieve maximum results for postpartum adaptation, anxiety levels and primipara cortisol levels.

RESEARCH METHODOLOGY

This study uses quantitative with Quasy Experiment methodology with pretest-posttest with control group design. Data collection using observation sheets. The study was conducted in August - November 2024 at the DR Salamun TNI Hospital. The sample in this study were 40 post-Cesarean postpartum mothers using a probability sampling method, namely the simple random sampling technique, 20 treatment respondents using hypnotherapy and 20 control respondents using counseling. Univariate and bivariate research analysis using the Wilcoxon test.

RESULT AND DISSCUSION

Result

Description of Postpartum Mothers' Anxiety Levels Before and After Hypnotherapy and counseling

Table 1. Overview of postpartum mothers' anxiety levels before hypnotherapy

Anxiety Levels	Pre-test	
	N	%
Severe anxiety	10	50
Moderate anxiety	9	45
Mild anxiety	1	5
No anxiety	0	0
Total	20	100

Based on table 1, it is known that of the 20 respondents, almost half or 9 respondents (45%) had moderate levels of anxiety, the majority or 10 respondents (50%) had severe levels of anxiety and 1 respondent (5%) had mild levels of anxiety before being given hypnotherapy.

Table 2. Description of postpartum mothers' anxiety levels after hypnotherapy

Anxiety Levels	Post-test	
	N	%
Severe anxiety	1	5
Moderate anxiety	1	5
Mild anxiety	6	30
No anxiety	12	60
Total	20	100

Based on table 2, it is known that of the 20 respondents, almost half or 6 respondents (30%) had mild levels of anxiety, the majority or 12 respondents (60%) had no anxiety, 1 respondent (5%) had moderate levels of anxiety and 1 respondent (5%) had severe levels of anxiety after being given hypnotherapy.

Table 3. Description of postpartum mothers' anxiety levels before counseling

Anxiety Levels	Pre-test	
	N	%
Severe anxiety	9	45
Moderate anxiety	8	40
Mild anxiety	3	15
No anxiety	0	0
Total	20	100

Based on table 3, it is known that of the 20 respondents, almost half or 8 respondents (40%) had moderate levels of anxiety, the majority or 9 respondents (45%) had severe levels of anxiety and 3 respondents (15%) had mild levels of anxiety before being given counseling.

Table 4. Description of postpartum mothers' anxiety levels after counseling

Anxiety Levels	Pre-test	
	N	%
Severe anxiety	4	20
Moderate anxiety	6	30
Mild anxiety	4	20
No anxiety	6	30
Total	20	100

Based on table 4, it is known that of the 20 respondents, almost half or 4 respondents (20%) had a high level of anxiety, the majority or 6 respondents (30%) had a moderate level of anxiety, 4 respondents (20%) had a mild level of anxiety and 6 respondents (30%) had no anxiety after being given counseling.

The Effect of Hypnotherapy on Postpartum Mothers' Anxiety

Table 5. The effect of hypnotherapy on postpartum mothers' anxiety

Anxiety	n	Mean	SD	P-Value
Before	20	29,27	15,416	0,000
After		14,53	7,475	

Based on the data analysis of the research results, it was found that there was a decrease in the level of anxiety before and after hypnotherapy was given with a score difference of 14.74. A p value of 0.000 (<0.05) was obtained, which means that there is an effect of hypnotherapy on anxiety in postpartum mothers.

The Effect of Counseling on Postpartum Mothers' Anxiety

Table 6. The effect of counseling on postpartum mothers' anxiety

Anxiety	n	Mean	SD	P-Value
Before	20	24,87	19,523	0,240
After		22,73	8,532	

Based on data analysis on the results of the control group study, it was found that there was no effect of counseling on anxiety levels before and after counseling was given, p value 0.240 (>0.05).

Discussion

The results of the study showed a decrease in anxiety levels before and after hypnotherapy with a score difference of 14.74. A p value of 0.000 (<0.05) was obtained, which means that there is an effect of hypnotherapy on anxiety in postpartum mothers. In the control group, the results showed that there was no effect of counseling on anxiety levels before and after counseling p value 0.240 (>0.05).

Based on the results of the study, mothers who had undergone a cesarean section experienced severe and moderate levels of anxiety, this is in accordance with Page (2020), namely postpartum mothers after undergoing a cesarean section experience anxiety because they feel restless and uncomfortable due to pain or aching in the mother's stomach from the surgical wound, the psychological impact on women after Sectio Caesarea is fear and anxiety if the analgesic is lost, the pain will be even more pronounced. In addition to fear, there is a negative impact on the mother's self-concept because the mother will lose the experience of giving birth normally and can interfere with body image due to surgery (Azzahroh et al., 2020)(Agustin et al., 2020)(Marzuki & Mustaqim, 2021)(Suparto & Salam, 2023).

