

# Hypnobirthing Counseling for Pregnant Women at Mahdalena Pane Clinic in 2019

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## ABSTRACT

The purpose of this research is to provide useful information and input for the community or pregnant women about the benefits of hypnobirthing for pregnancy, not only during pregnancy, but also before delivery, during labor and after delivery. That hypnobirthing helps cope with pain without the involvement of drugs. Increase knowledge of pregnant women about hypnobirthing for pregnancy, increase knowledge of pregnant women about the benefits of hypnobirthing during childbirth, after delivery and during the postpartum period. The types and forms of activities of this activity are providing counseling materials to pregnant women about hypnobirthing, telling mothers the difference between childbirth and hypnobirthing, with regular delivery or caesarean section. To achieve the objectives of the above activities, activities were carried out including providing counseling materials about the benefits of hypnobirthing for pregnancy, not only during pregnancy, but also before delivery, during labor and after delivery. That hypnobirthing helps cope with pain without the involvement of drugs.

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## 1. Introduction

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 (Romadona, 2019). Midwives must facilitate the natural process of pregnancy and avoid medical actions that have no proven benefits (Walyani, 2015).

Stress and tension have become a part of everyone's life, whether we realize it or not. In particular, this happens to mothers during their pregnancy (Andriana, 2016). When stressed, the brain releases the hormones cortisol, epinephrine, and adrenaline into the body's system, so that blood is pumped more quickly and sent to the organs that need the most response from the stress attack (the limbs and brain), in addition to organs and systems that are non-volatile. essential elements such as the immune and digestive systems (Aprillia, 2010).

Where fear and panic have a negative impact on mothers from pregnancy to delivery (Ratnawati, 2014). On the other hand, a sense of calm and comfort has a positive influence. This is why we need to practice relaxation techniques and hypnobirthing methods (Andriana, 2016).

Hypnosis methods that can be done starting during pregnancy can help reduce levels of anxiety and fear (Sariati, 2016). 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 hypnobirthing exercises, a pregnant woman is able to enter a state of deep relaxation so that she can maintain her calm and emotional stability (Rahmawati, 2018). 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).

The benefits of hypnobirthing are, Overcoming discomfort during pregnancy and pain during childbirth without side effects on the fetus, reducing nausea, vomiting and dizziness in the first trimester, helping the fetus to escape from the condition of the umbilical cord entanglement, and even repairing a breech fetus that is in a breech position. normal condition (located behind the head), makes the condition of pregnant women to be calm and peaceful during their pregnancy. The calmness and peace of the mother will be felt by the fetus so that he also has the value of peace in himself (Sholihah, 2018).

Before delivery, practice relaxation to reduce anxiety and fear before delivery which can cause tension, pain and pain during labor. Able to control the sensation of pain during uterine contractions, increase levels of endorphins in the body to reduce, even eliminate pain during contractions and childbirth (endorphins / endogenic morphine are neuropeptides produced by the body when calm) (Marwa & Maryani, 2017).

During delivery, facilitate the delivery process (stage 1 and stage 2 more smoothly). Reducing the risk of complications in labor and bleeding. Calm conditions create a hormonal balance in the body. Helps maintain oxygen supply to the baby during the delivery process (FITRIANINGSIH, 2014).

After childbirth, Increase the bond between the baby and the father and mother, speeding up recovery in the puerperium. Prevent postpartum depression (baby blues, facilitate milk production.

## **2. Method**

The direction or purpose of this activity can be carried out by providing counseling to pregnant women who carry out pregnancy checks at the Mahdalena Pane Clinic by providing counseling about the benefits of hypnobirthing for pregnancy, not only during pregnancy, but also before delivery, during labor and after delivery. That hypnobirthing helps to cope with pain without the involvement of drugs is carried out at the Mahdalena Pane clinic, 2 lecturers at the Darmo Midwifery Academy, and 1 target student: pregnant women.

