



Systematic Literature Review



The Effectiveness of Five-Finger Hypnotics on the Exponential Development of the First Stage of Labor in Primigravids

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ARTICLE INFORMATION

Received: September 09, 2022
 Revised: October 20, 2022
 Accepted: May 15, 2023
 Available online: May 30, 2023

KEYWORDS

Health Education ; tuberculosis; Treatment Adherence

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A B S T R A K

Background of the Problem: Childbirth is often something scary, especially for a woman who is pregnant for the first time (primigravida) and is about to give birth (primipara). There are several methods for physical and psychological readiness for pregnant women who will undergo labor, one of which is hypnosis. Hypnosis has been legally recognized by WHO as an alternative therapy. 5 finger hypnosis is able to provide deep relaxation, both physically, breath and mind so that in this state of deep relaxation it can activate the subconscious mind which will facilitate the creation of a relaxed atmosphere, stable, comfortable and happy emotions so that childbirth goes quickly.

Objective: This study was conducted to determine the efficiency of 5 finger hypnosis on the acceleration of the first stage of labor in primigravida.

Methods: The research design used a quasi-experimental design, namely using a post-test only design. The sample was 15 primigravida mothers with low risk pregnancies, the sampling technique used was purposive sampling. Bivariate data analysis, with testing using the Independent sample t-test statistical test.

Results: The results of the analysis of the T-Test test with a value of Sig = 0.000 < = 0.05, this proves that there is an efficiency of the 5 finger hypnosis method on the acceleration of the first stage of labor in primigravida. 5 Finger Hypnosis works by influencing the hormone endorphins or referred to as the hormone of happiness. When the body feels relaxed and comfortable, the brain will secrete endorphins which will cause an analgesic effect so delivery is faster.

Conclusion: 5 Finger Hypnosis in maternity mothers can help speed up labor by activating endorphins which are pain-relieving hormones, so this method is effective in eliminating all complaints and feelings of discomfort.

INTRODUCTION

Oftentimes, childbirth is frightening, particularly for a woman who is expectant for the first time (primigravida) and about to give birth (primipara). This is worsening as a result of societal problems, where it is said that childbirth is agonizing [1]. Constantly receiving negative messages causes a pregnant woman to accept them as true, incorporate them into her belief system, and continuously disrupt her body's chemical balance [2]. There are a number of physical and psychological preparation methods for laboring expectant women, including pregnancy exercise, aromatherapy, yoga, hydrotherapy, and hypnosis [3]. WHO has legally recognized hypnosis as a non-pharmacological therapy in medical science. Prior to this, pain complaints were treated exclusively with medications. During delivery, pain in the mother was also treated with drugs, which had a negative effect on the fetus because drugs ingested by the mother can affect the fetus via the placenta [4].

According to Rizkiya & Susanti (2018), there are numerous hypnosis techniques that can be used on laboring mothers, including the 5-finger technique. This hypnosis will assist birthing mothers in remaining tranquil, more relaxed, not tense, and unconcerned about the situation [5]. In a relaxed state, the client is able to receive suggestions from the subconscious during 5 finger hypnosis, which is performed by moving the fingertips in accordance with the instructions of the therapist. This statement is consistent with the findings of research (Banon, Dalami, & Noorkasiani, 2014), namely that anxiety levels decrease after 5 finger hypnosis [6] administration. Five-finger hypnosis can activate the subconscious mind to alter the state of anxiety to one that is more physiologically, mentally, and respiratorially relaxed. A subconscious mind that is active will make it simpler to cultivate a relaxed environment, stable emotions, and a pleasant disposition [6]. This is the optimal condition for preparing for delivery and minimizing labor pain without the use of medication [2]. Dr. Boy Abidin, an obstetrician at the Mitra Keluarga Kelapa Gading Hospital, reported that the delivery process for clients who received the 5 finger hypnotic treatment was generally pain-free and went without a hitch. None of the newborns encountered asphyxia, indicating that their brain development was superior and they appeared physically healthier. The birth occurred swiftly, gently, and without intervention [7].

Fear-Tension-Pain Syndrome is a disorder that frequently occurs and causes distress during labor; this syndrome can be alleviated through the use of 5 finger hypnosis. This therapy teaches delivery mothers to recognize and accept this syndrome [8]. When humans experience fear, blood and oxygen will travel from the non-essential defense organs to the large muscles in the feet and hands. This condition is manifested in the area of the face that becomes paler in response to dread. The duration of labor is lengthened because the uterus and uterus are viewed as nonserious organs under certain conditions [2].

Several studies demonstrate that the 5 finger hypnosis procedure has positive effects on labor acceleration. According to Jenskins and Pritchard's 2005 study of hypnosis and labor duration, the active phase of the first stage of labor lasted 3 hours less for primigravid women (from 9.3 to 6.4 hours) and 1 hour less for multigravid women (from 6.2 to 5.2 hours) among 262 respondents and 600 control groups. It was determined statistically that the labor process in primigravidas (stage II) was abbreviated from 50 minutes to 37 minutes [9], whereas according to Abramson and Heron, 100 hypnotized women had a shorter stage I (3.2 hours) than the control group of 88 women. Of the 45 women with hypnosis during labor (primigravidas), the first stage lasted an average of 4.5 hours, a significant decrease from the initial 12 hours (latent phase) [2].

