

# Hypnotherapy Intervention to Reduce Cigarette Consumption Habits in Adolescent Children: A Literature Review

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## ABSTRACT

**Background:** The habit of smoking in adolescents is indeed a problem that needs special attention, considering the impact on health where lung function will experience impaired development. The social aspect of smoking behavior for adolescents can cause adverse effects for passive smokers because the risks borne by passive smokers are more dangerous than active smokers.

**Methods:** The research design in this article is a literature review, by searching several literature sources in the form of research journals using databases such as: Ebsco Host, PubMed, Google Scholar, elsevier, and Springer. By using the search keywords: Hypnotherapy, smoking, and adolescents. The year limitation used is from 2020 to 2024. The language used is Indonesian and English, free journals are not paid.

**Results:** Based on the results of the research that has been carried out, hypnotherapy intervention has an influence on reducing smoking consumption habits in adolescent children

**Conclusion:** Based on the results of the study, hypnotherapy intervention shows the benefits in changing the subconscious of adolescents to stop or reduce the habit of consuming cigarettes.

## I. Introduction

Adolescence, which represents the transition between childhood and adulthood, is a developmental stage during which important changes in behavior and brain structure occur (Gopnik et al. 2017; Spear 2000). Adolescence is an important time to develop social and emotional habits that are important for mental health, such as adopting good sleep patterns, exercising, developing coping skills, interpersonal skills; and learning to manage emotions (Astutik and Dewi 2022; World Health Organization 2021). Smoking is a problem that has not been solved until now (Humaidi et al. 2021). Smoking has spread and spread to various groups, from children to the elderly, men and women (Lee and Lee 2019), smoking can harm adolescents directly and indirectly which has been shown to interfere with adolescent growth and development (Fithria et al. 2021). Many factors are associated with smoking behavior in adolescents aged 15-18 years (Lee and Lee 2019). Factors that influence the relationship include peer association, price, and lack of parental attention (Susilaningsih 2022). Smoking can increase the risk of several diseases, such as cancer, pregnancy disorders, and hypertension (Morisaki et al. 2023). Frequent and sustained smoking behavior not only causes problems with adolescent development and growth (Humaidi et al. 2021).

Worldwide, almost all tobacco use begins in childhood and adolescence. Eighty-eight percent of adult daily smokers experimented with their first cigarette by age 18 (Centers for Disease Control and Prevention 2012). The current prevalence of adolescent male smokers is 38.3%, ever smokers 67%, and smokers with high consumption per day ( $\geq 2$  cigarettes per day) is 39.1% (Megatsari et al. 2023). In Asia, 21.3% of adolescents have ever smoked, 16.2% of adolescents currently smoke, and the prevalence in

male and high school students is higher than female and junior high school students, respectively (Nguyen and Tran 2023).

Data from the 2023 Indonesian Health Survey (SKI) conducted by the Ministry of Health (MOH) shows that the number of active smokers is estimated to reach 70 million people, with 7.4% of them smokers aged 10-18 years (Munira, 2023). For the prevalence of adolescent active smokers in Indonesia was recorded at 18.8% (GYTS 2019) and increased to 22.04% (Indonesian Central Bureau of Statistics 2024). The problem of the risk of smoking-related diseases does not only occur in active smokers, but also in passive smokers or second-hand smoke. According to the 2019 Global Youth Tobacco Survey (GYTS), 57.8% of adolescents are exposed to cigarette smoke at home, and 67.2% of adolescents are exposed to cigarette smoke in open public places.

Social environments and media that display the use of tobacco products as a normal activity can make adolescents want to try these products. Adolescents are more likely to use tobacco products if they see people their age using these products (Centers for Disease Control and Prevention 2012), besides mental health being a factor that causes adolescents to consume cigarettes, there is a strong relationship between smoking in adolescents with depression, anxiety, and stress (Minichino et al. 2013). Quitting smoking is something that is not easy to do for cigarette addicts (Roh 2018), so it has become a concern for psychologists by including addiction as one of the study divisions of the American Psychological Association (APA) (Office of the Surgeon General, 2020).

So that psychological interventions in the form of psychotherapy can develop, one of which is hypnotherapy (Catharine 2016), Hypnotherapy can reduce a person's desire to smoke by giving suggestions about the negative effects of smoking to their subconscious (Barnes et al. 2019), so that the desire to smoke can decrease or even disappear (Margiyati et al., 2018). This study aims to analyze the effect of hypnotherapy intervention on reducing cigarette consumption in adolescents.

