

THE RELATIONSHIP OF PREGNANT WOMEN'S KNOWLEDGE ABOUT HYPNOBIRTHING WITH PREGNANT WOMEN'S ATTITUDE TO HYPNOBIRTHING THERAPY HANA KASIH CLINIC, MEDAN IN 2020

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ABSTRACT

Hypnosis methods that can be done starting during pregnancy can help reduce anxiety and fear levels. Hypnosis technique is one way that can be applied by pregnant women to gain peace when facing pregnancy and childbirth. The purpose of the study was to determine the relationship between knowledge of pregnant women about hypnobirthing and attitudes of pregnant women to hypnobirthing therapy at the Hana Kasih Clinic. This research method uses an observational-analytic design with a cross sectional approach, where the population is all pregnant women who perform pregnancy check-ups at the Hana Kasih Clinic with a total of 41 respondents. The sample size is 34 respondents through accidental sampling. The results of the analysis showed that knowledge of pregnant women about hypnobirthing did not affect the attitudes of pregnant women towards hypnobirthing therapy, where pregnant women who have less knowledge about hypnobirthing have a positive attitude towards hypnobirthing therapy. The results of the Chi-Square test obtained the value of $=0.078$ is greater than and thus H_0 is accepted and H_a is rejected. It is recommended to health workers on duty at the Hana Kasih Clinic to provide pregnancy health counseling, especially about hypnobirthing, especially pregnant women who want to have a pain-free pregnancy.

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1. Introduction

Mother is one of the most influential family members so that any changes that occur in the mother will affect the family situation (Rukiyah, et al, 2014). The presence of a child in the womb will cause a special sensation for the mother, especially when she goes through the pregnancy process from one week to the next (Andriana, 2016).

Pregnancy is a natural process, the changes that occur in women during normal pregnancy are physiological, not pathological. Therefore, the care provided is also care that minimizes intervention. Midwives must facilitate the natural process of pregnancy and avoid medical actions that have no proven benefits (Walyani, 2015).

Hypnosis methods that can be used starting during pregnancy can help reduce levels of anxiety and fear. Hypnosis technique is one way that can be applied by pregnant women to get calm when facing pregnancy and childbirth (Romadhomah, 2012).

Hypnosis is a very popular way of relaxation these days. In every line of life, hypnosis can be used as an effort to enjoy all human activities (Muhepi, 2014).

Through the practice of hypnobirthing, a pregnant woman is able to enter a state of deep relaxation so that she can maintain her calm and emotional stability. A stable and balanced condition with deep

relaxation also makes pregnant women more sensitive to their fetus. She is able to communicate, even cooperate with her fetus during pregnancy and during childbirth (Kuswandi, 2013).

In Indonesia, the Maternal Mortality Rate (MMR) related to pregnancy, childbirth, and postpartum is 359 per 100,000 live births (Indonesian Health Profile, 2014).

One of the complications of pregnancy that often occurs in mothers during pregnancy is pre-eclampsia, which is a pregnancy condition accompanied by an increase in blood pressure even without a previous history of high blood pressure in the mother-to-be (Martalisa, 2013).

The results of the initial survey conducted at the Hana Kasih Clinic, from 6 pregnant women who were asked about Hypnobirthing, only 3 pregnant women answered that they knew of Hypnobirthing, 3 others did not know about Hypnobirthing at the Hana Kasih Clinic. From the description above, the researcher is interested in researching further about "The Relationship of Pregnant Women's Knowledge of Hypnobirthing with Pregnant Women's Attitudes towards Hypnobirthing Therapy at Hana Kasih Clinic".

2. Methods

The type of research used is *analytical observation* with a cross sectional approach. The population in this study were all pregnant women who had a pregnancy check at the Hana Kasih Clinic. Sampling is Accidental Sampling, which is a way of taking samples by chance meeting. The study was conducted from September 2019 to January 2020.

