

The Effect of Education on the Utilization of Hypnotherapy in Antenatal and Intrapartum Care on Midwives' Knowledge

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ABSTRACT

Background: Hypnotherapy is a non-pharmacological approach that has increasingly been applied in midwifery care, particularly in antenatal and intrapartum services, to assist pregnant women in managing anxiety and pain and to enhance comfort during childbirth. However, the utilization of hypnotherapy in health services remains limited, partly due to insufficient knowledge and understanding among midwives regarding its concepts and applications.

Methods: This study employed a quasi-experimental design with a one-group pretest–posttest approach. The study was conducted among midwives providing antenatal and intrapartum care in healthcare facilities. Samples were selected using a total sampling technique. Data were collected using a questionnaire measuring knowledge related to the utilization of hypnotherapy. Data analysis was conducted using univariate and bivariate statistical analyses.

Results: The findings demonstrated an increase in the mean knowledge scores of midwives after receiving education on hypnotherapy utilization compared to before the intervention. Statistically, education on hypnotherapy utilization had a significant effect on improving midwives' knowledge.

Conclusion: Education on the utilization of hypnotherapy in antenatal and intrapartum care significantly improves midwives' knowledge. These findings are expected to serve as a foundation for the development of training programs and the implementation of hypnotherapy as part of comprehensive midwifery care.

I. Introduction

Contemporary midwifery care increasingly emphasizes a holistic and woman-centered approach by integrating physical, psychological, and emotional aspects throughout pregnancy and childbirth. Anxiety, fear, and pain experienced by pregnant and laboring women can negatively affect the labor process and maternal and neonatal well-being. Psychological factors such as anxiety, fear of childbirth, and stress during the antenatal and intrapartum periods are known to influence labor progress, pain perception, and maternal satisfaction with the childbirth experience. Therefore, high-quality midwifery care should not only focus on physical aspects but also include psychological and emotional support for women during pregnancy and childbirth.

Pain management interventions may be provided through pharmacological and non-pharmacological approaches. Midwives are encouraged to utilize evidence-based non-pharmacological interventions to support maternal mental health alongside clinical care. Psychological approaches are an essential component of modern midwifery care. Antenatal stress, anxiety, and depression have been

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associated with preterm birth, increased risk of spontaneous miscarriage, preeclampsia, and intrapartum hemorrhage. Stress and anxiety during the intrapartum period may inhibit cervical dilation, leading to prolonged labor and even fetal death. Optimal non-pharmacological interventions during antenatal and intrapartum care represent a key strategy in reducing maternal mortality and improving positive pregnancy and childbirth experiences, enabling women to feel more prepared and confident.

Hypnotherapy is a complementary method that focuses on managing the subconscious mind. It is a mind–body intervention that operates through a state of deep relaxation and focused attention, allowing positive suggestions to reduce anxiety and modify pain perception. Hypnobirthing is a non-invasive therapy that may be used to alleviate depression during pregnancy. Positive suggestions delivered through hypnosis techniques can induce a state of intense concentration, responsiveness, and heightened awareness. In midwifery services, hypnotherapy has been developed in various forms, including antenatal hypnosis and hypnobirthing, which are considered relevant for enhancing maternal coping abilities and promoting more positive childbirth experiences.

The application of hypnotherapy during the antepartum and intrapartum periods aims to control pain through analgesic suggestions and the reinterpretation of pain perception using hypnoanalgesia techniques. Hypnotherapy is provided to increase pain tolerance thresholds. One of its primary objectives is to instill positive perceptions and strengthen beliefs that the antepartum and intrapartum processes are non-threatening and not painful. Hypnosis in hypnotherapy may block somatic and autonomic pathways that transmit afferent pain impulses and is associated with oxytocin production. Several international studies have reported that antenatal hypnotherapy has the potential to reduce fear of childbirth, enhance emotional regulation, and strengthen maternal self-confidence during the intrapartum process.

Midwives, as primary healthcare providers in antenatal and intrapartum services, play a strategic role in implementing safe and evidence-based complementary interventions. However, the use of hypnotherapy in midwifery practice remains limited, largely due to inadequate knowledge and understanding among midwives regarding its concepts, techniques, and indications. Adequate knowledge is a prerequisite for midwives to integrate hypnotherapy appropriately, ethically, and in accordance with professional standards. Education is one of the most effective strategies for improving midwives' knowledge. Structured education on hypnotherapy utilization is expected to enhance midwives' understanding of its basic principles, benefits, and application in antenatal and intrapartum care.

