

ADOLESCENT STRESS MANAGEMENT USING FIVE-FINGER HYPNOTIC THERAPY DURING THE COVID-19 PANDEMIC

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Abstrak

Pandemi Covid-19 memiliki dampak parah pada semua sektor, baik kesehatan, ekonomi, dan secara sosial di seluruh dunia. Remaja adalah kelompok yang rentan terhadap masalah psikologis seperti stres karena pandemi. Upaya dan kebijakan dalam menangani pandemi seperti membatasi pertemuan sekolah dan pembelajaran online dapat memunculkan stres untuk remaja. Hipnotis lima jari adalah salah satu intervensi keperawatan yang dapat diimplementasikan untuk mengurangi stres, terapi ini menyebabkan relaksasi yang tinggi sehingga akan mengurangi ketegangan. Penelitian ini bertujuan untuk mengidentifikasi hubungan hipnotik lima jari dengan tingkat stres remaja di era pandemi Covid-19. Metode dalam penelitian ini adalah quasi eksperimen one group pre test – post test dengan sampel 30 remaja yang ditentukan oleh pengambilan sampel acak, yang memenuhi kriteria inklusi untuk kisaran usia 12-19 tahun. Stres diukur menggunakan instrumen Perceive Stress Scale. Data dianalisis menggunakan uji korelasi t-test berpasangan yang menunjukkan bahwa ada efek terapi hipnotik lima jari pada tingkat stres remaja (Sig.2-tailed = 0,000, $\alpha = 0,05$). Hasil dari studi ini menunjukkan bahwa hipnotis lima jari memiliki efek yang signifikan pada pengurangan stres dan dapat menjadi intervensi keperawatan alternatif dalam mengurangi stres, terutama pada remaja.

Kata kunci: manajemen stres, remaja, hipnotik lima jari, Covid-19

Abstract

The Covid-19 pandemic has had a severe impact on all sectors, both health, economically and socially across the globe. Adolescents are a group that is vulnerable to psychological problems such as stress due to the pandemic. Efforts and policies in dealing with the pandemic, such as limiting school gatherings and implementing online learning are stressful for adolescents. Five finger hypnosis is one of the nursing interventions that can be implemented to reduce stress, this therapy causes high relaxation, so it will reduce tension. This study aims to identify the relationship between five-finger hypnosis and adolescent stress levels. The method used in this study is a quasi experiment one group pre - post test with a sample of 30 adolescents chosen at random who meet the inclusion criteria for the age range of 12 to 19 years. Stress was measured using the Perceive Stress Scale instrument. The data was analyzed using a paired t-test correlation test, which revealed that five-finger hypnotic therapy had an effect on adolescent stress levels (Sig.2-tailed = 0.000, $\alpha = 0.05$). According to the findings of this study, five-finger hypnosis has a significant effect on stress reduction and can be used as an alternative nursing intervention in stress reduction.

Keywords: stress management, adolescents, five-finger hypnotics, Covid-19

1. INTRODUCTION

Organization (WHO) has declared Corona Virus Disease-19 or Covid-19 a pandemic or global epidemic. The Covid-19 pandemic has created fear in people in various parts of the world. It has been more than a year since the pandemic started and until now there has been no sign of a decrease in cases. Even in this one year there has been an increase in the number of confirmed and mutations of the Corona virus (Parwanto, 2021).

Covid-19 had spread to all over the world, such as Indonesia. WHO (World Health Organization) 2022) reported 102.942.987 were confirmed Covid-19 on 2 February 2021 with the mortality reached 2.232.233 people.

Corona virus disease (Covid-19) is an infectious disease caused by the SARS-CoV-2 virus. Covid is a virus that originated in animals and spread rapidly from animals to humans and humans to humans, causing symptoms such as shortness of breath, mild

to severe pneumonia. The coronavirus is sensitive to ultraviolet light and heat, and can be inactivated (effectively with almost any disinfectant except chlorhexidine). Therefore, hand sanitizer containing chlorhexidine is not recommended to use in this outbreak (Kementerian Kesehatan Republik Indonesia, 2020).

Most people infected with Covid-19 would have mild to moderate symptoms and recover without any special treatment. Some, however, will become critically ill and require medical attention. Because of the virus's rapid development and spread, the WHO declared Covid-19 a global pandemic or epidemic, requiring immediate action and prevention.

One of the efforts of the Government of Indonesia at this time is through the application of physical distancing, restrictions on movement, wearing masks, conducting quarantine for sufferers who experience symptoms of Covid-19. This aims at implementing large-scale mobility restrictions and implementing a clean and healthy lifestyle. number of cases and spread of Covid-19 (Yunus, 2020).