3. Results

TABLE 1. DISTRIBUTION OF CHARACTERISTICS OF PREGNANT WOMEN WHO PERFORM EXAMINATION OF PREGNANT WOMEN (ANC)

Characteristics Category	Number of people	Percentage (%)
Age		
20-30 Years	32	94
31-35 Years	2	6
Total	34	100
Education		
Basic (SD-SMP)	11	33
Intermediate (high school)	17	50
Top (PT)	6	17
Total	34	100
Profession		
Work	22	65
Does not work	12	35
Total	34	100

Based on the table above, the characteristics of the majority of respondents are at the age of 20-30 years, 32 respondents (94%), secondary education (SMA) 17 respondents (50%), and judging from the work of the majority of respondents, 22 respondents (65%).

TABLE 2. FREQUENCY DISTRIBUTION OF RESPONDENTS BASED ON KNOWLEDGE OF PREGNANT WOMEN ABOUT HYPNOBIRTHING

Knowledge	Total (f)	Percentage (%)
Well	15	44
Enough	9	26
Not enough	10	30
Total	34	100

Based on the table above, it can be seen that of the 34 respondents the majority have good knowledge 15 respondents (44%) about *Hypnobirthing* at Hana Kasih Clinic

TABLE 3. DISTRIBUTION OF PREGNANT WOMEN'S ATTITUDES TO HYPNOBIRTHING THERAPY

Attitude	Total (f)	Percentage (%)
Positive	32	94

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Negative	2	6
Total	34	100

Based on the table above, it can be seen that of the 34 respondents the majority have a positive attitude, namely as many as 94% of respondents.

TABLE 4. CROSS TABULATION OF THE RELATIONSHIP BETWEEN KNOWLEDGE OF PREGNANT WOMEN ABOUT HYPNOBIRTHING WITH THE ATTITUDE OF PREGNANT WOMEN TOWARDS HYPNOBIRTHING THERAPY

keeper-know	Participan				Total N	Chi-Square Uji Test <i>p</i> = 0.078
	Yes		Not			
	N	%	N	%		
Well	0	0	15	44	15	
Enough	0	0	9	26	9	
Not enough	2	100	8	30	10	
Amount	2	100	32	100	34	

Based on the results above, of the 10 respondents who have less knowledge the majority have a positive attitude (80%) towards Hypnobirthing therapy, of the 9 respondents who have sufficient knowledge the majority have a positive attitude (100%) towards Hypnobirthing therapy, of 15 respondents who have good knowledge the majority have a positive attitude towards Hypnobirthing therapy

Chi-square statistical test results obtained $p = 0.078$ is greater than $\alpha (0,05)$ and thus H_0 is accepted and H_a is rejected, that is, there is no relationship between knowledge of pregnant women about Hypnobirthing and Attitudes of pregnant women to Hypnobirthing therapy.

4. Discussion

Knowledge of Pregnant Women About Hypnobirthing

The results of the analysis show that the majority of 34 respondents have less knowledge about Hypnobirthing (30%), respondents who have sufficient knowledge about hypnobirthing (26%), and respondents who have good knowledge about Hypnobirthing (44%). Respondents have good knowledge because the education level of the majority of respondents is secondary education (SMA) 50%, where the level of education greatly affects a person's level of knowledge and knowledge also greatly influences a person to act.

The majority of respondents also have a job of 65% so that they get sufficient information from the surrounding environment and only 35% of respondents who do not work. This shows that the delivery of information about hypnobirthing is good enough so that respondents understand enough about the benefits of the hypnobirthing method.

This study is not in line with research by Romadhomah (2012) which showed that research conducted on 35 respondents with the title Relationship of Knowledge of Pregnant Women About Hypnobirthing with Pregnant Women's Attitudes towards Hypnobirthing Therapy already had sufficient knowledge (37.1%) which was greater than the good category (28.6%) and less (34.3).

According to the researcher, based on the results in the field, the mother's level of knowledge about hypnobirthing is not influenced by the level of education, but also from experiences that come from various mass media, electronic media, health manuals, poster media, close relatives and so on.

