

## **THE INFLUENCE OF HYPNOBIRTHING AND BERGAMOT ESSENTIAL OIL REDUCING MATERNAL ANXIETY IN FIRST STAGE OF LABOR**

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### **ABSTRACT**

**Background:** Childbirth is natural process, there is a psychological change in first stage of labor; this condition increase the work of sympathetic nervous system which activates the adrenal glands then stimulates the hormones catecholamine and adrenaline which cause discomfort thereby inhibiting the process delivery of labor. Hypnobirthing and Bergamot Essential Oil (BEO) stimulate hormones endorphins and serotonin which function to reduce tension, anxiety and stress. **Objective:** Determine the effect of Hypnobirthing and BEO on reducing maternal anxiety during the first stage of labor. **Method:** Pre-Experiment pretest posttest one group design, consecutive sampling, sample of 27 mothers, AASPWL questionnaire instrument and Wilcoxon Test. Hypnobirthing with audio recording and diffuse BEO simultaneously for 30 minutes. **Results:** Before being given Hypnobirthing and BEO, all respondents were anxious, after being given Hypnobirthing and BEO, most of them were not anxious. The Wilcoxon test results show the Asymp value. Sig. (2-tailed) has a value of  $0.000 < 0.05$ , which means that there is an influence of Hypnobirthing and BEO on reducing the anxiety of mothers in the first stage of labor. **Conclusion:** Hypnobirthing and Bergamot Essential Oil reduce the anxiety of mothers in the first stage of labor

**Keywords:** Bergamot Essential Oil, Hypnobirthing, anxiety, labor