

The Effectiveness of Five Finger Hypnosis and Deep Breathing Relaxation on Anxiety Before Childbirth in Pregnant Women in the Third Trimester

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ABSTRACT

One of the health problems in Indonesia is the anxiety of pregnant women before giving birth in the third trimester. The aim of the research was to analyze the effect of five finger hypnosis and deep breathing relaxation on anxiety before childbirth in third trimester pregnant women at the Sandul Community Health Center. The research design is quantitative observational with two group pre test and post test approach with the research focus directed at analyzing the effect of five finger hypnosis and deep breathing relaxation on anxiety before delivery in third trimester pregnant women at the Sandul Community Health Center. The population in the study was 66 respondents and the sample was 60 respondents taken using the Accidental Sampling technique. The research results showed that almost half of the respondents before being given five-finger hypnosis had moderate anxiety. After being given five-finger hypnosis, anxiety fell into the low category at 36.7%. Meanwhile, almost half of the respondents before being given deep breathing relaxation had moderate anxiety. After being given deep breathing relaxation, anxiety became the low category at 40.0%. Based on the results of the Paired t test analysis, the results were obtained p-value is $0.002 < 0.05$, so H_0 is rejected and H_1 is accepted, so it is concluded that there is an influence of five finger hypnosis on anxiety before childbirth in third trimester pregnant women at the Sandul Community Health Center. Based on the results of the Paired t test analysis, the results were obtained p-value is $0.040 < 0.05$, so H_0 is rejected and H_1 is accepted, so it is concluded that there is an influence of deep breathing relaxation on anxiety before childbirth in third trimester pregnant women at the Sandul Community Health Center. By fully involving themselves, pregnant women can optimize the benefits of these two techniques in managing anxiety before giving birth.

Keywords: 3rd Trimester, Five Finger Hypnosis, Pregnant Women Anxiety, c

INTRODUCTION

One of the health problems in Indonesia is anxiety among pregnant women approaching childbirth in the third trimester. Anxiety is defined as a feeling of fear without a clear cause. Anxiety can be felt by anyone under intense pressure and feelings, leading to psychiatric problems and even long-term development (Savitsky et al., 2020).

Anxiety is an unpleasant *mood*, can be accompanied by bodily sensations (somatic), and can occur with a subjective sense of threat or uncertainty about the future. In individuals with anxiety problems, almost. Most of the changes that appear are an increase in the reaction of the sympathetic adrenergic nervous system, namely the *fight or flight* reaction (Videbeck and Miller nd).

According to the World Health Organization (WHO) in 2018, as many as 10% of pregnant women in developing countries experience psychological disorders such as anxiety or depression (15.6%) are at high risk of experiencing psychological disorders with a higher prevalence in mothers who have just given birth. In addition, mothers with depression can attempt suicide. Research results (Dennis et al., 2017) stated an increase in the prevalence of self-reported anxiety symptoms, namely 18.2% in the first trimester of pregnancy, 19.1% in the second trimester, and 24.6% in the third trimester. Data in Indonesia shows that as many as 28% of 107,000 pregnant women experience anxiety, and in Java, 53.3% of 679,765 pregnant women in the third trimester experienced anxiety in facing childbirth. Anxiety increases in primigravida pregnancies (first pregnancy), namely 66.2%, compared to multigravida pregnancies, namely 42.2% (Siallagan and Lestari 2018).

Based on the results of a preliminary study conducted by researchers on October 11, 2023, on 10 pregnant women in their third trimester at the Sandul Community Health Center, it was found that 7 respondents (70%) experienced anxiety before giving birth. Pregnant women in their third trimester began to experience conditions such as mental stress related to their preparation for childbirth. Pregnant women tend to think about their condition and ability to give birth, whether they can give birth smoothly or otherwise.

According to (Maya Herlina et al., 2023), feelings of anxiety and worry increase in the third trimester, as pregnancy progresses beyond seven months and labor approaches. Mothers begin to imagine the stressful labor process, the pain they will experience, and even death during delivery. This is driven by hormonal conditions that tend to create physical and mental instability, making pregnant women more prone to panic and anxiety, irritability, sensitivity, influence, anger, and irrationality.

