

Five-Finger Hypnosis Lowers Anxiety in Elderly Hypertensive Patients

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ABSTRACT

One of the health problems that can cause anxiety is hypertension and the psychological aspects that accompany it. Anxiety is a feeling of worry as if something bad is going to happen and a feeling of discomfort as if there is a threat accompanied by physical symptoms such as heart palpitations, cold sweats, and shaking hands. One alternative relaxation for hypertensive patients is five-finger hypnosis, which aims to program oneself, relieve anxiety, and reduce the increase in heart rate, respiration, and blood pressure. **The purpose** of the study was to determine the effect of complementary therapy with the five-finger hypnosis method on the reduction of anxiety in elderly hypertensive patients (Elderly) at the Sliyeg Health Center, Indramayu Regency.

Research method: This research is a type of pre-experiment with a one-group Pre-test Post test design. The population of this study is all elderly hypertension patients who use health services at the Sliyeg Health Center, Indramayu Regency, as many as 263 people, and the sample used is accidental sampling, as many as 32 respondents. The data collection instrument in this study is the Hamilton Anxiety Rating Scale (HARS) questionnaire, which is standard and according to the standard operating procedure of 5-finger hypnosis. The data analysis techniques used are univariate and bivariate analysis using the Wilcoxon sign rank test because the data of nominal free variables and ordinal-bound variable data are ordinal.

Results: Before being given 5-finger hypnosis therapy, the majority of respondents were at a severe anxiety level of 28 respondents (87.5%); after being given 5-finger hypnosis therapy, the majority of respondents were at a mild anxiety level of 20 respondents (62.5%), and the results of the paired sample t-test statistical test obtained a p-value of 0.000.

Conclusion: There was a very significant or meaningful change in anxiety level before and after being given five-finger hypnosis ($p\text{-value} < \alpha 0.05$). Suggestion: elderly hypertension patients should be given complementary therapy with the 5-finger hypnosis method to complement conventional treatment.

Introduction

Hypertension, or high blood pressure, is an abnormal increase in blood pressure in the arterial blood vessels that carry blood from the heart and pump it to all tissues and organs of the body continuously for more than a certain period of time (Irianto, 2014). Smeltzer and Bare (2017) stated that hypertension can be defined as systolic blood pressure greater than 140 mmHg. and diastolic blood pressure of more than 90 mmHg. based on two or more measurements. According to Alpheus Manuntung (2018), hypertension in general can be defined as a systolic pressure greater than 140 mmHg. Art. and diastolic pressure of more than 90 mmHg. Art. A person's blood pressure naturally fluctuates. High blood pressure is only a problem if it continues to occur. This blood pressure puts a strain on the circulatory system and the organs that receive the blood supply (including the heart and brain).



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Based on a 2018 World Health Organization (WHO) report, it is estimated that about one billion people worldwide suffer from hypertension, with an estimated 7.5 million people dying, representing about 12.8% of all deaths caused by this disease. In addition, the current global elderly population is estimated to exceed 629 million, and projections show that this demographic group is expected to reach 1.2 billion by 2025 (Langingi, 2021).

The prevalence of hypertension in the elderly in Indonesia is relatively high, according to a 2018 Riskesdas study. Specifically, hypertension affects 45.9%. In the age group of 18 years and above, the prevalence rate is 25.8% in the age range of 55–64 years, 57.6% in the age range of 65–74 years, and 63.8% in the age range of 65–74 years and 75 years and over. It should be noted that only 36.8% of these cases were diagnosed by health workers; this indicates a significant proportion of undetected hypertension cases in the community, which is 63.2% of the total cases (Riskesdas, 2018). Based on the 2018 National Risk Survey, the prevalence of hypertension measured in the population aged 18 years is 34.1%, while hypertension is in the age group of 31-44 years (31.6), 45-54 years (45.3%), 55-64 years (55.2%), and (55.2%), and 65-74 years (63.2%) (Ministry of Health of the Republic of Indonesia, 2018a). Based on these data, the prevalence of hypertension in the elderly is higher than in other age groups. Elderly people often suffer from hypertension caused by stiff blood vessels, so blood pressure tends to increase.

The elderly, according to Law of the Republic of Indonesia No. 13 of 1998, are those who are 60 years old and older (Seke et al., 2016). According to the Central Statistics Agency, in 2018, the number of elderly people in Indonesia reached 24.94 million people out of a total population of 265 million people, and the young elderly (age group 60-69 years) still dominated; the percentage reached 63 people (39%); the rest were middle-aged groups (age group 70-79 years) by 27.52% and the elderly group (age group 80 years) by 8.69% (Mirani et al., 2021).

