ABSTRACT

INFLUENCE OF HYPNOCARING TO PAIN AND ANXIETY OF POST SECTIO CAESAREA CLIENTS

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Introduction: Sectio caesarea in one of giving birth procedures by surgery that may lead to anxiety and pain of the mother. The mother who is suffering from anxiety and pain after sectio caesarea may get difficulties to move and bother the baby treatment. Hypnocaring is one of nursing treatment which uses sentences with suggestions and aims to reduce or control the pain and anxiety. Method: This study analyzed the influence of hypnocaring to pain and anxiety of post sectio cesarea clients. The design of this study used quasy-experiment by collecting data with observation checklist and questionair. The population of this study were post sectio cesarea clients in Rumah Sakit Umum Haji Surabaya and Rumah Sakit Islam A. Yani Surabaya with the total sample of 20 respondents. The independent variable was hypnocaring and the dependent variables were pain and anxiety. Results: Hypnocaring could reduce pain of the post sectio cesarea clients significantly (p=0.004), and anxiety (p=0.0000). Discussion: Hypnocaring can influence pain and anxiety of post sectio cesarea clients in hospitals. Nurse or midwife can use hypnocaring to control or reduce the level of pain and anxiety. Future studies need more respondents, longer period and more accurate statistic test.

Keywords: hypnocaring, pain, anxiety, post, sectio cesarea