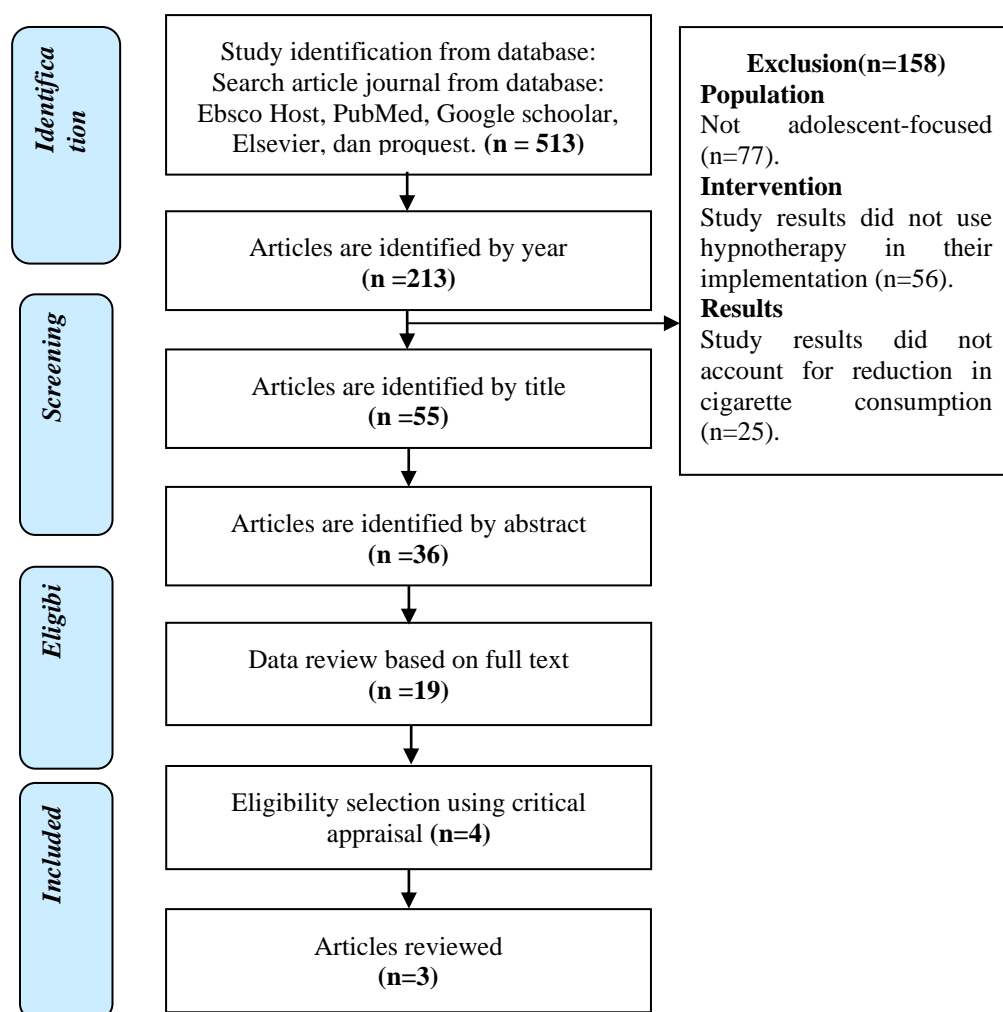
Teenagers today often take their health for granted (Fleary & Joseph, 2020), they only think about what will make them happy, such as cigarettes (Drehmer et al., 2017). Teenagers use cigarettes more at a young age without paying attention to the consequences that will be caused and the lack of awareness in themselves so that they do not pay attention to the dangers of using these cigarettes (Nurmiyanto & Rahmani, 2013). Many interventions and therapies have been carried out such as the use of pharmacological medication nicotine replacement therapy (NRT) (Wadgave & Nagesh, 2016), Varenicline (Singh & Saadabadi, 2024), However, this is costly and not cheap. Hypnotherapy can reduce a person's desire to smoke by giving suggestions about the negative effects of cigarettes to their subconscious (Barnes et al., 2019), which is easy to implement and is direct so that the desire to smoke can decrease or even disappear (Margiyati et al., 2018). This study aims to analyze the effect of hypnotherapy intervention on reducing cigarette consumption in adolescents.

