THE HYPNOSIS EFFECTS TO RELIEF PAIN LABOR IN TANJUNGSARI PUBLIC HEALTH CENTER WORKING AREA, SUMEDANG REGENCY

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Abstract

The pain is felt from emotional tension of anxiety until fear that can aggravate the perception of pain during the labor or parturition. The efforts to relief labor pain one of them is a hypnosis relaxation method. This research aims to know the effect of hypnosis to pain labor in Tanjungsari Public Health Center Working Area Sumedang District. This research used quantitative research by using saturated experimental research method. The samples in this research were 20 pregnant mothers of primigravida trimester III, sampling taking used purposive sampling. Data analysis was univariate analysis and bivariate analysis used t test of two independent samples with ≤ 0.05. The results of the study showed that the scale of labor pain of the respondents who were given the hypnosis therapy mostly were on the 3rd scale of mild pain, whereas in the respondents who were not given hypnosis therapy mostly on the scale of 4th that was controlled severe pain. There is a hypnosis effect on labor pain in Tanjungsari Public Health Center Working Area in 2017 that has been proven from the P value 0,001. The giving of hypnosis therapy as many as 2-3 times meeting before labor to pregnant mothers of trimester III can relief pain labor.

Keywords: pain, labor, hypnosis

1. INTRODUCTION

Labor is a physiological event in the labor process emerging severe pain, moreover some women have chronic pain. The pain comes from mothers' physical reflect and psychological responds. Emotional intense of worries to fear can make more serious pain perseption during labor [1]. Many women want to relief labor pain they felt with non therapy medic, such as the using of choroform can cause uteral inertia thus it will need to handle by specialist doctor. Various care treatments can be done to relief pain felt by labor mother to prevent the occuring of labor complications. The efforts to relief pain have been done by various ways one of them is a hypnosis relaxation method[2]. Based on the research result by Pipit G. et al in 2015, used calculation value Wilcoxon signed ranks test as many as -3,852 with p value was 0,000. Based on the p-value, thus it can be concluded that the effect showed significant hypnotherapy effect to relief pain of Intranatal mother step I at RB Kharisma Husada Kartasura[3]. The early study did in Tanjungsari Public Health Center Working Area of Sumedang Regency did hypnotherapy to labor mothers as many as 5 people, the result gained that the pain score before treatment was 2,56 while after giving hypnotherapy decreased into 1,39. Hypnosis is a mind condition where a mind logical analysis function reduced thus possibly an individual into a subconscious or unconscious mind, it have various internal potency can use to improve life quality[4]. Hypnosis aims to make a pregnant mother can labor comfortly and smoothly, also relief labor pain. This method also gives positive, soft, safe and easy labor[5,6]. The aim of this research is to analyze The hypnosis effect to labor pain in Tanjungsari Public Health Center Working Area of Sumedang Regency.

2. METHODS

This research used saturated experimental research method with quantitative research method. Sampling taking technique used in this research used purposive sampling. The respondents selection of labor mother who fullfilled the inclusion criterion will make into sampling frame. In this research samples gained as many as 20 respondents where 10 of them give intervention and 10 of them as a control group. The research step to get data from village midwifes in Tanjungsari Public Health Center Working Area, Sumedang Regency, taking data of respondents identity and doing research by giving hypnosis treatment to pregnant mothers of trimester III by door to door visit and hypnosis treatment did as many as 2-3 times during 1 month. After that did a pain score scale at the time of opening 4-5 cm, that was to respondents who had given hypnosis and to respondents who did not give hypnosis. The analysis did in this research used two T test independent sample. This testing function to know the difference of treatments to two samples or treatment groups. The calculation used the formula:

$$t = \frac{\bar{x}_1 - \bar{x}_2}{\sqrt{\frac{s_1^2}{n_1} + \frac{s_2^2}{n_2} - 2r\left(\frac{s_1}{\sqrt{n_1}}\right)\left(\frac{s_2}{\sqrt{n_2}}\right)}}$$

Formula Information :
X1 = Mean of sample 1
X2 = Mean of sample 2
n1 = Sum of sample 1
n2 = Sum of sample 2
S1 = Standard Deviation sample 1
S2 = Standard Deviation sample 2

3. RESULTS AND DISCUSSION

This research did to 20 respondents to pregnant age of trimester III, during 1 month. To know The hypnosis effect to labor pain in Tanjungsari Health Center Working Area did statistics test. Test used was two T test samples. After did a statistical analysis with two T test thus can be find out the statistics result as follow:

The Table of Hypnosis Effect to Labor Pain

Variables	Mean	Mean differentiation	N	Std. Deviation	P Value (sig)
Experiment	3.000	-1.1	10	4.7140	0.001
Control	4.100		10	7.3786	

Two T Test samples α = 0,05

Based on the table above that hypnosis effect to relief labor pain, it can be seen from the statistics test result of two T test sample gained p value = 0,001 which means < the value of i α = 0,05. Based on the research result, most of respondents were in the pain scale of 3 that was "Mild Pain" as many as 8 people (80%), it can be find out from the pain scale the difference between respondents gave hypnosis and respondents who were not given hypnosis. Based on the research result from Dewi Estu, in 2015. Showed that from 20 respondents consist of control group and treatment group each of them 10 respondents. The statistics result used Mann-Whiney gained result

(α count) = 0,000 and means that there is hypnosis relaxation technique effect to relief labor pain of scale I. [7]

To some researchs hypnosis averagely started to teach in the pregnancy age of > 30 weeks, Hypnosis therapy can be done once a week as many as 3 times of meeting. It can be seen from the table above that there was a hypnotherapy as many as 2 times, because of labor to some respondents more early from the date of labor prediction. According to the expert, at the time of relax the body emerging endorphin hormon effects to 200 times stronger than morphin. Practicing relaxation triggers the emerging of endorphin every time thus it can help labor process smoothly and without feeling the pain.[8] Therefore, if the mother is being delivering in relax and comfort condition, all muscle in the womb will cooperate harmonically like it should be.

4. CONCLUSION

This research concluded that there are hypnosis effects to relief labor pain in Tanjungsari Public Health Center Working Area Sumedang Regency in 2017.

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