

Experiences of Pregnant Women in Overcoming Anxiety Facing the Childbirth Process by Attending Hypno Prenatal Class

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ABSTRACT

Every pregnant woman is waiting for her childbirth moment. However, anxiety, fear, and pressure are often occurred during labor. They cannot escape the anxiety. These anxiety and fear can cause the uterus and may be obstructed so that labor can be interrupted. When labor is settled calmly and comfortably, the body naturally will release a soothing hormone. The purpose of this study is to delve into the anxiety of pregnant women facing this stage in the Hypno Prenatal Class. The study was using qualitative methods. The data collection techniques were using in-depth interviews and observations, then the data were analyzed by the NVivo 12 program. The interviewees were Primigravida pregnant women who attended the Hypno Prenatal Class. The conclusion is, they were too fearful to face the labor process. Because they got several negative information about childbirth, no companions during the labor, difficulty in pregnancy and fear of giving birth to a disabled baby. The interviewees also felt the benefits of the Hypno Prenatal Class., because they had been looking for ways to overcome anxiety and get positive information about the delivery process.

Keyword: Woman pregnant; anxiety; hypno prenatal class

INTRODUCTION

Pain during pregnancy and childbirth is a natural process. The pain is very subjectively influenced by a sense of panic and stress. The concept of fear, tension and pain can cause panic so that the muscles become stiff and cause pain to be felt. Almost all primigravid pregnant women are anxious during pregnancy experienced in the face of labor, and postpartum anxiety, worry, and fear¹.

The mother who experiences her first pregnancy (primigravida) will be very happy with her pregnancy. Childbirth is an event that is eagerly awaited, though at the time of delivery the mother will feel anxious. The labor may interfere with the anxiety of this².

Anxiety primigravida women who are afraid of childbirth will influence the delivery process itself and the quality of the fetus. In times of stress, the body responds physiologically by activating the central nervous system that activates the sympathetic system and the hypothalamic pituitary adrenal axis, causing an increase in blood pressure and pulse frequency. As a result of the stress hormone Adreno Cortico Tropic hormone (ACTH), cortisol, catecholamines, β -Endorphin, Growth Hormone (GH), prolactin and Lutenizing Hormone (LH) / follicle Stimulating Hormone (FSH) increases. The liberation of these stress hormones results in systemic vasoconstriction, and constriction of utero-placental vasa where blood flow in the uterus will be disturbed. This situation leads to the myometrium not getting adequate oxygen supply, thereby affecting the uterine contractions. This condition causes impaired labor and fetal distress³.

In Indonesia the incidence of anxiety in pregnant women reaches 373,000,000. As many as 28.7% or 107,000,000 pregnant women experience anxiety when facing labor⁴. Research conducted by Syarifah on primigravida 20% pregnant women experienced very severe anxiety, 27.5% severe anxiety, 30% experienced moderate anxiety, 22.5% experienced mild anxiety⁵.

Whereas research conducted by Wibowo in Banyumas, Central Java found that pregnant women experienced anxiety before delivery as much as 42.8%⁶.

Anxiety is an emotional experience of someone who will experience something new, so that arises anxious feelings, make someone feel something, as if something bad will happen to him⁷. There is a need for good cooperation between patients and health workers to relieve anxiety by providing information to pregnant women during pregnancy⁸. The mother's condition is comfortable and calm can be done by giving suggestions that make the patient relaxed⁹.

Hypnosis prenatal classes is a gathering place for pregnant women with the aim of providing education to them, how to deal with labor in a comfortable and safe condition at the start of pregnancy, as well as how to care of the new-born. In addition to the Hypno-class meeting is that the class includes great prenatal pregnant women who motivate each other and share experiences so that it becomes a delightful place¹⁰.

MATERIALS AND METHOD

This study used a qualitative methodology, with a phenomenological approach, namely by capturing and exploring phenomena or symptoms that would arise from the object under study to obtain in-depth information about maternal anxiety in the face of Labor in Hypnosis prenatal classes. Informant in this study were pregnant women primigravid trimester III Hypnosis prenatal classes. Of the 10 pregnant women who attend classes prenatal Hypnosis, they took 3 pregnant women in accordance with the inclusion criteria that can be used as informants in this study. The research was conducted at the Independent Midwife Practice Lismarini in Talang Kelapa Palembang.

