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Research Article

Effectiveness of Hypnotherapy and Classical Music Therapy on Anxiety of Third Trimester Pregnant Women at Winda Clinic in 2022

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Abstract

Aims: Pregnancy is a period of crisis for a woman. A process that matures and can cause stress. According to United Nations Children's Fund (UNICEF), 30% of 12,230,142 pregnant women experience anxiety. The way to overcome anxiety is nonpharmacological therapy, one of which is hypnotherapy and classical music therapy.

Methods: Using a quasi experiment with a pretest and posttest group design, researchers observe participants before and after intervention without using a control group. With a sample size of 44 respondents, the sampling technique employed was purposive sampling. To assess variations in the effectiveness of hypnotherapy and classical music therapy on anxiety in third trimester pregnant women, data variables include nominal and ordinal scales, and data are analyzed with the Wilcoxon test with $\alpha = 0.05$ and the Mann-Whitney test.

Results: There was a significant effect of anxiety level before and after hypnotherapy with a significance value of 0.000 ($p < 0.05$), and there was a significant effect of anxiety level before and after classical music therapy intervention with a significance value of 0.000 ($p < 0.05$). The Mann-Whitney Test demonstrates that there is no difference between the effectiveness of hypnotherapy and classical music because the value of Asymp. Sig. (2-tailed) $> \alpha = 0.05$ is (0.832 > 0.05), thus H_0 is accepted.

Conclusion: Before and after the intervention, there is a significant difference between the effects of hypnotherapy and classical music therapy on reducing the anxiety level of expectant women. The combination of hypnotherapy and classical music therapy can help pregnant women unwind and provide early stimulation to the fetus, making it a viable intervention for pregnant women.

Keywords:

Anxiety, hypnotherapy, classical music, third trimester pregnant women

INTRODUCTION

A woman's pregnancy is a time of distress. A maturing process that can be stressful. His self-concept shifts as he prepares to become a parent and assume his new position. The third trimester is commonly referred to as the waiting and alert period since the mother is impatiently awaiting the birth of her kid during this time. Sometimes women are concerned if their children are born at

any time. If their kid is born prematurely, mothers frequently experience anxiety. Most mothers will be sympathetic to their children if they are worried about their children (1)

The (2), an estimated 295,000 women (80% UI 279,000 to 340,000) died globally from pregnancy and childbirth-related causes, with a maternal mortality ratio (MMR) of 211 maternal deaths per 100,000 births

(80% UI 199 to 243). This is a 35% decrease from 451,000 (80% UI 431,000 to 485,000) maternal deaths, and a 38% decrease from the MMR of 342 (80% UI 327 to 368) predicted in 2000. However, this is still far from meeting the global maternal mortality SDG target of less than 70 maternal deaths per 100,000 live births by 2030. Maternal mortality rates in ASEAN countries vary greatly. In ASEAN countries, the maternal death rate is 197 per 100,000 live births. After Laos, Indonesia has the highest maternal mortality rate in ASEAN countries. (3) The number of maternal deaths collected through the registration of family health programs at the Ministry of Health in 2020 reveals 4,627 deaths in Indonesia, according to (Ministry of Health RI, 2020). This figure represents a 4,221-death increase over 2019. According to the causes, the bulk of maternal deaths in 2020 will be caused by 1,330 cases of hemorrhage, 1,110 cases of hypertension during pregnancy, and 230 cases of circulatory system diseases.

According to the United Nations Children's Fund (UNICEF), about 12,230,142 mothers have complications with childbirth, 30% of which are attributable to anxiety caused by their first pregnancy (Siregar, 2015). In 2016, 373,000,000 pregnant women in Indonesia had anxiety, with 107,000,000 persons (28.7%) experiencing anxiety about childbirth. The total population of Java is 679,765 pregnant women, of whom 355,873 (52.3%) are anxious about childbirth (4).

