

## A CASE STUDY : COUNTER PRESSURE THERAPY AND FIVE-FINGER HYPNOSIS TO REDUCE THE INTENSITY OF PAIN AND ANXIETY IN STAGE I LABOR

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### ABSTRAK

Persalinan adalah suatu proses yang diawali dengan kontraksi uterus, yang menyebabkan pelebaran serviks secara progresif, lahirnya bayi, dan keluarnya plasenta. Selama proses persalinan, ibu mengalami rasa sakit dan kecemasan. Salah satu metode untuk mengatasi nyeri adalah counter pressure, yaitu teknik pemijatan yang menggunakan kepalan tangan untuk memberikan tekanan terus menerus pada tulang belakang selama kontraksi. Selain itu, meningkatnya kecemasan selama persalinan dapat memperburuk intensitas nyeri. Untuk mengelola kecemasan, salah satu pendekatan yang dapat digunakan adalah terapi hipnosis lima jari. Hipnosis lima jari adalah salah satu bentuk self-hypnosis yang dapat menimbulkan relaksasi mendalam, membantu mengurangi ketegangan dan stres. Tujuan penelitian ini adalah untuk mengevaluasi penurunan nyeri dan kecemasan pada lima ibu bersalin kala I persalinan setelah mendapat terapi counter pressure dan hipnotis lima jari. Metode yang digunakan antara lain SOP counter pressure, hipnosis lima jari, lembar observasi, skala nyeri Wong-Baker, dan skala kecemasan STAI. Hasil penelitian menunjukkan adanya penurunan tingkat nyeri dan kecemasan setelah dilakukan intervensi terapeutik, sehingga disimpulkan bahwa terapi counter pressure dan hipnosis lima jari efektif dalam mengurangi nyeri dan kecemasan pada kala I persalinan.

**Kata kunci** : kecemasan, nyeri, persalinan

### ABSTRACT

*Labor is a process that begins with uterine contractions, leading to the progressive dilation of the cervix, the birth of the baby, and the expulsion of the placenta. During labor, mothers experience pain and anxiety. One method to manage pain is counter pressure, a massage technique that uses a fist to apply continuous pressure on the spine during contractions. Additionally, increased anxiety during labor can exacerbate pain intensity. To manage anxiety, one approach that can be used is the five-finger hypnosis therapy. Five-finger hypnosis is a form of self-hypnosis that can induce deep relaxation, helping to reduce tension and stress. The purpose of this study is to evaluate the reduction of pain and anxiety in five laboring women in the first stage of labor after receiving counter pressure and five-finger hypnosis therapy. The methods used include the SOP for counter pressure, five-finger hypnosis, observation sheets, the Wong-Baker pain scale, and the STAI anxiety scale. The study results show a decrease in pain and anxiety levels after the therapeutic interventions, leading to the conclusion that counter pressure and five-finger hypnosis therapy are effective in reducing pain and anxiety during the first stage of labor.*

**Keywords** : labor, pain, anxiety

### INTRODUCTION

The labor process begins with uterine contractions, followed by cervical dilation, birth of the baby, and the exit of the placenta, which is a natural process (Satriani & Mahmud, 2020). If the baby is born with a head presentation without the need for additional aids or interventions, and without risk to the mother or child, then delivery is considered normal or natural. Usually, labor begins within a day or two. Each individual feels labor pain differently, with various factors such as fear, worry, and fatigue that can affect the intensity of pain felt (Randayani Lubis & Anggraeni, 2020).

According to the World Health Organization (WHO), 90% of pregnant and childbirth women experience pain and anxiety during childbirth. Various efforts are made so that mothers who give birth do not always feel pain and can feel comfortable. Labor pain can affect the mother's condition, causing fatigue, fear, worry, and stress. The results of the study (Legiati & Widiawati, 2017) showed that 91.9% of women experienced pain during the first stage of childbirth, with primipara feeling more intense pain, which was 63% higher compared to multipara which was only 37%. Most primigravida mothers experienced severe pain during childbirth, as many as 10 people (66.7%). A total of 4 people (26.7%) experienced moderate pain, and 1 person (6.7%) experienced very severe pain. In multigravida mothers, most experienced mild pain, namely 9 people (60%), while 6 people (40%) experienced moderate pain. In addition, research in Indonesia shows that high levels of anxiety in pregnant women can increase the risk of premature birth or even miscarriage, which can have an impact on increasing the mortality rate and pain of pregnant women. The majority of primigravida pregnant women experienced anxiety with varying degrees: 17% were not anxious, 21.05% were mildly anxious, 32.8% were moderately anxious, and 29.15% were severely anxious. In multigravida pregnant women, 53.58% were not anxious, 18.85% were mildly anxious, 10.77% were moderately anxious, 10.38% were severely anxious, and 6.15% were very severely anxious.

