

Five Finger Hypnosis to Reduce Anxiety Levels during the Covid-19 Pandemic

Aisyah Safitri¹, Elvie Tresya²

Nursing Study Program, Indonesia Maju University^{1,2}

Jln. Harapan nomor 50, Lenteng Agung-Jakarta Selatan 12610

Email: aisyirfan12@gmail.com¹

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Abstract

Introduction: Anxiety is a person's defensive reaction to protect oneself from more severe emotional mental disorders. Anxiety in the Covid-19 pandemic situation is a humane thing, because Covid-19 is a new type of virus, whose spread is massive and life threatening. If not taken seriously, then anxiety can cause mental and psychiatric disorders for a person such as stress and depression

Objectives: This research aims to analyze the effect of five finger hypnosis on anxiety levels during the Covid-19 pandemic.

Method: This method uses a quasi-experimental plan with one group pre-test and post-test paired simple t-test. The population in this study were 35 respondents. The sample technique used is total sampling with a total sample of 35 respondents. The instrument in this study used DASS 42 using the Google Form media. The collected data was tested using the paired simple t-test.

Results: The results of the Paired Samples Test showed that the Sig Paired Samples t-test p-value obtained $0.000 < 0.005$.

Conclusion: Five Finger Hypnosis Therapy can affect the level of public anxiety during the Covid-19 pandemic.

Keywords: anxiety, covid-19, five finger hypnosis

Introduction

The Covid-19 pandemic is the umpteenth health crisis that has hit the world, including Indonesia. The coronavirus (Covid-19) has become a global pandemic that affects millions of people in the world, almost most of the world's people are uncertain and receive a lot of information about Covid-19 through various media. AsDthering Covid-19 pandemic, many things are not yet understood, including the medical aspect, the structure of the virus, the mechanism of its spread, how to prevent it, its spread, efforts to develop vaccines to ward off the virus and so on. The spread of Covid-19 is very fast, exceeding the ability of scientists to create effective vaccines and drugs. It is indeed very worrying. It is not surprising that many people experience anxiety.¹

WHO's latest data update March 31, 2022 in 229 countries a total of 485,243,022

confirmed those who died 6,137,553. Meanwhile, in Indonesia, until March 31, 2022, there were 6,012,818 positive data, 5,750,802 recovered and 155,089 people died. This condition unknowingly causes anxiety and if this anxiety occurs continuously it can lead to stress and depression. Since March 16, 2020, the government has been urging citizens to stay at home to prevent transmission of Covid-19.² For some people, being silent during self-isolation at home is a boring thing and causes anxiety and stress.³ The results of a survey conducted by the American Psychiatric Association (APA) of more than 1,000 adults in America, found that 48 percent of respondents felt worried about contracting the coronavirus.⁴ Meanwhile, research results (Adi, 2020) found that the COVID-19 pandemic caused 18 percent of Cilacap residents to experience anxiety disorders.⁵

Anxiety is a vague feeling of discomfort or apprehension accompanied by an autonomic response (the source is often nonspecific or unknown to the individual), a feeling of fear caused by anticipation of danger.⁶ Anxiety in a Covid-19 pandemic situation is a humane thing because Covid-19 is a new type of virus, whose spread is massive and life-threatening, this opinion is reinforced by Atkinson (2009), most humans feel anxious and tense when faced with a threatening situation and These feelings are a normal stress reaction. When it is related to the Covid-19 pandemic, there are several causes for the emergence of anxiety, namely due to limited socialization, environmental influences, media and the lack of a culture of clean living, as well as the heavy flow of information from print and electronic media which greatly affects a person's psychosocial condition.⁷

According to (Firmansyah, 2020), the Covid-19 pandemic has indeed created anxiety among residents. If it is not handled seriously, then anxiety can cause mental and psychiatric disorders for a person such as stress and depression. ⁸ Feelings of anxiety, worry and stress are often experienced by many people when dealing with the Covid-19 pandemic which is spreading more and more in various countries. Stress is known to reduce the body's immunity, while what is needed to ward off Covid-19 is good immunity.⁹ Management of anxiety can be done with pharmacological and non-pharmacological therapy. Pharmacological therapy uses drugs such as anesthetics or analgesics. While non-pharmacological therapy includes deep breathing relaxation, distraction and five-finger hypnosis.¹⁰

One of the therapies given to manage anxiety is five-finger hypnosis therapy. Five-finger hypnosis is a form of self-hypnosis that can have a high relaxation effect.^{11,12} Five-finger hypnosis is a diversion from the focus of one's attention to another stimulus so that it can reduce alertness to anxiety. Based on research conducted on people with HIV/AIDS, it was found that 5-finger hypnosis can reduce anxiety.¹³ Five-finger hypnosis can also affect breathing, heart rate, pulse, blood pressure, reduce muscle tension and body coordination, strengthen memory, increase body temperature productivity and regulate stress-related hormones.¹⁴

Based on the background that has been described, this research aims to analyze the effect of five-finger hypnosis on anxiety levels during the Covid-19 pandemic.

Method

This research method uses quasi-experimental with one group pre-test and post-test plan using a paired sample t-test. The population in this study were participants who took part in the webinar "Optimizing Health Education About Five Finger Hypnosis to Reduce Anxiety in Society during the Covid-19 Period" with a total of 35 respondents. The sampling technique used is total sampling with a total sample of 35 respondents. The

instrument in this study used DASS 42 which was distributed using Google Form media.