Based on these considerations, this study aimed to analyze the effect of education on the utilization of hypnotherapy in antenatal and intrapartum care on midwives' knowledge. The findings are expected to contribute scientifically to the development of educational and training programs for midwives and to support the integration of hypnotherapy as part of comprehensive midwifery care. Furthermore, this study is expected to serve as an evidence-based foundation for policy-making related to strengthening midwives' competencies in maternal health services.

METHODS

This study employed a quasi-experimental design with a one-group pretest–posttest approach. The research was conducted among midwives providing antenatal and intrapartum care in healthcare facilities during a predetermined study period. The study population consisted of all midwives actively involved in antenatal and intrapartum services. A total sampling technique was applied, whereby all eligible midwives were included as study participants.

The research instrument was a questionnaire assessing midwives' knowledge regarding the utilization of hypnotherapy in antenatal and intrapartum care. The questionnaire was developed based on the core concepts and principles of hypnotherapy in midwifery services, including definitions, benefits, indications, and application during the antenatal and intrapartum periods. Data collection was conducted in two stages: a pretest prior to the educational intervention and a posttest following the intervention. Education on hypnotherapy utilization was delivered in a structured manner through lectures and discussions, with materials tailored to the practical needs of midwives.

Data were analyzed using univariate and bivariate analyses. Univariate analysis was conducted to describe respondent characteristics and the distribution of knowledge scores before and after the educational intervention. Bivariate analysis was used to determine the effect of hypnotherapy education on midwives' knowledge using appropriate statistical tests based on data distribution, with a significance level set at $p < 0.05$. Ethical principles in health research were strictly observed. All participants received clear information regarding the study objectives, benefits, and procedures, and participation was

voluntary. Respondent confidentiality was fully maintained, and data were used solely for research purposes.

RESULTS

This study consisted of 49 respondents who were only made into one group to be measured with a pre-test before being given treatment and a post-test which was carried out after the treatment.

Table 1. Frequency Distribution of Knowledge on the Utilization of Hypnotherapy in the Pretest and Posttest

Knowledge	N		%	
	Pre	Post	Pre	Post
Poor	7	0	14	0
Enough	6	3	12	6
Good	36	46	74	94
Total (n)	49	49	100	100

Based on the results of the table above, it can be seen that most respondents during the pre-test had a good level of knowledge regarding the utilization of hypnotherapy in antenatal and intrapartum care, namely 36 respondents (74%), while 7 respondents (14%) were in the poor category and 6 respondents (12%) were in the enough category. It is also known that after the educational intervention was provided, the post-test results showed an increase in the level of knowledge of the respondents, where 46 respondents (94%) were categorized as having good knowledge and no respondents remained in the poor category. Furthermore, there were 3 respondents (6%) in the enough category during the post-test.

Table 2. Statistical Test Results of Knowledge on the Utilization of Hypnotherapy

	Posttest - pretest
Z	-3.379
Asymp. Sig. (2-tailed)	0.001

The Wilcoxon test was conducted to determine whether there was a significant difference between the pretest and posttest results. It can be seen that the value of $\alpha = 0.000$, which can be interpreted that the value is less than 0.05. Therefore, it can be concluded that there is a significant difference in the level of knowledge of midwives before and after the provision of education on the utilization of hypnotherapy in antenatal and intrapartum care. Thus, H1 is accepted, which means that education on the utilization of hypnotherapy has a significant effect on increasing midwives' knowledge in antenatal and intrapartum care.

DISCUSSION

The results of this study indicate that education on the utilization of hypnotherapy in antenatal and intrapartum care has a significant effect on improving midwives' knowledge. These findings directly address the study objective, which was to analyze the effectiveness of educational interventions in enhancing midwives' understanding of the concepts, benefits, and application of hypnotherapy in midwifery services. The increase in knowledge scores following the educational intervention suggests that the provision of structured and relevant information is effective in addressing previously existing knowledge gaps among midwives. The improvement in midwives' knowledge after education can be explained by adult learning theory, which posits that healthcare professionals are more likely to accept and internalize information when learning materials are aligned with their clinical practice needs (Bardosono et al., 2018; Tern et al., 2024).