The results of the 2018 Riskesdas study show that hypertension is one of the diseases that most affect the elderly besides arthritis, stroke, chronic obstructive pulmonary disease (COPD), and diabetes mellitus (DM). The aging process causes the emergence of degenerative diseases, which are health disorders, including anxiety disorders, depression, sleep disorders, dementia, Alzheimer's disease, and diagnostic syndromes, psychological disorders that are often faced by the elderly (Setyowati, 2019).

The increasing number of elderly people in Indonesia will cause quite complex problems that require special attention for the elderly due to the ongoing aging process, resulting in impaired physical, cognitive, emotional, social, anxiety, depression, loneliness, and sexual changes (Agustina et al., 2020).

One of the health problems that can cause anxiety is hypertension and the psychological aspects that accompany it. Anxiety is a feeling of worry as if something bad is going to happen and a feeling of discomfort as if there is a threat, accompanied by physical symptoms such as heart palpitations, cold sweats, and shaking hands (Keliat, 2011). Exposure to anxiety can affect the stimulation of the sympathetic nervous system, thereby increasing blood rate, cardiac output, and peripheral vascular resistance, as well as causing the heart to beat faster and louder, resulting in an increase in blood pressure. The anxiety of hypertensive patients increases due to a lack of knowledge about the treatment of hypertension (Syukri, 2017).

The treatment of anxiety disorders can be divided into two areas: pharmacological therapy and non-pharmacological therapy. Pharmacological therapies such as anti-anxiety medications can help reduce anxiety but cause addictive effects, while non-pharmacological therapies such as psychotherapy, laughter therapy, cognitive therapy, and relaxation are safer (Chan, 2020). There are several non-pharmacological treatments and non-pharmacological nursing interventions to overcome anxiety in hypertensive patients through meditation (relaxation). One alternative relaxation for hypertensive patients is five-finger hypnosis, also known as self-hypnosis, which aims to program oneself, relieve anxiety by involving sympathetic nerves, and reduce the increase



in heart rate, respiration, and blood pressure (Winangsi, Erlin, and Jumia, 2019). A hypertensive patient may become anxious because hypertension usually requires long-term treatment (Hawari, 2013).

Five-finger hypnosis is the concentration of the mind on a shadow or memory created while touching five fingers in a relaxed state (Hastuti, Retno Yuli, & Arumsari, 2015). According to A. D. Astuti & et al. (2017) in a journal (Anisafitri, Nur, & Hidayati, 2020), five-finger hypnosis therapy is able to significantly reduce anxiety from severe to moderate anxiety and moderate to mild.

Based on the results of a preliminary study conducted on February 1, 2024, at the Sliyeg Health Center on 10 hypertension patients who used the service, it was found that 6 patients (60%) experienced moderate anxiety, 2 patients (20%) experienced severe anxiety, 1 patient (10%) experienced mild anxiety, and 1 patient (10%) did not experience anxiety. When interviewed about counseling or advice given, everything was said to be done at a glance so that patients sometimes forget what was advised.

Methods

This research is a type of *pre-experiment* with the design of *the one-group pre-test post-test design*. This study revealed a causal relationship by involving one group of subjects, in this case elderly hypertensive patients. The data collection process was carried out on April 1-30, 2024. The population of this study is all elderly hypertension patients who visit/use health services at the Sliyeg Health Center, Indramayu Regency, as many as 263 people, and the sample used is *accidental sampling, as many as 32 respondents*. According to Sugiyono (2018), samples are part of the number and characteristics possessed by the population, and *accidental sampling* is a technique for determining samples based on chance; that is, anyone who accidentally meets the researcher can be used as a sample if it is considered that the person who happens to meet is suitable as a source of data. The data collection instrument in this study is the standard *Hamilton Anxiety Rating Scale (HARS)* questionnaire and the standard operating procedure of 5-finger hypnosis. The data analysis techniques used are univariate and bivariate analysis using the *Wilcoxon sign rank test* because the data of nominal free variables and ordinal-bound variable data are ordinal.

