

## The Effect of Hypnobirthing Relaxation on the Anxiety Levels of Primigravida Mothers in the Third Trimester in Facing Childbirth Preparation

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### Article Info

#### Keywords:

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### ABSTRACT

**Background:** *Hypnobirthing* is a self-hypnosis practice that aims to help expectant mothers through their pregnancy and childbirth in a natural, safe and comfortable way, overcoming fear and pain. The Hypnobirthing process is based on the power of suggestion from the mother. Women who think positively will be given suggestions and images to relax their bodies, automatically she will guide her thoughts and control her breathing. A common problem that arises in women who are about to give birth is the fear of pain or pain during the labor process. Most women who are about to give birth feel fear and anxiety. Feelings of fear and anxiety facing childbirth are not only in women who have just become pregnant, but also in women who have given birth. Purpose: This study aims to determine the Effect of Hypnobirthing Relaxation on the Anxiety Level of Third Trimester Primigravida Mothers in Facing Childbirth Preparation at BPM Lilis Suriani, 2025. Method: The type of research used is quasi-experimental research. The population in the study were all third trimester primigravida mothers at Lilis Suriani. The sampling technique used Accidental Sampling with a sample size of 20 people. Data collection with the HRS-A Hamilton Rating Scale For Anxiety instrument Data analysis used the t-test with a significant level of  $p < 0.05$ ). Results: The results of the analysis showed that there was an effect with a value of  $P = 0.001$  where  $P = < 0.05$ . Conclusion: It is recommended that this study can be used as information for primigravida mothers TM III at BPM Lilis Suriani to carry out Hypnobirthing either with Hypnobirthing classes or independently so that anxiety in facing childbirth can be reduced or even disappear completely.

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### INTRODUCTION

Essentially, pregnant women are expected to be physically and psychologically prepared. This is something that is often overlooked by pregnant women, who are generally more

prepared for the physical changes but less prepared mentally. These changes often cause stress and anxiety (Triana, M. 2017).

Especially when pregnant women enter the third trimester, they begin to worry about the birth process, which most people say is extremely painful, with some finding it easy and others finding it difficult. Negative images of the birthing process make pregnant women very prone to stress (Triana, M. 2017).

Based on data from the 2017 Indonesian Demographic and Health Survey (SDKI), the maternal mortality rate (MMR) was 305 per 100,000 live births. Maternal mortality in Indonesia is dominated by three leading causes: hemorrhage, hypertension during pregnancy, and infection. One effort to reduce maternal mortality is through blood transfusions for women giving birth with bleeding complications (SDKI, 2017).

Maternal health services are not only focused on maintaining physical health but also on the mother's psychological health. This is in accordance with the definition of health, where physical and psychological changes influence each other (Amalia, 2014).

A common problem for women about to give birth is the fear of pain during labor. Most women facing childbirth experience fear and anxiety. Fear and anxiety about childbirth are not limited to newly pregnant women; women who have given birth before also experience these feelings. This is where the Hypnobirthing relaxation method plays a significant role, helping to mentally prepare and build confidence for a natural birth with minimal pain (Abidin, 2019).

Hypnobirthing is a self-hypnosis practice aimed at helping expectant mothers navigate pregnancy and childbirth naturally, safely, and comfortably, while also overcoming fear and pain. The hypnobirthing process is based on the power of maternal suggestion. Positive-minded women are given suggestions and visualizations to relax their bodies, automatically guiding their thoughts and controlling their breathing. Mothers can also receive visualizations to help them relax using recorded verbal affirmations, which help them enter a calm state of self-hypnosis (Setiyawati, 2019).

Antenatal care is the second pillar of Safe Motherhood, providing a means for mothers to be better prepared for childbirth. Maternal unpreparedness for childbirth is one of the causes of high maternal mortality rates (MMR). Preparation for childbirth includes psychological preparation, physical preparation, financial preparation, and a birth plan, including planning for the birth location, selecting a health professional, a birth companion, decision-making, transportation, and potential donors. The third trimester of pregnancy is considered a period of cautious waiting, as most women experience psychological and emotional changes.

Complex physical and emotional changes require adaptation to lifestyle adjustments to the pregnancy process, which can lead to a number of fears during the third trimester. This is where midwives play an active role in explaining the changes, especially the psychological ones they will face. Pregnant women must be able to adjust to this reality. They begin to consider the fetus as a part of themselves that is completely dependent on them (Triyani, 2018).

