



# Effectiveness Combination of Hypnotherapy and Aromatherapy in Reducing Emesis Gravidarum

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## ABSTRACT

more than 50% of 1st trimester pregnancies are accompanied by emesis. Nausea and vomiting in pregnant women is a physiological condition but can have a bad impact if it occurs continuously. The body will become weak, pale and lack fluids so that the blood becomes thick (hemoconcentration). This inhibits the supply of oxygen and nutrients from the mother to the fetus. Emesis can be treated with medication or vitamin B complex or vitamin B6. Non-pharmacological treatments include aromatherapy and hypnotherapy. The aim of this research is to determine the effectiveness of a combination of hypnotherapy and aromatherapy in reducing emesis gravidarum. Quasi experimental research method, one group pre and posttest design. The sample consisted of 30 pregnant women with emesis. Purposive sampling technique. data analysis using the dependent t test. Measuring the nausea scale with the Rhodes index obtained the average nausea and vomiting score before administering the combination aromatherapy and hypnotherapy based on the Rhodes Index in mothers, namely 21.1 and there was a decrease in the score after giving a combination of hypnotherapy and aromatherapy to 18.8. There is a gift effect combination of hypnotherapy and aromatherapy in reducing emesis gravidarum (p-value = 0.001). Based on the research results, it can be concluded administering a combination of hypnotherapy and aromatherapy is effective in reducing emesis gravidarum in first trimester pregnant women.

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## INTRODUCTION

Hormonal changes that occur during pregnancy cause nausea and vomiting that pregnant women often experience in the morning in the first trimester of pregnancy. Studies estimate that nausea and vomiting occur in 50-90% of pregnancies. Pregnancy nausea and vomiting usually starts at 9-10 weeks of gestation with peak complaints at 11-13 weeks. In 1-10% of pregnancies, symptoms may persist after 20-22 weeks (Balikova M, 2014).

Nausea and vomiting in pregnancy is a normal thing as a form of adaptation to the condition of the body that is carrying a fetus. Around 27-30% of pregnant women experience nausea alone, while 28-52% experience vomiting (London, 2017). Normally nausea and vomiting will decrease when

entering the second trimester (Suyuti S, 2021). Even though nausea and vomiting are physiological in pregnancy, it can harm the mother and fetus if it continues continuously (Dwida, 2022).

Emesis can cause a pregnant woman's body to become weak, pale and lack fluids so that the blood becomes thick (hemoconcentration) (Fossum S, 2017). Blood clots can inhibit the supply of oxygen and nutrients from the mother to the fetus. It is feared that the fetus will lack oxygen and nutrition (Rofi'ah, 2019). In addition, nausea and vomiting that occurs continuously can trigger hyperemesis gravidarum. Hyperemesis gravidarum is a condition of excessive nausea and vomiting which has a negative impact on the health of the mother and fetus (Prawirahardjo S, 2014)

Nausea experienced during pregnancy can be overcome using complementary therapies including hypnotherapy and aromatherapy (Rofiah, 2019). Hypnotherapy is a type of non-therapy pharmacology used for Overcoming anxiety in pregnant women. Nausea, vomiting can cause anxiety and worry in pregnant women about the condition of their body and fetus. This condition will stimulate nausea and vomiting (Hammond, 2010).

Aromatherapy is a treatment or treatment technique using fragrances derived from natural oils from plants, flowers or trees that smell fragrant and delicious. Aromatherapy is used as massage oil (massage), inhalation and beauty products and perfumes. Aromatherapy is useful for holistic healing, soothing healing touch with therapeutic properties and providing emotional comfort in restoring balance to the body (Handayani, 2022).

According to the results of Tri Restu's research (2022) entitled "Complementary Therapies in Reducing Emesis Gravidarum", it shows that lemon and ginger aromatherapy has an effect on reducing the scale of nausea and vomiting. The results of the non-parametric Mann Whitney test obtained a p value of 0.004 ( $p < 0.05$ ). There were changes in the scale of nausea and vomiting in the group given aromatherapy.

A literature study conducted by Zahara (2022) regarding hypnotherapy showed that the average results of the articles reviewed showed a difference in anxiety levels compared to before and after hypnosis was carried out on pregnant women (Zahara, 2022).

