

ABSTRACT**The Influence of Hypnobirthing Method Concerning to Pain Intensity to Labour Women in Klaten Central Java**

Every women in this world has strong believes that labour is really painful. Labour pain occur due to contraction during the process of opening and thinning of the cervix. Labour pain can not be eliminated but can be reduced. Bad management of pain can cause fear and stress that can lead to complications of childbirth. It is necessary to use an appropriate method to decrease the pain during labour. One non-pharmacological methods of reducing labour pain is with hypnobirthing. This study aims to analyze the influence of hypnobirthing method concerning to pain intensity to labour women in Klaten Central Java.

The study is observational analytic comparative. Dependent variable is pain intensity and independent variable is hypnobirthing. Samples are primigravida delivering mother in BPM Bidan Kita and BPM SY Trihana who meet inclusion criteria with consecutives sampling. The number of sample was 18 respondents. The measurement of the level of pain was done using Numerical Rating Scale and Face Pain Rating Scale. The data analysis used Independent t-test and Mann Whitney test with level of significance $p < 0.05$.

The result showed that intensity pain score of 11 respondents hypnobirthing is 7 in average and 7 respondents not using hypnobirthing is 9.14 in average. Independent t-test showed $p = 0.005$ and Mann Whitney test showed $p = 0.025$.

It can be conclude that there is influence of hypnobirthing method concerning to pain intensity to labour women in Klaten Central Java.

Keywords : Hypnobirthing, Labour Pain, Primipara