During pregnancy, pregnant women often experience emotional disturbances, such as anxiety. Anxiety is defined as a feeling of fear and distress about uncertain, threatening situations, characterized by motor hyperactivity such as trembling and fatigue, and autonomic

hyperactivity such as shortness of breath, palpitations, cold hands and feet, dizziness, nausea, and insomnia (Annatagia and Retnowati, 2017).

Feelings of panic, excessive fear, or stress intensify, causing the brain to release substances that suppress endorphin production. Therefore, it's not surprising that the more fearful a person is during childbirth, the more intense the pain they will experience (Zatika, 2018).

If anxiety in pregnant women is not addressed seriously, it can have physical and psychological impacts on both the mother and the fetus. This is because it affects the hypothalamus, which stimulates the endocrine glands that regulate the pituitary gland. This reaction leads to increased production of stress hormones. Pregnant women who experience high levels of anxiety can increase the risk of premature birth and even miscarriage. Other research shows that pregnant women with high levels of anxiety during pregnancy are at increased risk of hypertension during pregnancy. If this is allowed to continue, maternal mortality and morbidity rates will increase (Marliana, et.al, 2016).

Hypnobirthing will help pregnant women achieve a state of constant relaxation and calm, where the effects of this state will affect both the pregnant woman and her environment until the birth process. With a relaxed state, brain waves will become calmer, allowing them to accept new input, which will then trigger a positive reaction in the body, and it is very possible that the mother's body will follow the new input intended. Pregnant women who are trained in relaxation will be able to "feel" and "communicate" with all the organs of the birth process, such as the uterine muscles with their contractions, and the cervix with its dilation process, thus forming a sweet cooperation, which can make the birth process go smoothly and without pain (Aprillia, 2019).

## METHODS

The type of research used in this study is quasi-experimental (quasi-experimental) (Sugiyono 2017). Quasi-experimental research is a form of experimental research that uses a control group that cannot function fully to control external variables that can influence it, because the division of the control group with the behavioral group is not done randomly (Hidayat, AA 2017). The population in this study was all Primigravida Mothers in the Third Trimester at BPM Lilis Suriani Tampubolon in Gunung Tua Lumban Pasir Village, Mandailing Natal Regency in 2025.

## RESULTS AND DISCUSSION

This chapter describes the results of a study on the Effect of Hypnobirthing Relaxation on the Anxiety Levels of Primigravida Mothers in the Third Trimester at the Lilis Suriani Tampubolon BPM in Gunung Tua Lumban Pasir Village, before and after Hypnobirthing intervention. This study began on January 25-30, 2025, at the Lilis Suriani Tampubolon BPM.

### 1. Univariate Analysis

The study involved 20 primigravida mothers in the third trimester. Characteristics included age, education, and occupation.

#### Age

Respondent characteristics based on age can be seen in the following table.

**Table 1** Distribution of Respondents by Age at BPM Lilis Suriani Tampubolon in Gunung Tua Lumban Pasir Village, Mandailing Natal Regency in 2025

No	Age	N	%
1	21	1	5.0
2	22	1	5.0
3	23	1	5.0
4	25	1	5.0
5	26	4	20.0
6	27	2	10.0
7	28	2	10.0
8	29	2	10.0
9	30	1	5.0
10	31	2	10.0
11	32	1	5.0
12	33	2	10.0
<b>Amount</b>		<b>20</b>	<b>100.0</b>

Based on the table.1 above, it can be seen that the most respondents were 26 years old, namely 4 people (20.0%) and the least respondents were 32 years old, namely 1 person (5.0%).

### Education

Respondent characteristics based on education are categorized into junior high school, high school, and college, which can be seen in the following table.

**Table 2** Distribution of Respondents Based on Education at BPM Lilis Suriani Tampubolon in Gunung Tua Lumban Pasir Village, Mandailing Natal Regency in 2025

No	Education	N	%
1	JUNIOR HIGH SCHOOL	2	10.0
2	SENIOR HIGH SCHOOL	14	70.0
3	College	4	20.0
<b>Amount</b>		<b>20</b>	<b>100.0</b>

Based on table 2 above, it can be seen that the most respondents had a high school education, namely 14 people (70.0%), and the fewest respondents had a junior high school education, namely 2 people (10.0%).

