


The Effect of Hypnobirthing Relaxation Method on Pain Intensity in Labor Women at Pratama Hadijah Clinic, Medan Perjuangan District Medan City

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Article Info	ABSTRACT
<p><i>Article history:</i></p> <p>Received May 10, 2023 Revised May 29, 2023 Accepted June 02, 2023</p> <hr/> <p><i>Corresponding Author:</i></p> <p>Ria Julita Sari Sekolah Tinggi Ilmu Kesehatan Flora, Indonesia Email: fatlipi2t@gmail.com</p>	<p>The hypnobirthing method is usually done for pregnant women who are undergoing labor. This of course has the goal of creating conditions and also a relaxed atmosphere for pregnant women who are giving birth. This goal is to reduce the level of tension, anxiety and also make the pain suffered be reduced during the labor process. This research was made with the aim of knowing and also obtaining information about the effect of hypnobirthing on labor pain suffered by pregnant women at the Pratama Hadijah clinic. The research method used was sample selection and also a non-equivalent control group which consisted of several groups called the control group with the behavior of pregnant women, which was a sample of about 25 people. The data will be analyzed using the Mann-Whitney test.</p> <p>Keywords: Childbirth, Hypnobirthing, Pain</p> <p>This article is licensed under a Creative Commons Attribution-ShareAlike 4.0 International License.</p> 

1. INTRODUCTION

It is reported that there are around 200 million pregnant women, most of these pregnancies can save the lives of babies and healthy mothers. But there are also several cases of birth that have bad luck. Such as fear, pain and great suffering and even lead to death according to data from WHO. Likewise, data from the Directorate of Maternal Health in 2013 showed that there were several cases of birth that caused pain and suffering for pregnant women which resulted in death. Psychological factors are one of the factors that have an impact on long labor where this feeling of fear of childbirth can cause and also cause quite severe pain. And this feeling can give rise to a fear of death that can engulf both mother and baby.

When pregnant women are giving birth, of course there is a feeling of fear that rises consciously or not. And this can make the body more tense and also increase blood pressure. This can make the labor process much longer and also painful. According to the Indonesian Hospital Association Data Center, there are around 15% of pregnant women in Indonesia who suffer from birth complications. And 22% stated that the labor experienced was quite painful due to the intense pain in the delivery process. Meanwhile, 63% did not receive information regarding preparations that could be made to reduce pain during this labor process [3].

Most of the pregnant women who go through this labor process experience quite intense pain during the delivery process. However, the intensity of the pain is of course different among pregnant women. Feelings of fear during labor are subjective. And this depends on the mental and emotional state of the pregnant women. The feeling of pain and also pain usually appears due to

ischemia in the corpus uteri which has quite a lot of nerve fibers. And this feeling will be transmitted by sensory nerve fibers in the hypogastric plexus into the central nervous system.

A study was conducted by [3] that when vaginal delivery was performed on primipara hypnobirthing, it had no effect on reducing pain intensity during vaginal delivery. While research from [7] states that hypnobirthing can reduce pain during labor which is characterized by differences in pain in pregnant women in labor during the first active phase. This applies and does not apply the hypnobirthing technique to the birth process. The effect of the hypnobirthing relaxation technique on pain in the first stage of labor will be closely related to pregnant women who feel much calmer when giving birth [13]

There are various kinds of experiences experienced by pregnant or giving birth mothers that hypnobirthing can control themselves when pain occurs during the birth process. This is due to uterine contractions that appear so that these pregnant women can give birth comfortably, smoothly and also calmly. This is of course without any pain that these pregnant women receive. Research conducted by [8] states that there is a considerable effect of the technique on reducing the level of pain and its intensity during labor.

Pain that is obtained in the delivery process can indeed have a significant influence on the mental and psychological conditions of pregnant women. This includes the mother's perception of pain and anxiety during labor. In order to relieve pain in the labor process, of course, a method is needed that can reduce the anxiety and pain that pregnant women receive when they enter this labor process. And of course this can provide emotional calm to the mother and can also make the delivery process go through properly. One of the methods needed for pregnant women is of course the hypnobirthing technique.

