



## The Effect Guide Imagery (Five Fingers Hypnosis) Toward Decreasing Of Anxiety To The Quarantine Isolation Patient In Covid-19

I Komang Pasek Ari Putra Jaya<sup>1</sup>, Puji Purwaningsih<sup>2</sup>, Fiktina Vivri Ismiriyam<sup>3</sup>, Endang Susilowati<sup>4</sup>  
<sup>1,2,3,4</sup> Universitas Ngudi Waluyo

Author Correspondence :

Puji Purwaningsih

S1 Keperawatan, Universitas Ngudi Waluyo

Jl. Diponegoro 186 Ungaran Timur Kabupaten Semarang Jawa Tengah 50512

Email : [pujipurwaningsih@unw.ac.id](mailto:pujipurwaningsih@unw.ac.id)

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**Background:** COVID-19 is a disease caused by the corona virus. COVID-19 has a negative impact on all fields, especially in the health sector, both biologically and psychologically. One of the psychological disorders as a result of the COVID-19 pandemic is anxiety. Participants in the COVID-19 quarantine are a group that has been confirmed positive for COVID-19 with OTG status, this group is at high risk of experiencing psychological disorders, namely anxiety because of concerns about the impact that will be caused by the corona virus. Purpose this study was to determine the effect of providing guide imagery (five finger hypnosis) on reducing anxiety in participants undergoing quarantine in the COVID-19 isolation unit in Bali Province. This study uses quantitative methods, the research design used is Quasy Experiment or quasi-experimental, with a non-equivalent approach (pretest and posttest) control group design. The populations of this study were 52 quarantine participants in the COVID-19 isolation unit. The sampling technique used total sampling method with a sample size of 52 respondents. The measuring instrument used was the HARS (Hamilton Anxiety Rating Scale) questionnaire. Data analysis used the Wilcoxon test. The study found that there was a difference in the mean level of anxiety before and after being given five-finger hypnosis therapy, the average level of anxiety before being given the intervention was 2.38 down to 1.79 after being given the intervention. The p-value = 0.000 ( $\alpha = 0.05$ ). There is an effect on providing guide imagery (five-finger hypnosis) on reducing anxiety in participants who are undergoing quarantine in the COVID-19 isolation unit in Bali province.

### Introduction

COVID-19 has both biological and psychological impacts that are felt by individuals; one of the psychological effects is anxiety. Feelings of worry or fear are a psychological response that occurs as a result of the COVID-19 pandemic.

COVID-19 is a new disease, a feeling of pressure and worry that arises in individuals if it is affected either directly or indirectly. Factors concern in the COVID-19 include the risk of becoming infected and infecting other people,

common symptoms such as other health problems (e.g., fever) can be mistaken for COVID-19<sup>1</sup>.

The Centers for Disease Control and Prevention (2020) stated that the psychological impact that is often encountered as a result of the extraordinary COVID-19 incident is fear and worry about the health of oneself and those around loved ones. Anxiety in the COVID-19 pandemic is a physiological response that occurs because of the new outbreak of COVID-19 for which a cure and vaccine has not been found, besides that the corona virus is an infectious disease that can cause physical symptoms even to death so that there is a sense of fear of contracting or transmitting the virus. In addition, the information on social media and TV is frightening and the truth is uncertain<sup>2</sup>.

The interventions used to reduce anxiety are very diverse; there are many actions that can be done to overcome someone's anxiety or worry, such as deep breath relaxation therapy techniques, music relaxation therapy, distraction therapy, spirituality and hypnotherapy. Hypnosis therapy that is commonly given is five finger hypnosis therapies.

Five- finger hypnosis is a form of self-hypnosis that can cause a high relaxing 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 spur stress. Five- finger hypnosis can also affect respiration, heart rate, pulse, blood pressure, reduce muscle tension and body coordination, strengthen memory, increase body temperature productivity and regulate stress-related hormones<sup>3</sup>.

## **Method**

The method used in this research is the quantitative method, using the Quasy Experiment research design or quasi-experimental, with a non-equivalent approach (pretest and posttest) control group design. The populations in this study were all quarantine participants, totaling 52 people in the COVID 19-isolation Unit Province of Bali. The sampling technique used in this study is total sampling. The samples studied in this study were all quarantine participants (52 people) in the Bali Province COVID-19 Isolation Unit. The technique of collecting data in this study was carried out using a questionnaire; the study was carried out for three consecutive days via Google form.