## II. METHODS

The method used in this research is a literature review method with a descriptive analysis approach and using a literature review design, namely conducting a literature search by reading various journals related to the research topic.

Journal searches were conducted using journal databases: Ebsco Host, PubMed, Google Scholar, Elsevier, and Springer. By using the search keywords: Hypnotherapy, smoking, and adolescents. The year limitation used is from 2020 to 2024. The language used is Indonesian and English, free journals are not paid.

Journals that meet the article search criteria will then be collected, analyzed, and summarized, the research results from the journals that have been obtained will be summarized to answer the questions and objectives of this study.



**Picture 1.** Flowchart of Articles Selected for Literature Review and Selection Process Using PRISMA (Preferred Reporting Items for Literature Review).

### III. RESULT

#### a. Demographic Study

Study demographics can be described and categorized by: title, author, year of publication, country, and publisher.

##### 1) By Year of Issue

The studies included in this literature review of research articles were selected based on publications from 2020 - 2024, research articles published in 2020 there are 2 articles, namely: (Bollinger et al., 2020) and (Hamid et al., 2020), while there is 1 article published in 2022, namely: (Rohmadani et al., 2022).

##### 2) Country Of Origin

When viewed based on journals based on their country of origin, there are 1 article originating from the United States of America, namely: (Bollinger et al., 2020), and there are 2 articles originating from Indonesia, namely: (Hamid et al., 2020) and (Rohmadani et al., 2022).

##### 3) Based on Journal Article Publisher

When viewed based on the publisher of the article, there is 1 article originating from Elsevier, namely: (Bollinger et al., 2020), 1 article comes from the publisher Atlantis Press SARL, namely: (Hamid et al., 2020), and 1 article comes from the publisher Al-Balagh: Journal of Da'wah and Communication, namely: (Rohmadani et al., 2022). The results of the article can be seen in the table below:

**Table 1.** Demographic data of the article

Title, author and year of publication	Country	Publisher
<i>Effect of hypnotic suggestion on cognition and craving in smokers</i> ( <i>Bollinger et al., 2020</i> )	United States of America	Elsevier
<i>The Analysis of Hypnotherapy Model for Smokers</i> ( <i>Hamid et al., 2020</i> )	Indonesia	Atlantis Press SARL
<i>Islamic Hypnotherapy and Anchor Hypnotherapy To Reduce Smoking Intention in Adolescents: a Pilot Study</i> ( <i>Rohmadani et al., 2022</i> )	Indonesia	Al-Balagh: Jurnal Dakwah dan Komunikasi

**b. Characteristics of respondents**

The characteristics of respondents taken in this study include: age and incidence of cigarette consumption

## 1) Age

When looking at the age in the selected articles, there are 1 article with the age category of 18 years as the respondent, namely: (*Bollinger et al., 2020*), 1 article with an age category of 18-20 years, namely: (*Hamid et al., 2020*), and 1 article with an age limit of 15-18 years, namely: (*Rohmadani et al., 2022*).

## 2) Smoking intensity

According to smoking intensity, if seen, there are 1 article with the intensity of respondents 5 cigarettes per day, namely (*Bollinger et al., 2020*): 1 article with 7-20 cigarettes per day, namely: (*Hamid et al., 2020*), and 1 article with 1 cigarette per day, namely: (*Rohmadani et al., 2022*). The results of the explanation above can be seen in the table below:

**Table 2.** Characteristics Responden

Characteristics	n	%
<b>Age</b>		
18 year	1	33.33%
18-20 years	1	33.33%
15-18 years	1	33.33%
<b>Intensity of Smoking</b>		
5 cigarettes/day	1	33.33%
7- 20 cigarettes/day	1	33.33%
1 cigarettes/day	1	33.33%

**c. Characteristics of the intervention**

Characteristics of the intervention. Data collected included: type of study, type of intervention, time span of the intervention, and analysis used.

## 1) Type of research

Based on the type of research, there is 1 article that is Counter-Balanced Within-Subjects type, namely: (*Bollinger et al., 2020*), and there are 2 articles with quasy experimental research types, namely: (*Hamid et al., 2020*), and (*Rohmadani et al., 2022*).