This technique is one of the techniques that can have the goal of providing comfort to the mother so that she can give birth comfortably, quickly and smoothly. Of course, in order to relieve pain when carrying out the labor process without the help of anesthetic drugs which are usually friends of pregnant women in carrying out the process. This method is clearly much more effective in suppressing pain in a way that is gentler, safer, more positive and also very easy.

A study was conducted from December 2016 to February 2017 where more than 30% of deliveries used the hypnobirthing relaxation technique. And the delivery went smoothly and supported pregnant women to reduce the intensity of pain and also excessive anxiety when carrying out the delivery process. This technique has also begun to be applied in various clinics to hospitals, including the Pratama Hadijah clinic, Medan.

Literature Review

Childbirth is a process in which the baby and also the placenta and amniotic membranes from the mother's uterus come out through the birth canal. Childbirth will be considered normal if the birth process is at a sufficient gestational age, namely at 37 weeks above weeks which is not accompanied by disease. Childbirth itself is a series of events that will bring out a baby who is full months or almost full. Then followed by expulsion of the placenta and fetal membranes from the mother's body. Childbirth itself means a series of expenses for a baby that is carried out through the birth canal using assistance or without assistance based on the narrative [11]

The definition of childbirth itself is a process of birth resulting from conception that can live through the uterus, vagina and birth canal to the outside world. Normal or normal parturition is the process by which the baby is born through the vagina without special tools or help that does not injure the mother and baby. And this process goes quite fast and takes less than 24 hours without an episiotomy according to the thoughts [12].

There are several causes for the start of labor in pregnant women, which consist of:

1. Decreased Progesterone Levels

Progesterone is one of the things that can cause relaxation of the uterine muscles where preferably in this process estrogen should increase the vulnerability of the muscles in the

uterine area. During this pregnancy process there will be a balance between levels of progesterone and estrogen in the blood. But at the end of pregnancy usually progesterone levels will decrease.

2. Oxlockin Theory

When entering the final period of pregnancy, usually oxytocin levels will increase. Because of this, contractions will appear and occur in the muscles of the uterus in the body of pregnant women. And this is one of the indications that labor should be carried out immediately.

3. muscle strain

In pregnant women, there is a process of stretching the muscles in the bladder area and also the stomach if the walls of the area are stretched. This is due to the increased contents so that it can cause contractions to expel the contents. The same goes for the uterine area. Stretched muscles will continue to occur towards the end of pregnancy. And this is a sign that the labor process must be carried out immediately.

4. Fetal influence

The suprarenal glands and also the pituitary have a very important role. This is because in the anencephalus area the pregnancy will often be longer than usual

5. Prostaglandin Theory

Prostaglandins are produced by the decidua which is one of the causes of the start of a labor process. This is a sign that labor must be carried out immediately.

Apart from several causes, there are also signs of labor which can be a code or a signal that delivery must be carried out according to [18], which consist of:

1. His Childbirth

His Labor will appear with his opening where there are properties consisting of:

- a. Pain that circles around the back and radiates to the front of the abdomen
- b. The longer and shorter the interval distance, the stronger the intensity received
- c. If walking will be stronger
- d. Has an influence on the opening in the cervical area.

2. Bloody Show

An opening will occur where mucus from the cervical canal area will come out accompanied by blood coming out even in small amounts. This bleeding can occur because the fetal membranes are released in the lower uterine area which makes some blood capillaries cut off.

3. Premature Rupture of the Membrane

This sign appears with quite a lot of discharge and occurs suddenly through the birth canal. This is due to rupture of the amniotic fluid or torn fetal membranes. This rupture of the membranes will occur if the opening is complete or nearly complete. In this case the discharge becomes a sign that is quite slow. However, there are also membranes that break in small openings. It is not uncommon for the fetal membranes to tear before labor occurs. And it is hoped that the labor process will begin immediately after the amniotic fluid comes out.

