

The Effect of Five Finger Hypnosis Therapy in Reducing Anxiety in Gravida Mothers: Literature Review

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ABSTRACT

Background: Pregnant women often feel worried, afraid or anxious both in prima gravida and multigravida. In prima gravida mothers this feeling of anxiety arises because they have never experienced this process before and in multigravida mothers anxiety usually arises because they think about whether later after delivery they can divide their time, especially in taking care of their children. This study aimed to determine the Effect of Five Finger Hypnosis Therapy in Reducing Anxiety in Mother Gravida. **Method:** The research design uses a literature review of several research journal articles published on the Health Base. The health databases used include: Google Scholar, and Pubmed with a time span of 2015 to 2020 with search results of 6 journals. The results of this paper indicate that there is an effect of Five Finger Hypnosis Therapy in Reducing Anxiety in Gravida's Mother. **Results:** Where on average the articles get the results of anxiety before doing finger hypnosis in the mild category, after hypnosis, most of them have mild anxiety levels and there is an influence of hypnosis on anxiety levels in primigravida and multigravida mothers. **Conclusion:** This five finger hypnosis therapy is very meaningful because with five finger hypnosis therapy pregnant women will get inner peace and relaxation so that the level of anxiety in the mother decreases.

I. Introduction

Anxiety is a feeling that is general in nature, where a person feels afraid or loses self-confidence whose origin or form is unclear (Kusumawati, 2012). Anxiety in pregnant women usually occurs in pregnant women with high risk categories such as age less than 21 years and more than 35 years, history of anemia, hypertension, heart disorders, diabetes mellitus, history of abortion and so on so that the preparations made must be more complex such as routine laboratory examinations. routine related to a history of co-morbidities of previous pregnant women (Ratnawati, 2014).

Pregnant women often feel worried, afraid or anxious both in prima gravida and multigravida. In prima gravida mothers, this feeling of anxiety arises because they have never experienced this process before and in multigravida mothers, anxiety usually arises because they think about whether after delivery they can divide their time, especially in taking care of their children. Feelings of anxiety can increase pain, muscles become tense so that contractions will often occur or what is known as false his (Yanti, 2016).

One of the factors that trigger anxiety for pregnant women is that they often hear stories from people around them about pregnancy and childbirth and how busy it is to take care of the household and take care of the newborn so that the mother becomes very anxious about the delivery process that triggers fear, making the condition of pregnant women. become unstable, especially in pregnant women with high risk such as pregnant women with a history of anemia, diabetes mellitus, heart disease, hypertension and so on (Wahyu, 2016).

Depression and anxiety studies conducted by the World Health Organization (WHO) suggest that around 10-12% of the total pregnant women in the world experience anxiety during pregnancy (WHO, 2016). In Indonesia, there are an average of nearly 2 million pregnant women each year, 28.7% of whom experience anxiety in facing childbirth (Health Data Profile, 2017). In East Java Province there are approximately 167,976 pregnant women, while those who experience anxiety in facing childbirth reach 52.3% (Health Data Profile, 2017). Nganjuk Regency is ranked 7th regarding the number of pregnant women with a percentage of around 8.91% and more than 35% of them are pregnant women who fall into the category of high risk pregnancy (Health Data Profile, 2017).

The relaxation effect of five-finger hypnosis therapy is seen when respondents who are focusing on observing the shadows of their fingers show a positive response, including respondents looking calm while concentrating on seeing the shadows of moving fingers, indicating that the respondent is in a state of relaxation by utilizing the formation of natural endorphins that can reduce stress. (Wisudawati et al., 2014).

Based on the background description that has been described above, the researchers are interested in conducting research with the title "The Effect of Five Finger Hypnosis Therapy in Reducing Anxiety in Mother Gravida".

II. METHODS

The research method is the working method used in conducting a research (Fathoni, 2011). This chapter will discuss: 1) Literature Search Strategy, 2) Inclusion and Exclusion Criteria 3) Result Selection and Study Selection. Based on the results of a literature search through Google Scholar publications, using the keywords "gravida mother" AND "five finger hypnosis" AND "Anxiety" and Pubmed using the keywords "Anxiety" AND "Five Finger Hypnosis" AND "Gravida Mother", the journal that has been found then screened based on the appropriate topic and the year of publication of the journal, so that 6 journals were reviewed.

III. RESULTS

No	Author	Year	Vol, No	Tittle	Method (design, sample, variables, instrument, analysis)	Result
1	Fabien Legrand, redha taiar	2017	<i>Vol 102 No 123</i>	Effects of hypnosis during pregnancy : A psychophy siological study on maternal stres	<p>D. The type of research is pre experimental design with one-group pretest-posttest design</p> <p>S. Consecutive sampling</p> <p>V. independent: Effects of hypnosis during pregnancy: A psychophysiological</p> <p>I. observation</p> <p>A. Wilxocon signed rank test</p>	In addition, a statistically significant declining trebd in anxiety scores was observed during the hypnosis phase, and anxiety re-increased in the return to baseline phase (p<0,05).

