

**PUBLIC SERVICE FIVE-FINGER HYPNOSIS THERAPY IN FACING ANXIETY IN ELEMENTARY SCHOOL CHILDREN AT SDN 43 PEKANBARU**

**Rahmaniza<sup>1</sup>, Fatma Nadia<sup>2</sup>, Rika Mianna<sup>3</sup>**

Sekolah Tinggi Ilmu Kesehatan Al Insyirah Pekanbaru

<sup>1\*</sup> [rahmaniza91@gmail.com](mailto:rahmaniza91@gmail.com), <sup>2</sup> [fatmanadia40@gmail.com](mailto:fatmanadia40@gmail.com), <sup>3</sup> [rikamianna@gmail.com](mailto:rikamianna@gmail.com)

**Abstract**

Corona Virus Disease 2019 (Covid-19) is a pandemic because all countries in the world have been affected by this outbreak so it has an impact on various aspects of life such as the economy, health, and education. Five-finger hypnosis is a form of self-hypnosis that can cause a high relaxation effect that will reduce tension and anxiety in a person's mind so that it affects the production of hormones that can spur the onset of anxiety. Schoolchildren have never had Five-finger Hypnosis Therapy at school, Covid 19 conditions schoolchildren learn online and only focus on subjects. The new normal condition of learning time alternately some enter the morning and some enter the afternoon, if not given Five finger Hypnosis Therapy then the child is less able to face anxiety. The main problem faced by partners is SDN 43 Pekanbaru, namely that its students have never been given five-finger hypnosis therapy, so five-finger hypnosis therapy will be carried out in the face of anxiety in school children. Before and after the activity, an assessment of the initial and final abilities of the participants will be carried out, so that from this activity a measurable increase in knowledge will be obtained. The majority of respondents with moderate anxiety were 33 respondents (57.9 %). the majority of respondents with moderate anxiety were 31 respondents (54.4 %). there is an influence of PKM Five Finger Hypnosis Therapy in Dealing with Anxiety in Elementary School Children at SD Negeri 43 Pekanbaru on pre-test and post-test.

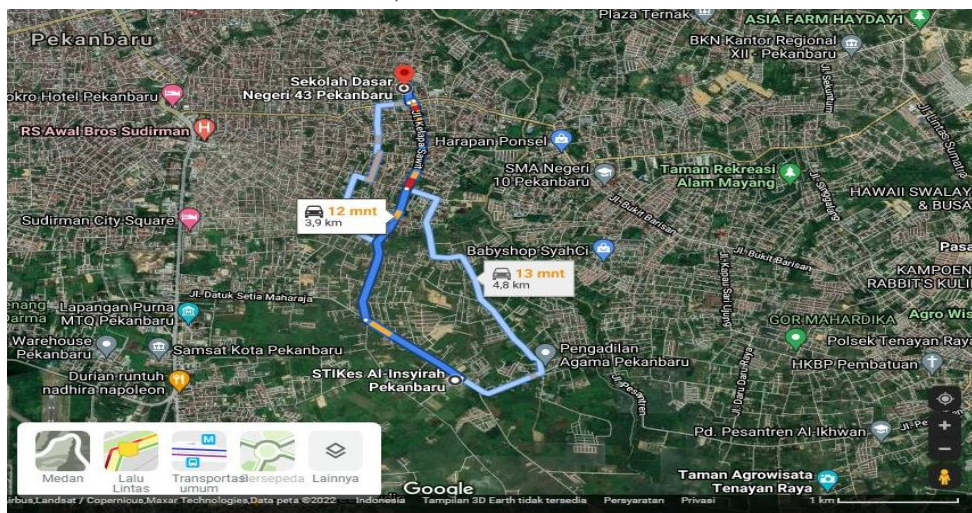
**Keywords:** Anxiety, Five Finger Hypnosis Therapy.

**INTRODUCTION**

The World Health Organization (WHO) has officially determined that the status of Corona Virus Disease 2019 (Covid-19) is a pandemic because all countries in the world have been affected by this outbreak, in less than three months Covid-19 has infected more than 126,000 people in 123 countries, from ASIA, Europe, USA, to South Africa <sup>[4]</sup>. The emergence of this epidemic greatly affected various aspects of life such as the economy, health, and education <sup>[5]</sup>. This can risk causing anxiety in the community including education. The current pandemic situation will not take place quickly return to normal in carrying out activities from various aspects, especially in carrying out educational activities which involve students and education staff. Therefore, the government has taken a policy by implementing the new normal and providing appeals to the public who require activities by health protocols.