Hyperventilation caused by labor pain can lower blood pressure, increase oxygen consumption, and interfere with bladder and bowel function. If labor pain is not managed properly, it can lead to uterine inertia, prolonged labor, inadequate oxygenation of the baby, which can result in fetal emergency or even maternal and/or fetal death (Solehati, 2018). This condition can trigger an increase in catecholamines which can interfere with uterine contractions. Non-pharmacological techniques can be used to address the discomfort of contractions before birth. Some complementary treatment techniques may be used for non-pharmacological interventions. One method that has been tried to reduce labor pain is counter pressure, where constant pressure is applied to the patient's sacrum during contractions.

Based on observations at the study site, there has been no effective midwifery care in reducing pain and anxiety during childbirth. Therefore, researchers provide complementary treatments to reduce the intensity of pain and anxiety in mothers who give birth. One of the methods used to reduce pain during childbirth is counter pressure therapy. Counter pressure massage is performed by applying continuous pressure to the patient's sacrum during contractions using the base or fist. This technique helps to overcome muscle cramps felt by patients, reduces pain, anxiety, as well as accelerates the relaxation of the thigh muscles and the expansion of the pelvic bones, so it is effective in reducing low back pain and is considered relatively safe because it has almost no side effects. Anxiety can be managed with a variety of complementary therapies, one of which is five-finger hypnosis therapy. This therapy is a form of self-hypnosis that produces deep relaxation, reduces tension and stress, and affects the limbic system, which then has an impact on the release of hormones that can trigger stress. The application of deep breathing relaxation techniques and five-finger hypnosis can reduce muscle tension, improve concentration, reduce stress, and reduce fear or anxiety. In addition, anxiety can also be managed through relaxation techniques, distractions, spiritual activities, and hypnotherapy. Research by Yolanda (2022) shows that five-finger hypnosis therapy is effective in reducing anxiety during childbirth.

The purpose of this study is to carry out midwifery care management through a case study of the implementation of five-finger counter pressure and hypnosis combination therapy in five respondents with characteristics including age, parity, upper arm circumference, and body mass index (BMI), as well as to determine the level of reduction in pain and anxiety before and after the application of five-finger counter pressure and hypnosis therapy.

## METHOD

The case study was carried out at the Susukan 1 Banjarnegara Health Center which was carried out on December 4-30, 2023. In this case study, the respondents consisted of 5 mothers who had consented and signed informed consent to receive counter pressure therapy and five-finger hypnosis. The tools and materials used during the care include: pens, informed consent sheets, five-finger counter pressure and hypnosis SOPs, observation sheets, pain measurement scales (Wong Baker), and anxiety measurement scales (STAI). For observation purposes, weight scales, height gauges, hemoglobin checkers, and watches are used. In addition, documentation is carried out using cellphones and stationery such as pens, paper, and notebooks.

## RESULT AND DISCUSSION

### Application of Counter Pressure to Reduce Labor Pain

**Table 1. Overview of Pre and Post Pain Scale Levels of Counter Pressure in Maternity**

No	Respondents	Pain level		Decline
		Pre	Post	
1	Mrs. K	4	2	2
2	Mrs. A	4	2	2
3	Mrs. B	5	3	2
4	Mrs. B	6	2	4
5	Mrs. H	6	2	2
Minimum		4	2	2
Maximum		6	3	4
Average		5	2,2	2,4

Neurologically, according to the gate control theory, the application of counter pressure can reduce pain that occurs during labor I because the massage performed is able to inhibit the transmission of pain stimuli to the spinal cord and brain receptors. In addition, massage is also known to stimulate the release of endorphins in the spinal cord and brain synapses. Through these two mechanisms, the application of counter pressure techniques can reduce pain sensations. The massage will inhibit nerve conduction by interfering with the passage of impulses to the medulla and thalamus. The effectiveness of counter pressure has been proven through empirical research, which shows that this technique can reduce pain. Therefore, counter pressure can be applied to help reduce pain in the mother during the delivery process, especially in phase I. In this study, 5 respondents received counter pressure therapy for 20-30 minutes.