### Work

Respondent characteristics based on occupation are categorized into housewives and private employees, which can be seen in the following table.

**Table 3** Distribution of Respondents by Occupation at BPM Lilis Suriani Tampubolon in Gunung Tua Lumban Pasir Village, Mandailing Natal Regency in 2025

No	Work	N	%
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1	Housewife	13	65.0
2	Private employees	7	35.0
<b>Amount</b>		<b>20</b>	<b>100.0</b>

Based on table 3 above, it can be seen that the most respondents worked as housewives, namely 13 people (65.0%), and the fewest respondents worked as private employees, namely 7 people (35.0%).

### Anxiety Level of Pregnant Women before Hypnobirthing

The level of anxiety of pregnant women before undergoing Hypnobirthing is as follows:

**Table 4** Table of Anxiety Levels in Respondents Before Hypnobirthing at BPM Lilis Suriani Tampubolon in Gunung Tua Lumban Pasir Village, Mandailing Natal Regency in 2025

No	Anxiety level	N	%
1	Severe Anxiety	8	40.0
2	Extreme Anxiety	12	60.0
<b>Amount</b>		<b>20</b>	<b>100</b>

Based on table 4 above, it can be seen that the highest level of anxiety for respondents was very severe, namely 12 people (60.0%), and the lowest level of anxiety was severe, namely 8 people (40.0%).

### Anxiety Levels of Pregnant Women after Hypnobirthing

The level of anxiety of pregnant women after the intervention was carried out *Hypnobirthing* are as follows :

**Table 5** Table of Anxiety Levels in Respondents After Hypnobirthing at BPM Lilis Suriani Tampubolon in Gunung Tua Lumban Pasir Village, Mandailing Natal Regency in 2025

No	Anxiety level	N	%
1	No Anxiety	3	15.0
2	Mild Anxiety	17	85.0
<b>Amount</b>		<b>20</b>	<b>100</b>

Based on table 5 above, it can be seen that the highest level of anxiety for respondents was 17 people (85.0%), and the lowest level was 3 people (15.0%) who had no anxiety.

## 2. Bivariate Analysis

### The Effect of Hypnobirthing Relaxation on the Anxiety Levels of Primigravida Mothers in the Third Trimester in BPM Lilis Suriani Tampubolon 2025

Measurements were taken before the mother gave birth, then measuring the level of anxiety of the respondents before being given Hypnobirthing intervention. After obtaining respondents who met the predetermined sample criteria, they were then given Hypnobirthing intervention for 30 minutes. After the intervention was completed, the level of anxiety felt by the respondents was re-observed. From these results, changes in the level of anxiety of the respondents were determined using an observation sheet. After all

respondent data were collected, data analysis was carried out using a computer statistical program. Analysis using the t-test obtained results that the data were not normally distributed with a total of 20 respondents. This is shown in the following table:

**Table 6** The Effect of Hypnobirthing Relaxation on the Anxiety Levels of Primigravida Mothers in the Third Trimester at the Lilis Suriani Tampubolon BPM in Gunung Tua Lumban Pasir Village, Mandailing Natal Regency in 2025

No	Treatment	N	Mean	Standard Deviation	P Value	Conclusion
1	Pretest	20	42.05	2,704		
2	Posttest (Hypnobirthing)	20	16.40	2,644	0.00	0.917

From the Table. 6 paired-t test results show that the mean pretest anxiety level (before hypnobirthing treatment) is 42.05, the mean posttest anxiety level (after hypnobirthing treatment) is 16.40. This means that there is a decrease in anxiety levels after hypnobirthing treatment. Furthermore, based on the significance value (p-value) of 0.000, less than 0.05. This means that Hypnobirthing treatment has a significant effect on reducing anxiety levels. Thus, it can be concluded that Hypnobirthing treatment has a significant effect on reducing anxiety levels in Primigravida TM III pregnant women.

## Discussion

### Anxiety Levels of Pregnant Women Before Hypnobirthing

Anxiety level In primigravida pregnant women in the third trimester before undergoing Hypnobirthing at BPM Lilis Suriani Tampubolon, it was found that the respondents had the highest level of anxiety, namely 12 people (60.0%).