2	Agnes Silvina Marbun	2019	Vol. 2 No.2	The Effectiveness of Five Finger Hypnotic Therapy Against Anxiety in Pre Partum Mothers at Chelsea Husada Clinic Tanjung Beringin, Serdang Bedagai Regency	<p>D. This type of research uses the Quasy Experiment one group pre and post test design method</p> <p>S. Quota sampling</p> <p>V. independent : The effectiveness of five finger hypnosis therapy Dependent : maternal anxiety pre partum</p> <p>I. Questionnaire</p> <p>A. Wilcoxon test</p>	The test results showed that the p value = 0.001 means that the effectiveness of five-finger hypnosis therapy on the anxiety of pre-partum mothers can overcome anxiety before the delivery process.
3	Sugeng Triyani	2016	Vol No	The Effect of Hypnosis on Anxiety Levels of Pregnant Nulliparous Mothers in the Third Quarter in Preparation for Childbirth	<p>D. This type of research uses the Quasy experimental method with the untreated control group design research design with dependent pretest and posttest samples</p> <p>S. Quota sampling</p> <p>V. independent: Hypnosis therapy</p> <p>Dependent : the level of anxiety of pregnant women nullipara third trimester in preparation for childbirth</p> <p>I. Questionnaire</p> <p>A. T-Dependent Test</p>	The results of statistical test analysis showed that there was a significant effect in the group using hypnosis therapy with an average decrease in anxiety of 21.550 points with a p value <0.001
4	Fahma Ilmi Nawa Tama	2019	Vol no	The Effect of Five Finger Hypnosis on Anxiety Levels of Pregnant Women with Preeclampsia in Lumajang Regency	<p>D. This type of research uses Quasy experimental one group pre and post test design</p> <p>S. purposive sampling</p> <p>V. independent :Five Finger Hypnosis</p> <p>Dependent: Anxiety Levels of Pregnant Women With Preeclampsia</p> <p>I. Questionnaire</p> <p>A. Independent T-Test</p>	The results of the Independent T-Test showed that there was an effect of five-finger hypnosis on the anxiety of pregnant women with preeclampsia with p-value < (0.018 <0.05)

5	Asep Badrujamalud in	2018	<i>Vol.1 No.1</i>	The Effect of Five Finger Hypnosis Technique s on Reducing Anxiety Levels in Pre Op Sectio Caesarea Patients in the Burangrang Room, Dustira Hospital	<p>D. This type of research uses a pre-experimental design with one group pretest-posttest without control</p> <p>S. Purposive sampling</p> <p>V. independent : Five Finger Hypnosis Technique</p> <p>Dependent: Decreased Anxiety Levels in Pre Op Sectio Caesarea Patients</p> <p>I. Questionnaire</p> <p>A. T- Dependent test</p>	The results showed that there was an effect of the five finger hypnosis technique on decreasing the anxiety level of pre-op sectio caesarea patients (P Value = 0.001 = 0.05)
6	Afika Ira Rahmawati	2018	<i>Vo. No.</i>	The Effect of Hypnobirthing in Reducing Anxiety Levels in Pregnant Women	<p>D. This type of research uses quantitative methods with an experimental approach</p> <p>S. Purposive sampling</p> <p>V. independent : hypnobirthing</p> <p>Dependent: Anxiety Level of Pregnant Women</p> <p>I. Observation sheet and interview</p> <p>A. T-Paired Test</p>	. The results showed that there was a significant difference between the pretest and posttest in the experimental group as seen from the average group data using the T test, the correlation value between the two variables: 0.973, which means that the relationship is strong and positive. And the significant value of the relationship with the results is 0.000, which means it is significant at the 0.01 level. The experimental

						1 group experienced a significant decrease in anxiety levels compared to the control group which did not experience a decrease in anxiety levels even increased.
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IV. DISCUSSION

The concept of Anxiety Five Finger Hypnosis Therapy in Reducing Anxiety in Mother Gravida

Anxiety is confusion, worry about something happening with no apparent cause and associated with feelings that cannot be avoided from the individual's life in maintaining balance. The course of a person's anxiety is not the same in some situations and interpersonal relationships (Batbual, 2010). Anxiety or commonly called anxiety, which provides an understanding of anxiety as an emotional state characterized by physiological arousal, unpleasant feelings of tension, and concern that something bad will happen. (Rahmawati, 2016). Based on this understanding, it can be concluded that anxiety is a condition that causes a person to feel uncomfortable and awry so that he cannot perform activities optimally. Anxiety is a mental condition of a person that occurs due to challenges, pressures and demands to achieve certain goals.