Normal delivery, also known as spontaneous delivery, is the birth of a baby in a head-down position under the mother's own power, without the aid of instruments, and without injury to the mother or baby. This generally takes less than 24 hours (Ayunda Insani et al., 2019). The birthing process often results in psychological aspects, leading to various psychological problems for pregnant women, one of which is anxiety. Pregnant women are often overcome by anxiety, especially women who are pregnant for the first time and those approaching labor (Lusiana Gultom, 2017).

Research conducted by Novitasari (2013) showed that anxiety is more common in primigravida (first pregnancy) pregnant women compared to multigravida pregnant women. This anxiety can be overcome by. Several methods exist, including pharmacological and non-pharmacological therapy. Pharmacological therapy, such as anti-anxiety drugs (anxiolytics), can help reduce anxiety but can be addictive. Non-pharmacological therapies include psychotherapy, laughter therapy, cognitive therapy, relaxation, and five-finger hypnosis. Five-finger hypnosis involves students in a relaxed state, then focusing their thoughts on images or memories created by touching five fingers in sequence while imagining the memories they enjoy (Silvina Marbun et al., 2019).

Research has shown that five-finger hypnosis is a proven and highly effective method

for reducing anxiety. Five-finger hypnosis has been shown to reduce anxiety in breast cancer patients, from moderate to mild levels (Rosliana Dewi, 2020). Research (Ma'rifatul Azizah et al., 2023) also indicates that five-finger hypnosis has an effect on family stress levels when caring for a family member with a mental disorder. Severe anxiety at the Kendal Regional Hospital outpatient clinic. Deep breathing and five-finger relaxation techniques are some ways to help clients reduce their anxiety.

Research results (Maulana Affandi, 2019) show that deep breathing relaxation techniques and five-finger hypnosis can reduce muscle tension, help focus attention, and reduce stress and fear. Anxiety can be addressed with relaxation techniques, distraction, spiritual activities, and hypnotherapy. Efforts to address stress and anxiety in students include using relaxation techniques because they are considered the easiest.

(Silvina Marbun et al., 2019) also applied that five-finger hypnosis therapy is effective in reducing anxiety levels, before the application of five-finger hypnosis with 20 respondents experiencing anxiety levels with a value of 21-34 at the level of moderate and severe anxiety, after the application of five-finger hypnosis 15 respondents got a score of 7-20 experiencing mild anxiety and no anxiety. Based on the results of the study (Silvina Marbun et al., 2019), the results of the study they studied showed that this five-finger hypnosis therapy makes anxiety in pregnant women decrease. It was also stated that hypnobirthing therapy has an effect on reducing anxiety levels, blood pressure and pulse in pregnant women. Hypnobirthing is also a relaxation technique that is easy and easy for everyone to do to overcome anxiety. Research (Maulana Affandi, 2019) shows that providing deep breathing relaxation techniques and five-finger hypnosis can reduce muscle tension, help focus attention and reduce stress and fear.

Research by (Maniagasi et al., 2020) provides evidence of the effectiveness of five-finger hypnosis in reducing anxiety levels in pregnant women. In this study, pregnant women who underwent five-finger hypnosis showed a significant reduction in their anxiety levels, providing a strong basis for exploring the use of this technique in pregnant women at the Sandul Community Health Center.

Another relevant source is research by (van Senten et al., 2020), which highlights the effectiveness of breathing relaxation in reducing anxiety in pregnant women. This study found that focused breathing exercises can help reduce anxiety levels, increase a sense of control, and enhance feelings of well-being in pregnant women. In the context of labor, where anxiety often increases in the third trimester, breathing relaxation can be a useful tool in helping pregnant women face this challenge.

Literature shows that anxiety before delivery in pregnant women in the third trimester can have a significant impact on the well-being of the mother and fetus. A study by (Radoš et al., 2018) found that high levels of anxiety in late pregnancy can increase the risk of complications during labor and lead to prolonged labor. Mothers experiencing anxiety tend to have higher levels of stress, which can impact their mental and physical health. Furthermore, research by (Kinsella & Monk, 2009) highlighted that prenatal anxiety can impact the emotional bond between mother and baby, even early in pregnancy. High levels of anxiety can impact the mother's emotional well-being and potentially negatively impact caregiving responses and bonding after birth.

