

## The Effectiveness of Five-Finger Hypnosis Therapy to Decrease on Family's Anxiety Levels in the Intensive Care Unit

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### ABSTRACT

Patients in critical or life-threatening conditions who require quick and appropriate help in the emergency room (IGD) with uncertainty about the situation and patient safety, families often experience anxiety. Therapeutic hypnosis five fingers can help mengatasi anxiety. Five- finger hypnosis therapy is a form of self-hypnosis that can cause a high relaxation effect, so it will reduce tension and anxiety from one's mind. The purpose of this study was to prove the effect of five-finger hypnosis therapy on the level of family anxiety in the emergency department (IGD) RSUD RA Basoeni Mojokerto. The research method used was pre-experimental design with one group pre-test-post-test design. The population of all patients' families in the emergency department (IGD) RSUD RA Basoeni Mojokerto amounted to 129. The sampling technique used in this research is Consecutive sampling, so that the sample obtained as many as 17 respondents. The instrument in this study was a questionnaire. Based on the results of the Wilcoxon signed rank test analysis, it was found that the  $p$  value = 0.000 and = 0.05 then this shows  $p <$  which means this research shows that there is a meaning that there is an effect of five finger hypnosis therapy on the level of family anxiety in the Emergency Installation of RA Basoeni General Hospital Mojokerto. Giving five-finger hypnosis therapy is a form of diverting self-hypnosis situations that can cause a relaxing effect, so that it will reduce anxiety, tension, and stress from one's mind which can have an effect on decreasing anxiety level scores.

**Keywords:** *Five finger hypnosis, Emergency Room and Family Anxiety.*

### INTRODUCTION

Patients in critical or life-threatening conditions who need fast and appropriate help in the emergency room (ER) with uncertainty about the patient's condition and safety, and families often experience anxiety. Families of patients who come to the emergency room (ER) usually have high levels of stress and anxiety (Dicle & Firat, 2016). The patient's family is the most important part to pay attention to in services in the emergency room (ER). The problem of anxiety experienced by the family is seen as a threat that disturbs feelings and creates a psychological burden. Family anxiety is characterized by frequent

questions, anxiety, pacing and thinking that bad feelings will occur (Barbara, 2010) cited in (T.S, Apriliani, & Tjondronegoro, 2019). To overcome family anxiety in the emergency department (ER), one method is needed, namely five finger hypnosis. The results of research conducted by Kamilatur Rizkiya, Livana PH, Yulia Susanti (2017) cited in (Marbun, Pardede, & Perkasa, 2019) show There is an effect of giving five finger hypnosis on the stress and anxiety levels of the family in caring for family members with severe mental disorders at the Kendal General Hospital polyclinic. The five finger hypnosis technique is one way to help clients reduce the anxiety they feel.

The medical record data at emergency room at RA Basoeni Hospital during 2018 recorded 56,452 visits (an average of 153 visits per day). and Aiyub (2018) at Meuraxa Hospital Banda Aceh anxiety in the family, the results of the study showed that the level of anxiety (57.5%) experienced severe anxiety, and (12.5%) experienced very severe anxiety. From the results of research by Serenity, Mario, and Reginus (2019) at the Emergency Room at Bhayangkara Hospital, Manado, the results of the study found that respondents (68.1%) experienced severe anxiety. Based on a survey at R.A Basoeni Mojokerto Hospital, December 18, 2020, during the interview, 4 out of 5 families waiting for patients in the emergency room experienced anxiety. This was shown by 3 people who said they were worried about the patient's condition, were afraid that something bad would happen to the patient, and felt uneasy, 1 other person seemed to be pacing back and forth, unable to sit quietly and 1 other person said he was not worried because he was just delivering it.