## Results and Discussion

**Table 1. Frequency distribution of quarantine participants' anxiety levels before (Pre-test) Five Finger Hypnosis was given at the COVID-19 Isolation Unit in Bali Province.**

Anxiety Level	Frequency	Percentage (%)
No Anxiety	7	13,5
Mild anxiety	20	38.5
Moderate Anxiety	23	44.2
Severe Anxiety	2	3.8
Total	52	100

Based on Table 1, it can be seen that the results of the study show the level of anxiety of quarantine participants before (pre-test) being given Five-finger Hypnosis therapy in the COVID-19 Isolation Unit in Bali Province with categories: no anxiety, namely 7 respondents (13.5%), respondents 20 respondents (38.5%) with mild anxiety, 23 respondents (44.2%) with moderate anxiety, 2 respondents (3.8%) with severe anxiety.

The difference in the intensity of anxiety depends on the seriousness of the threat and the ability of the security mechanism that a person has. Feelings of pressure and helplessness will arise when people are not ready to face threats <sup>4</sup>. Theoretically, individuals have the risk of developing anxiety; the feeling of anxiety

experienced by the individual appears in all conditions. In this case, individuals who are undergoing quarantine in the COVID-19 isolation unit in the province of Bali tend to feel worried and afraid related to their conditions.

Respondents who experience anxiety have different levels. The difference in the level of anxiety occurs because anxiety is a subjective subject which is influenced by many factors. Each individual has different coping when dealing with stressors. The more often individuals encounter stressors, the better the response to stress and anxiety.

According to Haryanto, 2002, Individual development and growth can be seen through their age, the higher the age, the more experiences associated with the stressor they are experiencing<sup>5</sup>. Diverse experiences will trigger understanding, views and knowledge related to trauma that has been experienced; this will trigger the formation of individual behavior and perceptions in understanding the stressors that occur.

Men and women have different levels of anxiety, women are more easily offended, very sensitive, and highlight their feelings, while men have masculine characteristics that tend to be dominant, active, and more rational and do not highlight feelings<sup>6</sup>. However, from the

results of the analysis the researcher found that the frequency of respondents who experienced mild to moderate anxiety on the female was smaller than that of men.

Based on the results of the analysis conducted by the level of education on anxiety, there is a significant relationship with the level of education, the higher level of education, the lower the level of anxiety. This is similar to previous research that the higher a person's education level, then the easier it is to receive information so that the more knowledge one has, the lower the level of anxiety<sup>7</sup>.

**Table 2. Frequency distribution of quarantine participants' anxiety levels after (Post-test) Five Finger Hypnosis Therapy in the COVID-19 Isolation Unit, Bali Province.**

Anxiety Level	Frequency	Percentage (%)
No Anxiety	15	28.8
Mild anxiety	34	65.4
Moderate Anxiety	2	3.8
Severe Anxiety	1	1.9
Total	52	100

Based on Table 2, it can be seen that the results of the study show the level of anxiety of quarantine participants after (post-test) being given Five-finger Hypnosis therapy in the COVID-19

Isolation Unit in Bali Province in the category of no anxiety, namely 15 respondents (28.8%), There were 34 respondents (65.4%) with mild anxiety, 2 respondents (3.8%) with moderate anxiety, 1 respondent (1.9%) with severe anxiety.

The results of the analysis showed that there was a difference in the number of adult respondents who initially experienced moderate to mild anxiety, from mild anxiety to no anxiety after being given five-finger hypnosis therapy. This is in accordance with research conducted by Syukri (2017) which states that five-finger hypnosis therapy is effective in reducing levels of anxiety, five-finger hypnosis therapy affects a person's consciousness to cause calm, relaxation, and feelings of peace<sup>8</sup>.

Five finger hypnosis therapy is an intervention that aims to calm psychologically by doing hypnosis. This therapy can reduce anxiety, fear and stress that a person is experiencing. Five-finger hypnosis is given within 10 minutes<sup>8</sup>.

Stuart G.W & Laraia M.T (2007) in (Vellyana et al., 2017) argues that a person's maturity is directly proportional to the coping mechanism. Mature individuals find it is difficult to experience psychological disorders, this is because individuals are able to adapt to stressors and trauma experienced compared to the

immature age range. It was proven in the study that adult age was more controlled for anxiety compared to range at the age of children because the coping ability in adulthood was sufficient in controlling and managing anxiety.