With the hypnotherapy method, postpartum mothers can strengthen their beliefs that they will be able to go through the postpartum period and breastfeed calmly as expected (Aryani,

n.d.)(BERSALIN et al., n.d.). This exercise helps postpartum mothers with natural relaxation to reduce tension and help overcome anxiety starting from muscle and body relaxation, visualization techniques present a comfortable place, communicating with body parts and communicating with babies regularly will make the body and psychological conditions more comfortable and help reduce anxiety when the brain has reached alpha waves. At this time the body will release serotonin and endorphins so that pregnant women will be in a relaxed condition without anxiety and tension (Lafaurie, 2015).

While Based on the results of the study, there were still postpartum mothers with severe and moderate levels of anxiety after being given counseling because they did not fully understand the information conveyed by the counselor (FANRATAMI et al., 2021)(LUBIS, 2022)(Margareta, 2022). According to (Niraski, et al. 2020) the higher a person's knowledge, the more they will be able to overcome using effective coping when compared to low levels of knowledge. This fact is also in accordance with the research of Hendra AW (2019) which states that experience as a source of knowledge is a way to obtain the truth of knowledge by repeating the knowledge obtained in solving problems faced in the past. Respondents who experienced moderate anxiety had obtained information from others. Counseling can be said to be effective if there are changes in the client as expected. In research on the effectiveness of counseling, we want to obtain a measure or strength of a person's change after the therapy is carried out. There are several factors that inhibit the counseling process, namely the type of disorder or problem, determining how much difficulty the counselor will face. The weight of the problem, complex problems can affect the results of counseling. Previous counseling, clients who have undergone previous counseling with other counselors, will affect the success of the counseling that is carried out, the counselor's ability to convey information is included in the inhibiting factors of the counseling process, because if the counselor cannot build trust and comfort in the counseling process, it will be difficult for the client to accept information from his counselor (Yeo 2021)

CONCLUSION

Description of Anxiety Level before being given hypnotherapy, most experienced severe anxiety (50%) and after hypnotherapy most did not experience anxiety (60%). Description of Anxiety Level before being given counseling, most experienced severe anxiety (45%) and after counseling most did not experience anxiety and moderate anxiety (30%). There is an effect of hypnotherapy on postpartum maternal anxiety ($p = 0.000$). There is no effect of counseling on postpartum maternal anxiety ($p = 0.240$).

Reference

- Agustin, R., Koeryaman, M. T., & DA, I. A. (2020). Gambaran Tingkat Cemas, Mobilisasi, dan Nyeri pada Ibu Post Operasi Sectio Sesarea di RSUD dr. Slamet Garut. *Jurnal Kesehatan Bakti Tunas Husada: Jurnal Ilmu-Ilmu Keperawatan, Analisis Kesehatan Dan Farmasi*, 20(2), 223-234.
- Aliah, B. N., Ana Rofika, S. S. T., Cahyaningtyas, A. Y., Wiwin Widayanti, S. S. T., Hidayah, B. A., Kusumastuti, B., & Magasida, D. (2024). *Buku Ajar Komplementer Kebidanan*. Mahakarya Citra Utama Group.
- Aryani, R. (n.d.). 3.5 Dasar Hukum. *TERAPI KOMPLEMENTER PADA KEBIDANAN*, 32.
- Aziz, M. A., & Rayanti, R. (2020). *Uji klinis tingkat stres personil Polri: pengaruh hormon stres terhadap halitosis yang disebabkan bakteri patogen periodontal pada anggota Korps Brimob Polri*.
- Azzahroh, P., Hanifah, A., & Nurmawati, N. (2020). Pengaruh Terapi Murottal Al-Qur'an Terhadap Tingkat Kecemasan pada Pasien Pre Operasi Sectio Caesarea di Rumah Sakit Ridhoka Salma Cikarang Tahun 2019. *Journal for Quality in Women's Health*, 3(2), 127-132.
- BERSALIN, R., KEDAH, F. I. C., & MANDIRI, C. H. (n.d.). *LAPORAN TUGAS AKHIR*.
- Bidayati, N. (2022). *Hubungan Tingkat Kecemasan Ibu Postpartum dengan Kejadian Postpartum Blues di Wilayah Puskesmas Ungaran*. Universitas Islam Sultan Agung Semarang.
- FANRATAMI, K. A., Destariyani, E., Burhan, R., Damarini, S., & Yaniarti, S. (2021). *Pengaruh Terapi Guided*