Anxiety in a family, especially families who have family members who are hospitalized is a form of disturbance in meeting the emotional needs of individuals who are inadequate. The condition of the disruption of the fulfillment of these emotional needs will certainly have a bad impact because the client's anxiety will increase if the anxiety experienced by the family cannot be handled properly. (Anggraini & Febrianti, 2020). Factors that influence anxiety are divided into two including internal factors (gender, age, education level, and experience in being treated) and external (medical conditions/disease diagnosis, access to information, therapeutic communication, environment, health facilities) Kaplan & Sadock (1997) quoted in (Harlina & Aiyub, 2018)

Anxiety can be characterized by feelings of tension, worry and fear. In addition, there are physiological changes, such as increased pulse rate, changes in respiratory rate, and changes in blood pressure. Anxiety can occur in each individual according to the situation and conditions in the surrounding environment (Hartono, 2012) in (Amimam, 2019). The impact of anxiety will affect thoughts and motivation so that the family is unable to develop roles and functions that are supportive of the healing and recovery process for family members who are being treated (Sibuea, 2010) in (Astuti & Sulastri, 2015 ).

Anxiety (anxiety) can be overcome in several ways, including pharmacological therapy and non-pharmacological therapy. Non-pharmacological therapy such as Self Hypnosis is a form of guided imaginary therapy, namely relaxation which aims to reduce stress and increase feelings of calm and peace and is a sedative method for difficult situations in life, one form of self hypnosis is five finger hypnosis. Five-finger hypnosis is giving treatment in a relaxed state, then focusing the mind on the images or memories

created while touching five fingers sequentially by imagining memories (Hastuti, 2015) in (Marbun, Perdede, & Perkasa, 2019) Five-finger hypnosis therapy is one a form of self-hypnosis that can have a high relaxation effect, thereby reducing tension and anxiety from one's mind. Five finger hypnosis affects a person's limbic system so that it affects the release of hormones that can trigger stress. Students who are given five finger hypnosis will experience relaxation so that it affects the body system and creates a sense of comfort and a feeling of calm (Hastuti, 2015) in (Marbun, Pardede, & Perkasa, 2019)

Based on previous research data on the effectiveness of five-finger hypnosis therapy and the amount of anxiety in the families of patients who are in the emergency department, researchers are interested in examining the effect of five-finger hypnosis therapy on the level of family anxiety in the IGD RSUD RA Basoeni Mojokerto.

## METHOD

The research method used was a pre-experimental design with a one group pre-test-post test design. The population of all patient families in the emergency room (IGD) RSUD R.A. The number of Basoeni Mojokerto is 129. The sampling technique used in this research is consecutive sampling. Data was collected using a questionnaire instrument, then analyzed using SPSS 2.0 . The instrument used in this study was the HARS (Hamilton Anxiety Rating Scale) questionnaire which consisted of 14 groups of symptom ratings, each symptom was given a rating between 0-4 with a score.

## RESULT AND DISCUSSION

**Table 4.1 Frequency Distribution of Respondent Characteristics Based on Family Age at the Emergency Room at RA Basoeni Mojokerto Hospital in March - April 2021.**

No	AGE	Frequency	Presentage (%)
1	21-29 age	8	47,1 %
2	30-38 age	4	23,5 %
3	39-47 age	5	29,4 %
Total		17	100%

From table 4.1 above, it can be concluded that almost half of the respondents aged 21-29 years were 8 respondents (47.1%).

**Table 4.2 Frequency Distribution of Respondent Characteristics Based on Family Gender at the Emergency Installation at RA Basoeni Mojokerto Hospital in March - April 2021.**

No	Gender	Frequency	Percentage (%)
1	male	8	47,1 %
2	female	9	52,9 %
Total		17	100 %

From table 4.2 above, it can be concluded that most of the respondents were female, as many as 9 respondents (52.9%)

**Table 4.3 Frequency Distribution of Respondents' Characteristics Based on Family Occupation in the Emergency Room at RA Basoeni Mojokerto Hospital in March - April 2021.**

No	Job	Frequency	percentage
1	Jobless	1	5,9 %
2	Private job	12	70,6 %
3	Entrepreneur	4	23,5 %
4	Civil servant	0	0
Total		17	100%

From table 4.3 above, it can be concluded that most of the respondents' jobs were private as many as 12 respondents (70.6%)

**Table 4.4 Frequency Distribution of Respondent Characteristics Based on Family Education in the Emergency Room at RA Basoeni Mojokerto Hospital in March - April 2021.**