Methods of data collection is done by in-depth interviews (in-depth interviews) and observation. The instrument of this study is the researchers themselves.

Processing of data and collecting the results of the current recorded interviews result in transcribing the tape records. Then the data were analyzed using NVivo program 12.

RESULTS AND DISCUSSION

The research was conducted on three informants-primigravida pregnant women who attend classes prenatal Hypnosis by giving code: RA (informant 1), AK (informant 2) and S (informant 3). Data analysis is done is the analysis of the theme by including a transcript of records into the program NVivo 12 resulting in a 6 list of themes as follows:

1. Negative information about childbirth
2. History of past pregnancy complications
3. Fear of giving birth to a disabled baby
4. The absence of childbirth companions
5. Learn how to deal with anxiety
6. Get positive information

From the topic the anxiety facing the labor can be grouped into four categories and two other topics is the benefits of mothers attending Hypnosis prenatal classes.

Anxiety in facing the labor

Negative information about labor: RA, AK and S all faces the same anxiety for labor, although there are differences in information about the birth process that they get but the information states that the three informants feel anxious when facing the labor.

"It can be seen from the following interview: "but from hearing stories of my neighbors who had given birth I am very scares. She said that the childbirth is extremely painful. Some also say that the doctor don't actually mind if you are in pain. Some said that her husband may not enter the labor room. Not to mention the movie on tv which the childbirth scene scares me a lot. I am extremely scared of the childbirth which will be held after a month "

"If it's a normal delivery the pain will be felt on the delivery time, after a day or two you will be able to walk again. But it does hurt a lot. Not to mention a friend who just gave birth yesterday bleeding. I am worry for this labor since I don't know what will happen. Hopefully it will be normal. And if you watch the TV you will feel more scared"

"Listening to the story of my cousin's childbirth is very scary, she said it hurt a lot. Especially when during the labouring. So I want to have a nice and gentle doctor and would like to have a normal labor"

RA and AK obtain the same information about the scary face of labor through the Television. Neither RA, AK and S get the same information about their pain for labor. RA was anxious to hear the story about the neighbor who had given birth to the pain of childbirth, as well as the S obtain information from her cousin who just gave birth on the pain of childbirth and so did AK.

A history of pregnancy complications: Anxiety was felt during the labor by RA and AK because they've experienced pregnancy complications. Following the results of the interview:

"after five years of marriage I am finally pregnant, although the first 2 months of pregnancy I was feeling nauseous but I did not vomit. My appetite until 4 months of pregnancy is less, but I still eat. If I feel more nauseous I would probably eat fishcakes "

"Before, I had a miscarriage two months pregnant, out on his own, but it is true that labors back then were not very healthy. Nausea, vomiting, not eating, upset stomach. 5 months after the miscarriage I was pregnant again. Very different, Alhamdulillah the baby is very healthy "

The informants' fear of birth defects: RA and S are equally concerned about the state of the baby, if the baby was born normal or not. However both of them hope that their baby is healthy. As the record of the interview both of them:

"Pregnant controls are regularly 1 times a month, sometimes to the clinic for check up. The first 7 months I went for a checkup in the clinic for Ultrasound in Midwives practice, I came into the check up room and was very anxious waiting for the results of ultrasound examination of the doctor. I was scared if the baby is disabled or healthy. Thank goodness the doctor said the baby is healthy"

"I hope the baby is healthy, but we didn't make an ultrasound check up. We are very excited to see the baby's physical condition whether it is healthy or not. I hope the baby is healthy "

The absence of childbirth companion: The feeling of anxiety was felt by informants RA and KA when they were not accompanied by their husband. RA was informed that her husband is not allowed to enter the operation room when she gave birth in the birthing chamber. KA was worried because at the time of her delivery her husband has plans out of town. It can be seen from the following interview:

"There are husbands that are not allowed to enter the delivery room"

"Next month plan my husband will be out of town, I'm afraid if my husband wont be there, and very anxious. I have shortness of breath and sometimes cannot sleep"