According to the Ministry of National Education, education is a conscious and planned effort to create a learning atmosphere and learning process so that students actively develop their potential to have spiritual, religious, self-control, personality, intelligence, noble character, and skills needed by themselves, society, and nation. and country [6].

One of the educational institutions is the State 43 Pekanbaru Elementary School (SD) which is located at Jalan Banda Aceh No. 37, North Tengkerang, Bukit Raya District, Pekanbaru City. The decree for the establishment of the school was dated September 26, 2011. The position of the school is on the side of the road in Banda Aceh (Sakunta), and the condition of the school environment is quite shady and shady and is environmentally friendly. The accreditation of SD Negeri 43 Pekanbaru is accreditation A (Very Satisfactory). The distance between STIKes Al Insyirah and SD Negeri 43 Pekanbaru is 5 Km. SD Negeri 43 Pekanbaru has 20 teachers. The number of male students is 229 and female students are 223. The total land area is 30502 m<sup>2</sup>. The classroom consists of 10 classes and 1 library. The principal of SD N 43 Pekanbaru named Mrs. Yusnidar Lubis, S.Pd. (3)



**Figure 1 Distance from SDN 43 Pekanbaru to STIKes Al Insyirah**

Various efforts are made so that students grow up to become high achievers. Changing learning methods, curriculum, learning techniques, and others. Previously, at SD N 43, there had never been any training or direction related to five-finger hypnosis therapy. After the morning apple, the children all went to their respective classes and waited for the teacher to come in to give today's lesson. The learning process generally begins with praying on their respective beliefs, then learning is carried out after that.

The teachers also explained that they had not been exposed to five-finger hypnosis so far. I've heard of it but never looked further and external parties have never done this five-finger hypnosis therapy in their elementary school.

## IMPLEMENTATION METHOD

The PKM implementation method is carried out through 3 stages, namely the preparation stage, implementation stage, and monitoring and evaluation stage which is described as follows:

### 1. Preparation Stage

At this stage the following activities are carried out:

- a. Observation of school conditions. This stage is carried out to identify the needs that are used during the implementation of the service. This activity involves the entire service team.
- b. Analysis of tool and material requirements. At this stage, a follow-up interview was conducted from the interview in the initial survey. Interviews were conducted to find out the equipment that needs to be prepared and to know the needs of Service Activities.
- c. Conducted a Forum Group Discussion (FGD) about shared perceptions with partners about the method of implementing PKM at SDN 43 Pekanbaru. At this stage, identification of the mechanism for implementing community service activities with partners is carried out. The mechanisms in question include determining the timing of the implementation of service activities and confirming the readiness of partners.

## **2. Implementation Stage**

Activities that will be carried out at this stage are carried out using counseling methods, diffusion of science and technology, and practice in the form of demos or role plays to train partners.

## **RESULTS AND DISCUSSION**

### **Phase I activity: Preliminary survey**

The implementation of community service was carried out after obtaining permission from the Principal of SDN 43 Pekanbaru. In the initial stage the team agreed with the school to carry out service activities, the result of the agreement was that the service schedule was carried out on Saturday, June 4, 2022, with the target group of grade 4 students (4A and 4B). Before the activity, the team prepared all service needs including banners, ordering snacks, equipment such as infocus, community service materials, division of tasks in community service, arrangement of community service events, and so on. Activities carried out on a predetermined schedule can be described as follows facing the principal and homeroom teacher, after which the team goes directly to the class that has been determined.

### **Phase 2 activities: Implementation activities**

At the stage of implementing community service activities for all 4th graders to increase knowledge related to five-finger hypnosis. Community service activities were carried out before a pre-test to assess the initial abilities of participants, followed by an explanation regarding the five-finger hypnosis material with the lecture method, followed by the implementation of five-finger hypnosis practice for all participants. The activity was evaluated by conducting a post-test to see the success of five-finger hypnosis therapy in dealing with anxiety.



