



Narrative Review: The Effectiveness of Hypnobirthing in Reducing Pain Levels in Mothers During Childbirth

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ABSTRACT

Background: Pain during labor can be caused by unmanaged anxiety, then causing tension in the lower uterine segment, cervix, and ischemia in the uterine muscles so the sensation and intensity of pain felt during labor is getting stronger. Hypnobirthing is one of the actions that can be done to reduce pain during labor. **Purpose:** This study aims to determine the effectiveness of hypnobirthing in reducing the scale of pain in mothers giving birth. **Methods:** This type of research is a narrative literature review using PICO. Article searches are accessed through several databases, including Pubmed, Scencedirect, Google Scholar, and Portal Garuda. then the articles are selected based on the inclusion and exclusion criteria and then analyzed. Based on 19 journal articles that have been analyzed, the implementation of the hypnobirthing method in mothers in labor has proven effective in reducing pain during the labor process. **Conclusion:** The benefits of hypnobirthing that directly affect the mother are that it can make the mother feel comfortable and relaxed during the labor process, and reduce the production of catecholamine and adrenaline hormones but increase the endorphin hormone in the mother, proven to be successful in reducing the scale of pain in mothers giving birth. However, there are several factors that affect the effectiveness of hypnobirthing, such as when hypnobirthing is done, how consistently the mother does hypnobirthing and also how focused the mother is on doing deep relaxation as one of the stages of hypnobirthing itself. Further research should be conducted on the combination of the hypnobirthing method with other pain management to determine the effectiveness of this management in reducing pain during the labor process.

Keywords: *labor pain; pain scale; mother giving birth; hypnobirthing; self-hypnosis*

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BACKGROUND

In general, there are two methods of delivery for pregnant women, namely normal or vaginal delivery and delivery through the abdomen or caesarean section (Uludağ & Mete, 2021). Childbirth by vaginal method is divided into two, namely without assistance and with assistance, one of which is by using induction. Childbirth by caesarean section method is done to prevent complications that can occur when the mother gives birth by vaginal method or known as the term with indication. However, currently the phenomenon of giving birth by caesarean section without indication is an incident that occurs due to various factors related to the current cultural and socio-economic level of society (Kuswandi, 2013).

The World Health Organization (WHO) sets the standard for caesarean section in a country at 5-15% each year (WHO, 2021). Based on the WHO Global Survey of Maternal and Perinatal Health in 2017, it showed that 46.1% of all deliveries were carried out by caesarean section worldwide (Sinaga, 2022). Where it exceeds the standards set by WHO and indirectly states that more mothers give birth by choosing to use the caesarean section method, both with and without indications. Many reasons influence the caesarean section without medical factors such as trauma to labor pain in previous pregnancies, caesarean sections can be planned where the mother can choose the delivery schedule, socio-cultural factors that consider caesarean sections more modern, and can avoid pain and injury that can occur in vaginal delivery, and because of other anxieties (Morhason-Bello et al., 2009; Raju, 2014).

Labor pain is a physiological thing that is intermittent and will stop after labor is complete. Acceptance of labor pain varies from mother to mother and is influenced by various factors, including physical, psychological, age, and parity (Purnami & Noviyanti, 2019). Pain during the labor process can be caused by the mother's anxiety that never goes away, then causing tension in the lower part of the uterus and cervix as well as ischemia in the uterine muscles so that the sensation and intensity of pain felt during labor becomes stronger (Susilaningrum et al., 2020). In addition, pain during labor is also caused by psychological factors that receive less attention from health workers because doctors and midwives only have a little time to think about the concerns experienced by mothers who are about to give birth. In general, doctors and midwives assume that their job is finished after giving birth safely and the mother does not have any pathological signs, whereas in reality the mother experiences emotional instability before giving birth, most mothers choose to give birth by abdominal method or cesarean section without clear indications (Fitriana et al., 2022; Herawati et al., 2020).

For this reason, WHO recommends several non-pharmacological methods that can reduce the number of deliveries by using the operative method, namely hypnobirthing, which can be carried out by the mother with the assistance of a midwife (Aristiya & Rahayuningsih, 2023; Nainggolan et al., 2022). The application of

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Hypnobirthing during pregnancy and childbirth, which is a combination of the natural birthing process with autohypnosis or self-hypnosis techniques, is able to create positive perceptions in the mother's subconscious from pregnancy to childbirth (Yaqoob & Jamshaid, 2014).