People all over the world have been affected by the Covid-19 pandemic. Covid-19, also known as Corona Virus disease 2019, is a new type of virus (Zulva, 2020) that was discovered in 2019 in Wuhan City, China, and has never been identified to attack humans before (Budiyati, 2020).

Due to the Covid-19 pandemic, there are psychological impacts felt by the community such as anxiety, frustration, fear of effects, insomnia and feeling helpless. Many experts say that physical and mental health must be managed in balance. This causes a stress response from the surrounding community, isolation, separation from family at home, being a factor that causes stress, the response that appears varies from dizziness to insomnia and also reduces activities with the surroundings (Budiyati, 2020).

The Covid-19 pandemic had a global impact on health, the economy, and society. Covid-19 spread resulted in illness, death, and restrictions on school gatherings, as well as the implementation of online learning, which became a source of stress for teenagers. Adolescence is a transitional period from childhood to adulthood when

physical, psychological, and emotional changes begin. Adolescents frequently rely on emotions rather than intellectual reasoning to make decisions when confronted with difficult personal and emotional situations. Adolescents rarely make decisions based on weighing the benefits and risks, but are more influenced by complex competitive feelings such as fear of being caught. Adolescents are a vulnerable group for experiencing psychological problems such as stress as a result of the pandemic.

Due to the Covid-19 pandemic, there are psychological impacts felt by the community such as anxiety, frustration, fear of effects, insomnia and feeling helpless. Many experts say that physical and mental health must be managed in balance. Because this anxiety is a tense condition associated with fear, worry, feelings of insecurity, and the need for reassurance. This anxiety is also a response to whatever is happening. When his anxiety is unnatural, it will certainly burden him and cause paralysis in making decisions or taking an action.

When a person is anxious, the central nervous system is disrupted, resulting in depression, headaches, and dizziness. The immune system will weaken and the hormone adrenaline will be released, making the person vulnerable to disease (Setiawan, 2020). This condition puts health workers at a high risk of contracting Covid-19. Furthermore, the quality of work performed by health workers may suffer (Langelo dkk., 2021).

Adolescents are a group that is vulnerable to psychological problems such as stress as a result of the pandemic. Stress is a physiological, psychological, and behavioral response of humans to both internal and external stresses. Stress can be caused by various factors such as physical, psychological, or both stimulations. Physical stress is caused by exposure to stressors that are harmful to body tissues, for example, infection. psychological stress for example is life changes, social relationships, feelings of anger, fear, depression (Rahmawati dkk., 2021).

The problem of emotional disturbance extends not only to oneself, but also to the surrounding environment, which can amplify the impact of Covid-19 if not

addressed promptly. Covid-19 patients are still handled physically, whereas Covid-19 patients undergoing quarantine or self-isolation complain of stress as a result of having to stay in a quarantine house (Mulyadi dkk., 2021).

Stress is a problem that arises as a result of an imbalance in demands and has the potential to cause physical and psychological disorders. 2020 (Echtioui dkk.). Age, occupation, risk of infection, difficulties encountered (illness, work/study, finance, mental), and related behaviors (higher desires for Covid-19 knowledge) are all positively related to stress (Yan dkk., 2021).

According to Sukmawati (2021) stress that arises during the Covid-19 pandemic can be in the form of fear and anxiety about self-health and the health of those closest to them, changing sleeping/eating patterns, difficulty concentrating, and using drugs/drugs. anxiety, especially during the Covid-19 pandemic.

Stress can be experienced by everyone in everyday life and the causes vary widely, in this case most of it is caused by the Covid-19 pandemic situation. The stress experienced can cause emotional mental disorders such as anxiety or anxiety (Stuart dkk., 2016).

The level of stress experienced by adolescents varies depending on the individual's ability to cope with stress. This stressful condition must be dealt with as soon as possible so that it does not worsen (Nadati, 2019).

One of the efforts that can be made to maintain and improve mental health during the Covid-19 pandemic is by managing stress or stress management. Stress management is where individuals control or regulate stress. The goal is for individuals to recognize the causes of stress and know techniques for managing stress, so that these individuals are better at mastering stress in life, so that in the end a healthy mental state can be achieved (Alini, 2021).

Stress is a condition that causes changes in the body's physiological system to adapt and maintain conditions where stress can also worsen the Covid-19 situation and can be life-threatening. There is one way to reduce stress, one of which is hypnosis. Because critical factors are

subconscious and followed by a suggestion or thought that can change behavior and mental order. Five-finger hypnotic is a form of self hypnosis that can cause a relaxing effect that can reduce stress in a natural way (Sukmawati, 2021).