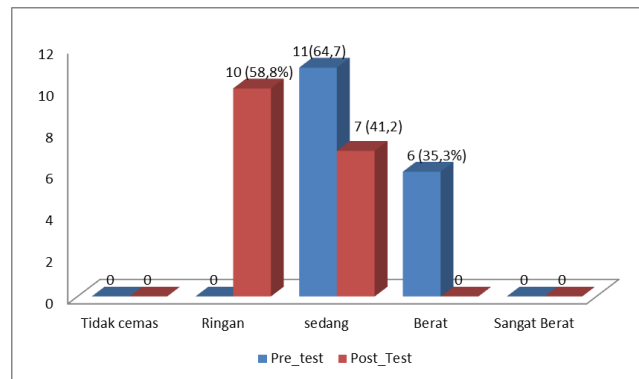
No	Education	Frequency	Percentage (%)
1	No education	0	0
2	SD	0	0
3	SMP	5	29,4 %
4	SMA	10	58,8 %
5	University	2	11,8 %
Total		17	100%

From table 4.4 above, it can be concluded that most of the respondents' education in SMA was 10 respondents (58.8%).

**Table 4.5 Frequency Distribution of Respondent Characteristics Based on Family Marital Status at the Emergency Room at RA Basoeni Mojokerto Hospital in March - April 2021.**

No	Marital status	Marital status	Percentage
1	Single	3	17,6 %
2	Married	14	82,4 %
3	Widow/deforce	0	0
Total		17	100%

From table 4.5 above it can be concluded that almost all of the respondents' marital status was married as many as 14 respondents (82.4%).



**Figure 4.1 Levels of Family Anxiety in the Emergency Room of RA Basoeni Hospital Mojokerto Before and After Five Finger Hypnosis Therapy March-April 2021**

Based on Figure 4.1 above, it is known that the level of family anxiety in the emergency room at RA Basoeni Mojokerto General Hospital before being given therapy, most of the respondents experienced moderate anxiety as many as 11 respondents (64.7%) and almost half of the respondents experienced severe anxiety as many as 6 respondents (35.3%) . After being given five finger hypnosis therapy, it was found that the anxiety level of the majority of respondents experienced mild anxiety as many as 10 respondents (58.8%) and almost half of the respondents with moderate anxiety as many as 7 respondents (41.2%).

**4.7 Results of Hypothesis Testing The Effect of Five-Finger Hypnosis Therapy on the Level of Family Anxiety at the Emergency Room at the RA Basoeni Mojokerto General Hospital in March-April 2021.**

		N
Post_Test - Pre_test	Negative Ranks	17 <sup>a</sup>
	Positive Ranks	0 <sup>b</sup>
	Ties	0 <sup>c</sup>
	Total	17

Based on table 4.7 the results of the analysis of the effect of five-finger hypnosis therapy on the level of family anxiety in the Emergency Room (IGD) showed that there was a decrease in anxiety levels before and after learning by 17 respondents.

**Discussion**

**Level of Anxiety of the Family in the Emergency Room Before Being Given Five Finger**

Hypnosis Therapy The results of the study based on Figure 4.1 show that families waiting in the emergency room who have not been given five finger hypnosis therapy, of the 17 respondents studied, 64.7% of respondents experienced moderate anxiety and 35.3% of respondents experienced severe anxiety. A typical reaction when a family member is admitted to the hospital, the family will experience anxiety. Anxiety (is a signal that warns of impending danger to help individuals to be prepared to take action to deal with threats (Nurhalimah, 2016). Emergency situations make families think about the patient's condition, families need to adjust the situation, often ask for intervention and prognosis, but anxiety reactions This is expressed in different ways.

Based on figure 4.1, the data obtained by the researchers shows that 35.3% of respondents experienced severe anxiety, the impact of anxiety will affect thoughts and motivation so that families are unable to develop roles and functions that are supportive of the healing and recovery process for their family members who are being treated in the emergency room. Based on general data, the majority of respondents were aged 21-29 years, as much as 47.1%, of which 4 respondents experienced severe anxiety. In Asmidi, (2008), where the level of development in individuals also influences the body's response to anxiety where the more mature a person's development, the better the ability to overcome the problem. This study found respondents who experienced severe anxiety aged between 21-29 years where age is related to a person's various experiences in dealing with stressors, where the older a person is the more experienced he is in dealing with and adjusting his anxiety problems.