## 2) Type of intervention

Based on the type of intervention, there is 1 article with the type of Hypnotic suggestion, namely: (*Bollinger et al., 2020*), 1 article with the type of Hypnotherapy, namely: (*Hamid et al., 2020*), and 1 article with the type of intervention Islamic Hypnotherapy and Anchor Hypnotherapy, namely: (*Rohmadani et al., 2022*).

## 3) Based on analysis

In the results of the article when viewed based on the analysis used, there is 1 article with A general linear model analysis (SAS PROC GLM), namely (*Bollinger et al., 2020*), and there are 2 articles with Wilcoxon analysis, namely: (*Hamid et al., 2020*), and (*Rohmadani et al., 2022*).

The results of article searches based on intervention characteristics can be seen in the table below:

**Table. 3** Intervention Characteristics

Characteristics	n	%
<b>Type of research</b>		
<i>Counter- Balanced Within-Subjects</i>	1	33.33%
<i>Quasi-experiment</i>	2	66.67%
<b>Type of intervention</b>		
<i>Hypnotic suggestion</i>	1	33.33%
<i>Hypnotherapy</i>	1	33.33%
Islamic Hypnotherapy and Anchor Hypnotherapy	1	33.33%
<b>Analysis</b>		
<i>A general linear model (SAS PROC GLM)</i>	1	33.33%
<i>Wilcoxon</i>	2	66.67%

#### d. Study result

Presentation of literature results in writing a literature review contains a summary of the results of each selected article in tabular form, searching using electronic databases produces a total of 513 article titles and 36 abstracts. Data review based on full text resulted in 19 articles, after the articles obtained were then selected using critical appraisal resulted in 3 articles, and the results of studies that met the criteria for literature review can be seen in the following table:

**Tabel 4.** Study Character Included.

No.	Title, Author and Year of Publication	Methods	Result
1	<i>Effect of hypnotic suggestion on cognition and craving in smokers</i>  (Bollinger et al., 2020)	<b>Design :</b> - <i>Counter- Balanced Within-Subjects</i> <b>Subject :</b> -33 Responden <b>Variable :</b> -Independen: <i>Hypnotic</i> -Dependen: <i>Smokers</i> <b>Instument:</b> - Smoking urges (Questionnaire of Smoking Urges-Brief; QSU-B, the Stanford Scale of Hypnotic Susceptibility <b>Analyze :</b> - <i>a general linear model (SAS PROC GLM)</i>	Hypnosis can reduce smoking craving in individuals.  Based on the results of measurements using there is a difference in the hypnosis group with no ( $p = 0.007$ ).
2	The Analysis of Hypnotherapy Model for Smokers  (Hamid et al., 2020)	<b>Design:</b> - quantitative study with a quasi-experiment <b>Subject:</b> -12 Responden <b>Variable:</b> -Independen: Hypnotherapy -Dependen:	Based on the results obtained, hypnotherapy can be an alternative technique for teens in reducing their smoking intensity. The results of the study prove that hypnotherapy affects the decrease in the intensity of teenage smoking

No.	Title, Author and Year of Publication	Methods	Result
		<i>Smoking Frequency</i> <b>Instrument :</b> - Standart Operational Proscedure Hypnotherapy - frequency of smoking behavior expressed <b>Analyze :</b> - <i>Wilcoxon Match test</i>	(p = 0.001)
3	Islamic Hypnotherapy and Anchor Hypnotherapy To Reduce Smoking Intention in Adolescents: a Pilot Study  (Rohmadani et al., 2022)	<b>Design :</b> - quasi-experimental with multiple treatment and control with pretest design <b>Subject :</b> -6 Responden islamic hypnotherapy group -6 Responden Anchor hypnotherapy group -6 Responden control group <b>Variable :</b> -Independen : Islamic Hypnotherapy and Anchor Hypnotherapy -Dependen : Smoking Intention in Adolescents <b>Instrument :</b> - Standart Operational Proscedure Islamic Hypnotherapy and Anchor Hypnotherapy <b>Analyze :</b> - <i>Wilcoxon Signed Rank Test and Kruskal Wallis Test</i>	Qualitatively, participants in experimental groups I and II reported decreased smoking frequency but the decrease was higher in the experimental group I. Meanwhile, the control group did not experience a decrease.  The data showed that Islamic hypnotherapy was effective in lowering smoking intention (p=0.027), Anchor hypnotherapy was ineffective in lowering smoking intention (p=0.343). The control group showed no change in smoking intention (p=0.596).

