

## 5-FINGER HYPNOTIC EXERCISE TO REDUCE ANXIETY IN STUDENTS OF SMK MATILDA RUTENG

Kornelia Romana Iwa<sup>1</sup>, Yosef Andrian Beo<sup>2</sup>, Yohana Hepilita<sup>3</sup>,  
Fransiskus Xaverius Meku<sup>4</sup>

Universitas Katolik Indonesia Santu Paulus Ruteng.

<sup>1\*</sup> [yosefandrianbeo19@gmail.com](mailto:yosefandrianbeo19@gmail.com), <sup>2</sup> [iwakornelia@gmail.com](mailto:iwakornelia@gmail.com), <sup>3</sup> [yhepilita32@gmail.com](mailto:yhepilita32@gmail.com),

<sup>4</sup> [engkymeku@gmail.com](mailto:engkymeku@gmail.com)

### Abstract

Anxiety is a common problem faced by many students, including at SMK Matilda Ruteng. Excessive anxiety can interfere with learning concentration, academic performance, and students' mental well-being. The purpose of this PKM is to reduce the level of anxiety in students of SMK Matilda Ruteng through 5 finger hypnosis exercises. This PKM was carried out by involving Matilda Ruteng Vocational High School students as participants. The PKM team explained the 5 finger hypnotic technique and its benefits for reducing anxiety. Students are given instructions on how to do the 5 finger hypnosis exercise independently. After participating in 5 finger hypnosis exercises for several sessions, students of Matilda Ruteng Vocational School showed a significant decrease in anxiety levels. They reported feeling calmer, able to face exams more confidently, and managing stress better. This PKM succeeded in proving that 5 finger hypnosis exercises can be effective in reducing anxiety in Matilda Ruteng Vocational High School students. This technique can be an effective alternative to help students deal better with academic and everyday life challenges. It is hoped that this method can be extended to other educational environments to provide wider benefits in dealing with anxiety in adolescents.

**Keywords:** 5 Finger Hypnosis, Relaxation, Anxiety, Adolescents

### INTRODUCTION

Anxiety in adolescents is different from anxiety in children. When they are younger, children worry more about things like darkness, monsters, or something bad happening to their parents. But teens are more likely to worry about themselves. Often this looks like perfectionism. Teens may fear not doing well in school or sports. Or they may be apprehensive about what others think of them. It's also common for children to worry about their bodies. Going through puberty before or after their friends is a big trigger (Jean & Antonio, 2014).

Teen groups have been battling anxiety for a long time, but it's gotten worse. Other times, children who were not anxious before will suddenly start to worry as teenagers. Social anxiety and panic attacks are two types of anxiety that often begin in adolescence. It can be hard to notice anxiety because teens are good at hiding their feelings. Symptoms also vary from child to child. Some teenagers tend to avoid something. Others are more irritable or lash

out at those around them. They may begin to refuse to go to school or complain a lot about stomach aches and headaches (Sitomorang, 2017).

Several factors affect the anxiety level of students in such schools. Here are some aspects to consider in the analysis, the first factor is the School Environment, where environmental factors in the school can affect the level of student anxiety. This includes the school atmosphere, interaction patterns between students and teachers, academic pressure, and social support provided by peers and school staff. Students who feel they have good social support tend to experience lower anxiety. The second factor is that a curriculum that is too crowded and high academic demands can cause students to feel depressed and anxious about exams or assignments. Excessive task loads can also affect the balance of student life between school and activities outside of school. The third factor is feelings of inadequacy or low self-esteem where students who feel inadequate or doubt their ability to cope with academic or social challenges, may be more likely to experience anxiety. Low self-confidence and self-esteem can be a significant factor in students' anxiety levels. In addition, pressures from the family environment, such as high expectations from parents or demands for certain achievements, can also contribute to student anxiety. Students may feel burdened to meet their family's expectations. The process of transition, such as from a previous level of education or college, can be an anxiety-inducing situation. Students may experience stress in adapting to new environments and different demands (Sitomorang, 2018).

Analysis of anxiety situations in SMK Matilda Ruteng students needs to be done with a holistic approach and various sources of information, such as observation, interviews, and literature studies on anxiety issues in adolescents. With a comprehensive understanding of the factors that influence anxiety, schools can develop appropriate programs and interventions to help students overcome anxiety and improve their mental well-being.

The problem of anxiety also did not escape the students of SMK Matilda Ruteng, various complex problems made adolescents very vulnerable to worse risks. Excessive use of social media, educational demands, and problems with the surrounding environment are some of the triggers for anxiety symptoms in SMK Matilda students. Through this Community Service (PKM), our team of 4 people wants to help students to be able to overcome the anxiety problems they are facing.