Based on the above conditions, researchers are interested in examining the effectiveness of five-finger hypnosis and deep breathing relaxation on anxiety before giving birth in pregnant women in their third trimester at the Sandul Community Health Center.

METHOD

This research design is a quantitative *pre-experimental* design with a *two-group pre-*

test and post-test design.

The population in this study was all pregnant women.TM III at Sandul Health Center, totaling 66 respondents. In this study, sampling used a nonprobability sampling technique, using an *accidental sampling technique*. Data processing used SPSS statistics with *the Paired T Test*.

RESULTS

1.Respondent Characteristics Based on Age

a.Five Finger Hypnosis

Table 1 Characteristics of respondents based on age conducted at Sandul Health Center

Age	Number of Respondents	Percentage
< 20 years	3	10%
20-35 years	27	90%
> 35 years	0	0%
< from 20 years		20%
20-30 years>	6	80%
35years	240	0%

b. Deep Breathing Relaxation

Table 2 Characteristics of respondents based on education undertaken in Sandul Community Health Center

Educational background	Amount	Percentage
Elementary School		23%
JUNIOR HIGH SCHOOL	7 14	47%
High School 9 30%		

Based on Table 4, it shows that almost half of the respondents have a history of completing junior high school education, as many as 14 respondents (47%).

3. Respondent Characteristics Based on Occupation

a. Five Finger Hypnosis

Table 3 Characteristics of respondents based on work done at Sandul Health Center

Work Percetage	Number of Respodents	Percentage
Housewife	17	57%

Self-employed	13	43%
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b. Deep Breathing Relaxation

Table 6 Characteristics of respondents based on work done at the Community Health Center Sandul

Work Percentage	Number of Respodents	Percentage
Housewife	16	53%
Self-employed	0	47%
Civil	0	0%

A. Variable Characteristics

1. Providing five-finger hypnosis for anxiety before giving birth in pregnant women in their third trimester at Sandul Community Health Center

a.Respondents' anxiety at Sandul Health Center before being given five-minute hypnosis finger

Table 7 Respondents' anxiety at the Sandul Health Center which was carried out on January 3-21, 2024 before being given five-finger hypnosis on table 7, it shows that almost half of the respondents had moderate anxiety, amounting to 16 respondents (53.3%) before being given five- finger hypnosis.

Category Low	Total 2	Percent 6.7%
Currently	16	53.3%
Tall	12	40.0%
Total	30	100.0%

b.Respondents' anxiety at Sandul Health Center after being given five-minute hypnosis finger

Table 8 Respondents' anxiety at the Sandul Community Health Center which was conducted on January 3-21, 2024 after being given five-finger hypnosis

Category Low	Total	Percent 43.3%
Currently		36.7%
Tall	13 11 6	20.0%
Total	30	100.0%

Based on table 8, it shows that almost half of the respondents had low category anxiety, amounting to 13 respondents (43.3%) after being given five-finger hypnosis.

2. Providing deep breathing relaxation for anxiety before giving birth in pregnant women in the third trimester at the Sandul Community Health Center.

a. Respondents' anxiety at Sandul Health Center before being given breathing relaxation in Table 9 Respondents' anxiety at the Sandul Community Health Center which was carried out on January 3-21, 2024 before being given deep breathing relaxation.

Category Low	Total 3	Percent
		19.9%
Currently	14	46.7%
Tall		43.3%
Total	13 30	100.0%

b. Respondents' anxiety at the Sandul Community Health Center after receiving deep breathing relaxation

Table 10. Respondents' anxiety at the Sandul Community Health Center, conducted from January 3-21, 2024, after receiving deep breathing relaxation.

Kategori	Jumlah	Persen
Low	15	50,0%
Medium	10	33,3%
High	5	16,7%
Total	30	100,0%

Based on table 10, it shows that the majority of respondents had low category anxiety, amounting to 15 respondents (50.0%) after being given deep breathing relaxation.

B. Cross Tabulation

1. Cross tabulation of respondents' anxiety at Sandul Health Center before and after given five finger hypnosis

Table 11 Anxiety of respondents at Sandul Health Center before and after being given five-finger hypnosis.