Self-hypnosis as one of the hypnobirthing methods that is often used by building positive suggestions such as undergoing a natural birth process that is safe and comfortable for the mother and family. When the mother who will undergo the birth process is no longer afraid and anxious, then the muscles of the body and the lower part of the mother's uterus will relax well and will make the birth process free from pain. Hypnobirthing techniques, such as relaxation exercises and mind control, help women manage pain and anxiety, not eliminate it, but process it differently, enabling a more natural and less painful delivery experience. Hypnobirthing offers numerous benefits for a positive and empowering childbirth experience. By utilizing relaxation techniques and mind control, women can shorten their labor duration, reduce medical expenses, and manage pain naturally (Atis & Gülay, 2018).

OBJECTIVE

This study aims to determine the pain scale in laboring mothers before and after using the hypnobirthing method, as well as to evaluate the effectiveness of hypnobirthing in reducing the pain scale during labor.

METHODS

This type of research is a narrative literature review using PICO. Then an analysis is carried out by reviewing, identifying, analyzing, summarizing, and synthesizing various research materials or insights produced by researchers and practitioners through literature searches related to hypnobirthing on reducing pain scales in mothers who are about to give birth. Article searches are accessed through several databases, including Pubmed, Science direct, Google Scholar, and Portal Garuda. Then the articles are selected based on inclusion and exclusion criteria, one of which is a national journal indexed by SINTA and an international journal with a reputation for one of the SCOPUS or SCIMAGO indexes.

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Table 1. Inclusion and exclusion criteria

Inclusion	Exclusion
literature or research in the form of experimental study design.	literature or research in the form of observational study design.
National journals indexed in SINTA levels 1 to 5 and international journals indexed in scimago or scopus, published between 2017 and 2024	National journals indexed in SINTA 6 and international journals not indexed in scimago or scopus, published prior to 2017

Table 1. PICO framework for the review

Component	Description
Population	The population used in analyzing the problem is mothers giving birth.
Intervention	The effectiveness of hypnobirthing in reducing pain levels in mothers giving birth.
Comparison	There is a comparator used, namely mothers who use other methods besides hypnobirthing.
Outcome	The results of the research that will be reviewed are the differences in the reduction in pain scale in mothers giving birth who apply the hypnobirthing method and those who do not apply the hypnobirthing method in the form of an experimental study numerically and categorically.

