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INFLUENCE OF HYPNOBIRTHING ON THE PRIMIPAROUS INTENSITY OF LABOUR PAIN

PENGARUH HYPNOBIRTHING TERHADAP INTENSITAS NYERI PERSALINAN PRIMIPARA

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Abstract

Background: Every women in this world has strong believes that labour is really painful. Labour pain occure due to contraction during the process of opening and thinning of the cervix. Labour pain can not be eliminated but can be reduced. During 9-15 March 2013, it found that 5 labor women who didn’t use hypnobirthing feel severe labor pain and it brings trauma to give birth again, while 5 labor woman who use hypnobirthing feel less labor pain and satisfied with the delivery process. One non-pharmacological methods of reducing labour pain is with hypnobirthing. This study aims to analyze the influence of hypnobirthing method concerning to pain intensity to labour women in Klaten Central Java.

Methods: The study is observational analytic comparative. Dependent variable is pain intensity and independent variable is hypnobirthing. Samples are primigravida delivering mother in BPM Bidan Kita and BPM SY Trihana who meet inclusion criteria with total sampling. The number of sample was 17 respondents. The measurement of the level of pain was done using Numerical Rating Scale and Face Pain Rating Scale. The data analysis used Independent t-test and Mann Whitney test with level of significance p<0.05.

Results: The result showed that intensity pain score of 11 respondents hypnobirthing is 7 in average and 9.14 in average of 7 respondents. Independent t-test showed p = 0.005 and Mann Whitney test showed p = 0.025.

Conclusion: there is influence of hypnobirthing method concerning to pain intensity to labour women in Klaten Central Java.

Keyword : Hypnobirthing, Labour, Pain, Primipara, 

Daftar Pustaka :