The five-finger hypnosis therapy itself is a therapy using 5 fingers, the client is assisted to change the perception of anxiety, stress, tension and fear by accepting suggestions on the verge of being unconscious or in a relaxed state by moving his fingers according to orders (Mawarti, 2021).

Five-finger hypnosis is a form of self-hypnosis that can have a high relaxation effect, thereby reducing tension and stress 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. Teenagers who are given five-finger hypnosis will experience relaxation so that it affects the body's system and creates a sense of comfort and a feeling of calm (Sukmawati, 2021).

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 (Hastuti, 2018).

Stress management education using five-finger hypnotic therapy is one of the nursing interventions that can be performed to reduce stress in adolescents. Five-finger hypnosis is a form of self-hypnosis that induce a high relaxation, so it could reduce tension and stress from individual's emotion. This study aimed to identify the effect of five-finger hypnotic therapy to adolescents' stress levels. Five-finger hypnotic therapy is expected to be an alternative nursing intervention in reducing stress, especially in the adolescent group.

2. RESEARCH METHOD

The method in this study was a *quasi experiment one group pre test – post test*. The sample was 30 respondents which determined by random sampling. The treatment for students was in the form of five-finger Hypnosis by the researcher for approximately 10 minutes in one meeting by researcher. The sampling technique uses a non-probability method, a purposive

sampling type. The inclusion criteria were adolescents with an age range of 12-19 years and who were willing to be respondents. Stress was measured using the Perceive Stress Scale instrument. Data analysis was performed using the T-Test test with a value of $\alpha = 0.05$ to determine the difference in the results of stress levels before and after 5 finger hypnotic therapy treatment. This research passed the ethical test at the Health Research Ethics Commission at the Faculty of Dentistry, the University of Jember with test number 1455/UN25.8/KEPK/DL/2021.

3. RESULT AND DISCUSSION

Table 1. Respondents' Distribution.

	Category	F	%
Gender	Male	13	43
	Female	17	57
Age (year)	<16	12	40
	≥16	18	60

According to table 1, the majority of respondents were female, with a total percentage of 57%. 43% of those polled were men. According to the age groups, 12 respondents (40% of the total) were under the age of 16, while 18 respondents (60% of the total) were over the age of 16.

Table 2. Stress Level Distribution

Variable	Mean	Sig. (2-tailed)
Stress Level Pre-test	21.33	0,000
Stress Level Post-test	11.97	

Table 2 shows that the stress level of respondents after being given five finger hypnotic therapy were a mild stress level which is experienced by 23 respondents with a percentage of 76.7%, a moderate stress level was experienced by 5 respondents with a percentage of 16.7%, and a severe stress level which was experienced by 2 respondents with a percentage of 6.6%. The results of the T-test showed a value of Sig (2-tailed) 0.000 with a value of $\alpha = 0.05$ indicating a Sig value $< \alpha$ which means that there was a significant difference between stress levels before and after five finger hypnotic therapy. The results of this study

show that five-finger hypnosis has an effect on reducing stress in adolescents during the Covid-19 pandemic.

The Covid-19 pandemic has an impact on all health sectors, one of which is psychosocial problems. One of the psychosocial problems in adolescents, especially during the Covid-19 pandemic, was triggered by news about Covid-19 which often caused excessive fear, anxiety, worry and threats. One group that is vulnerable to psychological problems such as stress due to the pandemic are adolescents.

During the Covid-19 adaptation period, many changes occurred so that it was very likely that stress and anxiety would arise. In order to continue to live a good life, it takes the ability to manage anxiety well too. In this study, the administration of the 5 finger hypnotic relaxation technique during the Covid-19 pandemic was very effective and had an impact on reducing stress levels. (Rahman, 2022).

Adolescents are experiencing some difficulties during the Covid-19 pandemic, one of which is in the learning process, particularly when pursuing online education (online). It is thought to be caused by a lack of technological mastery, additional internet costs, restrictions on communication and socialization among teenagers, as well as restrictions on communication and interaction with the teacher.

Existence distance learning that applied during a pandemic requires adaptation from teenagers because all this time they meet face to face at school and can interact more freely. This new change also has an effect on the ability to understand the material and learning. These things cause stress for teenager. Teenage age is a critical period. As a result, special attention is required at this time to deal with any stress that may be felt (Budiyati, 2020).

