

REDUCING FIVE FINGER HYPNOTIC THERAPY ON THE ANXIETY LEVEL OF COMMUNITIES AFFECTED BY PHONEING

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ABSTRACT

The COVID-19 pandemic attacks the human respiratory system because of its very rapid development, so the government implements the PSBB policy. So that some companies cannot supply raw materials and suffer losses due to decreased sales, causing several employees to be laid off or lose their jobs and cause psychological problems for fear of not being able to fulfill their daily lives. To reduce anxiety psychological problems with various therapies, one of which is five finger therapy. The research used Quasy experiment with pretest posttest with one group design, the type of quantitative research. The research sample amounted to 29 respondents with total sampling therapy. The results of data analysis showed that the majority of early adulthood were 23 years old, female 15 and male 14. High school education was 24, majority marital status was unmarried amounted to 23. The level of anxiety of respondents before being given five-finger therapy was majority at moderate anxiety level of 21. After being given five-finger therapy, the majority had no anxiety with a result of 19.

Keywords: anxiety; communities affected; finger hypnotic therapy

INTRODUCTION

The Covid-19 pandemic situation has caused some people to feel too worried or afraid and think unnaturally (Yanti et al, 2020). Covid-19 causes respiratory tract infections in humans which are characterized by colds and coughs to more serious ones such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS) according to WHO (2019). The impact of the COVID-19 pandemic has greatly affected the economic, education and health sectors. The Covid-19 pandemic in Indonesia has prompted the government to implement Large-Scale Social Restrictions (PSBB) policies in various regions. This situation has a broad impact on the socio-economic conditions of the community, including work safety and decreased income for workers. A total of 25 million jobs were lost globally, resulting in many workers being laid off or laid off due to the Covid-19 pandemic (ILO, 2020).

Employees affected by layoffs lose their livelihoods which have an impact on the income they receive. Anxiety can be affected by several crucial life events, loss of family members, conflicts in the family, financial problems, and job loss (Firdayanti, 2019). The biggest problem faced by someone who has been laid off is economic conditions that have an impact on family financial planning, such as paying for children's education, and paying installments or credit. This is often a problem that can put psychological pressure on someone such as anxiety (Gunawan, 2009).

Anxiety is the fear of danger caused by the anticipation of danger and is a signal that helps the individual prepare to act on the threat. The necessities of life, the impact of competition and disasters can affect physical and mental health (Sutejo, 2018). Anxiety is a vague feeling of discomfort or worry (usually unsure or not personally known) accompanied by autonomic

reactions, and fear caused by anticipation of danger. Signals of alertness, personal hazard warning and ability to respond to threats (Nanda, 2018-2020). One of the preventive measures that can be taken is to control the anxiety experienced by clients by providing comprehensive therapy, such as deep breathing relaxation therapy, progressive muscle relaxation, distraction, five-finger hypnosis, and psychotherapy (Sulistyarini, 2013). Stuart (2013) stated that one form of non-drug management that can reduce anxiety is a five-finger hypnosis intervention.

Five finger hypnosis is a therapy to distract yourself through self-hypnosis. Five finger hypnosis can reduce people's anxiety. Five finger hypnosis was performed for 10 minutes (Keliat, 2013). Five finger hypnosis therapy is a method of self-hypnosis disorder that can cause a relaxing effect, so as to reduce anxiety, tension and mental stress, thereby affecting breathing, heart rate, pulse, blood pressure, reducing muscle tension, and increasing hormones that can cause anxiety. Memory production and hormone regulation related to stress (Hastuti and Arumsari, 2015).

The results of a preliminary study conducted in Kendal Regency after interviews by researchers showed that the anxiety response before 5-finger hypnosis therapy in 10 people affected by layoffs obtained data that experienced cognitive responses (3 people), affective responses (4 people), physiological responses (1 person), behavioral response (1 person), social response (1 person). From the results of the study, 10 workers who had an impact on layoffs claimed to have pressures not only on economic problems but also some pressures from their daily lives in their families and their environment. So it is very important to do this research to reduce anxiety in people affected by layoffs. The effects that arise due to trauma that are not overcome by choosing the right coping strategies will have an impact on the incidence of depression and other dangers such as the risk of suicide so that a psychological intervention is needed to reduce this anxiety (Holmes, 2020). The purpose of this study was to identify the characteristics of the community affected by layoffs including age, gender, education level, status, description of the level of anxiety before and after 5 finger therapy and to analyze the level of anxiety before and after 5 finger therapy was given.

METHOD

Quantitative research with a Quasy approach Experiment pretest posttest with one group. The subjects of this study were people affected by layoffs in Gempolsewu Village, Rowosari District. This research therapy uses total sampling. The research sample was 29 respondents. Sampling was determined by inclusion and exclusion criteria. The inclusion criteria in this study were people affected by layoffs with mild and moderate levels of anxiety. The location of this research is Kendal Regency. The time of the research starts in November 2020 - March 2021. This research consists of several stages starting from the library search stage, data collection, data processing, to the presentation of research results. The results of this study used the DASS 42 questionnaire which had been tested for validity and reliability. The result of the validity test is that $df\ 29$ is 0.367, meaning that if the value of $r\ count > r\ table$, it means that it is valid. The results of the reliability value of $r\ cronbach\ alpha > r\ table$, in this case $r\ table = 0.367$ (Hastono, 2007). The results of the reliability test of the DASS 42 questionnaire found that the Cronbach alpha value was 0.939. So it can be concluded that the two questionnaires are declared reliable. The analysis used univariate and bivariate, the univariate analysis of this study was before and after the administration of 5 finger therapy, while the bivariate analysis of this study was the effect of 5 finger therapy on the level of anxiety which was tested using the Man Whitney Test.

