

# PENGARUH HIPNOTERAPI TERHADAP KETIDAKNYAMANAN IBU HAMIL TRIMESTER I DI PRAKTIK MANDIRI BIDAN SUTIRAH PURBALINGGA TAHUN 2022

Erista Feby Hantari<sup>1</sup>. Dian Puspitasari<sup>2</sup>

## INTISARI

**Latar Belakang:** Pada tiga bulan pertama ibu hamil biasanya mengalami keluhan yang disebabkan oleh perubahan hormonal menimbulkan ketidaknyamanan seperti mudah lelah dan mual. Salah satu terapi komplementer ketidaknyamanan pada ibu hamil trimester I yaitu pemberian terapi Hipnosis. Pemberian terapi non farmakologis seperti hipnoterapi dinilai lebih aman dan efektif diberikan pada ibu hamil.

**Tujuan:** Untuk mengetahui pengaruh hipnoterapi terhadap ketidaknyamanan ibu hamil trimester I Di Praktik Mandiri Bidan Sutirah Purbalingga Tahun 2022.

**Metode:** *Quasy Eksperimental* (eksperimen semu) dengan pendekatan *Pretest-Posttest One Group Design*. Populasi dalam penelitian ini adalah semua ibu hamil Trimester 1 yang mengikuti kelas ibu hamil di PMB Sutirah Purbalingga yaitu 33 orang. Sampel dalam penelitian ini sebanyak 33 responden. Pengambilan sampel secara Total Sampling. Pengumpulan data menggunakan lembar kuesioner. Analisis data menggunakan uji *One Sample T- Test*.

**Hasil:** Ada pengaruh hipnoterapi terhadap ketidaknyamanan ibu hamil trimester I Di Praktik Mandiri Bidan Sutirah Purbalingga Tahun 2022  $p\text{-value} = 0,000$  atau  $< 0,05$ .

**Kesimpulan:** Ada pengaruh hipnoterapi terhadap ketidaknyamanan ibu hamil trimester I.

**Kata kunci :** hipnoterapi, ketidaknyamanan, ibu hamil trimester I.

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<sup>1</sup>Mahasiswa Program Studi Kebidanan (S-1) Universitas Jenderal Achmad Yani Yogyakarta

<sup>2</sup>Dosen Pembimbing Program Studi Kebidanan (S-1) Universitas Jenderal Achmad Yani Yogyakarta

**THE EFFECT OF HYPNOTHERAPY ON THE DISCOMFORT OF FIRST TRIMESTER PREGNANT WOMEN AT THE SUTIRAH PURBALINGGA INDEPENDENT MIDWIFE PRACTICE IN 2022**

Erista Feby Hantari<sup>1</sup>. Dian Puspitasari<sup>2</sup>

**ABSTRACT**

**Background:** In the first three months pregnant women usually experience complaints caused by hormonal changes causing discomfort such as fatigue and nausea. One of the complementary therapies for discomfort in the first trimester of pregnant women is the provision of Hypnosis therapy. Providing non- pharmacological therapy such as hypnotherapy is considered safer and more effective for pregnant women.

**Objective:** To determine the effect of hypnotherapy on the discomfort of first trimester pregnant women at the Sutirah Purbalingga Midwife Independent Practice in 2022.

**Method:** Quasy Experimental (quasi-experimental) with the Pretest-Posttest One Group Design approach. The population in this study were all Trimester 1 pregnant women who attended classes for pregnant women at PMB Sutirah Purbalingga, namely 33 people. The sample in this study were 33 respondents. Sampling by Total Sampling. Collecting data using a questionnaire sheet. Data analysis using the One Sample T-Test..

**Results:** There is an effect of hypnotherapy on the discomfort of first trimester pregnant women at the Sutirah Purbalingga Independent Midwife Practice in 2022 p-value = 0.000 or <0.05.

**Conclusion:** There is an effect of hypnotherapy on the discomfort of first trimester pregnant women.

**Keywords:** hypnotherapy, discomfort, first trimester pregnant women.

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<sup>1</sup>Student of *Midwifery Study Program (S-1) Jenderal Achmad Yani University, Yogyakarta*

<sup>2</sup>Supervisor of the *Midwifery Study Program (S-1) Jenderal Achmad Yani University, Yogyakarta*