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**PENGETAHUAN IBU HAMIL TENTANG *HYPNOSIS*  
DALAM KEHAMILAN DI WILAYAH KERJA  
PUSKESMAS BAKUNASE KOTA KUPANG**

**ABSTRAK**

**Latar Belakang** : Berdasarkan Profil Kesehatan Provinsi Nusa Tenggara Timur tahun 2018, Kasus Kematian Ibu di NTT dari Tahun 2014 – 2018 mengalami fluktuasi dari tahun ketahun. AKI mencerminkan resiko yang dihadapi ibu-ibu selama kehamilan sampai dengan paska persalinan. Pada kehamilan akan terjadi perubahan baik secara fisiologis maupun psikologis perubahan tersebut sebagian besar adalah karena pengaruh hormon yaitu peningkatan hormon progesteron dan esterogen, adanya peningkatan hormon tersebut akan muncul berbagai macam ketidaknyamanan. Ketidaknyamanan tersebut antara lain mual dan muntah, pusing, mudah lelah, nyeri punggung, oedema, sering buang air kecil. *Hypnosis* merupakan salah satu terapi pendekatan nonfarmakologis untuk mengurangi ketidaknyamanan selama kehamilan.

**Metode** : Penelitian deskriptif kuantitatif. Populasi penelitian ini yaitu seluruh ibu hamil di Puskesmas Bakunase bulan November 2020 sejumlah 77 ibu hamil. Teknik pengambilan sampling dengan *total sampling*.

**Hasil** : Hasil analisis univariat, didapatkan hasil responden berpengetahuan kurang tentang dasar-dasar *hypnosis* 50 responden (64,9%), berpengetahuan kurang tentang tingkatan *hypnosis* 54 responden (70,1%), berpengetahuan kurang tentang manfaat *hypnosis* 57 responden (74,0%), berpengetahuan kurang tentang teknik-teknik *hypnosis* 59 responden (76,6%), berpengetahuan kurang tentang tahap-tahap *hypnosis* 63 responden (81,8%).

**Simpulan** : Pengetahuan ibu hamil tentang *hypnosis* dalam kehamilan di Puskesmas Bakunase berpengetahuan kurang yaitu sejumlah 64 orang (64,9%), berpengetahuan cukup sejumlah 11 orang (14,3%) sedangkan yang berpengetahuan baik hanya berjumlah 2 orang (2,6%).

**Kata Kunci** : Pengetahuan, Ibu Hamil, *Hypnosis*.

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**PREGNANT WOMEN KNOWLEDGE ABOUT HYPNOSIS DURING  
PREGNANCY AT COMMUNITY HEALTH CENTRE  
OF BAKUNASE WORK IN KUPANG CITY**

**ABSTRACT**

**Background :** According to the Health Profile of East Nusa Tenggara in 2018, maternal death cases in NTT fluctuated during the period time of 2014 to 2018. Maternal mortality rates reflect the risk faced by expectant mothers during and following pregnancy and childbirth. There will be changes throughout pregnancy, both physiology and psychology. These changes most likely happen under the hormonal influence such as the increase of progesterone and estrogen hormone, due to hormonal enhancement various discomfort may occur. Those discomforts are nausea or vomiting, dizziness, exhaustion, back pain, edema, and frequent urination. Hypnosis is one kind of non pharmacology approach to decrease discomfort during pregnancy.

**Methods :** Descriptive Quantitative research was utilized in this research. The population of this research covered all pregnant women at the community health center of Bakunase in November 2020, the total is 77 pragnant women. *Total sampling* techniques were used in this research.

**Results :** The result of the univariate analysis shows 50 respondents (64,9%) have less understanding regarding the basic concept of *hypnosis*, 54 respondents (70,1%) have less information about the level of *hypnosis*, 57 respondents (74,0%) shows the slighter insight of benefit of *hypnosis*, 59 respondents (76,6%) shows lack information on *hypnosis* techniques, and 63 respondents (81,8%) shows less understanding of *hypnosis* stages.

**Conclusion :** Knowledge pregnant women of hypnosis during pregnancy at the community health center of Bakunase convey that 64 respondents (64,9%) have less awareness of hypnosis, 11 respondents (14,3%) show adequate information regarding hypnosis, although 2 respondents (2,6%) have proper knowledge of hypnosis.

**Keywords :** Knowledge, PregnantWomen, *Hypnosis* .