Stress is an individual's inability to deal with situations that threaten or endanger themselves. The three phases of the stress reaction are; the first phase is the alarm reaction (alert) which is the body's initial response to stress by activating the sympathetic nervous system and the body's hormone systems such as catecholamine, epinephrine, norepinephrine, glucocorticoids, cortisol and cortisone. The second stage is the resistance (defense reaction) which

defined as the body's response to stressors by using the body's abilities in order to psychic and somatic symptoms arise. The third stage is the exhaustion (fatigue/fatigue) which described as a response or symptoms that arise due to stressors such as headaches, mental disorders, coronary artery disease, hypertension, dyspepsia (gastrointestinal complaints), depression, anxiety (anxiety), frigidity, and impotence.

Pharmacological therapy, such as anti-anxiety drugs (anxiolytics), is one method for reducing anxiety, as is five-finger hypnosis. Five-finger hypnosis involves giving treatment in a relaxed state, then focusing the mind on the image or memory created while touching the five fingers in sequence by imagining memories. (Rahmawati dkk., 2021).

Five-finger hypnosis therapy is an art of verbal communication that aims to transfer the patient's brain waves into trance (alpha/theta waves) and to manage self, eliminate anxiety by involving the parasympathetic nerves and reduce the increase in the heart work, breathing, blood pressure, sweat glands and others that would reduce physical tension and stress from one's (Rahmawati dkk., 2021).

Five-finger hypnosis therapy is a verbal communication art that aims to bring the client's mind waves into a trance (alpha/theta waves) and aims to control oneself, eliminate anxiety by involving the parasympathetic nerves and will reduce the increase in the work of the heart, breathing, blood pressure, sweat glands and so on. - other so that it will reduce the physical tension and stress from one's mind (Rahman, 2022).

This study result was in line with previous study by Kumalasari (2013) which stated that adolescents who are given hypnosis, their brain waves changes into alpha waves with a frequency of 7-14 hertz or deeper into theta waves with a frequency of 4-7 hertz. When the brain wave changes into this wave, individual generate natural endorphins that produce a comfortable sensation. During this hypnotic state, the body's metabolic system becomes much better and the body is freed of tension.

This is also in line with the results of a study by (Mulyadi dkk., 2021) with the title Effectiveness of Self-Hypnosis for Symptom

of Anxiety for Student during the Covid-19 Pandemic: A Systematic Review which stated that hypnosis therapy can reduce worry.

This is also reinforced by the results of research by (Rochmawati et al., 2021) with the title stress management on senior high school students in Semarang which stated that the results showed that the five-finger technique reduced the respondents' stress level.

Psychosocial problems in adolescents, especially during the Covid-19 pandemic, often cause excessive fear, anxiety, worry and threat. This will lead to the emergence of negative emotions and thoughts that can increase the production of the hormone cortisol which has an impact on a person's immune system decline.

Nursing interventions that can be carried out on adolescents with psychosocial disorders are to improve mental and psychosocial health of adolescents through efforts to build positive thoughts and positive thinking exercises so that they can improve mental health and reduce stress in adolescents, especially during the pandemic. Building positive thoughts can also be done with five-finger hypnosis techniques.

Five-finger hypnosis is a form of self-hypnosis that can cause a high relaxation effect, so it will reduce tension and stress 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. Adolescents 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 (Rahmawati dkk., 2021).

Five-finger hypnosis is a technique for diverting one's attention by touching one's finger while imagining pleasant things. During the hypnosis process, information is transmitted to the brain stem, then to the limbic cortex, then to the hippocampus, and finally to the hypothalamus, where the endocrine system is stimulated and the two autonomic nerves are balanced, resulting in a state of relaxation and calm.

According to Agustin dkk. (2019), five-finger hypnosis can have a relaxing and calming effect, by exploring and remembering pleasant experiences that have been experienced by the person. Someone who is in a hypnotized state will experience

changes that occur in the condition of the brain in the dorsal anterior cingulate cortex (ACC), such as becoming more capable of controlling emotional symptoms. The hypnotic condition will stimulate the reticular activation system in the brain which causes a response to the autonomic nervous system, in the form of a decrease in pulse frequency, blood pressure and respiration as well as controlling feelings, emotions and stress (Hartono dkk., 2021).

Five-finger hypnosis is an alternative nursing intervention that can be performed on adolescents with psychosocial disorders such as stress and anxiety during the Covid-19 pandemic. This therapy can be done by teenagers anywhere and anytime as a form of self-hypnosis when experiencing tension conditions.

4. CONCLUSION ANSUGGESTION

The respondents are mostly female (57%) and the majority of them are adolescents under the age of 16 (60%). The majority of people who received five finger hypnosis therapy (76.7%) reported mild anxiety. Five finger hypnosis therapy reduced adolescent anxiety levels during the Covid-19 pandemic.

During the Covid-19 pandemic, it is recommended that health workers perform and provide counseling about five finger hypnotic therapy actions to people who are unaware of the benefits and equitable way to relieve anxiety.

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