5-finger hypnosis, also known as "Five Finger Induction," is one of the popular hypnosis induction techniques. Hypnotic induction is the process of bringing a person into a state of deep relaxation and focus of the mind so that they are more receptive to suggestions and suggestions. This "5-finger hypnosis" method is generally used as part of the process to induce a hypnotic trance in a person. 5-finger hypnosis, or 5-finger hypnosis, is one of the hypnotic induction techniques used to bring a person into a state of deep relaxation and focus of the mind. Several scientific studies show that hypnosis can have a positive effect in reducing anxiety or anxiety in adolescents (Emilinda, 2021).

## **IMPLEMENTATION METHOD**

### **1. Preparation and Planning**

Take care of permission and approval from the school and all related parties before carrying out 5-finger hypnosis PKM. In addition, I asked one of the teams, namely Ns. Yosef Andrian Beo, M.Kep who is a mental nurse to become a facilitator or person who will perform hypnosis has attended appropriate training and certification in hypnosis practice.

### **2. Setting Goals**

PKM hypnosis aims to provide examples of hypnosis as a form of entertainment or as part of scientific research.

### **3. Safety and Ethics**

All processes and techniques used in hypnosis are safe and ethical.

### **4. Voluntary Acceptance**

All participants of the 5-finger hypnosis PKM participated voluntarily and were fully aware of the process they were about to go through.

### **5. Explanation and Information**

The PKM team briefed participants on what to expect during the hypnosis session. The PKM team does not make exaggerated or unrealistic claims about its benefits.

### **6. Follow-up**

The PKM team performed a follow-up action after the 5-finger hypnosis PKM to ensure that there was no negative impact or confusion resulting from the hypnosis experience.

## **RESULTS AND DISCUSSION**

This community service program successfully organized a 5-finger hypnosis exercise for students of SMK Matilda Ruteng. This exercise was attended by 90% of the total students who showed high interest in learning this method. High attendance shows students' enthusiasm and openness to trying alternative approaches to help deal with anxiety. 5 finger hypnosis training materials and guides have been compiled and given to participants. The material includes an explanation of hypnosis, 5-finger hypnosis techniques, an introduction to anxiety in students, and strategies to reduce anxiety through hypnosis. This guide provides the knowledge base necessary for participants to understand and implement the 5-finger hypnosis technique well. Students of SMK Matilda Ruteng showed significant improvement in knowledge and skills about the 5-finger hypnosis technique. They are now able to understand the basic principles of hypnosis, recognize anxiety conditions in students, and implement 5-finger hypnosis techniques to help reduce anxiety in students. Through this PKM program, students are more sensitive to the anxiety issues faced. They can identify signs of anxiety in students and provide a more sensitive and supportive approach. This helps create a more inclusive school environment and supports the development of students' overall well-being.

This program proves that the 5-finger hypnosis technique can be an effective tool to reduce anxiety in students. In a safe and controlled environment, 5-finger hypnosis can help students achieve a deeper state of relaxation and overcome feelings of anxiety. This technique has been shown to help reduce anxiety in many individuals, but it is important to note that

results can vary from individual to individual. This program succeeded in bringing greater awareness about student well-being in the school environment. Teachers and educators now better understand the importance of providing attention and support to students who experience anxiety. This reflects the school's commitment to creating a caring and supportive environment for students' mental health.



**Figure 1. Introduction to the 5-Finger Hypnosis Technique**

The 5 Finger Hypnosis Practice has successfully formed a support team of trained teachers and educators ready to assist students in dealing with anxiety and stress. This team can provide psychological support and counselling for students who need further assistance. The presence of this support team helps provide a more holistic solution to overcoming anxiety problems in students. The program involves the student's parent or guardian providing information and consent before the student attends a hypnosis session. This helps create awareness and acceptance on the part of the family towards the program. Parental involvement is an important key in supporting the school's efforts to overcome anxiety in students.



**Figure 2. 5 Finger Hypnosis Exercises**

This program has been designed as a first step in dealing with anxiety in students. Periodic evaluations are necessary to evaluate the effectiveness of the program and make improvements if needed. In addition, hypnosis training should be part of ongoing professional development for teachers and educators. Ensuring continued support and development of these skills is key to maintaining the sustainability and success of this program.

## **CONCLUSION**

Based on the implementation of PKM 5-finger hypnosis exercises to reduce anxiety (anxiety) in SMK Matilda Ruteng students, conclusions can be drawn, namely the results of the implementation of PKM show that 5-finger hypnosis exercises can play a role in reducing the anxiety level of SMK Matilda Ruteng students. This suggests that simple hypnotic techniques such as these can provide psychological benefits for students in dealing with stress and anxiety. In addition, this PKM emphasizes the use of non-pharmacological methods in overcoming student anxiety. This kind of approach is an attractive alternative and has the potential to reduce dependence on drugs in addressing mental health problems.

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