

THE EFFECT OF HYPNOTHERAPY ON REDUCING LABOR PAIN

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ABSTRAK: PENGARUH HIPNOTERAPI TERHADAP PENURUNAN NYERI PERSALINAN

Latar Belakang: Proses persalinan adalah pengalaman fisiologis dan emosional, dengan intensitas tinggi dan sifat yang sangat subyektif, terutama saat memasuki fase aktif tahap I. Mengelola rasa nyeri berperan sangat penting untuk menjamin proses kelahiran yang aman dan nyaman. Hipnoterapi merupakan metode non-farmakologis dengan pendekatan relaksasi secara mendalam dengan melakukan sugesti positif, teknik visualisasi dan pernapasan ritmis.

Tujuan: Penelitian untuk mengevaluasi efektifitas pemberian hipnoterapi dalam mengurangi nyeri saat kontraksi uterus.

Metode: Studi ini di rancang menggunakan pra- eksperimen dengan model one grup yaitu pre-test dan post-test. Sebanyak 30 ibu yang melahirkan di PMB Suji Hartini dipilih menggunakan teknik purposive sampling. Hipnoterapi diberikan oleh peneliti selama sekitar 30 menit pada fase aktif tahap I persalinan.

Hasil: Menunjukkan pengurangan signifikan dalam intensitas nyeri, dari nyeri hebat (86,7%) menjadi nyeri sedang (66,7%) dan nyeri ringan (20%) setelah intervensi dilakukan. Hasil uji statistik nilai signifikansi $p = 0,000$ ($p < 0,05$), bahwa hipnoterapi memiliki efek signifikan dalam mengurangi nyeri.

Kesimpulan: Maka temuan ini mendukung hipnoterapi sebagai non-farmakologis yang efektif dan aman dalam praktik kebidanan

Kata Kunci: Hipnoterapi, manajemen nyeri, relaksasi, metode non-farmakologis

ABSTRACT

Background: Labor is a physiological and emotional experience, with high intensity and a highly subjective nature, especially when entering the active phase of stage I. Managing pain plays a very important role to ensure a safe and comfortable birth process. Hypnoterapy is a non-pharmacological method with a deep relaxation approach by performing positive suggestions, visualization techniques and rhythmic breathing.

Purpose: Research to evaluate the effectiveness of hypnoterapy in reducing pain during uterine contractions.

Methods: This study was designed using pre-experiment with one group model, namely pre-test and post-test. A total of 30 mothers who gave birth at PMB Suji Hartini were selected using purposive sampling technique. Hypnoterapy was given by the researcher for about 30 minutes in the active phase of stage I of labor.

Results: There was a significant reduction in pain intensity, from severe pain (86.7%) to moderate pain (66.7%) and mild pain (20%) after the intervention. Statistical test results of significance value $p = 0.000$ ($p < 0.05$), that hypnoterapy has a significant effect in reducing pain.

Conclusion: So these findings support hypnoterapy as an effective and safe non-pharmacological in midwifery practice.

Keywords: Hypnoterapy, pain management, relaxation, non-pharmacological method

INTRODUCTION

Birth is a physiological event that marks the end of pregnancy with the expulsion of the fetus, placenta, and amniotic membranes through the labor channel (Primipara & Fase, 2025) . The process involves complex hormonal, mechanical, and psychological changes (Bimtas, n.d.) . One of

the inevitable aspects of labor is pain (Simposium, Multidisiplin, & Tangerang, 2022) .Pain during labor is generally felt during the active phase of stage I, and its intensity increases as cervical dilatation progresses (Di & Bontonyeleng, 2019) . This pain is subjective and influenced by many factors, including

physiological, psychological, social, and cultural factors (Kebidanan et al., 2022)

Unmanaged labor pain can lead to increased anxiety and stress during the birthing process, resulting in an increase in catecholamine hormones that negatively affect uterine contractions and blood flow to the placenta (Di & Sri, 2023). This poses a risk of disruption to the labor process and fetal well-being (Simposium et al., 2022). Therefore, pain management is an important part of maternity care to ensure that the labor process runs smoothly, safely, and provides a positive experience for the mother (Rejeki, 2020)