Results

Table 1. Overview of respondents' anxiety levels before being given 5-finger hypnosis therapy (pre test) (n = 32)

Anxiety Level	f	Percentage (%)
Moderate Anxiety	4	12,5
Severe Anxiety	28	87,5
Total	32	100

Based on table 2 above, it can be seen that the majority of respondents were at a severe anxiety level of 28 respondents (87.5%) before being given 5-finger hypnosis therapy.

Table 2. Overview of Respondents' Anxiety Levels After Being Given 5-Finger Hypnosis Therapy (Post Test)

Anxiety Level	f	Percentage (%)
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No Anxiety	7	21,9
Mild Anxiety	20	62,5
Moderate Anxiety	5	15,6

Based on the table above, it can be seen that the majority of respondents are at a mild anxiety level of 20 respondents (62.5%) after being given 5-finger hypnosis therapy.

Table 3. The Effect of 5-Finger Hypnosis Therapy on the Anxiety Level of Elderly Hypertensive Patients in 2024

Variable	Mean	SD	N	Value
Before the Intervention	33.41	4.792	32	0,000
After the Intervention	16.84	4.190	32	

Table 3. shows that the results of the paired sample t-test statistical test obtained a p-value of 0.000, meaning that there is a very significant or meaningful change in anxiety level before and after being given five-finger hypnosis ($p\text{-value} < \alpha 0.05$).

Discussion

Based on statistical tests, the results were obtained that there was a difference before and after five-finger hypnosis, where the paired T-test showed a p-value = 0.000 ($p < 0.05$). These results show that there is an effect of the 5-finger technique on the level of anxiety experienced by elderly hypertensive patients at the Sliyeg Health Center, Indramayu Regency.

This is in accordance with the research of Mohd. Syukri Polt that there was a decrease in anxiety after five-finger hypnosis therapy was performed. Five-finger hypnosis therapy is recommended to be applied as a nursing therapy in treating hypertensive clients with anxiety. (Mohd, Syukri, 2017). Supported by Nofrida Saswati's research. Ponaria Citra Riski, Sutinah, that there was an effectiveness of five-finger hypnosis therapy on the anxiety of hypertensive clients at the Rawasari Health Center in Jambi City in 2018. Nofrida (2018). Strengthened by the research of Engla Rati Pratama, Siska Damaiyanti, and Yessy Riani, the Effect of Five Fingers Hypnosis on the Reduction of Anxiety Levels in Hypertension Elderly Patients in the Working Area of the Dangung Dangung Health Center. Guguak District (England, 2022).

Hypertensive clients who experience anxiety need good handling in lowering their anxiety. There are several therapies given, one of which is five-finger hypnosis therapy. Five-finger hypnosis is a generalist therapy that can cause a relaxing and calming effect. This method has been widely practiced in lowering anxiety and other psychosocial problems. (Nofrida), in addition, one form of psychotherapy that can be applied to patients with hypertension with five anxiety problems, namely hypnosis therapy. Hypnosis techniques are a form of self-hypnotic situations that can cause relaxation effects so that it will reduce anxiety and stress from a person's mind (Yuni Norkhalifah1, Mohamad Fatkhul Mubin, 2022).

The phenomenon that occurred in the field was that there were 9 respondents who participated in five-finger hypnosis therapy who showed different responses before and after being given five-finger hypnosis therapy. However, even so, all respondents who participated in the therapy seemed to experience a change in anxiety levels after being given five-finger hypnosis therapy. So, the majority of respondents who took part in five-finger hypnosis therapy experienced a decrease in anxiety scores, which means that this therapy has an effect on respondents' anxiety levels. The success of this five-finger hypnotic therapy is influenced by several factors, including the good cooperation of the respondent and his family and a calm and



conducive atmosphere, especially during rest/relaxation hours, so that the respondent can concentrate, relax, and do the 5-finger technique well.

Considering that five-finger hypnosis therapy has an effect on reducing anxiety in people with elderly hypertension, nurses or health workers can provide interventions to overcome anxiety in elderly hypertensive patients by applying 5-finger hypnosis therapy.

Conclusion

The level of anxiety before being given 5-finger hypnosis therapy was mostly at the level of severe anxiety with an average (mean) of 33.41. The level of anxiety after being given 5-finger hypnosis therapy was mostly at a mild anxiety level with an average (mean) of 16.84. There is an effect of 5-finger hypnotic therapy on reducing the level of anxiety in elderly hypertensive patients (elders) at the Sliyeg Health Center, Indramayu Regency. $p\text{-value} = (0.000) < (\alpha 05)$

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