Anxiety is a normal reaction to certain stressful events, and it occurs during development, change, and the search for self-identity and the meaning of life. Anxiety is frequently accompanied by emotions of anger, anxiety, tension, irritability, nervousness, excessive vigilance, and perspiration of the palms. The impact on anxiety can sometimes be both positive and detrimental (5,6). The amount of anxiety has a significant impact on the health of pregnant women and the fetus in the womb. A low degree of worry in pregnant women can reduce problems and so indirectly reduce maternal and infant mortality,

whereas a high level of anxiety can increase complications and hence indirectly reduce maternal and infant mortality (7)

According to (8) research, anxiety causes increased pain during childbirth, tense muscles, and fatigue in the mother, increasing the chance of protracted labor. Maternal death is one of the potentially fatal consequences. Pregnant women who suffer anxiety throughout pregnancy are more likely to experience emotional imbalance after birth (9)

Antenatal depression and anxiety, according to (10), increase the likelihood of having a kid with low birth weight (LBW), tiny head size (microsomy), imbalanced development, premature birth, and a weaker immune system by more than 50%. Anxiety can also affect the severity of pain during birth; the muscles contract and the mother becomes fatigued rapidly, increasing the likelihood of prolonged labor. Relaxation, guided imagery, progressive muscle relaxation, hypnosis, and classical music therapy are examples of non-pharmacological therapies that can be used. Hypnotherapy is hypnosis-based healing. Hypnotherapy is a discipline of psychology that investigates the benefits of suggestion in overcoming difficulties with thoughts, feelings, and behavior by making positive suggestions to the subconscious mind. According to (11), another non-pharmacological therapy is distraction by listening to music, which is an excellent approach for redirecting one's focus away from extreme anxiety.

Hypnotherapy is a procedure in which the patient is guided to relax. Once this deep relaxation state is attained, the gates of the patient's subconscious mind naturally open wide, allowing the patient to more easily accept the healing ideas presented. Hypnosis is a component of the human mind control system, namely the ability to control the human mind in order to control the subconscious mind and hence influence the flow of brain waves. (12). Several research suggesting that hypnotherapy works successfully for mental health creation are

sufficient to offer considerable clinical evidence. The efficacy of hypnobirthing in reducing levels of anxiety, blood pressure, and pulse in primigravida pregnant women in the third trimester was studied by (13). This study included 36 participants, and the findings revealed that hypnobirthing reduced anxiety, blood pressure, and heart rate in third trimester primigravida moms. Then, in 2017, research from (14) entitled Effectiveness of Hypnotherapy and Classical Music Therapy on the Anxiety of High-Risk Pregnant Women at the South Magelang Health Center proved effective in overcoming anxiety in high-risk pregnant women and in this case, hypnotherapy is more effective in dealing with high-risk pregnant women, namely with a decrease in anxiety value of 90% more than the average class.

Music therapy is a type of treatment that includes music and musical activities to aid clients through the healing process. Music therapy invites clients to connect, improvise, listen to, or actively play music, much as therapy encourages people to improve themselves physically and mentally. (15) Music therapy seeks to quiet a person's mind and body in order to avoid the mental, physical, or emotional stress that a person is suffering, and it teaches the patient to condition himself to relax. Furthermore, music therapy can help individuals or groups of people with a variety of illnesses, including physical, emotional, cognitive, and social ones. (10) So far, music therapy has been widely used to address a variety of issues, such as lowering tension and anxiety in patients receiving treatment. Classical music therapy has been shown to be useful in lowering anxiety in high-risk pregnant mothers. In one study, classical music therapy was found to be beneficial in lowering anxiety in pregnant women before birth, with a p value of 0.001 (p 0.05) (14)

A pilot study conducted in October 2022 at the Winda Clinic acquired data on the number of third trimester pregnant women as many as 32 pregnant women during

October 2022. According to the findings of interviews with ten third trimester pregnant women who were undergoing pregnancy checks, eight pregnant women expressed anxiety and fear about facing their pregnancy. According to these findings, the problem of anxiety among third-trimester pregnant women at Winda Clinic remains severe. As a result, researchers are eager to undertake a study on "The Effectiveness of Hypnotherapy and Classical Music Therapy on the Anxiety of Third Trimester Pregnant Women at the Winda Clinic in 2022."

METHODS

This study employed a quasi experimental research design with a two-group pretest and posttest design, a non-equivalent control group design consisting of two intervention groups, the first of which received hypnotherapy and the second of which received classical music therapy, and the differences between the two interventions would be identified. This study will be carried out at the Winda Clinic. Third trimester pregnant women who were conscious and not disoriented to time and place, as well as third trimester pregnant women with mild, moderate, and severe anxiety, participated in this study.