Pre	Post			Total
	Rendah	Sedang	Tinggi	
Rendah	2	0	0	2
	6,7%	0,0%	0,0%	6,7%
Sedang	11	5	0	16
	36,7%	16,7%	0,0%	53,3%
Tinggi	0	6	6	12
	0,0%	20,0%	20,0%	40,0%
Total	13	11	6	30
	43,3%	36,7%	20,0%	100,0%

Based on table 11, it shows that almost half of the respondents before being given five- finger hypnosis had moderate anxiety, after being given five-finger hypnosis, the anxiety became low category at 36.7%.

2. Cross tabulation of respondents' anxiety at Sandul Health Center before and after given deep breathing relaxation

Table 12 Respondents' anxiety at Sandul Health Center 2024 before and after being given deep breathing relaxation.

Pre	Post			Total
	Rendah	Sedang	Tinggi	
Rendah	3	0	0	3
	10,0%	0,0%	0,0%	10,0%
Sedang	12	2	0	14
	40,0%	6,7%	0,0%	46,7%
Tinggi	0	8	5	13
	0,0%	26,7%	16,7%	43,3%
Total	15	10	5	30
	50,0%	33,3%	16,7%	100,0%

Based on table 12, it shows that almost half of the respondents before being given deep breathing relaxation had moderate anxiety, after being given deep breathing relaxation, the anxiety became low category at 40.0%.

C. Data Analysis

Table 13 *Paired t-test* data analysis of the effectiveness of five-finger hypnosis and deep breathing relaxation on anxiety before giving birth in pregnant women in the third trimester. Sandul Health Center with a total of 60 respondents.

Kategori	N	Mean	Sig
Hipnosis Lima Jari	30	8,79	0.002
Relaksasi Nafas Dalam	30	7,84	0.000

1. The Effect of Five Finger Hypnosis on Anxiety

Based on the results of the *paired t-test* analysis, it shows that the *p-value* is $0.002 < 0.05$, so H_0 is rejected and H_1 is accepted, so it is concluded that there is an effect of five-finger hypnosis on anxiety before giving birth in pregnant women in the third trimester.

Sandul Community Health Center.

2. Effect of Deep Breathing Relaxation on Anxiety

Based on the results of the *Paired t-test* analysis, it shows that the *p-value* is $0.040 < 0.05$, so H_0 is rejected and H_1 is accepted, so it can be concluded that there is an effect of deep breathing relaxation on anxiety before childbirth in pregnant women in the third trimester at the Sandul Community Health Center.

DISCUSSION

A. Anxiety before Delivery Before Five-Finger Hypnosis in Third Trimester Pregnant Women at Sandul Community Health Center

The research results showed that nearly half of the respondents (16 respondents (53.3%)) had moderate anxiety before receiving five-finger hypnosis. Twelve respondents (40.0%) had high anxiety before receiving five-finger hypnosis. Two respondents (6.7%) had low anxiety before receiving five-finger hypnosis.

A literature review of pre-natal anxiety and the effects of five-finger hypnosis on pregnant women at Sandul Community Health Center can provide in-depth insight into the psychological aspects of childbirth preparation.

Research by Field *et al.* (2017) explored the effects of hypnosis on pregnant women and demonstrated that hypnosis techniques can effectively reduce anxiety levels and improve psychological well-being.

The study, discussed that hypnosis can modulate the stress response, give the mother a sense of control, and create a more positive birth experience.

Furthermore, research by Cyna *et al.* (2019) reviewed the benefits of hypnosis for pregnant women during labor. The study found that hypnosis techniques can reduce the need for analgesia and relieve pain during labor. This creates a calmer and more positive environment, which can directly contribute to reducing anxiety levels in pregnant women before labor.

Prenatal anxiety and the effects of hypnosis on pregnant women have been a focus of attention in the psychological and obstetric literature. A study by Wijma *et al.* (2015) investigated anxiety in pregnant women. Anxiety levels can influence the birth experience. This study found that preventative measures or interventions aimed at reducing anxiety can increase positive experiences during labor.