RESULTS AND DISCUSSION

Characteristics of Respondents

The results of data analysis showed that the majority of early adulthood were 23 years with a percentage value (93.1), at the age of balanced data obtained, namely 15 women with a percentage value (51.72) and 14 men with a percentage value (51.72). Education obtained the majority results in high school education totaling 24 respondents with a percentage value (82.75%), marital status obtained the majority unmarried results amounting to 23 respondents with a percentage value (79.31%).

Bivariate Analysis

The results of the analysis of the study using the Mann-Whitney test showed that before the five-finger therapy intervention was carried out, it had mild anxiety (27.5%) and moderate anxiety (72.4%). After being given the five finger therapy intervention, the respondent had no anxiety (65.5%) and the respondent with mild anxiety (34.4%). The results before and after being given five finger therapy decreased the level of anxiety. There was a difference in the level of anxiety before and after it was obtained ($p = 0.018$).

The results of this study indicate that the average age of the respondents is 23 years. This is in line with the theory that Putri (2019) at that age has a greater level of anxiety, many internal factors that cause a person to experience anxiety are usually experienced in early adulthood. Another supporting theory belonging to Hurlock (2011) in early adulthood has developmental tasks, namely choosing friends (as potential life partners), learning to live as husband/wife, starting life in a family or family life, managing the household, starting work, starting to be responsible. as a citizen.

The results of this study obtained balanced data, namely female (15%) and male (16%). This is in accordance with Hawari's (2011) research that women and men have the same level of anxiety because of the family burden they bear. Adult men have a strong mentality towards something that is considered threatening to themselves than women. This study is in line with Rismayanti's research (2020) that a number of 20 respondents with an anxiety score before being given an intervention had an average score of 20.85%. This is because during the pandemic many people who experienced anxiety experienced a very significant increase, it is necessary to recommend women in managing anxiety, because in general women are more sensitive to feelings of anxiety. COVID-19 has a psychological impact, causing anxiety this pandemic is a stressor that can have a very heavy impact, due to differences in a person's ability to adapt to the current situation.

The results of data analysis of educational characteristics show that the majority of respondents' last education is high school (82.75%) that the majority of people affected by layoffs have high school education. This research is in line with Robin's (2011) theory which states that companies have age limits and last education limits because intellectual abilities play a role in receiving difficult information. This is also in line with Alfa's research (2016). The higher a person's education level, the intellectual ability, creativity and application in receiving services and dealing with existing conditions will be more optimal so that the level of anxiety is reduced because they do not experience many difficulties.

This research is in line with Tirtarahardja's research (2015) that someone who has a good education will easily absorb information from outside, which means that respondents with higher education will easily obtain wider information.

The results of the data analysis of the characteristics of marital status showed that the majority were unmarried (79.31%). This is in line with Dewi's research (2015) that the anxiety of unmarried early adulthood can be caused by several factors, individual factors, namely feelings of lack of confidence in themselves and having feelings of being unable to do something. While the environmental factors of individual relationships with other people, feelings of anxiety arise because individuals do not know what will happen after marriage, feel unloved by others and do not get support and motivation from others. This research is also in line with Price (2013) research that someone who is single appears to have more mild to moderate levels of anxiety. This can be because when you are single, anxiety does not have dependents that can be a burden on your mind. On the other hand, single people can have greater feelings of fear given that they are not married.

Before administering five finger therapy

The results of the study on the level of anxiety before the five-finger therapy showed mild anxiety (27.5%) moderate anxiety (72.4%). The results of the anxiety level were 25 respondents, the majority answered that they sometimes felt excessively anxious in a situation but could be relieved if the situation ended (86.2%), a total of 19 respondents sometimes felt tired (65.5%), 16 respondents felt sweating (65.5%), 16 respondents have fear for no apparent reason (55.2%), 16 respondents feel hopeless and hopeless (55.2%), 24 respondents feel easy to panic (82.8%), 20 respondents answered that they were afraid of being hampered by tasks that could not be done (69%), 19 respondents answered that they were worried about the situation when they panicked and embarrassed themselves (65.5%), and 17 respondents had a sense of trembling (58.6%).).

The results of the study are in line with the research of Farra and Smith (2019) that the importance of conducting further research on anxiety when facing a disaster. According to research conducted by Holmes (2020) states that the effects that arise due to trauma that are not overcome by choosing the right coping strategies will have an impact on the incidence of depression and other dangers such as the risk of suicide, so a psychological intervention is needed to reduce this anxiety. According to Marbun (2019), there are various non-pharmacological therapies that can be used to reduce anxiety. The therapy that can be used is psychotherapy, such as deep breathing relaxation, five finger hypnosis, progressive muscle relaxation and thought stopping.