According to [18], there are several factors that influence childbirth, which consist of:

1. Power and strength

This is a force that can function to push the fetus out of the birth canal. The force used to push the fetus is his, contraction of the abdominal muscles, contraction of the diaphragm and also the action of the ligaments. Everything works perfectly and well. His will occur because the smooth muscles in the uterine area work with symmetrical contraction properties, the dominant fundus then relaxes. When the contraction of the uterine muscle closes, it will become thicker and shorter. While the Cavun Uteri will be smaller and pushes the fetus into the amniotic sac to the lower uterine area and cervix.

At the time of observation of pregnant women, there are several aspects that must be considered from the hys, which consist of:

- a. His frequency where the number of his per minute or per 10 minutes
- b. Strong or weak his intensity
- c. The duration of his when it lasts and is also determined during labor
- d. His interval where the distance between his with one another.
- e. His appearance whether it appears frequently or rarely and also regularly.

2. Way of birth

The condition of the birth canal consists of various types of muscles as well as tissues and ligaments. Meanwhile, the hard birth canal itself consists of the pelvic bones or the pelvic frame. And these conditions also have different conditions

3. Fetus

Another factor that also has an influence on the delivery process is the fetal factor. This includes the attitude and position of the fetus, presentation and position of the fetus. Another factor is the lowest part of the fetus. And these factors are:

a. Attitude or Ilabitus

It displays the relationship of the fetal parts as well as the fetal axis. Usually occurs in the spine. The fetus itself is generally in a flexion position, namely the spine and legs are in a state of flexion. Then cross the arms at the chest.

b. Site or location

It is the fetal axis to the maternal axis just as the latitude of the fetal axis is perpendicular to the maternal axis. The longitudinal position of the fetal axis is parallel to the mother's axis which is located at the head or breech

c. Fetal presentation

Usually used as a determination of the part of the fetus that is in the lower uterine area. Part of the fetus found on palpation or on internal examination. Such as presentation of the buttocks, shoulders or head

d. The lower part of the fetus has a more defined percentage in the term.

e. Position of the fetus

4. Psychological changes

Psychological changes that are often experienced by mothers who go through this labor process will include perceptions of fear and also anxiety and pain. This also affects personality to exhaustion.

The labor process will usually begin with uterine contractions which will cause pain and also pain. This can give a feeling of discomfort to pregnant women who are undergoing labor. The pain that is obtained during labor has individual characteristics where the perception of pain can be different. This is of course closely related to the stimulus and also the pain threshold that each pregnant woman has.

Pain is a sensation that is certainly not pleasant that arises from sensory nerves which have 2 components consisting of physiological and psychological. On the physiological side, it becomes a process of receiving impulses from sensory nerves which will be channeled to the central nervous system. While the psychological component consists of interpretation of pain, recognition of sensations and also reactions to the results of the interpretation of the pain.

In the first stage of labor, usually pain will arise from the process of uterine contractions caused by dilatation and also thinning of the cervix and ischemia in the uterus. Pain arising from the process of cervical dilatation and uterine ischemia arises due to visceral pain felt by pregnant women. Usually in the lower abdomen and can spread to the lumbar region, back and thighs. According to [4] pain will appear when pregnant women have contractions and will start to disappear during the contraction interval.

The pain experienced by pregnant women during labor is used as a placeholder for the presentation part. Pain or discomfort that appears during the first stage of labor will appear due to

dilatation and also thinning of the cervix which causes decreased blood flow. Practically it will make the local oxygen will experience a deficit due to contraction of the myometrial arteries. This pain is also known as visceral pain.

Meanwhile, at the end of stages I and II, there is pain that can be felt in the perineal area which arises due to stretching and pulling of the peritoneum during contractions which also occurs in the uterocervical area. Pressure on the bladder and also on the intestines and sensitive structures in the pelvic area is one of the causes of pain. And this is called somatic pain [20].