The education of the respondents from the research results was mostly high school as much as 58.8%, from Gallo's research (1997) in (Astuti & Sulastri, 2012) that the lower the level of education, the higher the level of anxiety, and vice versa. However, this is not in line with Raharjo's research (2015) in (Febrita & Malfasari, 2018) regarding the higher a person's education, the higher the level of anxiety, this is due to the patient's condition from family relationships, those who have family relationships as children or parents will be more anxious without regardless of high or low education.

Furthermore, respondents with a moderate level of anxiety were as much as 64.7%, from the general data of respondents' anxiety, it was found that most of the private respondents' jobs were as much as 70.6%, based on the theory of family anxiety in the emergency room related to a person's income level because it requires sufficient care so that it requires large costs also. It is also reinforced by the opinion that work is the main activity or the main producer in human life (Hayaturrahmi & Halimuddin, 2018). Other general data, men experience more moderate anxiety.

In the results of the study, 6 male respondents experienced moderate anxiety. According to Stuart and Laraia (2006) in (Wati, Mariyati, & Aini, 2019) women have a higher level of anxiety than men because women are more sensitive to their emotions, thus making women more sensitive to feelings of anxiety. Family anxiety waiting at the emergency room can be expressed in various ways depending on the individual to adjust to the situation. Factors that can affect family anxiety at the emergency room include age, gender, occupation, education. Anxiety can happen to anyone, especially in families who are worried about the state of the patient who is given emergency treatment.

### **The Effect of Five Finger Hypnosis Therapy on the Level of Family Anxiety in the Emergency Room at RA Basoeni Mojokerto Regional General Hospital.**

Based on table 4.7, it was found that the results of a decrease in anxiety levels before and after learning were carried out by 17 respondents who experienced a decrease in anxiety level scores. The use of five finger hypnosis is a verbal communication art that aims to bring the client's thought waves into a trance (alpha/theta waves). Also known as self-hypnosis which aims for self-programming, relieves anxiety by involving the parasympathetic nerves and will reduce the increase in heart work, breathing, blood pressure, sweat glands etc. (Barbara, 2010). The effect of five finger hypnosis is none other than the result of the cooperation and agreement of the two parties involved in the therapist contract with the client. The client's condition with high attention is followed by the acceptance of a suggestion or thought idea that affects the level of anxiety.

In this study, there were still 2 respondents with a fixed level of anxiety but a reduced anxiety score. An atmosphere that is not conducive is also a cause of not being

optimal, because in this technique the client must focus and follow the instructions from the therapist. This is consistent with the theory that success in reprogramming the subconscious mind depends on oneself. This is like the main principle of the success of hypnosis depending on the will of the subject, wherever the subject's communication is and wherever the subject's focus is (Ratna, 2017) Respondents with a fixed level of anxiety but a decreasing score obtained a score that was not significant from a score of 25 with moderate anxiety criteria to 21 with moderate anxiety criteria, the respondent was male, 37 years old. This could happen when experience and individual coping abilities overcome problems. maximal stressors. According to Horney's opinion quoted in Herlina and Aiyub (2018) an individual's past experience in dealing with anxiety can affect individuals when facing the same stressor because individuals have better adaptability or coping mechanisms.