Benefits Hypno prenatal classes

knowing how to overcome anxiety: With Hypnosis prenatal classes provided to informants RA and AK make them aware of how to cope. It can be seen from the following interview:

"If you are still anxious and afraid, take a deep breath close your eyes exhale from the mouth slowly Alhamdulillah it's very relieving"

"now if you are anxious, it must be taken to take a breath from the nose and release it from the nose. Alhamdulillah, calm down too"

Getting positive information: RA, AK and S get positive information about childbirth, so they get to know the actual delivery process. The result of the interviews of the three informants:

"It's very nice to join this class hypnosis pregnant women, we came to know, how the labor process actually works. So the worried and anxious feelings will be no more"

"It was a very interesting experience, we were taught on how to care for the baby, how to rest and relaxation and also watched some childbirth videos"

"It has many benefits, we are taught how to care for the baby, there is a pregnancy exercise, breathing exercises and the most exciting moment was when we watched the laboring"

The results showed that the anxiety felt by the three informants was different, but negative information about childbirth felt by RA, AK and S was influenced by several

factors, including the level of education. A person's knowledge of his health is influenced by the level of education. It is expected that the higher a person's education, the more knowledge he has in utilizing health facilities¹¹. The results of the study mention that people with lower education or people who are not educated give a lower response than people with higher education. The ability to control anxiety during pregnancy will be better in pregnant women with higher education¹².

Information obtained by pregnant women who are working will add to the information that already exists. Usually when working, mothers will get a lot of additional information and when doing other social interactions¹³.

Packaging information received by RA, AK and S informants who were questioned by infants who would argue, reporting about the accountability or absence of childbirth assistance was often found in mothers who would improve the production process. Based on a preliminary survey conducted at the Grabag Community Health Center, the same information was obtained from the informants. In primigravida women interviewed can be resolved, whether the fetus they are carrying will be born normal, whether the delivery of a normal mother and when imagining the labor that will face the intensity of anxiety more often occurs¹⁴.

The information received by RA, AK and S informants is because the informants are primigravida mothers. This, as stated by research on primigravida mothers, will be prepared on their own for active labor, but in the transitional delivery process mothers cannot eliminate anxiety and fear. The mother feels happy because she experienced her first pregnancy experience¹². Primigravida mothers do not have maternity experience so think about what happened as a development of stories about pregnancy that she got¹⁵.

There were opinions about three RA, AK and S informants about the benefits of taking the prenatal Hypno class as they discussed how to deal with the anxiety they were feeling. RA and AK informants said that successful breathing exercises in the Hypno Prenatal class were very helpful in overcoming anxiety, making them relaxed. According to Aprilia S, the prenatal Hypno class is a fun event for pregnant women¹⁶. One of the advantages of the prenatal Hypno class is the reduction in stress and birth upheaval¹⁷.

By accepting the 3rd prenatal Hypno class the informant said that he received positive information about the delivery process. Train and S informants are very fond of compilation, they can see videos of the actual labor process. According to Susilawati U, the Hypno prenatal class is an educational program given to pregnant women and their partners. This class discusses relaxation and counseling techniques about pregnancy and childbirth, so childbirth companions know what needs to be improved (18). One of the activities obtained by pregnant women obtained by the Hypno prenatal class is to change the perspective of assessment and childbirth into something fun and blessing from difficult and scary thoughts¹⁹.

CONCLUSION

The conclusion this study is that informants for experiencing anxiety in the process of childbirth. The anxiety caused by negative information about the delivery

process, occurs because of the level of education and working mothers that affects in receiving information. As for the anxiety due to fears of birth defects, a history of pregnancy complications and the fear of the absence of childbirth companions because the mother is the first time pregnant, so the fear, anxiety and excessive worry. By taking the Hypno prenatal class the mother can overcome anxiety with breathing techniques so that they become calm and relaxed. So the Hypno prenatal class has many benefits by getting the right information about childbirth.

Based on the conclusions above, then some advice needs to be given:

1. For pregnant women should be able to attend Hypno prenatal classes provided by health workers, so that anxiety can be overcome by meeting fellow pregnant women is a pleasant time, as a moment to exchange ideas.
2. For the Practice of Independent Midwives, they can improve their understanding and skills about managing Hypnoprenatal classes.

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