One of the strategies to manage pain in labor without drugs utilizes deep relaxation techniques to access pain perception in the subconscious mind such as hypnotherapy (Raksanagara & Suardi, 2021). Hypnotherapy is a deep relaxation technique that aims to influence a person's subconscious mind to change perceptions of pain (Studi & Keperawatan, 2012). In the context of midwifery, hypnotherapy is used to help laboring mothers to be calmer, relaxed, and focused during the labor process. With a positive mental state, the mother is able to reduce muscle tension and anxiety, so that the pain felt can be suppressed (Hayati, 2024)

Hypnotherapy relies on the use of positive affirmations, visualization, and structured breathing techniques (Hypnobirthing, Ibu, Persalinan, & Score, 2024). This therapy not only reduces pain, but also increases maternal confidence and self-control (Hayati, 2024). A number of studies have shown that mothers who undergo hypnotherapy have a tendency to experience a faster labor process, less pain, and a lower risk of medical intervention compared to mothers who do not get this therapy (Idris, 2019)

According to WHO data, every mother deserves a safe, comfortable, and dignified childbirth experience. Negative experiences during labor can have a long-term impact on maternal mental health, such as the emergence of trauma, postpartum depression, and impaired mother-child bonding (Di & Sri, 2023)

Therefore, approaches such as hypnotherapy are very important to consider in midwifery care. However, although the benefits of hypnotherapy have been widely demonstrated, its application in midwifery practice in Indonesia, especially in independent services such as Praktik Mandiri Bidan (PMB), is still not widespread (Terapeutik & Persalinan, 2022).

Many midwives have not had special training in hypnotherapy, so this intervention has not been

optimally used in childbirth services. With this background, the study aimed to evaluate the effect of hypnotherapy on reducing labor pain in East Java midwives and encourage the adoption of this hypnotherapy method in evidence-based midwifery practice.

LITERATURE REVIEW

Labor pain is a sensory and emotional response caused by uterine contractions, pelvic stretching and cervical dilation during labor (Anita, 2017). Pain can be influenced by cultural, social and even psychological and physiological factors of the mother (Empati, Sahdani, & Ridfah, 2023). The level of pain during labor will increase, especially during the active phase of the first stage.

Factors affecting pain during labor

The influence of pain in psychological conditions occurs the level of tension and anxiety (Fadila, Oktoviani, Fia, & Ameliya, 2024). This psychological tension will trigger the release of catecholamine hormones and decreased oxygen supply to the uterine muscles and prolong labor time and pain levels (Hairusyah, Hurdita, & Novita, 2025).

Non-pharmacologic Pain Management

This non-pharmacological approach is increasingly recommended in midwifery practice because it is safe and comfortable and active participation of the mother during the delivery process (Humairah & Wulandari, 2023). These strategies such as massage, breathing techniques and hypnotherapy have been shown to reduce labor pain (Hypnobirthing et al., 2024)

Hypnotherapy Concept

Hypnotherapy is a method of deep relaxation aimed at controlling pain and anxiety through positive affirmations, suggestions, and visualization (Oktiningrum, Mariyana, & Harjanti, 2023). Therapy that emphasizes the power of the subconscious mind on uterine contractions to be comfortable and controllable (Octavia et al., 2024)

Effectiveness of Hypnotherapy in reducing labor pain

This study shows that hypnotherapy effectively reduces labor pain, accelerates labor time and the level of maternal satisfaction (Pada et al., 2024). The study showed that mothers following this hypnotherapy session decreased the pain scale and calmly faced uterine contractions (Kesehatan, 2024)

RESEARCH METHODS

Respondents

The study involved 30 mothers giving birth at **PMB Suji Hartini** during January - April 2025. With the age criteria of laboring mothers in active phase I, 2) Gestational age ≥ 37 weeks, 3) No obstetric complications, 4) Delivery with spontaneous labor, and 5) Willing to be a respondent.

Giving Hypnotherapy

This study involved 30 mothers giving birth at **PMB Suji Hartini** during January - April 2025. With the criteria mentioned above.

