

Analysis of the Utilization of Hypnobirthing in Mother in Labor Process in Eka Sri Wahyuni Clinic, Medan Denai District

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Abstract

Childbirth is a thing that is eagerly awaited by a woman who has a family. For a woman the labor process is often a scary feeling, because they imagine the pain that will be experienced when giving birth later. As a result, the fear that is owned is higher and causes the pain that will be experienced when giving birth later. As a result, the fear that is possessed is higher and causes the pain to be stronger than it should be because in their minds they have been implanted that the process of labor is painful. The onset of labor pain and the consequences of labor pain can be attempted to reduce to relieve labor anxiety and pain, one of which is the hypnosis method.

Keyword: Utilization of Hypnobirthing, Labor Process

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Introduction

The World Health Organization (WHO) in 2012 estimates that more than 585,000 mothers die every year during pregnancy or childbirth worldwide. In Indonesia according to the 2012 Indonesian Demographic Health Survey (IDHS), the Maternal Mortality Rate (MMR) is quite high at 359 per 100,000 live births. This ICC is much higher compared to the 2007 IDHS results of 228 per 100,000 live births (IDHS, 2012)

The high maternal mortality rate (MMR) in Indonesia is largely due to the emergence of labor complications that cannot be immediately referred to a more capable health care facility. Time and transportation factors are crucial in referring to high-risk cases. Regular prenatal checks are the most appropriate action in identifying early in accordance with the risks experienced by pregnant women (Saifuddin, 2011).

According to the 2012 IDHS data, 53% of mothers did not experience complications during childbirth, 12% long labor, 9% excessive bleeding, 7% fever, 2% seizure complications and premature rupture of membranes more than 6 hours 17%. The factors that cause prolonged labor include the location of the fetus, pelvic abnormalities, abnormalities of his, wrong parturition, large fetus, congenital abnormalities, primitua abdominal hanging, grand multipara and premature rupture of membranes.

The cause of AKI consists of direct causes and indirect causes. The direct causes of AKI are caused by complications during pregnancy, childbirth and postpartum or death caused by an action or various things that occur such as bleeding, high blood pressure during pregnancy (eclampsia), infection, congestion and complications of miscarriage. One complication of childbirth is long delivery. While indirect causes of maternal death are due to community conditions such as education, socio-economic and cultural (Dinkes, 2009).

Old labor is labor that runs more than 24 hours for primiparas, and more than 18 hours for multiparas. The problem that occurs in prolonged labor is the latent phase of more than 8 hours. Labor has lasted more than 12 hours but the unborn baby, cervical dilatation on the right of the alert line at the active phase of labor (Saifuddin, 2011).

Hypnobirthing is part of self-hypnosis which aims to make the birth process become something happy, without excessive pain. The hypnosis technique that was practiced in the smooth process of childbirth began to be used since 1950, although its name may not be as familiar as it is now. At that time, one of the functions of hypnosis was to answer the concerns and fears of pregnant women in dealing with pain during labor. Finally, self-hypnosis in relieving pain is tried to be applied in terms of reducing pain during childbirth normally (Muhepi, 2013).

Hypnobirthing has proven to be able to answer the concerns of pregnant women in the face of childbirth. A study by Fuchs et al (2009) conducted on 138 pregnant women who suffered from severe nausea and vomiting and then hypnobirthing. The results showed that of 138 pregnant women, 87 pregnant women were hypnobirthing and 62 (71.3%) were pregnant women. free from nausea and vomiting, 24 (27.6%) pregnant women were free of nausea and vomiting despite being gradual, and 1 (1.1%) of pregnant women failed. The initial survey was conducted in January 2018 at the Eka Sri Wahyuni Clinic in Medan Denai Subdistrict. This Maternity Clinic was established from 2002 until now.

The clinic provides several programs for planning & prenatal care, hypnotherapy, maternal and child health consultations, yoga & spa for pregnant women, natural normal childbirth, labor in water (Water Birth), labor with BPJS, Immunization, Baby spa, Massage & yoga, KB, Baby & maternity photo and from some of these programs to help deliver labor, one of them is the hypnobirthing program that has been implemented since 2011 to become the object of research.

This program was attended by 15 participants from the year (2017-2018) from 15 mothers who were taken by 5 people as hypnobirthing informants. Researchers interviewed 2 pregnant women who did hypnobirthing in labor, who said they chose hypnobirthing on the grounds of anxiety and fear of childbirth, 2 people chose hypnobirthing on the grounds that during the first child the mother experienced congestion this condition caused the mother to be traumatized and one person again choosing hypnobirthing on the grounds that labor was previously delivered with a cesarean section and this condition caused the mother to be traumatized by healing which took a long time. So he chose to decide to use Hypnobirthing Techniques.

In addition, the mother also felt pain in the previous labor. Pain originates from uterine contractions and cervical dilatation, with increasing volume and frequency of uterine contractions, pain that feels stronger, and peak pain occurs in the active phase, at the opening occurs from 3 to 10 cm the pain lasts for 6 hours. This condition causes fear, worry and causes stress. For mothers who will give birth normally.

Based on the above research problems, it is deemed necessary to conduct research with the title "Analysis of the Utilization of Maternity Care in Maternity in the Persalin Process in Eka Sri Wahyuni Maternity Clinic Medan Denai District in 2018".

Methods

The design of this study uses qualitative research with a phenomenological approach. Qualitative research was chosen for the reason that in reviewing the problem, researchers did not prove or reject the hypothesis that was made before the study but process the data and analyze a problem non-numerically, because this type of qualitative research focuses on descriptive data in the form of sentences that have deep meaning derived from the informants and observed behavior. The results of this research data are facts found at the time of the field by the researcher (Sugiyono, 2016)

The time of the implementation of the activity from preparation to writing the overall research report is carried out for approximately seven months, namely from March to September 2018.

