

**PROGRAM STUDI DIPLOMA III KEBIDANAN  
FAKULTAS ILMU KESEHATAN  
UNIVERSITAS MUHAMMADIYAH TASIKMALAYA  
LAPORAN TUGAS AKHIR**

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**EFEKTIVITAS HYPNOBIRTHING PADA IBU HAMIL TRIMESTER III  
TERHADAP KECEMASAN MENJELANG PERSALINAN**

**ABSTRAK**

Hypnobirthing merupakan praktik hipnosis terhadap diri sendiri yang bertujuan membantu calon ibu melalui masa kehamilan dan persalinannya dengan cara alami, aman dan nyaman, mengatasi rasa takut dan sakit. Proses hypnobirthing didasarkan pada kekuatan sugesti dari ibu. Wanita yang berpikiran positif, akan diberikan saran, dan penggambaran untuk merilekskan tubuhnya, secara otomatis dia akan membimbing pikirannya, dan mengendalikan nafasnya sehingga mengurangi tingkat kecemasan. Hypnobirthing bisa dilakukan di usia kehamilan berapa pun. Namun umumnya dilakukan di usia kehamilan 7 bulan atau 2 minggu sebelum proses persalinan. Bisa dilakukan dua kali sehari di saat pagi maupun menjelang tidur malam lamanya sekitar 10-15 menit. Tempatnya tergantung keinginan masing-masing dan sebaiknya dilakukan berpasangan dengan sang suami agar tercipta hubungan spritual bersama. Metode laporan ini adalah studi literature dengan mengkaji 5 artikel penelitian. Hasil studi literature mengungkapkan bahwa efektivitas Hypnobirthing mampu mengurangi tingkat kecemasan pada ibu hamil khususnya ibu hamil Trimester III. Dapat disimpulkan bahwa efektivitas hypnobirthing mampu mengurangi tingkat kecemasan ibu hamil Trimester III menjelang persalinan.

**Bibliografi** : Kehamilan Trimester III, Kecemasan, Hypnobirthing

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**EFFECTIVENESS OF HYPNOBIRTHING IN PREGNANT WOMEN  
TRIMESTER III TO ANXIETY AHEAD OF CHILDBIRTH**

***ABSTRACT***

Hypnobirthing is a practice of hypnosis against oneself that aims to help mothers-to-be through their pregnancy and childbirth in a natural, safe and comfortable way, overcoming fear and pain. The hypnobirthing process is based on the power of suggestion from the mother. A positive-minded woman, will be given advice, and a depiction to relax her body, she will automatically guide her mind, and control her breath thus reducing her level of anxiety. Hypnobirthing can be done at any gestational age. However, it is generally done at 7 months or 2 weeks gestation before childbirth. Can be done twice a day d in the morning or before going to bed at night for about 10-15 minutes. The place depends on each cloth and should be done in pairs with the husband in order to create a spritual relationship together. The method of this report is the study of literature by reviewing 5 research articles. The results of literature studies revealed that the effectiveness of Hypnobirthing is able to reduce the level of anxiety in pregnant women, especially pregnant women Trimester III. It can be concluded that the effectiveness of hypnobirthing can reduce the anxiety level of third trimester pregnant women before delivery.

***Bibliography*** : Pregnancy Trimester III, Anxiety, Hypnobirthing