

**THE EFFECT OF COMBINATION OF RELAX BIRTH HYPNOTHERAPY
AND AROMATHERAPY ON LABOR PAIN IN MOTHERS DURING THE
ACTIVE PHASE OF FIRST STAGE OF LABOR AT PURI ADISTY
PRIMARY CLINIC YOGYAKARTA**

Erni Mulandari¹, Sumarah², Sujiyatini³

¹²³Midwifery Department, Poltekkes Kemenkes Yogyakarta

Jl. Mangkuyudan MJ III/304, Mantrijeron, Yogyakarta City

E-mail: azzafira88@gmail.com

ABSTRACT

Background: Labour is a physiological process in which the majority of women experience intense pain due to uterine contractions. Some mothers choose cesarean section to avoid severe labor pain. Non-pharmacological approaches such as hypnotherapy and aromatherapy offer alternative methods to reduce labor pain. The combination of Relax Birth hypnotherapy and lavender aromatherapy has shown a synergistic effect in reducing labor pain. This combined therapy influences the brain's limbic system and stimulates the release of endorphins and enkephalins, which act as natural pain relievers.

Objective: To determine the effect of the combination of Relax Birth hypnotherapy and aromatherapy on labor pain in mothers in the active phase of the first stage of labor at Puri Adisty Primary Clinic, Yogyakarta.

Methods: This study used a quasi-experimental design with a non-randomized pretest-posttest with control group design. The study subjects were women in the active phase of the first stage of labor at Klinik Puri Adisty Yogyakarta during April–May 2025, selected through consecutive sampling: 22 in the control group (breathing relaxation) and 22 in the intervention group (combination of Relax Birth hypnotherapy and aromatherapy). Data analysis was conducted using paired sample t-test and independent sample t-test.

Results: There was a significant difference in the mean labor pain before and after treatment in both the control and intervention groups (p -value = 0.000). There was a significant effect in reducing labor pain scale in the intervention group compared to the control group (p -value = 0.002). The difference in pain reduction from pretest to posttest in the intervention group was greater than that in the control group ($2.18 > 1.12$).

Conclusion: The combination of Relax Birth hypnotherapy and aromatherapy is more effective in reducing labor pain than breathing relaxation therapy.

Keywords: hypnotherapy, relax birth, aromatherapy, labor pain

**PENGARUH KOMBINASI HIPNOTERAPI *RELAX BIRTH* DAN
AROMATERAPI TERHADAP NYERI PERSALINAN PADA IBU
INPARTU KALA I FASE AKTIF DI KLINIK PRATAMA PURI ADISTY
YOGYAKARTA**

Erni Mulandari¹, Sumarah², Sujiyatini^{3 1,2,3} Jurusan Kebidanan Poltekkes
Kemenkes Yogyakarta
Jl. Mangkuyudan MJ III/304, Mantrijeron, Kota Yogyakarta E-mail:
azzafira88@gmail.com

ABSTRAK

Latar Belakang: Persalinan merupakan proses fisiologis dimana mayoritas wanita disertai nyeri hebat akibat kontraksi uterus. Sebagian ibu memilih seksio sesarea agar terhindar dari nyeri persalinan berat. Pendekatan non-farmakologis seperti hipnoterapi dan aromaterapi menjadi alternatif mengurangi nyeri persalinan. Kombinasi hipnoterapi *Relax Birth* dan aromaterapi lavender menunjukkan efek sinergis dalam menurunkan nyeri persalinan. Kombinasi terapi ini mempengaruhi sistem limbik di otak dan mampu menghasilkan hormon endorfin dan enkefalin yang mempunyai sifat penghilang rasa nyeri.

Tujuan : Diketuinya pengaruh kombinasi hipnoterapi *Relax Birth* dan aromaterapi terhadap nyeri persalinan pada ibu inpartu kala I fase aktif di Klinik Pratama Puri Adisti Yogyakarta.

Metode: Desain penelitian menggunakan penelitian *quasy experimental* dengan desain *non randomized pretes-posttest with control group design*. Subjek penelitian yaitu ibu inpartu kala I fase aktif di Klinik Puri Adisty Yogyakarta bulan April–Mei 2025 yang dipilih secara *consecutive sampling* sejumlah 22 kelompok kontrol (rileksasi napas) dan 22 kelompok intervensi (kombinasi hipnoterapi *Relax Birth* dan aromaterapi). Analisis dilakukan dengan uji beda *paired sample t-test* dan *independent sample t-test*.

Hasil: Terdapat perbedaan rerata yang signifikan antara nyeri persalinan sebelum dan sesudah perlakuan pada kelompok kontrol maupun kelompok intervensi ($p\text{-value} = 0,000$). Terdapat pengaruh yang signifikan pada penurunan skala nyeri persalinan pada kelompok intervensi dibandingkan kelompok kontrol ($p\text{-value} = 0,002$). Selisih penurunan nyeri pre-tes dan post-tes pada kelompok intervensi lebih besar dibanding kelompok kontrol ($2,18 > 1,12$).

Kesimpulan: Terdapat pengaruh kombinasi hipnoterapi *Relax Birth* dan aromaterapi yang lebih lebih efektif terhadap penurunan nyeri persalinan dibandingkan terapi rileksasi napas.

Kata kunci: hipnoterapi, *relax birth*, aromaterapi, nyeri persalinan