

**HYPNOBIRTHING TECHNIQUES TO REDUCE  
ANXIETY IN PREGNANT WOMEN  
WITH VIDEO METHOD**

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**ABSTRACT**

**Background** : Anxiety, fear and panic have a negative impact on mothers from pregnancy to delivery. Anxiety and fear create stress. Continuous stress during pregnancy will affect the physiological and psychological development of the fetus. To overcome anxiety and avoid its impact, there is one technique that can reduce anxiety, namely the *Hypnobirthing* technique. **Purpose** : As an effort to promote *hypnobirthing* techniques through video media to the public, especially for pregnant women as a step to reduce anxiety. **Method** : Providing information and education by providing examples of the application of *hypnobirthing* techniques through videos which will later be published. **Conclusion** : The output in the form of this video will explain about hypnobirthing techniques and their application, the benefits that can be obtained, tools that pregnant women can use to apply **hypnobirthing** even at home, and relaxation music as a complement.

**Keywords** : *Anxiety, Hypnobirthing Technique, Pregnant Women*