

FIVE FINGERS HYPNOSIS TO REDUCE ANXIETY AMONG STUDENTS BEFORE THESIS EXAMINATION

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ABSTRACT

Background: Anxiety is a very natural thing for anyone, including students during their final assignments who often feel worry, nervousness and confusion before examination. **Objective:** This study aims to determine the effect of Five Finger Hypnosis to reduce anxiety among students who are going to thesis exams. **Methods:** This research was a quasy-experimental study with a one group pretest posttest approach, a total sample was 40 respondents at STIKep PPNI West Java Campus. The sample was selected by using the Accidental Sampling technique and data collection using the State – Trait Anxiety Inventory (STAI) questionnaire. The data analysis was used Paired T-test. **Results:** Univariate analysis showed that 22 respondents had moderate anxiety (84.6%) during the pretest, and 15 people had mild anxiety (57.7%) and 11 respondents had moderate anxiety (42.3%) during the posttest. Bivariate analysis showed that there was significant effect of Five Finger Hypnosis on anxiety in students who were about to take thesis exams with a value of $t = -7,324$, $sig = 0.000$ ($p < \alpha 0.05$). **Conclusion:** In this study, five finger hypnosis had a strong effect on students when facing the thesis proposal exam before and after the intervention.

Keywords: Five Finger Hypnosis, Anxiety, Student

Introduction

A thesis is a scientific work that follows a research procedure created by undergraduate students (S1) as a requirement for their bachelor's degree. Writing a thesis provides students with experience in systematically solving existing problems (Widigda, 2018). According to Susanti (2012), the psychological impact during the thesis process often presents difficulties for students, such as challenges in finding literature, lack of writing experience, confusion about where to start writing the thesis, anxiety, stress, restlessness, tight time management, and issues with guidance time from the supervisor.

Anxiety is quite common for anyone, including students, when completing a thesis and proceeding to the next stage, which is the thesis defense or proposal defense. This often arises due to worries, doubts, confusion, and nervousness caused by unclear aspects (Wakhyudin & Putri, 2020). Anxiety (anxietas) is a familiar term in daily life that describes worry, restlessness, and fear,

accompanied by various physical complaints. This condition can occur or accompany life situations and various health disorders (Anggreani, 2015).

Anxiety during the thesis process undoubtedly creates discomfort because students experience varying degrees of anxiety from mild to severe. This discomfort disrupts their ability to concentrate and deal with problems during the writing process. This loss of ability results in an inefficient thesis writing process, causing delays in graduation (Widigda & Setya, 2018). Anxiety can be addressed through non-pharmacological therapies such as psychotherapy, laughter therapy, cognitive therapy, relaxation, and one of them is through Five Finger Hypnosis. Five Finger Hypnosis treats students in a relaxed state, focusing their minds on images or memories (Hastuti & Arumsari, 2015).

Method

The research used a Quasi-Experimental design employing a one group pre-test and post-test. This study was conducted on final-year nursing students at STIKep PPNI West Java who were preparing for their thesis defense. The research utilized the State-Trait Anxiety Inventory (STAI) as the measuring instrument (Spielberger et al., 1968). The STAI instrument is a self-report measurement consisting of a total of 20 items, divided into two anxiety concepts: state-anxiety and trait-anxiety. The STAI questionnaire uses a Likert scale where each item is rated on a scale of 1 to 4. For items with positive statements, responses are rated as follows: 1 = not at all, 2 = somewhat, 3 = moderately, 4 = very much. For items with negative statements, responses are rated as: 1 = very much, 2 = moderately, 3 = somewhat, 4 = not at all. The score range for STAI anxiety levels is as follows: 20-39 = mild anxiety, 40-59 = moderate anxiety, 60-80 = severe anxiety (Spielberger, 2010).

The Five Finger Hypnosis therapy was conducted over a period of 1 month, with sessions occurring 3 to 4 times per week. Researchers contacted the respondents to participate in the study. Upon contact, the researchers introduced themselves and provided information about the research. After obtaining consent from the students, the researchers scheduled a time to administer the 20-item STAI questionnaire. After completing the questionnaire, the researchers provided a demonstration of the Five Finger Hypnosis intervention directly for approximately 10-15 minutes. Following the intervention, the researchers administered the same STAI questionnaire again for post-intervention measurement. Data analysis included computing mean, standard deviation, minimum, maximum, and frequency distribution. Bivariate analysis utilized statistical tests such as paired T-Test.