## RESEARCH METHOD

This research is divided into three stages, namely proposal, research implementation and results report. At the proposal stage, researchers conducted a preliminary study in the working area of the Nagaswidak Community Health Center regarding emesis gravidarum. Next, determine the research subjects, namely first trimester pregnant women who experience emesis. At the research implementation stage, samples were selected according to the inclusion criteria, namely first trimester pregnant women who experienced mild and moderate levels of nausea and vomiting and were not allergic to aromatherapy. The research design used is quantitative research using quasi-experimental research methods with a pretest-posttest one group design approach. Respondents asked questions related to the nausea and vomiting scale with the Rhodes index. Then intervention was given, namely a combination of hypnotherapy and aromatherapy every morning for one week with a duration of 30 minutes. After one week there will be another question and answer session to obtain information about the nausea and vomiting scale. The sampling technique used was purposive sampling. The data analysis used is the normality test which aims to determine the distribution of respondents and the dependent t test (paired sample t test) in one group before and after the intervention.

## RESULTS AND DISCUSSIONS

**Table 1.** Level of nausea and vomiting before and after being given a combination of hypnotherapy and aromatherapy

Intervention	Mean	SD	Min	Max	p value
Before	21,11	0.410	12,00	24,00	0.001
After	18,80	0.345	10,00	20,00	

Table 1 explains that there is an effect of a combination of hypnotherapy and aromatherapy on the nausea and vomiting scale according to the Rhodes index which can be seen in the average score before the intervention, namely 18.80 and after the intervention 21.11.  $p$  value  $0.001 < 0.05$  indicates the combination of hypnotherapy and aromatherapy is effective in reducing emesis gravidarum

### Discussion

The research results can be seen in table 1. The average score for nausea and vomiting before the intervention was 21.11 and after the intervention was 18.80. This shows that there was a reduction in the scale of nausea and vomiting after being given a combination of hypnotherapy and aromatherapy. the results of the paired sample  $t$  test  $p$  value  $0.001 < 0.05$  indicate that the combination of hypnotherapy and aromatherapy is effective in reducing emesis gravidarum.

The results of this research are in line with a literature study conducted by Zahara (2022) regarding hypnotherapy which showed that the average results of the articles reviewed showed a difference in anxiety levels compared to before and after hypnotherapy was carried out on pregnant women.

According to the results of Tri Restu's research (2022) entitled "Complementary Therapies in Reducing Emesis Gravidarum", it shows that lemon and ginger aromatherapy has an effect on reducing the scale of nausea and vomiting. The results of the non-parametric Mann Whitney test obtained a  $p$  value of 0.004 ( $p < 0.05$ ). There were changes in the scale of nausea and vomiting in the group given aromatherapy.

Vitrianingsih's research (2019) used the same method as this research, measuring the nausea and vomiting scale using Rhodes Index. Data analysis used the Paired  $t$ -test. Results the study obtained an average nausea and vomiting score before administration lemon aromatherapy based on the Rhodes Index in Pregnant Women with emesis gravidarum was 22.1 and there was a decrease in the score after giving lemon aromatherapy to 19.8. There is a gift effect lemon aromatherapy with reducing nausea and vomiting in pregnant women ( $p$ -value = 0.017). Based on the research results, it can be concluded giving lemon aromatherapy is effective in reducing emesis gravidarum in first trimester pregnant women (Vitrianingsih, 2019).

Hypnotherapy which is carried out by inserting positive affirmation sentences into the subconscious creates a feeling of calm so that it can overcome the anxiety faced by pregnant women with emesis. Continuous emesis causes the mother's body to lack fluids. This condition can increase anxiety about the nutritional needs of the fetus. Management with hypnotherapy reduces anxiety so that the mother can be calmer and can control her nausea well.

The lemon aromatherapy used in this research is produced from orange peel extract (Citrus Lemon) which is often used in aromatherapy. Lemon aromatherapy is a type safe aromatherapy for pregnancy and giving birth (Medforth, 2013). Lemon aromatherapy contains: can kill meningococcal bacteria (meningococcus), typhoid bacteria, has an effect anti-fungal and effective in neutralizing odors which is unpleasant, as well as productive anti-anxiety, anti-depression, anti-stress effects, and to elevate and focus the mind (Saridewi, 2018). Lemon essential oil is the most abundant herbal oil used and considered as a medicine safe in pregnancy.

### CONCLUSION

The conclusion of this study is that a combination of hypnotherapy and aromatherapy given simultaneously to pregnant women with emesis is effective in reducing the scale of nausea and vomiting

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