Attitudes of Pregnant Women Towards Hypnobirthing Therapy

The results of the analysis show that of the 34 respondents the majority have a positive attitude towards therapy *hypnobirthing* 94%, respondents who have a negative attitude towards hypnobirthing therapy 6%. Respondents who have a positive attitude because the level of education of the majority of respondents have secondary education (SMA) 50%, where the level of education greatly affects a person's attitude. This shows that the higher a person's level of education, the higher his attitude. From these data, it is also seen that respondents who have a basic education level (SD-SMP) are 35% while those with higher education (college) are 15%.

The majority of respondents also have a job of 65% so that they get sufficient information from the surrounding environment and only 35% of respondents who do not work. This shows that the delivery of information about *hypnobirthing* good enough so that respondents quite understand what the benefits of the Hypnobirthing method are.

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This study is not in line with research by Romadhoma (2012) which shows that research conducted on 35 respondents with the title Relationship of Knowledge of Pregnant Women about Hypnobirthing with Attitudes of Pregnant Women to Hypnobirthing Therapy shows that pregnant women's attitudes towards Hypnobirthing therapy are mostly negative (54.3%) and positive (45.7%).

According to the researchers based on the results in the field, it was seen that the majority of respondents agreed with the statements contained in the questionnaire on hypnobirthing therapy and it did not affect the level of knowledge of respondents about hypnobirthing.

Analysis of the Relationship between Knowledge of Pregnant Women on Hypnobirthing and Attitudes of Pregnant Women on Hypnobirthing Therapy

From the characteristics of the respondents, it was found that the majority of respondents were at the age of 20-30 years 91%, aged 31-35 years 6% and aged <20 years 3%. Respondents have good knowledge because the education level of the majority of respondents is secondary education (SMA) 50%, where the level of education greatly affects a person's level of knowledge and knowledge also greatly influences a person to act. This shows that the higher the level of a person's knowledge, the higher the level of knowledge. From the data, it can be seen that respondents who have a basic education level (SD-SMP) are 35% while those with higher education (college) are 15%.

Lack of knowledge of respondents about hypnobirthing also because hypnosis is a new therapy applied to pregnant women, so most pregnant women have not received information about hypnobirthing. At the Hana Kasih Clinic, during the ANC visit, there was no counseling about hypnobirthing therapy. Hypnobirthing therapy is only given to pregnant women in the third trimester and who have followed pregnancy exercises.

Knowledge of pregnant women about hypnobirthing does not affect the attitude of pregnant women towards hypnobirthing therapy, where pregnant women who have less knowledge about hypnobirthing have a positive attitude towards hypnobirthing therapy. The results of the Chi-Square test obtained the value of $p = 0.078$ is greater than $\alpha (0,05)$ and thus H_0 is accepted and H_a is rejected.

According to the researcher, based on the results in the field, the mother's level of knowledge about hypnobirthing is not influenced by the level of education, but also based on experience and the surrounding environment.

Thus, it can be concluded that in this study there is no relationship between knowledge of pregnant women about hypnobirthing and attitudes of pregnant women towards hypnobirthing therapy at the Hana Kasih Clinic. So from the results of this study found a gap between the results of the study and the theory that has been stated above.

5. Conclusion

Based on the results of research regarding the relationship between knowledge of pregnant women about hypnobirthing and attitudes of pregnant women towards Hypnobirthing therapy at the Hana Kasih Clinic, the following conclusions can be drawn:

1. Knowledge of pregnant women about hypnobirthing at the Hana Kasih Clinic is Good 44%, Less knowledgeable 30%, and moderately knowledgeable 26%.
2. The attitude of pregnant women to hypnobirthing therapy at the Hana Kasih Clinic was 94% positive and 6% negative.
3. There is no significant relationship between knowledge about hypnobirthing and the attitude of pregnant women to hypnobirthing therapy where the better the knowledge of pregnant women, the better the attitudes of pregnant women to hypnobirthing therapy at the Hana Kasih Clinic with a value $p = 0.078$.

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