In the service area and also the corpus that appears this pain will be transmitted by nerve fibers through the uterine, pelvic and hypogastric plexus pathways. Likewise the inferior, middle and also posterior pla will enter the lumbar and enter the spinal column. Pain that occurs at the end of the first and second stages usually originates from the lower genital tract, which consists of the perineum, anus, vulva and clitoris.

There are several factors that have a considerable influence on pain response, which consist of:

1. Physiological factors

Physiological factors are one of the factors that have a significant influence on pain response and there are several aspects that influence them, namely:

- a. Decreased physical condition due to fatigue and malnutrition can be one of the reasons for the increased intensity of pain felt by pregnant women.
- b. Mother's age also affects pain, especially if the mother's age is old during the first pregnancy. And can go through labor that is longer and also more painful
- c. The large size of the fetus will cause pain that is much stronger than normal fetal delivery.
- d. Endorphins are one of the influential factors. This substance is an opiate substance originating from the body secreted by the adrenal medulla. Endorphins are neurotransmitters that will act as obstacles in sending pain stimuli in reducing the sensation of pain.

2. Psychological Factors

In addition to physiological factors, there are psychological factors that influence the pain experienced by pregnant women. And there are several psychological factors consisting of:

- a. Fear and anxiety can affect physiological changes and can cause pain
- b. Assessment of pain from a person who is felt and varies. This will certainly have an effect on the pain that appears.
- c. The ability to control oneself is also one of the factors in how pregnant women can cope with this pain or not.
- d. The cognitive function of a person is one of the factors that can influence or respond and behavior to pain that arises when contractions occur
- e. A person's self-confidence or self-confidence can be one of the physiological factors in handling pain that arises from the birth process.

Meanwhile, according to research from [6] there are several factors that influence the delivery process, consisting of:

1. Culture

The perception of labor pain is strongly influenced by individual culture. And cultural values influence pregnant women which are perceived and expressed in the labor pain.

2. Emotion

Emotions and also the stress that arises will give contractions that will feel painful and will also feel even more painful. This is due to certain conditions caused by stress which will automatically carry out a defensive reaction which can automatically stimulate stressor hormones, namely catecholamine hormones and also adrenaline.

This labor pain can certainly cause a feeling of stress which can cause excessive steroid hormones and also ketocholamines. This hormone can be one of the causes of smooth muscle tension and also vasoconstriction of blood vessels. And pain during labor can be one of the causes of hyperventilation, which increases the need for oxygen as well as increases blood pressure. In addition, the motility of the intestine and urinary bladder is also reduced.

Hypnobirthing is a technique that will reduce the pain felt by pregnant women. This technique was introduced by Jacobson and Wolpe. This technique is a combination of relaxation and deep breathing regulation with visualization techniques used in conjunction with positive thoughts and language. Hypnobirthing has considerable benefits for pregnant women. One of them is the ability to regulate pain levels during labor. Then suppress anxiety and also stress and depression during the labor process. This will also make it easier for pregnant women to control their emotions and make them feel safer and more comfortable.

Hypnobirthing technique is one of the auto hypnosis techniques which is an effort to instill positive intentions and also psychological suggestions or natural thoughts during labor and pregnancy. This certainly can make it easier for pregnant women to enjoy the process of labor and pregnancy. This method is one of the programs to make it easier for pregnant women to blend in with the rhythms and body movements while undergoing the birth process.

Hypnobirthing is taken from the word hypnosis and also birthing. The meaning is the technique of auto hypnosis or self hypnosis which is an effort to instill positive intentions and suggestions into the soul and also the subconscious mind during labor. And there are several benefits of the hypnobirthing technique or method, namely:

1. During pregnancy, this method can reduce vomiting, nausea and dizziness during the first trimester. And can minimize physical and mental trauma as well as discomfort during pregnancy and pain during childbirth.
2. Can practice relaxation to reduce excessive anxiety and fear when entering labor. This can reduce tension and pain and can control the sensation of pain when the uterus contracts.
3. Streamlining the delivery process and also reducing the risk of labor complications and also bleeding that occurs. This will certainly make the body continue to supply enough oxygen to the baby.
4. Postpartum delivery will help mother and child to increase bonding and also speed up the process of recovery and healing.