*Hypnobirthing* is a self-hypnosis technique that naturally instills positive intentions/suggestions into the subconscious mind during pregnancy and childbirth. The hypnobirthing method is based on the belief that every woman has the potential to experience childbirth naturally, calmly, and comfortably (without pain). This program teaches pregnant women to become one with the body's natural movements and rhythms during labor, allowing the body to function as it should, eliminating pain.

This research is in line with Neny's (2017) research on the influence of treatment *Hypnobirthing* Regarding the anxiety level of Primigravida III TM pregnant women at the Nauli Medan Tembung Pratama Clinic in 2017, it can be concluded that of the 15 samples, 1 person (6.7%) did not experience anxiety, 3 people (20.0%) experienced mild anxiety, 4 people (26.7%) experienced moderate anxiety, 5 people (33.3%) experienced severe anxiety and 2 people (13.3%) experienced very severe anxiety.

According to Ima, S. (2016) relaxation method *Hypnobirthing* Hypnobirthing is an effective way to eliminate all feelings of anxiety, fear, and tension. Hypnobirthing is a holistic treatment that helps pregnant women relax, focus, calm, and be fully conscious, in accordance with the midwifery philosophy that pregnancy and childbirth are normal and not a disease.

According to researchers, anxiety levels in pregnant women are normal if within normal limits. A person's anxiety level is influenced by several factors, both internal and external. This is in line with the theory that thoughts such as impending childbirth, which will always be followed by pain, will increase the activity of the parasympathetic nervous system. In this situation, the endocrine system, consisting of glands such as the adrenal, thyroid, and pituitary (the control center of the glands), releases their respective hormones into the bloodstream to prepare the body for an emergency situation. As a result, the autonomic nervous system activates the adrenal glands, which influence the epinephrine system. The increase in adrenaline and noradrenaline, or epinephrine and norepinephrine, causes biochemical dysregulation in the body, resulting in physical tension in pregnant women. The impact of this physiological process can manifest in daily behavior. Pregnant women become easily angered or offended, anxious, unable to concentrate, indecisive, and even possibly escape from reality (Triyani, 2016).

### **Anxiety Levels of Pregnant Women After Hypnobirthing**

Anxiety level in primigravida pregnant women in the third trimester after undergoing Hypnobirthing at BPM Lilis Suriani Tampubolon, it was found that the respondents had the most mild anxiety levels, namely 17 people (85.0%).

This means that the anxiety level of primigravida pregnant women in their third trimester decreased after hypnobirthing treatment. The results of the paired t-test also showed the same thing, where the mean pretest anxiety level (before hypnobirthing treatment) was  $42.05 \pm 2.704$  while the mean posttest anxiety level (after hypnobirthing treatment) was  $16.40 \pm 2.644$ . This means that there was a decrease in anxiety levels after hypnobirthing treatment. Thus, it can be concluded that hypnobirthing treatment has a significant effect on reducing anxiety levels of primigravida pregnant women in their third trimester.

This research is in line with Triana's research (2017) on The Effect of Hypnobirthing on the Anxiety Level of Primigravida Mothers in TM III in Facing Preparation for Childbirth. Data was obtained from the results of research at the Nauli Pratama Clinic from 15 respondents after Hypnobirthing was carried out to reduce anxiety in preparation for childbirth. The majority had mild anxiety, as many as 6 people (40%) and 4 people (26.7%) did not experience anxiety.

This is in accordance with the theory that *Hypnobirthing* This practice helps focus attention based on the belief that women can experience labor through instinct, allowing them to give birth naturally with calm, comfort, and confidence. This practice teaches pregnant women natural relaxation techniques, allowing the body's nervous system to function harmoniously and with full cooperation. A series of relaxation techniques, including muscle relaxation, breathing, mindfulness, and positive affirmations, along with regular communication and concentration with the fetus, will induce a relaxed state in the body, causing the body to release endorphins, which relax the mother and reduce pain, especially when the brain reaches alpha waves, or when it is at rest. In this state, the body releases serotonin and endorphins, enabling a relaxed state without tension or anxiety. Hypnobirthing relaxation training has an impact on the anxiety levels of pregnant women. This reduction in anxiety is due to the Hypnobirthing relaxation technique working by bringing the brain to

alpha waves, which are waves with a frequency of 14-30 Hz. In this condition, the brain is in a relaxed, calm state, between conscious and unconscious and almost asleep, when the body releases the hormones serotonin and endorphin so that the pregnant woman becomes relaxed and loses anxiety or at least reduces anxiety (basic hypnosis and hypnobirthing training workbook, 2014).