Measurement of Labor Pain Level

Seeing whether the level of labor pain has decreased after hypnotherapy in phase I of the

active period. Labor pain is a psychological and physiological response due to uterine contractions that take place rhythmically and progressively. Generally, the intensity of pain will increase along with the opening of the cervix. Assessment is done with the **Numerical Rating Scale (NRS)**, before and after being done with a score range of 0-10, namely 0 = no pain, 1-3 = mild pain, 4-6 = moderate pain, 7-10 = severe pain.

RESULTS AND DISCUSSION

Characteristics

Table 1 shows that the majority of the mothers were in productive age and low-parity and did not use pharmacological analgesics during labor.

Tabel 1

Respondents	Range	n	Percentage
Age at delivery	20 - 35 years	26	86,7 %
	35 years old	4	13,3 %
Parietas	1	17	56,7 %
	2	10	33,3 %
	>3	3	10,0 %
School level	Secondary	20	66,7 %
	Higher	10	33,3 %
Analgesic Use	Yes	6	20,0 %
	No	24	80,0 %

Level of Labor Pain before Hypnotherapy

Tabel 2

Pain Level	n	Percentage
Mild (1-3)	0	0 %
Moderate (4-6)	4	13,3 %
Heavy (7-10)	26	86,7 %

Table 2 shows that the majority of respondents experienced severe pain before the hypnotherapy intervention was given

Level of Labor Pain after Hypnotherapy

Tabel 3

Pain Level	n	Percentage
Mild (1-3)	6	20,0 %
Moderate (4-6)	20	66,7 %
Heavy (7-10)	4	13,3 %

Table 3 shows that mothers experienced a decrease in pain intensity after hypnotherapy, with the dominant being in the moderate pain category.

Analyzing the Pain Level Before and After Hypnotherapy

Pain Level	Frequency of pain			
	Before		After	
	F	%	F	%
Mild (1-3)	0	0	6	20,0
Medium (4-6)	4	13,3	20	66,7
Heavy (7-10)	26	86,7	4	13,3

Hypothesis Analysis (Ho) will be considered wrong if the significance value is <0.05 , it will be correct if it is >0.05 . Ho will not be accepted if the significance = $0.000 < 0.05$, meaning that there is an effect of hypnotherapy on reducing labor pain.

Before given hypnotherapy, most respondents (86.7%) experienced severe pain (score 7-10). After the hypnotherapy intervention, the proportion of severe pain decreased dramatically to only 13.3%, while moderate pain increased to 66.7% and mild pain increased to 20%. This shows that there was a significant decrease in pain perception after hypnotherapy.

This change in pain level distribution suggests that hypnotherapy has clinical effectiveness in assisting non-pharmacological management of labor pain (Tingkat, Persalinan, Fase, & Rohman, 2023). This method is thought to work through the mechanism of mind relaxation and distraction from pain, which then affects the central nervous system to decrease the intensity of pain felt (Distress, n.d.).

As explained by the neurophysiology of pain theory, hypnotherapy is able to stimulate the release of endorphins that function as natural analgesics in the body. In addition, breathing techniques and positive suggestions during the hypnotherapy process help decrease anxiety and muscle tension which also contributes to lower pain perception (Persalinan & Fase, 2023).

Thus, hypnotherapy can be an effective and safe adjunctive intervention in the labor process, especially in reducing pain intensity without pharmacological side effects. These findings support the utilization of alternative and complementary methods in obstetric care and are expected to increase maternal comfort and satisfaction during the delivery process.

CONCLUSIONS

Hypnotherapy has a significant effect in reducing the frequency of pain during labor in the active phase of labor. Before hypnotherapy the mother experienced severe pain, but after being given hypnotherapy there was a decrease in pain intensity into the category of moderate and mild pain. This technique works through the mechanism of relaxation, verbal suggestion, and distraction that triggers the release of endorphins as the body's natural analgesic. Hypnotherapy can be used as a non-pharmacological method that is safe, effective, and can be applied by trained midwives in supporting maternal comfort during labor.

SUGGESTION

This intervention is recommended to be part of evidence-based holistic midwifery services.

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