- Imagery and Music (GIM) terhadap Kecemasan Ibu Hamil Trimester III di Wilayah Kerja Puskesmas Jembatan Kecil Tahun 2021*. Poltekkes Kemenkes Bengkulu.
- Handayani, R., Batubara, S., Dewi, R., Purwandari, E. S., Diah, H. T., Resmi, D. C., Jolyarni, N., Rini, I. A., & Nugraheni, N. (2021). *Terapi Komplementer Dalam Kehamilan Mind and Body Therapy*.
- Hasanudin, F., Yolanda, Y., & Nurhadiansyah, M. Z. (2023). KASUS BUNUH DIRI DAN PERAN KELUARGA: STUDI PANDANGAN AKADEMISI HUKUM KELUARGA DAN PSIKOLOGI. *Al-Mawarid Jurnal Syariah Dan Hukum (JSYH)*, 5(2), 173-192.
- KOYUMI, A. (n.d.). PERBEDAAN KADAR TRIGLISERIDA DARAH PADA TIKUS WISTAR (*Rattus norvegicus*) JANTAN SETELAH DIPAPAR STRESOR RASA SAKIT RENJATAN LISTRIK.
- Lafaurie, E. (2015). *Postpartum adaptation and competence of mothers who use hypnosis to birth*. Arizona State University.
- LUBIS, S. A. (2022). *Gambaran tingkat kecemasan ibu hamil primigravida menjelang persalinan di Puskesmas Siabu Kabupaten Mandailing Natal tahun 2022*.
- Margareta, M. (2022). ASUHAN KEBIDANAN BERKESINAMBUNGAN (CONTINUITY OF CARE/COC) PADA NY. ET UMUR 37 G5P4AB0AH4 DENGAN ANEMIA RINGAN DAN FAKTOR RESIKO GRANDE MULTIGRAVIDA DI PMB WIDYA PURI HANDAYANI MINGGIR SLEMAN. Poltekkes Kemenkes Yogyakarta.
- Marita, A. (n.d.). PENGARUH BERKUMUR REBUSAN KELOPAK BUNGA ROSELA (*Hibiscus sabdariffa* L) TERHADAP JUMLAH KOLONI *Streptococcus* sp. PADA SALIVA ANAK USIA 10-12 TAHUN.
- Marzuki, M. S., & Mustaqim, M. H. (2021). Gambaran Tingkat Kecemasan Persiapan Operasi Sectio Caesaria Pada Ibu Hamil. *Jurnal Sains Riset*, 11(2), 269-280.
- Nurjanah, A. N. (2024). HUBUNGAN ANTARA DUKUNGAN SOSIAL DAN EFIKASI DIRI PADA IBU PRIMIPARA DENGAN KECENDERUNGAN POSTPARTUM BLUES DI KOTA DEMAK. Universitas Islam Sultan Agung Semarang.
- Raidanti, D., & Mujiyanti, C. (2021). *Buku Birthing Ball*. Ahlimedia Press.
- Rufaindah, E. (2020). *Manajemen Nyeri Persalinan Nonfarmakologis*.
- Setyaningrum, M. (2021). HUBUNGAN ANTARA DUKUNGAN SUAMI TERHADAP BOUNDING ATTACHMENT DAN RISIKO POST PARTUM BABY BLUES DI RUMAH SAKIT ISLAM SULTAN AGUNG SEMARANG. Universitas Islam Sultan Agung Semarang.
- SIREGAR, P. (2021). *Pengaruh Self Hypnosis Terhadap Pengurangan Kecemasan Ibu Hamil Trimester III Di Praktek Bidan Anni Rizkiah Desa Sitampa Simatoras*.
- Sulistyaningsih, D., & Wijayanti, T. T. (2020). Hubungan Dukungan Keluarga Dengan Tingkat Depresi Postpartum Di Rsud IA Moeis Samarinda. *Borneo Student Research (BSR)*, 1(3), 1641-1653.
- Sumendap, R. F., & Tumuju, T. (2023). PASTORAL KONSELING BAGI KESEHATAN MENTAL "STUDI KASUS PASTORAL KONSELING PREVENTIF PADA FENOMENA BUNUH DIRI." *POIMEN Jurnal Pastoral Konseling*, 4(1), 96-112.
- Suparto, M. H., & Salam, A. Y. (2023). Pengaruh Preoperatif Teaching Terhadap Tingkat Kecemasan Pasien Sectio Caesarea di RSUD Haryoto Lumajang. *Jurnal Berita Kesehatan*, 16(1).
- Tasalim, R., & Cahyani, A. R. (2021). *Stres akademik dan penanganannya*. Guepedia.
- Widiyono, S. K., Aryani, A., Indriyati, S. K., Sutrisno, S. K., Suwarni, A., Putra, F. A., & Herawati, V. D. (2022). *Buku Ajar Terapi Komplementer Keperawatan*. Lembaga Chakra Brahma Lentera.
- Wijayanti, F. (2022). *Fenomena Bunuh Diri Dikalangan Ibu Rumah Tangga Dimasa Pandemi Covid-19 (Studi Kasus Pada Ibu Berinisial NSW Dan TS Di Pekanbaru)*. Universitas Islam Riau.