#### IV. DISCUSSION

The phenomenon of smoking in adolescence in the world today is still a matter of concern. Lung development becomes impaired in adolescence due to the use of smoking consumption (Gibbs et al., 2016). Active smoking causes reduced lung function and impaired lung growth during childhood and adolescence, and the onset of lung function decline during late adolescence and early adulthood (Hasanah, 2014). Young smokers' lungs stop growing earlier, they reach lower maximal lung function, have a shorter plateau phase, and their lung function declines earlier (Agustí et al., 2023). This reduced lung growth may increase the risk of chronic obstructive pulmonary disease (COPD) later in life (Deolmi et al. 2023). Therefore, quitting smoking early can be very beneficial, to avoid the following effects on the growing lungs.

In the results of the review of articles that have been carried out, it was found that there was an effect of using hypnotherapy interventions in reducing / reducing the intensity of adolescents' desire to consume cigarettes as shown in the studies (Bollinger et al., 2020) (p = 0.007), (Hamid et al., 2020) (p = 0.001) and (Rohmadani et al., 2022) (p = 0.027).

The process of hypnosis is defined in neuroscience using brain imaging and in psychology using social, cognitive, and dissociative theories (Delestre et al., 2022). Hypnosis is used in psychotherapy and is



used in an interdisciplinary manner, with techniques from psychology, Neurolinguistic Programming (NLP), narrative medicine and storytelling, collaborating with other conventional techniques and can be applied as a complementary therapy (Hudu Garba & Mamman, 2020), when indicated in psychobehavioral treatment and based on medical nosological diagnosis and psychological evaluation. Hypnotherapy is an alternative and complementary therapy or non-pharmacological therapy that utilizes the hypnosis method as a suggestion of the human subconscious (Afrisa et al., 2023), The mechanism of hypnotherapy is to stimulate the brain to release neurotransmitters, encephalin, and endorphins that function to improve the mood of an individual so that the individual can tolerate pain well (Jensen et al., 2015).

Hypnosis is a technique that involves an altered state of consciousness, where the patient is guided by a therapist who helps them focus on personal experiences, pleasant memories, or with suggestions for relaxation, leading the individual to a greater state of receptivity to the suggestions (Cheseaux et al., 2014). Hypnotherapy's effect can be in the form of increasing motivation and self-confidence to suppress the desire to smoke (Fauziyyah et al., 2022). There was a difference in the success of the intervention in the type of patient, where more patients who were treated for heart disease managed to quit smoking than patients who were treated for lung disease (Karadogan et al., 2018). The success of this method can be strengthened by regular follow-up and continuous motivational improvement (Andreas & Makful, 2022). When the hypnosis technique is implemented well, its role will be welcomed by the patient. There are many advantages to hypnotherapy intervention as they will benefit from reduced pain, anxiety, insomnia, habits such as smoking, and side effects that accompany many pharmacological treatments. Hypnotherapy interventions react quickly and directly to the best evidence for safer treatment and, perhaps, also enjoy better sleep (Kittle & Spiegel, 2021).

Parenting affects adolescent smoking behavior, the role of parents is an important factor in dealing with adolescent smoking behavior (Raudatussalamah and Rahmawati 2020). For this reason, an effort is needed to shape the attitudes and behavior of children or adolescents to avoid and stop smoking, namely returning to the family through parenting. The government and parents can support each other's roles in efforts to prevent children under 18 years of age from smoking. By providing education and a deeper understanding to children about what cigarettes are, the dangers, and the adverse effects of using these cigarettes (Athallah et al. 2020).

From the research that has been carried out, the data and research results show that there is an effect of hypnotherapy intervention in reducing adolescents' interest in consuming cigarettes. Hypnosis techniques used in hypnotherapy are designed to change one's subconscious mind, to help overcome various mental and physical health problems including smoking habits in adolescents (Asmara et al., 2019). Hypnotherapy has been used to overcome various problems, such as anxiety, stress, phobias, addictions, and depression, and even to overcome pain (Setyadi et al., 2016). This therapy has been recognized by several global world health organizations as a safe and effective alternative method to overcome health problems (Khazraee et al. 2023).

## V. CONCLUSION

In reducing a habit in a person, there needs to be a therapy or intervention used, adolescents with smoking habits will certainly experience detrimental effects on health, based on the results of the study, hypnotherapist intervention showed benefits in changing the subconscious of adolescents to stop or reduce the habit of consuming cigarettes.

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