This research was conducted at the Eka Sri Wahyuni Maternity Clinic in Medan Denai District. The reason for choosing a location as a place of research is that this clinic provides hypnobirthing services.

Informants in this study were selected using a purposive technique that is the technique of taking informants as a data source with certain considerations. This particular consideration, the person who is considered to know the most about what we expect, or maybe he is the ruler so that it will make it easier for researchers to explore the object / social situation under study. The criteria for informants in this study are mothers. The process of

taking informants was done by setting the informants according to predetermined criteria and finally obtained by the number of informants as many as 5 people who had done hypnobirthing and 4 practitioners (Midwives).

Results

Table 1. Informant Research Briefing

No	Name	Age	Work	Children
1	SB	29	IRT	1V
2	RS	27	IRT	II
3	AL	29	IRT	II
4	MA	31	IRT	II
5	MM	39	PNS	V

Based on the table above, it can be seen that out of the five informants there were 3 informants who gave birth to their 2nd child. All informants had had more than one child out of 5 informants 4 people related to working as an IRT and 1 person working as a civil servant. All informants are mothers who use Hypnobirthing on delivery

Table 2. Descriptions of Midwife Practitioners

No	Name of Midwife	Position
1	Eka Sri Wahyuni, SST,Mkes,CHt.CI.	Praktisi Hypnobirthing
2	Amelia Daulay, AmKeb	Companion midwife
3	Any Sitorus, AmKeb	Companion midwife
4	Alfhi Shahri Nasution, AmKeb	Companion midwife

Based on the table above Childbirth Helper Midwives Consists of 4 people. 1 Among them is a midwife practitioner while 3 others are accompanying midwives who help deliver labor with Hypnobirthing

Table 3. Reasons for choosing Hypnobirthing During Pregnancy

No	Name	Reasons for choosing Hypnobirthing
1	SB	Childbirth without pain
2	RS	Eliminating discomfort
3	AL	Avoid the myth that maternity is sick
4	MA	Normal childbirth and relaxed state

5	MM	Normal childbirth because the fifth child is afraid of risk
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Based on the results of interviews with informants it can be seen that for the reason informants chose hypnobirthing 4 of them wanted to give birth without pain, uncomfortable, not relaxed and not feeling afraid and 1 of them said that they avoided the myth that maternity was sick.

Table 4. Analysis of Hypnobirthing utilization in maternity mothers in the delivery process at the Eka Sriwahyuni Maternity Clinic Medan Denai District

No	Name	Hypnobirthing Knowledge
1	SB	Produce pregnancy and process that is comfortable, easy and smooth
2	RS	Hypno is hypnosis
3	AL	Hypnosis is born more comfortable
4	MA	Hypnosis gives birth without pain
5	MM	Hypnosis is relaxed during childbirth

Based on the results of interviews with informants it can be seen that all mothers have good knowledge about hypnobirthing.

Table 5. Complaints felt by mothers giving birth with Hypnobirthing

No	Name	Complaints felt by mothers giving birth with Hypnobirthing
1	SB	There were absolutely no complaints
2	RS	So far there have been no complaints
3	AL	No complaints
4	MA	I don't think there are complaints
5	MM	Relax giving birth to no complaints

Based on the results of interviews with informants it can be seen that all maternity mothers have no complaints about hypnobirthing.

Table 6. The benefits of Hypnobirthing that are felt by mothers

No	Name	The benefits of Hypnobirthing that are felt by mothers
1	SB	Labor is smooth, comfortable, relieves pain
2	RS	Opening feels faster

3	AL	Quiet, more comfortable
4	MA	Smiling face childbirth
5	MM	Relax to relax facing labor

Based on the results of interviews with informants it can be seen that all maternity mothers feel the benefits of hypnobirthing

Conclusion

Based on the results of the research and analysis that has been described, the conclusions of the research that can be compiled are that the reasons for the participants choosing the use of Hypnobirthing for the mothers in childbirth in the delivery process in Kinik Bersali Ekasriwahyuni Kec. Medan Denai in 2018, is:

1. The benefits of hypnobirthing during childbirth mostly mention that labor is more smooth, comfortable, calm and relaxed facing childbirth. Mother's knowledge about hypnobirthing most of the participants stated that hypnobirthing is an effort to produce pregnancy and childbirth process that is comfortable, easy, smooth during childbirth.
2. The role of midwives in hypnobirths during the delivery process most mention that the birth process is always accompanied by a midwife. The role of childbirth helper is to anticipate and deal with complications that may occur in the mother and fetus, in this case depends on the ability and readiness of the helper in the face of childbirth. Safe delivery ensures that all birth attendants have the skills and tools to provide clean and safe delivery assistance.
3. Strategies that are carried out so that hypnobirthing can be utilized. Therefore, it is necessary to promote health to mothers to increase awareness and ability to live healthy for mothers who will face childbirth in order to realize optimal health status. It is hoped that counseling and information from midwives can make mothers give birth to mothers who can deliver their babies in a calm manner.

Suggestion

From the research that has been done, there are some suggestions that can be taken into consideration:

1. For Health Officers
 - a. Adding the repertoire of public health science, especially about hypnobirthing as an alternative to relieving fear, pain and trauma in maternity mothers
 - b. Advanced researchers can be used as references in researching the same topic with different methods
2. Practitioners

Maternity in Medan Denai sub-district, in order to better understand the benefits of hypnobirthing as an alternative to labor to eliminate fear, pain and trauma during childbirth.

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