After administering five finger therapy

The results of the study on the effect of five-finger therapy on anxiety levels showed that after therapy, the respondent's anxiety level decreased from mild anxiety to 10 (34.5%) no anxiety 19 (65.5%). The results showed that the anxiety level decreased, the majority of 20 respondents answered that they sometimes felt excessively anxious in a situation but could be relieved when the situation ended (69%), a number of 19 respondents sometimes felt tired (65.5%), 20 respondents felt sweaty (69%), the majority of 21 respondents have never been afraid for no apparent reason (72.4%), 18 respondents sometimes feel hopeless and hopeless (62.1%), 23 respondents feel easy to panic (82.8%), 25 respondents answered that they were afraid of being

hampered by tasks that could not be done (86.2%), a number of 21 respondents answered that they were worried about the situation when they panicked and embarrassed themselves (72.4%), and the majority of 24 respondents never felt shaking (82.2%). Respondents who experienced a decrease in anxiety were due to respondents being able to apply 5 finger therapy properly and correctly, in addition to applying five finger therapy, respondents also carried out other activities such as watching TV, traveling by complying with health protocols, and gathering with family at home.

The results of this study are in accordance with the theory of Keliat (2013) that the five-finger hypnosis method can be carried out for ± 10 minutes with calm and relaxed concentration. The first touches the thumb with the index finger and imagines when the respondent feels healthy, the second touches the thumb with the middle finger and imagines when the respondent first falls in love, the third touches the thumb with the ring finger and imagines when the respondent gets a compliment and finally touches the thumb with the little finger. and imagine the most beautiful place the respondent has visited.

The effect of five finger therapy on anxiety levels

The results of the analysis of this study using the man withney test obtained p value (value) = 0.018 where p value < (0.005) so that it can be concluded that there is a difference in the value of the pretest and posttest behavior measurements. The results of this study H_0 is rejected and H_a is accepted so that it can be concluded that there is a significant effect between hypnosis therapy and the level of anxiety. This study is also in line with the research of Hastuti and Arumsari (2015) that there is a strong influence before being given five-finger hypnosis therapy and after being given five-finger hypnosis ($p < 0.05$). The results obtained before being given 5 finger therapy treatment 18 people experienced moderate anxiety (100%), and after receiving treatment 15 people (83.3%) experienced mild anxiety, 3 people (16.7%) experienced moderate anxiety. The results of this study are in line with the research of Kumalasari (2013) which states that students who are given 5 finger hypnosis, their thought waves enter into alpha waves which have a frequency of 7-14 hertz or deeper into theta waves whose frequency is 4-7 hertz. When the mind enters this wave, students produce natural endorphins that produce a comfortable sensation and in this hypnosis, the body's metabolic system becomes much better and the body is free from tension or the body feels relaxed. In the process of increasing brain performance by increasing the ability of the subconscious mind in terms of concentrating and making it easier to open ways of thinking.

This study is in accordance with Sutrisno's research (2018) that the study used the T Dependent statistical test (paired sample t-test) obtained p value = 0.000 so that the results of $p < 0.05$ then H_0 was rejected, which means that it can be concluded that this study has the effect of giving hypnosis therapy five fingers on the level of anxiety in hypertension patients at the Sunter Jaya 1 Public Health Center, North Jakarta in 2019. At the time of hypnosis the respondents were guided to do five fingers relaxation. The relaxation response occurs through a decrease in the body's need for oxygen, then the muscles of the body relax causing a feeling of calm and comfort. Blood flow will be smooth, 11 sedative neurotransmitters will be released and the nervous system will work well, and after a state of relaxation is reached, the subconscious gate will naturally open, so it will be easier to accept the healing suggestions given. The results of this study are also in line with the research of PH (2017) and Sari (2019), it is proven that there is a decrease in the level of

anxiety after giving 5 finger therapy, this is in accordance with Hakim's theory (2010) because this 5 finger therapy provides a sense of relaxation or comfort so that respondents feel comfortable. he is better than before. 5 finger therapy is a healing concept that balances the body's harmonious system by rearranging negative patterns that are often carried out by individuals, both consciously and unconsciously. Entering the client's subconscious mind with the media of the fingers, negative patterns that have been carried out by the client, can be corrected and reprogrammed by providing new views that can provide long-term comfort and peace for the client.

CONCLUSION

Characteristics of people affected by layoffs show that the average age is 23 years, gender results are balanced by women (51.72%) and men (48.27%), the majority have high school or vocational education (82.72%), marital status most of them are unmarried (79.31%). The level of anxiety of the people affected by layoffs before the administration of five-finger therapy was mostly at the level of mild anxiety (27.5%) and moderate anxiety (72.4%). The level of anxiety of people affected by layoffs after the administration of five-finger therapy decreased the level of anxiety. Mild anxiety (34.5%) had no anxiety (65.5%). There is an effect of finger therapy on decreasing the level of anxiety of people affected by layoffs with a P value of 0.018 ($p < 0.05$).

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