Counter pressure is a strong pressure massage that is done by placing the heels of the hand or the flat part of the hand, or it can also use a tennis ball. Pressure can be applied in a straight or small circular motion. This technique is effective for overcoming back pain caused by childbirth. Pain caused by cervical and uterine ischemia is visceral pain that originates in the lower abdomen and radiates to the back to the thighs. Mothers usually feel this pain between contractions (Paseno et al., 2019). Counter pressure is done by applying pressure to the source of pain in the lower back, which can reduce muscle tension, reduce low back pain, improve blood circulation, and provide a relaxing effect.

The counter pressure technique helps relieve muscle cramps, reduces pain and anxiety, accelerates the relaxation of the thigh muscles, and supports the widening of the pelvic bones due to the relaxation of the muscles around the pelvis. This technique is effective in reducing low back pain and is relatively safe because it causes almost no side effects (Yuliatun, 2019).

By doing counter pressure massage, the neural message gates that will be sent to the spinal cord and brain can be closed. In addition, the strong pressure on this technique activates endorphins in the synapses of spinal nerve cells, which then inhibit the transmission of pain messages and reduce pain sensations.

Based on table 1, the level of labor pain in 5 respondents before being given counter pressure was at a score of 4-6. After being given counter pressure therapy, the pain level in 5 respondents decreased to a score of 2-3. These results are in line with research conducted by Masitoh (2020), which shows that counter pressure is proven to be effective in reducing the intensity of labor pain.

### Application of Five-Finger Hypnosis to Reduce Labor Pain

**Table 2. Overview of The Level of Pre- and Post-Anxiety Scales of The Application Of Five-Finger Hypnosis in Maternity**

No	Respondents	Anxiety Level		Decline
		Pre	Post	
1	Mrs. K	4	2	2
2	Mrs. A	4	3	1
3	Mrs. B	5	3	2
4	Mrs. B	5	2	3
5	Mrs. H	4	2	2
Minimum		4	2	1
Maximum		5	3	3
Average		4,4	2,2	2

Anxiety management can be done with various methods, one of which is five-finger hypnosis therapy. Five-finger hypnosis is a form of self-hypnosis that has a deep relaxation effect, which can reduce a person's tension, stress, and anxiety. This therapy is an alternative to dealing with anxiety, based on the theory that physiological signs and symptoms are related to the interaction between thoughts, behaviors, and emotions. Five-finger hypnosis is a self-hypnosis technique that provides a high relaxation effect, helping to reduce tension, stress, and negative thoughts. As a nursing intervention, this therapy helps clients perform self-hypnosis by imagining pleasant events in their lives. The goal is to reduce anxiety, tension, and stress. This technique involves touching the fingers of the hand while thinking about things that are pleasant or liked (Halim & Khayati, 2020) and using the power of the mind to achieve relaxation (Dekawaty, 2021).

Five-finger hypnosis therapy helps clients change their perception of anxiety, stress, tension, and fear through suggestions on the threshold of subconscious or in a relaxed state by moving the fingers as instructed (Dekawaty, 2021). This technique is a form of relaxation using five fingers to divert the mind to pleasant things, thus helping to reduce anxiety, tension, and fear. In this study, 5 respondents were given five-finger hypnosis therapy for 10-15 minutes. Based on table 2, the level of anxiety before therapy in 5 respondents was at a score of 4-5.

Five-finger hypnosis therapy also stimulates the sympathetic nervous system to lower catecholamine levels, which usually lead to narrowing of blood vessels and an increase in blood pressure. When the activity of the sympathetic nervous system decreases due to the relaxation effect, the production of catecholamines also decreases, causing dilation of blood vessels, as well as a decrease in blood pressure, heart rate, and respiratory rate. This relaxation technique works by stimulating the autonomic nervous system, making the body relaxed and calm, and stimulating the release of endorphins, which help reduce anxiety (Stuart, 2013 in Badar et al., 2021). The results of the study in table 2 showed that after being given five-finger hypnosis therapy, the anxiety before childbirth in 5 respondents decreased to a score of 2-3.

## CONCLUSION

There was a significant decrease in the pain scale after the application of counter pressure therapy, with the average pain scale decreasing from 5 to 2.2, indicating an average decrease of 2.1. In addition, there was also a decrease in anxiety levels after five-finger hypnosis therapy, with the initial anxiety level on a scale of 4.4 decreasing to 2.2, with an average decrease in anxiety of 2. This result is expected to be a reference for the application of five-finger counter pressure and hypnosis therapy in reducing the intensity of pain and anxiety during childbirth at the Susukan 1 Health Center.

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