Results

Results of the research and discussion regarding the influence of Five Finger Hypnosis on the anxiety levels of thesis-examining students have been conducted at STIKep PPNI West Java from April 1 to May 1, 2022. The sample size for this study consisted of 26 respondents, comprising 9 males and 17 females. This section will describe the research findings according to the planned research objectives, analyzed through univariate and bivariate analysis, followed by explanation and discussion.

Analysis of Respondent Demographic Data

Characteristics analysis discusses quantitative data regarding respondent characteristics, including age and gender. Below are the research findings of the analysis of respondent characteristics presented in frequency distribution.

Table 1.
Frequency Distribution of Respondent Demographic Data (N=26)

Description of Anxiety Levels	t	Mean Difference	p-value
Pre-Test			
Post-Test	-7.324	-11.434	0.000

Based on table 4.3, the p-value in the paired t-test is 0.000, thus p-value <0.05 means H_0 is rejected so it can be said that there is an influence of Five Finger Hypnosis therapy to reduce anxiety in students who will take the thesis exam.

Discussion

The prevalence of anxiety experienced by respondents overall before intervention was in the moderate anxiety category (84.6%) and mild anxiety (15.4%). According to Habibullah's theory (2019), the cause of anxiety in facing thesis proposal seminars is often due to a lack of interaction, making students afraid to speak to examining professors when answering questions during the proposal defense. Additionally, students feel anxious because they perceive the proposal seminar as something new or a new experience.

According to Susanti (2012), the psychological impact during the thesis writing process often presents difficulties that hinder students, such as challenges in literature searching, lack of writing experience, confusion about where to start writing the thesis, anxiety, stress, and agitation, exacerbated by strict time management and issues with guidance from thesis advisors. Thus, the process of working on the thesis inevitably creates discomfort as students experience mild to severe anxiety, disrupting their concentration and problem-solving abilities during the writing process (Widigda & Setya, 2018).

The Paired T-test results indicate that Five Finger Hypnosis therapy has a significant effect on anxiety in students facing thesis proposal exams with a P-value of 0.000 (<0.05). Therefore, since the p-value is <0.05 , H_0 is rejected, indicating that the intervention reduces anxiety levels to moderate anxiety (42.3%) and mild anxiety (57.7%). This intervention can lower anxiety because it is conducted in a comfortable, safe, and enclosed environment. In the first step, respondents sit comfortably with their eyes closed, then touch the thumb with the index finger, the thumb with the middle finger, the thumb with the ring finger, and finally the thumb with the little finger for 5-10 minutes. This therapy is administered to respondents on the day they will take their proposal defense. Respondents who underwent Five Finger Hypnosis experience relaxation that affects and stimulates brain nerves (Wahyuningsih & Hidayati, 2019).

This occurs because respondents have received Five Finger Hypnosis therapy and have successfully defended their proposal, which was accepted by the examining professors. This is consistent with Azizah et al.'s theory (2022) that Five Finger Hypnosis induces high-level relaxation through self-hypnosis, imagining and forming positive sentences about oneself, thereby enhancing self-esteem and self-efficacy.

Research conducted by Oktaviani et al. (2022) on Five Finger Hypnosis and student anxiety in facing final assignments involved 20 respondents and was conducted over 2 days for 5-10 minutes each session. The study found that before receiving Five Finger Hypnosis therapy, 19 students (63.3%) experienced severe anxiety and 2 students (6.7%) experienced mild anxiety. After receiving Five Finger Hypnosis therapy, 16 students (46.7%) experienced mild anxiety and 6 students (20.0%) experienced moderate anxiety. The statistical test results yielded a P-value of 0.00 ($p = 0.05$).

Conclusions

Based on the research conducted at STIKep PPNI West Java Campus, the researcher can conclude that Five Finger Hypnosis can reduce anxiety in students facing thesis proposal exams, and can be considered as one of the alternative choices to reduce anxiety.

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