### **2.1. Activity steps**

As a community service activity, the following preparations are carried out:

#### **a. Hold a meeting with the Head of the District in terms of supporting this activity and obtain permission to carry out the extension.**

- 1) Asking permission from the head of the Mahdalena Pane Clinic in conducting outreach activities about the benefits of hypnobirthing for pregnancy, not only during pregnancy, but also before delivery, during delivery and after delivery. That hypnobirthing helps cope with pain without the involvement of drugs.
- 2) Determination of participants who will take part in the counseling.
- 3) Determination of community staff who participate in smooth outreach activities about the benefits of hypnobirthing for pregnancy, not only during pregnancy, but also before delivery, during delivery and after delivery. That hypnobirthing helps cope with pain without the involvement of drugs.
- 4) Determination of the facilities and infrastructure needed to support the implementation of the extension activities.
- 5) Other things that are considered important in carrying out activities

#### **b. Coordination meeting with the activity implementation team in this case:**

- 1) Set the day, date of activity
- 2) Place of activity
- 3) Prepared equipment
- 4) The committee that helped
- 5) Amount of fee required
- 6) Facilitators who participate in providing materials
- 7) Things deemed necessary

### **2.2 Activity Process**

On October 17, 2019, data collection was carried out for participants who will take part in counseling activities about the benefits of hypnobirthing for pregnancy, not only during pregnancy, but also before delivery, during labor and after delivery. That hypnobirthing helps cope with pain without the involvement of drugs. The opening event of counseling about the benefits of hypnobirthing for pregnancy, not only during pregnancy, but also before delivery, during labor and

after delivery. That hypnobirthing helps cope with pain without the involvement of drugs. among other things by doing:

- a. Lecture
- b. FAQ
- c. Discussion

After giving the material, they will teach pregnant women that hypnobirthing is very helpful in the labor process, namely the application of hypnosis to cope with pain without the involvement of drugs. Informing mothers about the benefits of hypnosis during pregnancy, before labor, delivery, during labor, and after delivery. Hypnobirthing helps mothers to naturally increase self-esteem during the pregnancy process until the delivery process.

### 3 Results and Discussion

#### a. Target Audience

This activity is targeted at pregnant women who carry out their pregnancy check-ups at the Mahdalena Pane Clinic by providing counseling about the benefits of hypnobirthing for pregnancy, not only during pregnancy, but also before delivery, during delivery and after delivery. That hypnobirthing helps with pain without the involvement of drugs.

#### b. Linkages

In carrying out this service activity, the fields of science that are considered related include reproductive health in adolescents and promotion of health and public health.

#### c. Evaluation Plan

In this case, the evaluation carried out is evaluating the status of knowledge on behavioral changes (knowledge, attitudes, and actions) as well as increasing the degree of reproductive health by increasing information about health, impacts and prevention and benefits of hypnobirthing for pregnancy, before delivery, during delivery and after delivery..

#### d. Supporting and Inhibiting Factors

##### 1) Supporting factors

Enthusiasm of pregnant women is quite large. The Head of the Clinic, employees, and pregnant women who provide time and place so that the counseling can run well.

##### 2) Obstacle factor

Lack of awareness of pregnant women that hypnobirthing is very useful in helping the delivery process. Lack of knowledge of mothers that hypnobirthing can help reduce anxiety, and fear before childbirth that can cause tension, pain and pain during childbirth. Not only that, that hypnobirthing helps the first and second stage of labor run more smoothly.

### 4 Conclusion

Reports on community service implementation activities in the form of counseling to pregnant women who carry out pregnancy checks at the Mahdalena Pane Clinic by providing counseling about the benefits of hypnobirthing for pregnancy, not only during pregnancy, but also before delivery, during delivery and after delivery. That hypnobirthing helps to cope with pain without the involvement of drugs which can be stated as an activity carried out according to the goals and plans, this activity received a good response from the Head of the Mahdalena Clinic, clinic staff, and pregnant women, this activity provides a discourse new for pregnant women who do prenatal care at the Mahdalena Pane Clinic to be able to disseminate the health information they get and for themselves.

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