Results

Table 1. Frequency Distribution of Respondents' Age, Gender and Occupation (n=35)

Characteristics	N	Percentage (%)
Age		
20-25	16	45.7
26-30	11	31.4
31-35	3	8.6
36-40	2	5.7
40-41	3	8.6
Gender		
Male	7	20.0
Female	28	80.0
Work		
Employee	11	31.4
Student	7	20.0
Teacher	1	2.9
Nurse	7	20.0
IRT	1	2.9
Self-employed	7	20.0
Doesn't work	1	2.9

The results of the study showed that some of the respondents were on average 20-25 years old with a percentage of 45.7%. The results of this study indicate that the majority of respondents are female, with 28 respondents with a percentage of 80%. The results of this study indicate that the majority of respondents have work backgrounds as employees as many as 11 respondents with a percentage of 31.4%.

Table 2. The average results of the community's anxiety level during the Covid-19 pandemic (n=35)

Variabel	Mean	N	SD	SE
Pre-test	3.31	35	.471	.080
Post-test	2.06	35	.684	.116

Based on table 2 above, explains the average value of the community's anxiety level during the Covid-19 pandemic with an average mean value in the pre-test having a value of 3.31 while the post-test there is an average mean value of 2.06 the level of community anxiety during pandemic Covid-19.

Table 3. Results of the paired sample t-test on the level of public anxiety during the Covid-19 pandemic

Variabel	Mean	SD	SE	P-Value
Pre-test -Post-test	1.257	.611	.103	.000

Based on table 3 above, the results of the paired samples t-test can be concluded that the research data shows that there is an effect of giving five-finger hypnotic therapy on anxiety levels, this is based on the overall test results sig paired samples t-test p-value obtained results of $0.000 < 0.05$, which means that there was a significant effect before and after being given five fingers hypnotic therapy on the level of public anxiety during the Covid-19 pandemic.

Discussion

Anxiety is a reaction to certain circumstances that are felt to be a threat, and is something that normally occurs with developments, changes, new or unprecedented events, as well as in finding identity and meaning in life.¹⁵ Anxiety is when an individual experiences anxiety whose object cannot be ascertained and the reason is not clear. In line with the explanation (Mujib, 2017) explaining anxiety (anxiety) about something that is not clear, is a symptom of a "was-was" personality. Anxiety during a pandemic makes people worry more about something that may not necessarily happen.¹⁶ The state of society like this is by the opinion previously expressed by (Bastaman, 2011), that the anxiety that is happening now is more shifting to how individuals experience the emptiness of life. Symptoms of anxiety include both physical and psychological responses. The presence of worry followed by anxiety results in certain physiological responses. Some individuals can handle it but some have difficulty handling it.¹⁷

The following aspects of anxiety according to Clark and Beck in Fadila (2018) state that aspects of anxiety include; Affective aspect: namely the feelings of individuals who are experiencing anxiety, such as offended, nervous, tense, anxious, disappointment and impatient. Physiological aspects: physical characteristics that appear when individuals are experiencing anxiety, such as shortness of breath, chest pain, faster breathing, increased heart rate, nausea, diarrhea, tingling, sweating, chills, overheating, fainting, weakness, trembling, dry mouth and tense muscles. The next aspect includes the Cognitive aspect: with the characteristics of the cognitive aspect, namely fear of not being able to solve problems, fear of getting negative comments, lack of attention, focus, and lack of concentration, it is difficult to reason. Behavioral Aspects: the response that usually appears is to avoid threatening situations, seek protection, be silent, talk a lot or fixate, and have difficulty speaking.¹⁸

There are 3 factors that can cause anxiety as stated by Carnrgie (Fadila, 2018); Individual Cognitive Factors; Anxiety arises because of circumstances that make the individual feel afraid or uncomfortable so that if the experience reappears, the anxious reaction will reappear as a form of manifestation of the dangerous state that was once felt. Environmental factor; the next cause of anxiety can arise due to direct contact with customs or values held in an area. Anxiety is experienced by individuals because of the rapid social change that is sudden and allows individuals not to be ready to make changes and immersed in new situations where new things are constantly changing. As an example of changes in society during the Covid-19 pandemic, people are required to always adapt to situations that can quickly change, starting from PSBB (Large-Scale Social Restrictions), then adapting to new habits called New Normal.¹⁸

Man's greatest strength in survival is his adaptability, but not all individuals adapt at the same rate. Learning Process Factors; The individual learns whatever causes an uncomfortable reaction and slowly learns to adjust to the stimulus. Management of anxiety can be done with pharmacological and non-pharmacological therapy. Non-pharmacological therapy includes deep breathing relaxation, distraction and five-finger hypnosis.

One of the therapies given to manage anxiety is five-finger hypnosis therapy. Five-finger hypnosis is a form of self-hypnosis that can have a high relaxation effect. Research by Saswati et al., (2019) & Syukri (2019) found that 5-finger hypnosis was effective in reducing anxiety in hypertensive patients.¹⁹ Another study conducted on people with HIV/AIDS also found that 5-finger hypnosis can reduce anxiety.¹³

Five-finger hypnosis can also affect breathing, heart rate, pulse, blood pressure, reduce muscle tension and body coordination, strengthen memory, increase body temperature productivity and regulate hormones related to stress.¹⁴ The five-finger hypnotic effect on the physical can provide a relaxing effect on the human body so that it can provide peace to the individual's body, especially individuals who are experiencing anxiety which will usually experience changes in their physical condition.

Conclusion

Based on the results of the Paired Samples Test, shows that the Sig Paired Samples test has a p-value of 0.000 <0.005. It can be concluded that Five Finger Hypnosis Therapy can reduce the level of public anxiety during the Covid-19 pandemic.

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