

Reduction Of Anxiety In Parting Women With Intervention Hypnosis Five Finger In The Hospital Aura Syifa

Lingga Kusuma Wardani¹ , Della Divas Nassyra²

Institut Ilmu Kesehatan STRADA Indonesia

*Corresponding author: delladiva05@gmail.com

ABSTRACT

In labor often time Also arise flavor worried, panic And Afraid flavor Sick Which outside normal felt by the mother which can interfere with the labor process and result in prolonged labor birthing process. Anxiety in pregnant women if not handled seriously will has physical and psychological impacts and influences, both on the mother and the fetus. Study This use design study *pre experimental design* with type *one groups pretest posttest* . With technique *purposive sampling* obtained sample as much 28 respondent, variable independent hypnosis five finger to decline worry use *scale zsas* and the dependent variable is mother giving birth. The Wilcoxon statistical test was used. Research results from 28 It was found that most of the respondents felt moderate anxiety respondents with age 20-30 year as much 16 (57.1%) respondents. Whereas on Most of the births that experience anxiety are the first birth. Analysis use test statistics *Wilcoxon* obtained results “output “ test statistics” is known asymp. sig (2-tall) or mark p worth 0.001. Because mark 0.001 more small from <0.05, so it can be concluded that the "hypothesis is accepted" which means there is a decrease in anxiety Mother gave birth with five finger hypnosis intervention at Aura Syifa Hospital. Anxiety is not can only be treated with pharmacological therapy but can also be treated using non-pharmacological therapy, one of the interventions which is effective in alleviating worry is hypnosis five finger.

Keywords : Anxiety, Five Fingers Hypnosis, Maternity Mother

INTRODUCTION

Pregnancy is a process This is a natural thing that happens to women cause happen change Which nature physiological on Mother No pathological. The mother's behavior during pregnancy will influence her pregnancy, Where helper labor will influence health of the mother and fetus born. Health workers must maintain health Mother And fetus as well as prevent complications on moment pregnancy And labor (Oktarina, 2015).

Labor normal or Which called Spontaneous parturition is the birth process baby on location behind head with

mother's own power, without the help of tools as well as No injure Mother And baby Which generally lasts less than 24 hours (Oktarina, 2015). Process labor often result aspects psychological so that give rise to various problem psychological for Mother pregnant one of which is anxiety. Mother Pregnancy is often filled with anxiety, especially for first-time women time pregnant, And approaching process labor (Rukiyah, 2013).

In labor often too arise flavor worried, panic And Afraid flavor the excruciating pain that the mother felt Which can bother process labor

And result forever process childbirth (Kurniasih, 2004). Worry is a vague concern and diffuse, relating to feelings No Certain And No Empower (Struat, 2007).

Worry is feeling Afraid Which No clear the cause And No supported by situation Which

There is. Worry can be felt by every person. If experience pressure and feeling deep which cause problems psychiatric and can develop in time long. Worry on mother pregnant if it is not handled seriously it will have an impact and influence on physique and psychic, good on mother nor on fetus (Shodiqoh, 2014). Worry this can be overcome in several ways, including other therapy pharmacology and therapy non pharmacology. Therapy pharmacology like drug anti worried (anxiolytic) can help lower worried still has a dependency effect, whereas non-pharmacological therapies such as psychotherapy, therapy laugh, therapy cognitive, relaxation and wrong the only one with hypnotic five finger (Heriani H, 2016).

From the results of the preliminary study conducted by researchers at the General Hospital Aura Syifa Kediri had 30 mothers giving birth in July and many mothers are worried thinking about the birth and cause labor become long. Based on interview on two person mother giving birth they say worried about the birth and after it is carried out inspection tv increase. Treatment which already done by power health which is at in room giving birth for reducing anxiety is husband or family assistance, therapy music and counseling. And based on direct interviews with medical personnel in room giving birth RS Aura Syifa, say that not yet once done therapy hypnosis five finger on patient which is at in room giving birth. So from that researcher do intervention which new, namely five finger hypnosis for lower worry.

Hypnotic five finger is giving treatment of someone in a situation relax, then focus on images or memories created chilli sauce touch five finger in a way sequentially with imagine memories of enjoying (Hastuti, 2015). Smelter and Bare also stated that technique hypnosis five finger useful for dealing with anxiety due to the process of imagination guided will create a goal accepted by all sense and create thought which relax. Hypnosis five finger is method experience which is used to remove the taste fear, panic, tension and pressure other. Hypnosis done with natural subconscious, by giving suggestions so that can build condition emotional positive (Andriana, 2007).