In March 2022, 27 mothers gave birth, according to survey data gathered at one of the BPMs in Malang City and recorded in the birth journal. Then, after two weeks of direct observation, it was determined that 10 mothers giving birth (8 primigravidas and 2 multigravidas) were administered the 5-finger hypnosis method. The results were obtained from 8 primigravidas who experienced accelerated labor (80%) and 2 multigravidas who experienced accelerated labor. The 5-finger hypnosis method discussed above has advantages over other relaxation techniques, including pregnancy exercise and yoga, in that it can shorten the duration of labor, whereas others are only beneficial for inducing a state of relaxation and reducing pain. Based on the aforementioned phenomenon, the authors wish to investigate the effectiveness of the 5-finger hypnotic technique in accelerating the first stage of labor in primigravidas. It is anticipated that this research can inform the general public and pregnant and laboring women in particular about the efficacy of the 5-finger hypnotic method for accelerating the first stage of labor.

METHOD

The research design employed an experimental quasy, namely a post-test only design, in which the research subjects were selected, 5 finger hypnotic therapy was administered, and the respondents were observed after receiving treatment (post test). This study's participants were all first-time mothers who gave birth at BPM "Y" Malang City between May and June 2022. A total sample of 15 primigravida mothers in labor was collected. Purposive sampling was utilized, with inclusion criteria consisting of primigravida in-partum mothers with low-risk pregnancies who gave birth at BPM "Y" during a predetermined period. Techniques for collecting data using observation sheets and pathographs. The t test was used to analyze data with the SPSS program.

RESULT DAN DISCUSSION

Table 1. The Efficiency of the 5 Finger Hypnotic Method for Acceleration of the First Stage of Labor in Primigravidas

	Category	Total	Percentage	Asymp. Sig
Labor Length	Fast	12	80	0.000
	Slow	3	20	
Total		15	100	

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According to Abramson and Heron, a shorter Kala I (3.2 hours) was obtained from 100 hypnotized women than from the control group of 88 women. Of the 45 women with hypnosis during labor (primigravidas), the first stage lasted an average of 4.5 hours, a significant decrease from the 12 hours of early dilation (latent phase) [10]. When someone is hypnotized, feelings of comfort and relaxation will be experienced [11]. This circumstance is the result of an increase in endorphins within the body. Endorphins, also known as neuropeptides, are produced when the body is at rest. These hormones can also help manage pain. According to Amalia (2017), endorphins are happiness hormones. Endorphins cause the release of numerous compounds in the human brain; this mimics the effects of morphine in the body [12]. Morphine has the effect of elevating mood with more positive emotions; it also has the ability to accelerate self-healing and slow the aging process. Not only does the analgesic effect have a therapeutic effect on the brain, but also on the entire body [13].

The results of this study indicate that endocrine hormones that are pain relievers can be activated by hypnosis, so that discomfort and complaints can be removed very effectively through hypnosis, thereby accelerating the first stage of labor due to reduced pain [14]. Rohani (2015) found that hypnosis decreased the duration of labor in the active phase I Stage I by 3 hours for primigravid women (from 9.3 hours to 6.4 hours) and by 1 hour for multigravid women (from 6.2 hours to 5.2 hours) among 262 respondents and 600 control groups. According to statistical analysis, the duration of labor in primigravidas (stage II) decreased from 50 minutes to 37 minutes. The shortening of the active phase in primigravidas is influenced by ample his throughout the first stage, stable psychological factors, adequate maternal nutrition, and breathing and relaxation techniques via hypnosis [15]. Strong maternal power (adequate contractions), passage factors (normal birth canals), passanger (normal fetal weight to pass through the birth canal), good psychological condition, support from family and birth attendants, mother mobilization during the first stage of labor, and physical fitness during pregnancy are factors that support the acceleration of labor for the 15 respondents.

In accordance with the study's findings that the average acceleration of the first stage of labor in primigravidas is 7.98 and the analysis of the T-test test with Sig = 0.000 = 0.05 such that Ho is rejected and H1 is accepted, it can be concluded that the 5 finger hypnosis method is effective for accelerating the first stage of labor in primigravidas. According to what hypnobirthing therapist Lanny Kuswandy stated, the 5 finger hypnosis method is effective for accelerating the first stage of labor. Similarly, according to the research of Abramson and Heron, 100 women who used hypnobirthing experienced a shorter first stage (3,2 hours) than the control group of 88 women [10]. According to Mongan, 45 women who experienced hypnosis during childbirth (primigravidas) spent an average of 4.5 hours in the first stage, demonstrating a significant reduction of 12 hours beginning with the initial opening (latent phase) [2]. The 5 Finger Hypnotic Method is a nonpharmacological endeavor by

healthcare professionals to provide a simple and secure alternative to conventional care. 5 finger hypnosis is a form of therapy in which the patient induces self-hypnosis by imagining or ruminating about enjoyable, simple experiences.

CONCLUSION

Hypnosis of 5 Fingers for laboring women can speed up the first stage of labor by activating the hormone endorphins, which are painkillers. This method is effective for eradicating all complaints and feelings of discomfort, thereby accelerating the first phase of labor.

ANNOUNCEMENTS

We appreciate PMB "Y" Malang City for serving as the research site and STIKES Widyagama Husada for funding the completion of this study.

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