### **The Effect of Hypnobirthing Relaxation on the Anxiety Level of Primigravida Mothers in the Third Trimester of Lilis Suriani Tampubolon in Gunung Tua Lumban Pasir Village, Mandailing Natal Regency in 2025**

Based on the results of the statistical test,  $p = 0.000$  was obtained.  $p < 0.05$ . These results indicate that there is an effect of Hypnobirthing relaxation on the anxiety levels of Primigravida Mothers in the Third Trimester at BPM Lilis Suriani Tampubolon.

This means that hypnobirthing treatment significantly reduced anxiety levels. Therefore, it can be concluded that, based on anxiety levels, hypnobirthing treatment significantly reduced anxiety levels in primigravida pregnant women in their third trimester.

This research is in line with the research of Enggar, et al (2014) on the effectiveness of hypnobirthing prenatal class on the length of labor process. At Mardi Rahayu Hospital, the temporary analysis of the p value is  $0.000 < 0.05$ , the calculated t value is greater than the t table ( $22.905 > 1.740$ ) so it can be concluded that Hypnobirthing has significant effectiveness on the length of labor process. Hypnobirthing prenatal class has been proven to be able to answer the worries and fears of pregnant women in facing pain during labor. A study shows that women who attend Hypnobirthing prenatal class have more positive emotions and do not experience

The results of this study are in line with the research of Andriyani, A (2013) the effect of Hypnobirthing class on the anxiety of pregnant women at the Inpatient Health Center of Yogyakarta City showed that there was a significant difference in changes in anxiety scores between the percentage of anxiety scores of the Hypnobirthing group and the percentage of the control group, where the anxiety score of the Hypnobirthing group was lower than the control group ( $p < 0.001$ ). Hypnobirthing class had an effect on reducing anxiety in mothers giving birth, the results of the analysis using the chi square test showed that  $p < 0.001$ , RR value: 5.63 at 95% CI 1.99-15.93.

According to the researcher's analysis, the application of Hypnobirthing techniques to primigravida mothers in TM III is very important, especially for pregnant women who experience fear or anxiety about their abilities in preparing for childbirth. Not only primigravida mothers, even multigravida pregnant women still experience fear and anxiety. This adaptation can be obtained from various information. In the control group, information in the form of counseling on childbirth preparation, loving maternal care, and information that childbirth is a physiological or normal thing can reduce the level of anxiety in themselves, namely from the average pretest value of the control group 42.05 and posttest 16.40 there is a difference of 1.16292, it can be concluded that the source of information can reduce the level of anxiety. it can be concluded that there is a fairly good difference in the experimental group.

In this case, the researcher also observed the development of each respondent in 4 meetings, and found positive changes starting from facial expressions during the training,

the presence of each respondent to see how enthusiastic the respondent was in attending each meeting, and then conducting a general condition check starting from blood pressure, breathing and pulse. Following the training *Hypnobirthing* is a positive will or intention to follow everything as it should be and be grateful for every change or situation experienced.

## CONCLUSION

Based on the results of the study, it can be concluded that the Effect of Hypnobirthing Relaxation on the Anxiety Level of Primigravida Mothers in the Third Trimester at BPM Lilis Suriani Tampubolon before being given Hypnobirthing, 20 people had a very severe level of anxiety, namely 12 people (60.0%) and at least at the severe level of anxiety were 8 people (40.0%). The Effect of Hypnobirthing Relaxation on the Anxiety Level of Primigravida Mothers in the Third Trimester at BPM Lilis Suriani Tampubolon after being given Hypnobirthing, the level of anxiety was mild, namely 17 people (85.0%) and at least at no anxiety were 3 people (15.0%). There is an Effect of Hypnobirthing Relaxation on the Anxiety Level of Primigravida Mothers in the Third Trimester at BPM Lilis Suriani Tampubolon with a P value = 0.000 where  $P < 0.05$ .

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