Based on description on, importance nurse understand draft management of anxiety in mothers giving birth by because that expected can minimize consequence which caused by worry on mother giving birth. Completion problem which help overcome worry so researcher interested for know decline worry on mother giving birth with intervention hypnosis five fingers.

METHODS

On study this, researcher do study quantitative with use method *pre-experimental design* type *one group pretest-posttest* (test pre-test end group single). Design this no own group comparison (control) will but done observation first (pretest) which possible researcher test change which happen after exists treatment. The research design used is one group pre test-post test design, that is research activities that provide tests beginning (*pretest*) before given treatment, after given treatment become on give test end (*posttest*). Population in study this is mother giving birth at home aura pain Syifa.

DISCUSSION

Based on results study on show that as much 4 respondents (14.3%) experience level worry heavy, 17 respondents (60.7%) experience level worry currently, and 7 respondents (25%) experience level worry light before done giving intervention hypnosis five finger on mother giving birth in House Sick Aura Syifa. Before given intervention hypnosis five finger, on age 20-30 year which experience mild anxiety as many as 3 respondents, worry currently 16 respondents and severe anxiety 4 respondents. Age 30-40 years, 3 respondents experienced anxiety currently and 1 respondent experience worry currently. Whereas on age more from 40 year only 1 respondents experience worry light. On labor first or primigravida as much 1 respondents experience worry light, 11 respondents experience worry currently and 4

respondents experience worry heavy. Meanwhile, in the second birth or more (multigravida) who experience anxiety light as much 6 respondents And worry medium 6 respondents.

Based on hasi study above shows that the mother's anxiety giving birth Which Already given intervention hypnosis five finger decrease. Worry currently become 4 respondents (14.3%), mild anxiety increased to 19 respondents (67.8%) And No There is worry to 5 people (17.9%).

Based on results study on, can is known that as much 4 (14.3%) respondents experience level worry heavy before done intervention hypnosis five finger with the condition that respondents always feel anxious and afraid of his situation, often experience shortness of breath, often experience pounding and experiencing disturbances Sleep, whereas after given intervention hypnosis five finger level the respondent's anxiety decreased to 0 (0.0%) respondents Which experience worry heavy. Results test Wilcoxon obtained Asymp. Sig. (2-tailed) value 0.001. Because the value 0.001 is smaller than 0.05 which means five hypnotic interventions Fingers can reduce anxiety levels on Mother giving birth in House Sick Aura Syifa. Effort Which done For handle worry There is management pharmacology And management non pharmacology. Pharmacological management can form drug anti worry while non-pharmacology is in the form of techniques relaxation, technique distraction, humor, therapy spiritual And aroma therapy. According to Mawarti (2021) therapy hypnosis five finger is something therapy nonpharmacological with use five finger hand Where client helped For change perceptions of anxiety, stress, tension and fear with accept suggestions on the verge lower aware or in circumstances relax with use his fingers in accordance order.

Technique hypnosis five finger is Wrong One method For help client in reduce anxiety or worry Which felt. Based on study Which has done (Evangelista And Theophilus et al, 2016), prove that There is influence hypnosis five finger to level worry patient circumcision. Besides That results study (Agnes, Jek, Surya. 2019) proves that exists effectiveness therapy hypnosis five finger to worry Mother prepartum can overcome flavor worried before process labor taking place.

In study This obtained amount sample in assessment as many as 28 mothers gave birth in hospital Aura Syifa. Got it Also part big level worry respondents after given intervention hypnosis five finger decrease. Before being given five finger hypnosis intervention, obtained 4 respondents experienced severe anxiety, 17 respondents experience worry currently And 7 respondents experience worry light. But after being given intervention hypnosis five finger worry heavy reduce become 0 respondent, worry currently become 4 respondent, worry light increase become 19 respondents And No There is worry become 5 respondents.

So hypnosis intervention five finger can lower worry on Mother giving birth. Matter This because hypnosis five finger influence system limbic somebody so that influential on expenditure hormones (adrenaline) which can trigger the onset stress (Manhoy, 2007).

CONCLUSION

1. Results study show There is 16 (57.1%) respondents Which experience level anxiety currently before given intervention hypnosis five finger.
2. The research results show that there is 19 (67.8%) respondents experience mild

anxiety after administration intervention hypnosis five finger.

3. Providing five hypnotic interventions finger proven can lower Anxiety of mothers giving birth at home Sick Aura Syifa on study This.

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