The right time to do hypnobirthing techniques is usually done when the pregnancy enters the age of 7 months or 2 weeks before the birth process. And do it 2 times a day in the morning and also going to bed at night. The ideal duration is around 10 to 15 minutes. This can reduce stress levels and can also reduce the anxiety factor of pregnant women. Practically can make labor run smoothly.

This relaxation method must exist in a relaxed state for pregnant women. And there are several steps and guidelines for carrying out the hypnobirthing relaxation method which consists of:

1. Relieving the pressure inside
2. Focus and close your eyes
3. Adjust the eye position
4. Focus from distraction
5. Count down
6. Visualization to divert the mind
7. Breathe with the abdomen
8. Regulate the breath to be even and balanced
9. Breathe relaxed
10. Relaxes the body when it starts to feel tense
11. Eye relaxation

12. Reduces stress on the jaw

3. METHODS

The research method used was a quasi-experimental method using a non-equivalent control group design method. In taking this data sample there will be 2 groups, namely the treatment group and also the control group. In each of these groups there are 25 people, so that the total population of respondents is around 50 people.

The criteria for the respondents or informants were pregnant women who had entered the third trimester. In addition, these pregnant women had attended classes for pregnant women and did not experience any complications during the research process. Informed consent data and also ethical clearance itself have been obtained during the research process. While for data analysis using the Mann-Whitney statistical test ($\alpha = 0.05$).

RESULTS AND DISCUSSIONS

Table 1. Characteristics Respondens

No	Characteristics	Frequency (F)	%
Age			
1.	15 - 20	3	6%
2.	21 - 35	35	50%
3.	36 - 40	12	24%
Amount		50	100%
Education			
1.	Low education	15	30%
2.	higher education	35	70%
Amount		50	100%
Pregnancy Interval			
1.	12 years old	12	24%
2.	3 – 4 years	28	56%
3.	5 – 6 years	10	20%
Amount		50	100%
Parity			
1.	Primipara	26	52%
2.	Multipara	24	48%
Amount		50	100%
Uterine Contraction			
1.	Adequate	50	100%
2.	Inadequate	0	0%
Amount		50	100%
Blood pressure			
1.	Normal	47	94%
2.	Abnormal	3	6%
Amount		50	100%
Pulse			
1.	Normal	45	90%
2.	Abnormal	5	10%
Amount		50	100%

Obtain the data of the respondents in the table above. The average pregnant women in the study were aged 21 to 35 years. There are 35 respondents or intervals aged 21 to 35 years who are pregnant and in the process of giving birth. And the pregnancy intervals of these pregnant women at intervals of 3 to 4 years were recorded by 28 respondents. For parity itself, the number of respondents is almost the same. But for primipara parity there were 26 respondents. While multipara there are 24 respondents.

Examination of blood pressure and also the pulse of the respondents or informants was on average normal. Only 3 respondents had abnormal blood pressure. Then there were 5 respondents who had an abnormal pulse. The hypnobirthing relaxation method can have a very efficient and effective effect on reducing pain during labor.

Table 2. Pain Scale

PAIN SCALE	TREATMENT GROUP		CONTROL GROUP	
	F	%	F	%
NO PAIN	2	8%	-	-
MIDDLE PAIN	18	72%		
MODERATE PAIN	5	20%	10	40%
SEVERE PAIN	-	-	15	60%

The general picture when mothers get the hypnobirthing techniques and methods can be seen from the data above which are divided into 2 groups, namely the treatment group and also the control group. From these data it is known that the hypnobirthing techniques and methods given to the Treatment Group, there were 2 respondents or informants who did not experience pain. Meanwhile, there were 18 respondents or informants who experienced mild pain from 25 populations in this treatment group. Moderate pain only 5 respondents.