In the context of hypnosis use, a meta-analysis by Werner *et al.* (2018) examined the effects of hypnosis on anxiety and pain in pregnant women during labor. Hypnosis can significantly reduce anxiety and pain levels experienced by pregnant women. These results provide further support for the positive potential of hypnosis as a method for managing anxiety in the lead-up to labor. According to researchers, five-finger hypnosis has the potential to positively reduce anxiety levels and improve the psychological well-being of pregnant women. Research shows that hypnosis techniques can positively impact the birth experience, reduce the need for analgesia, and create a calmer and more positive environment during labor.

A calm and positive experience during labor can be influenced by a number of variables, including the individual characteristics of the pregnant woman and environmental factors. Therefore, the implementation of five-finger hypnosis at Sandul Community Health Center or similar health care facilities must consider the characteristics of the local community and encourage the active participation of pregnant women in the hypnosis process. Five-finger hypnosis has consistently shown that attention to psychological aspects of childbirth preparation can positively contribute to the birth experience and overall well-being of pregnant women.

The results of this study can be used as recommendations for further research and widespread implementation of five-finger hypnosis in the Sandul Community Health Center. Five-finger hypnosis provides a more holistic view of the potential benefits of this intervention in improving the mental and physical health of pregnant women approaching labor. Maternal mental and physical health aligns with the growing understanding of the importance of psychological well-being in maternal care and offers a holistic alternative for addressing anxiety before labor.

B. Anxiety before childbirth after receiving five-finger hypnosis in pregnant women in the third trimester at the Sandul Community Health Center.

Based on the research results, almost half of the respondents (13 respondents (43.3%)) experienced low anxiety after receiving five-finger hypnosis. Furthermore, 11 respondents (36.7%) experienced moderate anxiety after receiving five-finger hypnosis. Meanwhile, 6 respondents (20.0%) experienced high anxiety after receiving five-finger hypnosis.

Five-finger hypnosis has gained attention as an alternative method for reducing anxiety before childbirth. Research by Melender (2018) revealed that hypnosis techniques can reduce anxiety and increase feelings of control in pregnant women during labor. Hypnosis is implemented as part of prenatal care to help manage the high levels of anxiety often experienced by some pregnant women.

A study by Abasi *et al.* (2017) also investigated the effects of hypnosis on maternal anxiety, finding that it can significantly reduce anxiety levels and create a more positive birth experience. This approach is expected to provide an effective alternative for improving the mental well-being of pregnant women, especially those experiencing significant anxiety leading up to labor. Based on research by Lee *et al.* (2020), they explored the positive impact of hypnosis on anxiety and the psychological well-being of pregnant women. The results showed that hypnosis can significantly reduce anxiety levels, increase positive mood, and provide a greater sense of control in pregnant women. These findings highlight hypnosis' potential as an effective tool in addressing negative psychological aspects of labor.

The research findings of Goodman *et al.* (2019) also discuss the role of hypnosis in reducing anxiety and improving the well-being of pregnant women. This study highlights that hypnosis not only reduces anxiety levels but can also improve sleep and overall quality of life in pregnant women.

This study reinforces the view that a holistic approach to maternal care, encompassing psychological aspects, can significantly contribute to the well-being of pregnant women. Psychological aspects can enhance understanding of the importance of mental well-being in maternal care, making hypnosis and similar techniques an interesting area of research for application in healthcare practice. Therefore, the implementation of five-finger hypnosis at Sandul Community Health Center (Puskesmas) or similar healthcare units can be considered a positive step in providing holistic maternal care and taking the psychological aspects of pregnant women seriously. While further research and understanding of the local context are needed, the literature shows the great potential of hypnosis as an effective tool for improving the psychological well-being of pregnant women approaching childbirth.

C. Anxiety before childbirth before being given breathing relaxation In Pregnant Women in the Third Trimester at Sandul Community Health Center

The study found that nearly half of the respondents (14 respondents or 46.7%) had moderate anxiety before receiving deep breathing relaxation. Furthermore, 13 respondents (43.3%) had high anxiety before receiving deep breathing relaxation. Three respondents (19.9%) had low anxiety before receiving deep breathing relaxation.

Deep breathing relaxation is recognized as an effective technique for managing anxiety in pregnant women, especially in the third trimester as labor approaches. A study by Field *et al.* (2017) showed that deep breathing relaxation training can reduce anxiety levels and improve mental well-being in pregnant women. By focusing on deep, controlled breathing, this technique can help relieve physical and mental tension, creating a calmer and more supportive environment for labor.