Purposive sampling is the strategy used to obtain research samples. This study included 44 pregnant women in their third trimester who had their pregnancies checked. The Perinatal Anxiety Screening Scale (PASS) questionnaire was utilized to gather data in this study, and its validity was tested at Development Preliminary Validation at King Edward Memorial Hospital in Western Australia. The PASS questionnaire's sensitivity is 0.7 and its specificity is 0.3. Because the PASS questionnaire already includes consistent criteria with a good reliability value (Cronbach's = 0.86-0.90), it does not need to be re-tested for reliability. PASS is a full scale with high reliability (Cronbach's = 0.96). PASS is made up of 31 questions with four possible outcomes. Questionnaires were

administered before and after hypnotherapy and classical music therapy. Following the collection of all relevant data, the research data was analyzed. The Wilcoxon statistical test was used to analyze data collected before (pretest) and after (posttest) the delivery of hypnotherapy and classical music therapy. The Mann-Whitney Test statistic was then used to compare the effectiveness

of hypnotherapy with classical music in lowering anxiety.

RESULTS

The characteristics of the respondents in the hypnotherapy group and the classical music therapy group can be seen in the table below:

Table 1. Distribution of Respondent Characteristics of Hypnotherapy and Classical Music Therapy

Variable	Hypnotherapy		Classical Music	
	n	%	n	%
Age				
>20 Years	3	13,6	2	9,1
20-35 Years	17	77,3	25	68,2
>35 Years	2	9,1	5	22,7
Education				
SD	1	4,5	4	18,2
JUNIOR HIGH SCHOOL	5	22,7	4	18,2
SENIOR HIGH SCHOOL	15	54,5	11	50,0
Bachelor	4	18,2	3	13,6
Work				
Work	11	50	10	45,5
Doesn't work	11	50	12	54,5
Parity				
Primigravida	9	40,9	8	36,4
Multigravida	13	59,1	14	63,6

According to the table above, the majority of hypnotherapy respondents were between the ages of 21 and 35, with a total of 17 people (77.3%), while respondents between the ages of 20 and 35 were three (13.6%) and two (9.1%). The majority of respondents (54.5%) had a high school education, while 4 had an undergraduate education level (18.2%), 5 had a junior high school education level (22.7%), and only 1 had an elementary school education (4.5%). Meanwhile, the number of respondents on job characteristics was the same, with 11 working moms (50%) and 11 non-working mothers (50%). The majority of responders were multigravidas, with 13 (59.1%) being multigravidas and nine (40.9%) being primigravidas. The bulk of classical music therapy respondents are aged 21-35 years, with a total of 15 persons (68.2%), while respondents aged 20 years are 2 people (9.1%), and respondents over 35 years are 5 people (22.7%). The majority of respondents (50.0%) had a high school education, while the undergraduate education level had 3 individuals (13.6%), and junior and elementary school education had the same number of 4 persons (18.2%). The majority of respondents did not work, with a total of 12 people (54.5%) being housewives, and 10 people (45.5%) working. The bulk of respondents, 14 (63.6%), were multigravidas, with a minority of 8 (36.4%) being primigravidas.

Table 2. Respondents' Anxiety Levels Before and After the Hypnotherapy Intervention

Anxiety Level	Total	Percentage
Before		
Not Worried	5	22.7
Light	11	50.0
Currently	6	27.3
After		
Not Worried	18	81.8
Mild Anxiety	4	18.2

The table above shows the level of anxiety of the respondents in the pre-intervention measurement, namely that the majority of respondents experienced mild anxiety with a total of 11 people (50.0%), moderate anxiety with 6 people (27.3%), and no anxiety with 5 people (22.7%). The majority of respondents in the measurement following the intervention had no anxiety, with a total of 18 people (81.8%), whereas a minority of respondents experienced mild anxiety, with a total of 4 people (18.2%).

Table 3. Respondents' Anxiety Levels Before and After Classical Music Therapy Intervention

Anxiety Level	Total	Percentage
Before		
Not Worried	2	9.1
Light	10	45.5
Currently	10	45.5
After		
Not Worried	17	77.3
Mild Anxiety	5	22.7

According to the table above, the majority of respondents reported mild to moderate anxiety in the measurement before the intervention, with a total of 10 persons (45.5%), and a minority did not experience anxiety, precisely 2 people (9.1%). The majority of respondents in the measurement following the intervention had no anxiety, with a total of 17 people (77.3%), whereas a minority of respondents experienced mild anxiety, with a total of 5 people (22.7%).