While the Control Group has different data. Respondents experienced moderate and severe pain. And for severe pain, there were around 15 respondents or informants which means 60% of the total population in that group. Meanwhile, for respondents who experienced moderate pain, only about 10 respondents or 40%. None of the respondents experienced mild pain or no pain at all.

This is of course in line with the results of the Mann-Whitney test where the effect of the hypnobirthing relaxation method on labor pain for pregnant women and those in labor has a real difference in terms of pain intensity. Especially in the Control Group who experienced moderate and severe pain. Meanwhile, for the treatment group, no one experienced severe pain. On average, only mild pain.

There is an influence from the hypnobirthing method on the opening of the cervix that occurs in pregnant women. This was found in the measurement of cervical dilatation, according to the data obtained, especially the partograph data, it is known that the respondents who carried out the hypnobirthing techniques and methods that occurred in primiparas and multiparas, cervical dilatation did not have an elongated process. For pregnant women who do not use this method, especially in the Control Group, both multiparas and primaries will experience an elongated cervical opening.

The pain suffered, of course, can have a huge impact on pregnant women. Practically this will make the process uncomfortable and also the process will not run smoothly. According to [10] that pain in the first delivery will have a different experience and pain. This is due to the difference in the mechanism of opening the cervix that occurs in primipara, the internal uterine os will open first. This will make the cervix flat and thin.

Meanwhile, in multipara, the internal and external uterine ostium will open slightly accompanied by thinning and also the process of flattening the service which takes place in concurrent circumstances. This is what makes the process in multiparas lighter when compared to primiparas. From the psychological side of the primigravida itself, anxiety and fear when facing

the birth process will make the body release hormones that regulate stressors, namely catecholamine hormones and adrenaline. It will practically make the uterus tense which reduces the flow of blood and oxygen to the uterine muscles. This is due to the arteries getting smaller and narrower. This is what makes pain unavoidable.

For mothers who have experience giving birth, of course they can respond to the pain that appears. And the layers of muscles in the uterus will work together so that the delivery process can run smoothly, easily and comfortably. Contractions in adequate uterine area can be painful. This is due to the uterine muscles lengthening and shortening. The cervical part will also thin, flatten and soften which will then be retracted.

Fear and anxiety can certainly be the main cause of the pain that appears. This makes the uterus harder and able to contract. Psychological stress has a strong physical effect on the birth process. The stress hormone, namely adrenaline, will interact with receptors in the muscles and can slow down and inhibit the labor process. Pregnant women who are giving birth with excessive anxiety and fear, their bodies will be tense and can make the heart pump blood faster. This can make high blood pressure. Practically the delivery process will be much longer. And the pain will continue.

For pregnant women who are not equipped with hypnobirthing relaxation techniques, they will experience enormous pain. It was noted that 60% of respondents or informants experienced severe pain. While 40% experienced moderate pain in the labor process. And this level of pain is due to the intranatal condition of the first stage which will increase contractions. In this study, there were respondents or informants who had a considerable level of pain and had disturbed their comfort conditions. And this condition itself is influenced by various factors. Pregnant women with ages ranging from 21 to 35 years have the ability to respond to pain quite well and optimally.

Meanwhile, for pregnant women who used the hypnobirthing relaxation method or technique, there was a significant difference in terms of the level of pain experienced by pregnant women in the Perlaukan Group. Of course, these techniques and methods have the goal of maximally training the muscles that have an important role in the delivery process by increasing the endorphins and epinephrine hormones in the body. This is of course in order to reduce and also eliminate pain when experiencing contractions in the labor process.

CONCLUSION

In the process of this research, it was found that the influence of the hypnobirthing method was very helpful in the delivery process for pregnant women at the Hadijah Primary Clinic. And this must become a science that is applied by medical and health workers, especially midwives, to help pregnant women who are about to give birth. With these techniques and methods, of course, they can help these pregnant women reduce the level of pain in the labor process.

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