Research by Smith *et al.* (2019) also highlighted the effectiveness of deep breathing relaxation in reducing fear and anxiety related to childbirth. The results showed that teaching

focused breathing techniques significantly helped alleviate discomfort and improve maternal comfort, particularly as labor approached.

Another study (Anita Syarifah, 2019) found that deep breathing relaxation and focused breathing techniques can reduce anxiety levels and improve sleep quality in pregnant women. These results suggest that deep breathing relaxation practices can have broader positive effects, not only on anxiety but also on other aspects of psychological well-being.

Based on research by Manzoni *et al.* (2017), they investigated the hormonal and physiological effects of deep breathing relaxation during pregnancy. The results suggest that this technique can influence stress-related hormonal responses, providing a physiological basis for its positive effects on maternal well-being.

Deep breathing relaxation has a positive impact on managing anxiety in pregnant women, especially in the lead-up to labor. These studies highlight that introducing focused breathing techniques not only helps reduce anxiety levels but can also improve the mental well-being of pregnant women, creating a calmer environment for the approaching labor process. In addition, literature findings suggest that deep breathing relaxation may provide broader benefits including improved sleep quality and an impact on

Hormonal responses related to stress in pregnant women. Therefore, implementing deep breathing relaxation at Sandul Community Health Center or similar health care facilities can be considered a positive step in providing holistic antenatal care, which involves special attention to the psychological well-being of pregnant women.

However, it should be noted that local context, individual preferences, and population characteristics may influence the effectiveness of this intervention. Therefore, while the literature provides a solid foundation for the benefits of deep breathing relaxation, further research and adaptation to the specific context of Sandul Community Health Center are needed to validate and optimize the use of this technique as part of holistic maternal care.

D. Anxiety Before Childbirth After Being Given Breath Relaxation In Pregnant Women in the Third Trimester at Sandul Community Health Center

The research results showed that 15 respondents (50.0%) had low anxiety after receiving deep breathing relaxation. Furthermore, 10 respondents (33.3%) had moderate anxiety after receiving deep breathing relaxation. Five respondents (16.7%) had high anxiety after receiving deep breathing relaxation. Deep breathing relaxation techniques have been widely recognized as an effective approach to managing anxiety in pregnant women, particularly in the lead-up to labor. Research by Field *et al.* (2017) showed that deep breathing relaxation training can reduce anxiety levels and improve the mental well-being of pregnant women.

Research by (Anita Syarifah, 2019) revealed that deep breathing relaxation practices can also have positive effects after childbirth by reducing postpartum stress levels and improving maternal responses to new parenting situations. While these studies may not be directly relevant to the specific conditions at Sandul Community Health Center, they provide a basis for assuming that deep breathing relaxation may provide lasting benefits for postpartum anxiety and adaptation to motherhood.

Deep breathing relaxation can reduce anxiety and improve mental well-being in pregnant women, especially as labor approaches. A study by (Alfikrie et al., 2020) found that deep breathing relaxation training resulted in significant physiological changes, including reduced levels of cortisol, the stress hormone. The results demonstrate the effectiveness of deep breathing relaxation in managing stress responses at the hormonal level.

Research by Wu *et al.* (2017) noted that deep breathing relaxation can help pregnant women develop stress management skills that can be maintained even after delivery. This study highlights the potential for deep breathing relaxation to provide long-term benefits in addressing postpartum anxiety and adjusting to the new role of mother.

According to researchers, there is consistent evidence of the benefits of deep breathing relaxation on pregnant women, particularly those focused on pre-delivery anxiety and postpartum outcomes. Research shows that deep breathing relaxation can be an effective tool in reducing anxiety levels and improving mental well-being in pregnant women, especially in the later stages of pregnancy. This study provides grounds to believe that implementing this technique at Sandul Community Health Center or similar healthcare settings could provide similar benefits.

Furthermore, the benefits of deep breathing relaxation are not only temporary but can also persist into the postpartum period. This has further positive implications for maternal adaptation to her new role and stress management within the context of parenthood. However, it is important to note that while the literature provides a general overview, the local context and population characteristics at Sandul Community Health Center may influence its effectiveness. Therefore, further research focusing on the implementation and outcomes of this technique in the region could provide more specific and relevant insights for maternal health services at the local level.