In some cases the level of anxiety will increase after being given five-finger hypnosis therapy, this is influenced by various factors. The increase in anxiety is influenced by the coping conditions that are formed through one of the knowledge that a person has about the situation he is feeling and the knowledge of one's ability to control him <sup>9</sup>.

According to Adler and Rodman in M. Nur Ghufon & Rini Risnawita, S, (2014), there are two factors that can increase anxiety, namely: Negative experiences in the past, Irrational thoughts, Catastrophic failure, Perfection, Approval, Incorrect generalizations.

**Table 3. Effect of providing Imagery Guide (Five Finger Hypnosis) on Decreasing Anxiety in Participants who Underwent Quarantine in the COVID-19 Isolation Unit in Bali Province**

Variable	N	Mean	SD	Median (Min- Max)	P value
Pretest	52	2.38	0.771	2(1-4)	0,000
Posttest	52	1.79	0.605	2(1-4)	0,000

Based on table 3, it can be seen that the results of statistical analysis using the Wilcoxon test showed that the mean value of anxiety levels before (pre-test) and after (post-test) was given five-finger hypnosis therapy, namely, the average level of anxiety before (pre-test) was given hypnosis therapy. Five fingers were 2.38 while the mean value after (post-test) was given five-finger hypnosis therapy was 1.79. It can be concluded that there is a difference in the mean value of the quarantine participants' anxiety levels before and after being given five-finger hypnosis therapy.

The Wilcoxon test statistical analysis obtained p value = 0.000. Therefore, the p value is 0.000 < 0.05, it can be concluded that there is an effect of providing guide imagery (five-finger hypnosis) on reducing anxiety in participants undergoing quarantine in the Isolation Unit of Bali Province.

The results of the analysis showed that the differences in the anxiety levels of the quarantine participants after giving five-finger hypnosis, most of the respondents' anxiety levels decreased. Respondents whose anxiety decreased after giving five-finger hypnosis were 31 respondents (59.6%) but there were 3 respondents (5%) who showed an increase after being given five-finger hypnosis therapy.

Theoretically, giving the 5 finger hypnosis therapy will automatically stimulate the sympathetic nervous system to reduce levels of catecholamine, which catecholamine are substances that can constrict blood vessels so that they can increase blood pressure. When the activity of the sympathetic nervous system decreases due to the relaxing effect, the production of catecholamine substances will decrease, causing dilation of blood vessels and ultimately blood pressure, heart rate, and respiratory rate to decrease. The body will then be able to carry out its functions properly, blood supply throughout the body is evenly distributed, and breathing regularly, so that the body is in a state of calm or anxiety is controlled<sup>10</sup>. Evidenced by the data obtained by researchers at the COVID-19 isolation unit in Bali province, it was found that the respondents' anxiety level improved after being given five-finger hypnosis therapy for 3 days.

The results of this study are in line with research conducted by Hastuti (2015) which shows that the value of P value = 0.000 where the value of  $p < (\alpha = 0.05)$ , so it can be concluded that there are differences in the value of the measurement of pretest and posttest behavior. The results showed that there was a significant effect between five-

finger hypnosis therapy and the level of anxiety, this was evidenced by differences in anxiety levels before and after being given five-finger hypnosis therapy. Anxiety (anxiety) is a feeling of anxiety as if something bad is going to happen and feeling uncomfortable as if there is a threat accompanied by physical symptoms such as heart palpitations, cold sweat and trembling hands.

Reinforced by research conducted by Syukri (2017), the results showed that there were differences in the mean level of anxiety of patients after being given five-finger hypnosis, the patient's anxiety level decreased compared to before being given therapy. It was stated that there were 60.6% (20 people) of patients who experienced severe anxiety, but the number of patients with severe anxiety decreased after five-finger hypnosis was performed to 12.1% (4 people). Most of the patients experience mild anxiety<sup>8</sup>.

## **Conclusion**

The results of this study concluded that there was a decrease in the average level of anxiety before and after five-finger hypnosis therapy, so that it can be interpreted that five-finger hypnosis therapy has an effect on reducing anxiety in participants undergoing quarantine in the COVID-19 isolation unit in Bali



province. It is hoped that five-finger hypnosis can become one of the independent nursing interventions that nurses can carry out in providing nursing care to participants who undergo COVID-19 quarantine and the general public who experience excessive anxiety.

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