Based on the analysis of the Wilcoxon signed rank test,  $H_0$  is rejected and  $H_1$  is accepted, which means that there is an effect of five-finger hypnosis therapy on the level of family anxiety in the Emergency Room at the RA Basoeni Mojokerto General Hospital, which is shown by the value of  $p$  ( $0.000 < \alpha$  ( $0.05$ )). This is in line with the research of Suhadi and Ayu Pratiwi (2020) in preoperative patients who experienced anxiety after being given five finger hypnosis, they experienced a decrease in their anxiety level. Based on the results of the Wilcoxon test, it is known that the  $p$  value is 0.000, which means that there is a difference in anxiety between the pre-test and post-test groups. The results of research conducted by Nofrida Saswati, Ponaria Citra Riski and Sutinah (2018) also stated that the test results in the pretest-posttest group showed a sig. 0.000 with a significance degree of 0.05. Sig results.  $0.000 < 0.05$ , which means that there is effectiveness of five finger hypnosis therapy for the anxiety of hypertensive clients at the Rawasari Health Center, Jambi City, in 2018. Five-finger hypnosis therapy is a form of self-hypnosis that can cause a high relaxation effect, thereby reducing tension, stress and anxiety from one's mind. Five finger hypnosis affects a person's limbic system so that it affects the release of hormones which can trigger stress and anxiety (Hastuti & Arumsari, 2015). According to Setiawan (2014) quoted in (Syukri, 2017), the benefits of five finger hypnosis therapy include: providing inner peace for individuals, reducing anxiety, worry and anxiety, reducing tension, reducing blood pressure, lower heart rate and sleep. be restful. In Wardani (2013) quoted in (Wati, Mariyati, & Aini, 2019) Reducing anxiety by means of hypnosis will bring a person into an unconscious state and enjoy therapeutic properties.

The individual will gain increased control over his emotions and will focus on his therapeutic direction. Relaxation and tranquility are felt along with sharp concentration and positive suggestions. Decreased physiological tension and arousal. So that individuals are able to apply thoughts and feelings to reduce anxiety. From the results of the analysis of this study it was found that the five finger hypnosis therapy had an effect on the level of family anxiety in the emergency department. The success of five finger hypnosis therapy depends on the individual, the therapeutic environment situation, and the individual's focus

during the five finger hypnosis therapy process given. The five-finger hypnosis technique is one way to help respondents reduce the anxiety they feel.

## **CONCLUSION**

Based on the results of the research and discussion on the Effect of Five Finger Hypnosis Therapy on the Level of Family Anxiety in the Emergency Room at the RA Basoeni Mojokerto General Hospital, it can be concluded:

1. The level of family anxiety in the IGD RSUD RA Basoeni Mojokerto before being given five finger hypnosis therapy, most of the respondents experienced moderate anxiety as many as 64.7% of respondents and almost half of the respondents experienced severe anxiety as many as 35.3% of respondents.
2. The level of family anxiety in the IGD RSUD RA Basoeni Mojokerto after being given five finger hypnosis therapy, the respondents experienced a decrease in the anxiety level score, it was found that the anxiety level of most respondents experienced mild anxiety as much as 58.8% of respondents and almost half of respondents with moderate anxiety as much as 41.2% respondent.
3. There is an effect of five finger hypnosis therapy on the level of family anxiety in the emergency department as evidenced by the test results with a value of  $p (0.000) < \alpha (0.05)$ . The success of five finger hypnosis therapy is influenced by the cooperation between the therapist and the respondent, and also the main principle of the success of hypnosis depends on the will of the subject, wherever the subject communicates and wherever the subject focuses.

## **SUGGESTION**

Suggestions that researchers can give based on the results of this study are as follows:

1. For the patient's family It is hoped that the patient's family waiting at the emergency department will be able to overcome the anxiety problems they face by applying five finger hypnosis therapy.
2. For Nurses It is hoped that the five finger hypnosis therapy nurses can be given to the patient's family waiting in the emergency department as a solution to overcome the patient's family's anxiety.
3. For Hospitals It is hoped that the hospital will be able to provide facilities for administering five finger hypnosis therapy, such as audio or screens that can be used to provide education about five finger hypnosis therapy and media for providing therapy, in order to improve hospital services.
4. For further researchers For future researchers, development is needed to overcome the anxiety of the families of patients waiting in the emergency department, improve the application of five finger hypnosis therapy in the waiting room of the emergency department with the need for a fast family anxiety level calculation method to shorten research time, anticipate respondents dropping out

by giving consent between respondents and other family members regarding the implementation time so that they could participate in the research until the end. Providing education about five-finger hypnosis using audio-visual media to all waiting patient families to avoid bad perceptions about therapy in order to minimize rejection from respondents.

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