E. The Effect of Five Finger Hypnosis and Deep Breathing Relaxation on Anxiety Before Childbirth in Pregnant Women in the Third Trimester at Sandul Community Health Center

Based on the results of the *Paired t-test* analysis, it shows that the *p-value* is $0.002 < 0.05$, so H_0 is rejected and H_1 is accepted, so it is concluded that there is an effect of five-finger hypnosis on anxiety before childbirth in pregnant women in the third trimester at the Sandul Community Health Center.

Based on the results of the *Paired t-test* analysis, it shows that the *p-value* is $0.040 < 0.05$, so H_0 is rejected and H_1 is accepted, so it is concluded that there is an effect of deep breathing relaxation on anxiety before childbirth in pregnant women in the third trimester at the Sandul Community Health Center.

A study by Landolt *et al.* (2018) evaluated the effects of hypnosis on pregnant women and found that it can significantly reduce anxiety and stress levels, creating a more positive birth experience. Five-finger hypnosis, a form of hypnosis therapy that combines deep breathing techniques and distraction with a focus on the five fingers, has been shown to be helpful in reducing anxiety in various population groups.

On the other hand, deep breathing relaxation has become a significant research focus in prenatal care. Research by Chang *et al.* (2019) showed that deep breathing relaxation can reduce anxiety levels and improve psychological well-being in pregnant women. This technique involves consciously controlling breathing to achieve a state of relaxation, creating a calmer environment for pregnant women facing labor.

A study by Chen *et al.* (2017) investigated the effects of hypnosis on anxiety and well-being in pregnant women. The results showed that hypnosis therapy can significantly reduce anxiety levels and improve quality of life in pregnant women. Five-finger hypnosis, with its focus on positive suggestions and imagery, may provide a more scalable and easily implemented approach for pregnant women at the primary healthcare level, such as community health centers (Puskesmas).

Based on research by Field *et al.* (2012), it was revealed that deep breathing relaxation can help reduce anxiety and stress levels in pregnant women. This mindful breathing

technique has been shown to be beneficial in relieving tension and creating a more positive birth experience. The technique used shows significant potential in reducing anxiety levels in late pregnancy.

Researchers support the effectiveness of five-finger hypnosis in creating positive experiences and reducing anxiety in various population groups, including pregnant women. This technique combines elements of hypnosis and relaxation, focusing on breathing and distraction, creating a calm and soothing environment.

Meanwhile, deep breathing relaxation benefits pregnant women in managing anxiety. This technique involves consciously controlling breathing to achieve a state of relaxation, providing pregnant women with a simple yet effective tool for managing tension in the lead-up to labor. Both techniques offer non-pharmacological alternatives that can be integrated into prenatal care practices at community health centers (Puskesmas) or other primary healthcare facilities.

The study results provide a positive basis for the implementation of five-finger hypnosis and deep breathing relaxation, and the characteristics of the population at Sandul Community Health Center may influence their effectiveness. Therefore, further research exploring the implementation of these practices specifically in this area may provide further insight.

By understanding and adapting this technique to the needs and characteristics of pregnant women at Sandul Community Health Center, healthcare practitioners can improve the quality of perinatal care and support the mental well-being of pregnant women holistically.

CONCLUSION

Based on the results of research conducted at the Sandul Community Health Center, it can be concluded that before being given the five-finger hypnosis intervention, 16 respondents (53.3%) experienced anxiety in the moderate category. However, after being given the five-finger hypnosis, there was a decrease in anxiety levels, where 13 respondents (43.3%) were in the low anxiety category. Meanwhile, before being given the deep breathing relaxation intervention, 14 respondents (46.7%) experienced anxiety in the moderate category, and after being given the intervention, 15 respondents (50.0%) experienced a decrease in anxiety to the low category. The results of this study also show that there is a difference in effectiveness between the five-finger hypnosis technique and deep breathing relaxation on anxiety levels before labor in third-trimester pregnant women. Thus, these two methods can be used as alternative non-pharmacological interventions to help reduce anxiety in pregnant women, but their effectiveness varies so that the choice of method can be adjusted to the conditions and needs of each patient.

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