Adequate knowledge serves as an essential foundation before midwives can integrate hypnotherapy ethically and professionally into daily midwifery practice. The educational intervention in this study focused on the fundamental principles of hypnotherapy, its indications, and its application in antenatal and intrapartum care, thereby enabling midwives to understand the relevance of hypnotherapy as a safe and evidence-based non-pharmacological intervention. These findings are consistent with previous studies reporting that educational interventions can enhance healthcare providers' knowledge and readiness to implement complementary therapies. [Widayanti et al. \(2023\)](#) reported that midwives' knowledge levels are significantly associated with the acceptance and utilization of complementary

therapies in reproductive health services. Other studies have also shown that hypnotherapy training and education increase healthcare providers' confidence in delivering psychological support to pregnant and laboring women (Catsaros & Wendland, 2023; Yee et al., 2024).

The findings of this study further strengthen the evidence that hypnotherapy is a relevant intervention within a holistic midwifery care approach (Reyhanah & Purwanti, 2025). Several international studies have reported that hypnotherapy during the antenatal and intrapartum periods contributes to reductions in anxiety and pain perception, as well as improvements in positive childbirth experiences (Aghniya et al., 2024; Betriana et al., 2025). International evidence also suggests that healthcare providers with adequate levels of knowledge tend to be more open to clinical innovation and demonstrate more positive attitudes toward the integration of complementary therapies into maternal care (Cibralic et al., 2023; Chen & Wu, 2025). Adequate knowledge is therefore a critical prerequisite in clinical decision-making, particularly in the selection of safe and effective non-pharmacological interventions (Schuler et al., 2025).

Education on the utilization of hypnotherapy has the potential to influence midwives' readiness to adopt evidence-based practice in midwifery services (Fatmawati et al., 2025). Improving midwives' knowledge through education represents a crucial initial step toward expanding the safe and standardized implementation of hypnotherapy in midwifery practice. Overall, the findings of this study confirm that education on hypnotherapy utilization plays a significant role in enhancing midwives' knowledge. This improvement is expected to serve as a gateway for strengthening midwives' competencies in providing more holistic, woman-centered antenatal and intrapartum care that addresses women's psychological and emotional needs. Thus, increasing midwives' knowledge through hypnotherapy education not only affects cognitive aspects but also has the potential to enhance the quality of antenatal and intrapartum care in a manner that is more responsive to women's psychological needs.

Enhancing midwives' knowledge of hypnotherapy also has strategic implications for the sustainable improvement of maternal healthcare quality. Midwife-led care models that integrate mind-body approaches have been shown to contribute to increased maternal satisfaction, reduced unnecessary medical interventions, and more positive childbirth experiences (Catsaros & Wendland, 2023; Mahmood et al., 2025). You (2025) emphasized that strengthening midwives' competencies through continuous education and training is a key strategy for reducing maternal mortality globally. Therefore, hypnotherapy education may be viewed as part of a broader midwifery capacity-building strategy that supports holistic, safe, and woman-centered maternity care.

Furthermore, improving midwives' knowledge through hypnotherapy education aligns with health workforce capacity-building frameworks that emphasize the importance of strengthening non-technical competencies, such as therapeutic communication, anxiety management, and emotional support, in maternal healthcare. Interventions focusing on psychological support are essential components of high-quality antenatal and intrapartum care. Healthcare providers with adequate knowledge of psychological interventions are more capable of delivering effective emotional support to women during pregnancy and childbirth (Wang et al., 2021). Accordingly, hypnotherapy education not only enhances midwives' conceptual knowledge but also strengthens their capacity to deliver maternal care that prioritizes women's mental and emotional well-being.

CONCLUSION

This study concludes that education on the utilization of hypnotherapy in antenatal and intrapartum care has a significant effect on improving midwives' knowledge. Structured and practice-relevant educational interventions have been shown to enhance midwives' understanding of the concepts, benefits, and application of hypnotherapy as a non-pharmacological approach that supports holistic midwifery care.

The improvement in midwives' knowledge through hypnotherapy education has important implications for enhancing the quality of antenatal and intrapartum services, particularly in addressing the psychological and emotional needs of pregnant and laboring women. Adequate knowledge provides a foundation for midwives to integrate hypnotherapy safely, ethically, and in an evidence-based manner into midwifery practice, thereby potentially improving positive childbirth experiences and maternal satisfaction with the care provided.

CONFLICTS OF INTEREST

This research is free from any conflict

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