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RESULTS

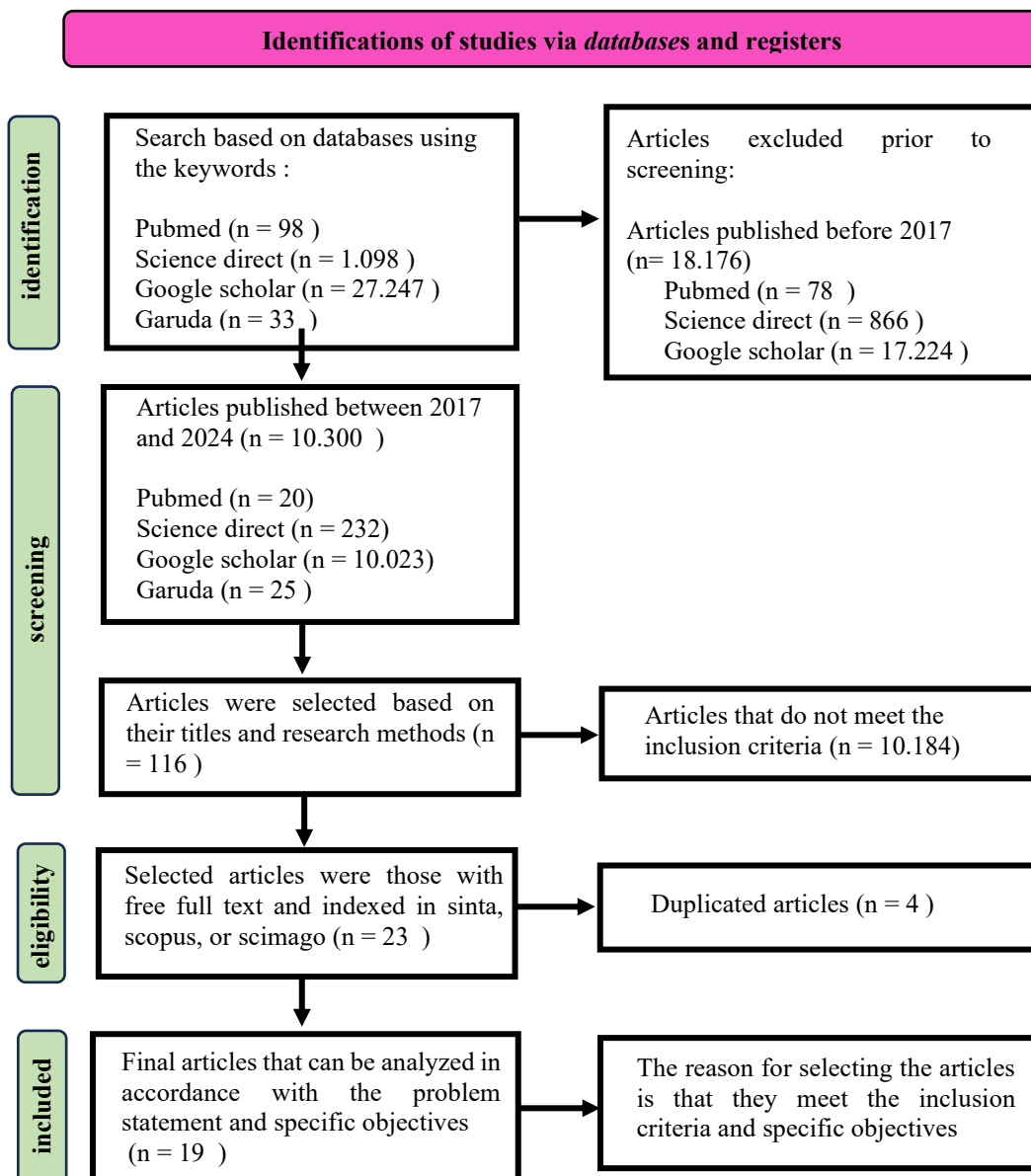


Figure 1. A Prisma diagram

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The search for articles in scientific journals was carried out based on keywords through several databases by selecting articles that met the inclusion and exclusion criteria and obtained the following results :

Database Source	Number of Journals in Initial Search	Filter		Total	Total Analyzed
		Year	Language		
Pubmed	98	2017-2024	Inggris	20	2
<i>Science Direct</i>	1.098	2017-2024	Inggris	232	0
<i>Google Scholar</i>	27.247	2017-2024	Indonesia, Inggris	10.023	13
Garuda	33	2017-2024	Indonesia	25	4
total					19

DISCUSSION

1. Pain Scale in Mothers Giving Birth Before and After Hypnobirthing Method

The pain experienced during childbirth is caused by physiological changes in the birth canal and uterus. Fear, anxiety, fatigue, and worry that cause stress can make the mother uncomfortable and can cause pain during the labor process (Javadi et al., 2013). Research conducted by Sadiyah et al stated that the impact of anxiety felt before giving birth causes pain during the birth process to increase and can increase the risk of giving birth using the cesarean section method which is used as an alternative (Sadiyah, 2023).

Mothers who give birth without the hypnobirthing method experience severe pain because they focus too much on the pain, causing the mother to be unable to control her emotional condition and only focus on fear, so that when the mother experiences contractions, she will feel panic and fear which will automatically create a defensive reaction and cause the release of adrenaline and catecholamine hormones which cause pain if not treated (Legiati & Widiawati, 2017).

There was a real difference in the intensity of pain in mothers during childbirth in the control and treatment groups because hypnobirthing is a method that makes the mother fully aware of the labor process so that the mother can enjoy the labor process. Research conducted by Mangkuji et al in Medan in 2017 consisting of a control group and treatment of 32 people, where each group consisted of 16 people. From the results of the study, the control group or those who did not undergo the hypnobirthing method generally felt very severe pain as much as 56.3%, while in the group given hypnobirthing treatment, in



general, a picture of experiencing mild pain was obtained as much as 93.8% (Einion, 2021).

Studies conducted by Sari *et al* in 2020 found that more primiparous mothers experienced more severe labor pain compared to multiparous mothers.⁴² This is because multiparous mothers experience *effacement* or cervical thinning and cervical dilatation simultaneously, whereas in primiparous mothers, the cervical thinning process occurs first, followed by cervical dilatation, meaning these processes do not occur simultaneously. Consequently, primiparous mothers experience a longer labor process compared to multiparous mothers, causing them to experience pain for a longer duration. Hypnobirthing intervention taught to mothers in labor to have harmony of movement and natural body rhythm during the labor process and allow the body and mind to work according to their functions will make the pain controlled or diverted. With this, the memory that labor is a painful thing in the subconscious mind is erased and replaced with the belief that labor is something that can take place easily and smoothly without feeling pain (Kuswandi, 2021; Ratnasari *et al.*, 2019).