**Figure 1. Implementation of Pre-test**

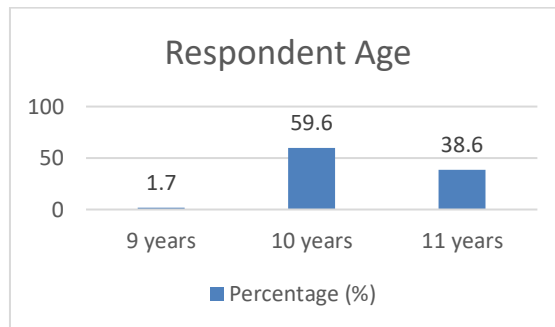


**Figure 2. Presentation of community service materials**



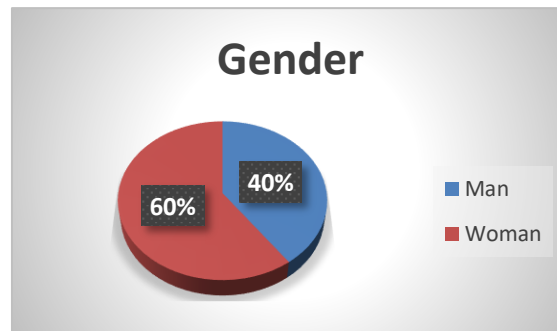
**Figure 3. Implementation of five-finger hypnosis**

From the results of the questionnaire, it can be seen that the participants' descriptions are as follows:



**Figure 4. Description of participants by age**

Based on Figure 4, it can be seen that the age of the respondents, from 57 community service participants, the majority were 10 years old (59.6%), then 11 years old (38.6%), and the least were 9 years old (1.7%). While the number of respondents by gender can be seen in the following figure:



**Figure 5. Description of respondents by gender**

Based on Figure 5, it can be seen that from 57 respondents, the majority of the respondents were female, namely 60%, and male, namely 40%. Meanwhile, the results of the evaluation of anxiety at the time of the pre-test can be seen in table 1, as follows:

**Table 1. Pre-Test and Post-Test Questionnaires on Anxiety**

| No           | Worry            | f         | %          | f         | %          | p-value |
|--------------|------------------|-----------|------------|-----------|------------|---------|
| 1            | Severe anxiety   | 10        | 17,5       | 4         | 7          | 0,013   |
| 2            | Moderate anxiety | 33        | 57,9       | 31        | 54,4       |         |
| 3            | Mild anxiety     | 14        | 24,6       | 22        | 38,6       |         |
| <b>Total</b> |                  | <b>57</b> | <b>100</b> | <b>57</b> | <b>100</b> |         |

Based on table 1, it can be seen that from 57 respondents in the pre-test who experienced severe anxiety, 17.5% decreased during the post-test to 7%. For respondents with moderate anxiety at the time of the pre-test, 57.9% decreased at the time of the post-test to 54.4%. For mild anxiety at the time of the pre-test, 24.6% rose to 38.6%. From the results of the Wilcoxon Hypothesis Test, it is known that the ASYMP.Sig (2-tailed) value is 0.013.  $<0.05$ , it can be concluded that there is a difference between the pre-test and post-test scores. This means that there is an effect of PKM on Five Finger Hypnosis Therapy in dealing with Anxiety in Elementary School Children at SD Negeri 43 Pekanbaru on pre-test and post-test.

According to Juhaeriah, et al., five-finger hypnosis therapy can reduce anxiety in students in the face of grade promotion exams. Five-finger hypnosis therapy can be used as an intervention in helping to reduce anxiety levels in school children in the face of grade promotion exams <sup>[8]</sup>. According to Saswati, N., et al., there is an effect of the five-finger intervention on the anxiety of patients with diabetes mellitus <sup>[9]</sup>. Other studies mention the benefits of using five-finger hypnosis which can reduce the anxiety of students who are writing a thesis <sup>[10]</sup>, reduce anxiety in patients with hypertension <sup>[11]</sup>, and reduce adolescent academic stress in vocational school children <sup>[12]</sup>.

Five-finger hypnosis is a form of self-hypnosis that can cause a high relaxation effect, so it will reduce tension and stress in one's mind <sup>[13]</sup>.

## CONCLUSION

It was found that the majority of respondents with moderate anxiety were 33 respondents (57.9%). the majority of respondents with moderate anxiety were 31 respondents (54.4 %). There is an effect of PKM on Five Finger Hypnosis Therapy in Facing Anxiety in Elementary School Children at SD Negeri 43 Pekanbaru on the pre-test and post-test.

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