



(LABOR WITH HYPNOSIS) TO ACCELERATE FIRST STAGE OF LABOR

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ABSTRACT

Childbirth is a process that could induce stress on mother because of her pain and it can influence the time of first stages of labor. Hypnobirthing is a method that could influence mother subconscious on birthing process so she will be relax and the birthing process will be accelerated and reduce the pain. Meanwhile Self Hypnosis is a hypnosis method, where people hypnose themself without any support from others (Majid, 2009).

The aim of this study was to know the time differences of first stage of labor using Hypnobirthing method, done in BPS (private clinic) by Hypnobirthing trained midwives in Ngawi District, East Java Province.

Mother was got an Hypnobirthing training in accordance they could perform Self hypnosis so that they could get shorter,safety and comfortable birthing process

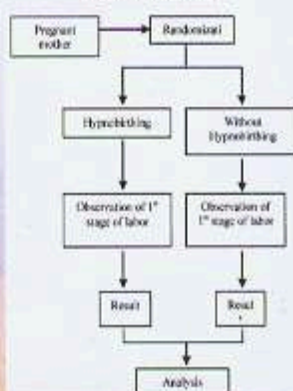
BACKGROUND

- First stage of birthing start from the regular contraction of utery followed by dilatation and effacement of cervix until it complete opening (10 cm).
- On Psychological aspect, birthing is a sequence of event with stress sensation. Anxiety and stress on mother during birthing cause increasing consumption of which potential to cause fatigue.
- Birthing with conventional method still commonly perform by primigravida or multigravida mother so that they will get anxious or scared before labor. Mother
- Anxiety will influence the pain sensation so that birthing process on first stage of labor become longer.
- Hypnobirthing will shorten the initiating phase of labor. According to Jenkins & Pitchard on Batbual, the period of first stage of labor in active phase is 2,9 hours on primigravida and 0,9 on multigravida mother.
- By using the self hypnosis method in Hypnobirthing, it possible that, a women can prepare their body to get on a very relax position where their body muscle, work as they want to be during the labor process.
- Problem: Does the hypnobirthing method do by mother them self (self hypnosis) will accelerate the time of first stage of labor?
- Aim of study is to analyze differences time of first stage labor between mother who perform self Hypnosis and mother without self Hypnosis

METHODOLOGIES

- Clinical trial with Randomize controlled trial study Design. The Praxtest only control group design, to see the comparison of time average of first stage of labor by hypnobirthing and without hypnobirthing, so that there are two kind of subject. Placement of subject into each group done random allocation thus one group give a treatment and another not get a treatment by still directly observed/measured
- There were 50 samples of 3rd trimester pregnant mother that have given Hypnobirthing training and 50 others sample of 3rd trimester pregnant mother without Hypnobirthing training on previous.
- Independent variable are hypnobirthing and without hypnobirthing
- Dependent/variable on this study was the time of first stages of labor, count from starting of regular contraction and its influence toward flattening and completely opening of cervix (10 on opening)
- independent sample T-Test use to analyse the difference time of first stage of labor.
- Target population in this study is all of pregnant mother and labor mother in Ngawi district, East Java Province. Reached population in this study is all of pregnant mother and mother who labor with BPS (private midwifery) assistance in the working area of Health Service Department of Ngawi District during period June 2011 until August.
- Sample Size: The basis used to estimate the expected sample size is very dependent on the purpose of study and design chosen (Lamreshow, 1997). This study assess comparison about the long time between using hypnobirthing method and without hypnobirthing.
- Technique of Sampling used to get samples in this study is proportional simple random sampling. The number of pregnant mother as a sample taken from BPS proportionally, look from mothers who plan to have a labor on the BPS.
- Data was analyzed by descriptive analysis where. The result of univariate analysis deliver in table and interpret in narration and Statistical analysis

DESIGN OF STUDY



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DISCUSSION

Result of this study is liner with who state that hypnobirthing is a process to develop people to a create suggestion on his subconscious mind, in order to support his subconscious mind to control mother decision consciously and enjoy the process during labor

Hoffman & Kippenhauer (1969) state that hypnosis can reduce fear, stress, and pain sensation before and after labor. During hypnosis process hypnosis mother will feel more deep physical relaxation, very focused attention, increasing sense ability and also controlling reflex and physical activity. Relaxing condition on mother will stimulate serotonin and endorphin hormone as natural anaesthetic agent to substitute catholamine so that utery contraction will be more adequate and labor periode become faster.

This condition liner with previous study done by mother who invent hypnobirthing could minimize even eradicate fear, stress, sickness syndrome, and panic during labor so that three would not be mentally trauma during labor.

This study can prove that one of the benefit of self hypnosis is to accelerate first stage of labor, so it suggested for midwives to improve their health service by giving a training for the 3rd trimester pregnant mother, we hope when mother undergo labor process, they can do self hypnosis.

RESULT

TABLE 1
DISTRIBUTION OF LABOR MOTHER DOING HYPNOBIRTHING BASED ON AGES

Age of pregnant mother	Frequency	Percentage
≤ 20 years	11	11%
21 – 34 years	87	87%
≥ 35 years	2	2%
Total	100	100%

From all of mother, almost all (87%) in age of 21-34 years old, while 11% of less or same with 20 years old, and 2 mother in age interval more or same than thirty five years.

TABLE 2
DURATION OF FIRST STAGE LABOR

Labor Mother	Minimum time	Maximum time	Average	SD
Mother who was Performing self hypnotbirthing	30 minutes	410 minutes	271,80 minutes	67,07 minutes
Mother who was not Performing self Hypnobirthing	400 minutes	800 minutes	606,50 minutes	137,09 minutes

Duration of first stage labor

Duration of first stage labor even in labor mother who performed hypnobirthing or without hypnobirthing count start from beginning from the regular contraction and influence toward effacement and complete opening of cervix (10 cm). Counting result of first stage labor duration on this study show time average of first stage of labor on mother who do hypnobirthing is 271,80 minutes or 4 hours 31 minutes. Meanwhile, time average of duration of first stage of labor 606,50 minutes or 10 hours 8 minutes.

From result analysis to know difference of time average of first stage labor on primigravida mother who performed hypnobirthing is 274,4 minutes or 4 hours 34 minutes. Meanwhile time average of first stage labor on primigravida mother without hypnobirthing 629,7 minutes or 10 hours 29 minutes.

time average of first stage labor on multigravida mother who performed hypnobirthing is 273,2 minutes or 4 hours 33 minutes. While, multigravida mother without hypnobirthing is 566,18 minutes or 9 hours 26 minutes. The study show that, primigravida and multigravida mother with or without hypnobirthing have a same average time 4 hours 33 minutes

Meanwhile difference between time average of primigravida and multigravida without hypnobirthing is 1 hours 3 minutes, faster than multigravida mother without hypnobirthing.

By using T-test independent sample to analyze difference of period of first stage of labor with or without hypnobirthing it get probability score (p = 0,000). Result of different test analyze the differences.

CONCLUSION

1. Duration of first stage of labor on mother without Hypnobirthing; shortest time 400 minutes (6 hours 50 minutes); longest time 800 minutes (13 hours 20 minutes); labor average 606,50 minutes (10 hours 6 minutes)
2. Duration of first stage of labor on mother performed Hypnobirthing; shortest time 30 minutes; longest time 410 minutes (6 hours 50 minutes); labor average 271,80 minutes (4 hours 31 minutes).
3. Duration of first stage labor between mother performed hypnobirthing and mother without hypnobirthing significantly different.

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