2. The Effectiveness of Hypnobirthing in Reducing Pain Scale in Mothers in Labor

Hypnobirthing is one of the efforts to overcome pain during labor. There are several techniques in hypnobirthing including breathing relaxation, giving positive suggestions, and visualization. Aristiya *et al* in his research in 2023 stated that the application of hypnobirthing can help mothers in labor to control fear and anxiety. Excessive anxiety and fear are one of the main causes of mothers feeling pain (Aristiya & Rahayuningsih, 2023).

Hypnobirthing as a therapy that is carried out collaboratively, psychological modulation, in addition to guided imagery (visualization), deep relaxation, and also psychoprophylaxis in dealing with pain during the labor process which involves deep relaxation, with slow breathing patterns, and also instructions on how to release endorphin hormones from the body naturally which allows the mother to only think about giving birth physiologically safely, comfortably, and quickly.

Through deep relaxation using abdominal breathing patterns or also known as "wave breathing" the mother is invited to imagine riding the wave of contractions instead of fighting the contractions she is experiencing at that time. From several collaborations of hypnobirthing techniques, deep relaxation is the gate that can help the mother to achieve a relaxed state so that the critical factor can be weakened. This is because in the deep relaxation stage, the mother is taught several breathing techniques that can help the mother be in a relaxed state so that the next stages of hypnobirthing such as visualization and giving positive suggestions can be done more easily.

Fear can cause the arteries leading to the uterus to tense and contract, which can cause pain. The absence of fear will make the muscles flexible and limp, so that the cervix can

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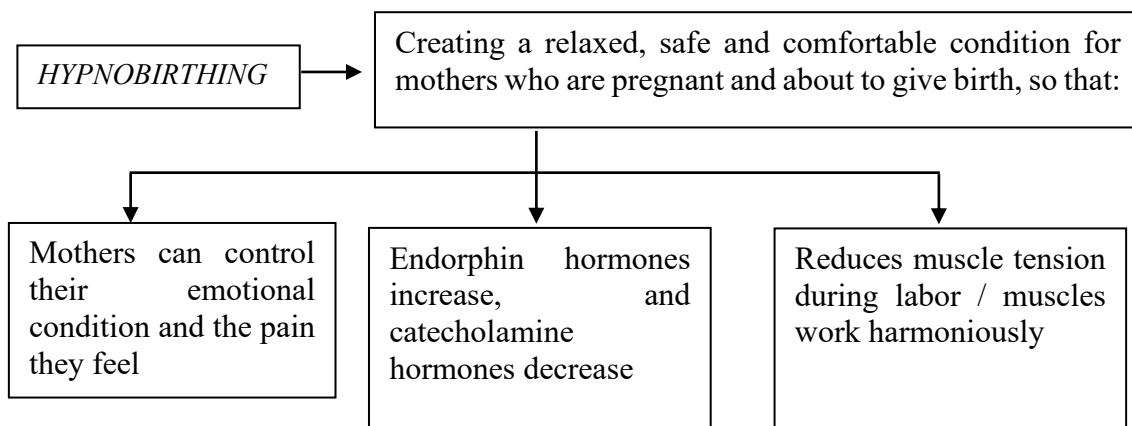


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become thinner and will open naturally when the body begins to beat rhythmically and can push the baby smoothly and easily. Giving suggestions with calming sentences is actually something that happens naturally.

Then, from the results of the analysis of 19 journal articles found, the following results were obtained :



with details in each journal as follows :

The effect of Hypnobirthing	Number
Mothers can control their emotional condition and the pain they feel	13
Endorphin hormones increase, and catecholamine hormones decrease	5
Reduces muscle tension during labor / muscles work harmoniously	1
total	19

CONCLUSION

Hypnobirthing implementation is confirmed effective to reduce pain in laboring mothers. Natural relaxation methods taught in hypnobirthing techniques help make the mother's body work together with all nerves harmoniously, so that the mother can achieve a relaxed condition and respond to spread endorphin hormones that help minimize pain in the labor process.

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