Table 4. Effects of Hypnotherapy and Classical Music Therapy on Anxiety Levels in Third Trimester Pregnant Women

	Z	Asymp. Sig. (2-tailed)
Hipnotherapy	-3.846 ^b	.000
Classical Music	-3.710 ^b	.000

With a significance value of 0.000 ($p < 0.05$) obtained from the Wilcoxon test analysis of the effect of hypnotherapy and classical music therapy on reducing the anxiety level of third trimester pregnant women, it can be concluded that "there is a significant difference, the effect of hypnotherapy and classical music therapy on reducing the anxiety level of pregnant women in the third trimester before and after being given hypnotherapy and classical music therapy."

Table 5. Differences in the Effectiveness of Hypnotherapy and Classical Music Therapy on Anxiety in Third Trimester Pregnant Women

Therapeutic Results	
Mann-Whitney U	233.000
Wilcoxon W	486.000
Z	-.212
Asymp. Sig. (2-tailed)	.832

From the results of the Mann-Whitney Test analysis above, it shows the Asymp value. Sig. (2-tailed) > α , where $\alpha = 0.05$ is (0.832 > 0.05) so that H_0 is accepted, thus the conclusion is "there is no difference in the use of hypnotherapy and classical music therapy so that both are effective in reducing anxiety in third trimester pregnant women".

DISCUSSION

Anxiety in pregnancy is an emotional state that is similar to anxiety in general but differs in that it specifically focuses on worrying pregnant women. Pregnancy provides physical, psychological and stressor changes for women. These changes occur due to hormonal changes that will make it easier for the fetus to grow and develop when it is born. Anxiety can get worse when pregnant women experience fear of the changes that occur in their bodies, the condition of the fetus they are carrying and their mental readiness in facing the birth process (7)

Age, parity, education, gestational age, work, and family or husband support are all factors that influence pregnant women's anxiety. Anxiety has a harmful impact on pregnant women because it stimulates uterine contractions. These diseases can cause high blood pressure, which can lead to preeclampsia and miscarriage. Non-pharmacological therapies, such as hypnotherapy and classical music, can help pregnant women overcome anxiety. Hypnotherapy is a discipline of psychology that investigates the benefits of suggestion in overcoming difficulties with thoughts, feelings, and behavior by making positive suggestions to the subconscious mind. In this study, hypnotherapy was found to be

useful in lowering anxiety in pregnant women in their third trimester. The findings of this study are backed by research on other non-pharmacological therapies undertaken by (16), which found that distraction through music is an effective approach for redirecting one's attention away from extreme anxiety. In this study, hypnotherapy was found to be useful in reducing anxiety in pregnant women in their third trimester. (14) conducted a study on the delivery of hypnotherapy to high-risk pregnant women and found that hypnotherapy is beneficial for lowering anxiety in high-risk pregnant women with a p value of 0.005 (p 0.05). Similarly, (17,18) did research demonstrating that Hypnotherapy is useful for coping with anxiety experienced by pregnant women, specifically to minimize symptoms of anxiety experienced by pregnant women.

With a significance value of $p = 0.000$ (p 0.05), classical music therapy was beneficial in lowering anxiety in third trimester pregnant women in this study. The findings of this study are supported by (14), who found that classical music therapy is helpful for lowering anxiety in high-risk pregnant women with $p = 0.005$. This means that the value of p 0.05 suggests that there is a significant difference in the study before and after classical music was administered. (19) found that classical music therapy helps lower anxiety in the third trimester of pregnancy with $p = 0.000$ or (p 0.05) in a study. Similarly, in the study of (20), the Wilcoxon test revealed a p value = 0.000 (p 0.05), indicating that classical music therapy had an effect on reducing anxiety levels in primigravida pregnant women in the third trimester.

CONCLUSION

The hypothesis in this study is proven that from the results of the Mann-Whitney Test statistic there is a difference in anxiety before and after being given hypnotherapy and classical music therapy in dealing with anxiety in third trimester pregnant women indicating an Asymp value. Sig. (2-tailed) $> \alpha$, where $\alpha = 0.05$ is (0.832 > 0.05) which means that H_0 is accepted and H_a is rejected, thus the conclusion is "there is no difference in the effectiveness of using Hypnotherapy and classical music therapy so that both are effective in reducing maternal anxiety third trimester of pregnancy".

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