The General Concept of Hypnosis and Five Finger Hypnosis in Reducing Anxiety in Mother Gravida

Of the 6 journals reviewed, they stated that there was an effect of Five Finger Hypnosis Therapy in Reducing Anxiety in Gravida's Mother. 5 finger hypnosis relaxation therapy can reduce a person's anxiety level. This is evidenced by research conducted by (Astuti, 2017) about the effect of 5 finger hypnosis on the anxiety level of the elderly with hypertension with 96 respondents. The result was that 82 respondents had a decreased level of anxiety after being given 5 finger hypnosis relaxation therapy so that with a decreased level of anxiety the elderly could automatically lower the blood pressure of the elderly with a history of hypertension. Hypnosis is a condition of a person who focuses awareness on specific things that are achieved alone or guided by a hypnotherapist (Evangelista, 2016). Hypnosis is a change in consciousness, dissociation of peripheral awareness and increased response due to the cues given so that it is effective in controlling somatic pain in the long term (Lee & Pyun, 2012). The benefits of hypnosis for sufferers are as follows: Reducing prejudice, For anxiety, Controlling nausea and vomiting, Reducing patient fatigue, Helping healing surgery (Diferiansyah, et al. 2016). The working principle of human hypnosis has 2 types of thoughts that work simultaneously and influence each other, namely the conscious mind and the subconscious mind (Majid, 2014).

The Effect of Five Finger Hypnosis Therapy on Reducing Anxiety in High-Risk Gravida Mothers.

Research conducted by Fahma Ilmi Nawa Tama (2019), concerning the Effect of Five Finger Hypnosis on Anxiety Levels of Pregnant Women with Preeclampsia in Lumajang Regency, the results of the Independent T-Test showed that there was an effect of five finger hypnosis on the anxiety of pregnant women with preeclampsia with a p-value $< (0.018 < 0.05)$. The hypothesis in this study is proven, namely relaxation training with the hypnobirthing method can significantly reduce the subject's anxiety in dealing with nulliparous pregnancy in preparation for childbirth. This can be seen from the

results of the T-Paired Correlation Sample Test with a significant difference between the average level of anxiety in the case sample with an anxiety level of 2.55 and a standard deviation of 1.986 and a control sample of 9.60 and a standard deviation of 6.004. In this study, there was a significant effect between the hypnobirthing intervention and a decrease in anxiety levels, with an average difference in anxiety levels before and after the hypnobirthing intervention. The results of this significant study support several previous studies which state that hypnobirthing can overcome the anxiety of pregnant women (Silviasih, 2009; Malicha, 2011). This research can prove that the hypnobirthing method can help reduce anxiety in pregnant women. A similar study was conducted by Asep Badrujamaludin (2019), regarding the Effect of Five-Finger Hypnosis Technique on Reducing Anxiety Levels in Pre-Op Sectio Caesarea Patients in the Burangrang Room, Dustira Hospital. sectio caesarea (P Value = 0.001 = 0.05). One of the visualization therapies in relaxation that is very well known and most often applied directly to the public is five finger hypnosis therapy. Five finger hypnosis therapy is a relaxation therapy using the method of imagery or imagination that uses a tool in the form of 5 fingers. The purpose of doing this 5 finger hypnosis therapy is to provide a sense of comfort, improve blood circulation and relax the muscles of the body so that the condition of the body becomes more comfortable. With a comfortable body condition, it is expected that one's mind will become more relaxed so that feelings of fear and worry that arise can disappear slowly (Rizkiya et al., 2017). 5 finger hypnosis relaxation therapy can reduce a person's level of anxiety. This is evidenced by research conducted by Astuti (2017) about the effect of 5 finger hypnosis on the anxiety level of the elderly with hypertension with 96 respondents. The result was that 82 respondents had a decreased level of anxiety after being given 5 finger hypnosis relaxation therapy so that with the elderly's anxiety level decreasing automatically it could also reduce the blood pressure of the elderly with a history of hypertension. Afandi's research (2017) shows that giving deep breathing relaxation techniques and five finger hypnosis can reduce tension muscles, helps focus attention and reduces stress and fear. Anxiety can be overcome with relaxation techniques, distraction, spiritual activities, and hypnotherapy. From some of the research above, it can be seen that 5 finger hypnosis therapy is very influential on the anxiety of high risk pregnant women because when doing this therapy pregnant women get inner peace and relax so that the level of anxiety in the mother decreases.

V. CONCLUSION

Based on the writing above, it can be concluded that there is an effect of hypnotherapy therapy on the anxiety of pregnant women with a significant level below alpha 0.05. So it is recommended to respondents and also health workers to carry out this therapy in preventing excessive anxiety in pregnant women. So it is recommended for primigravida mothers to do five-finger hypnosis to reduce the anxiety experienced, while for medical personnel to be able to suggest five-finger hypnotherapy therapy to primigravida mothers to reduce anxiety and it would be better to apply it in the hospital/practice place.

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