



THE EFFECTIVENESS OF FIVE-FINGER HYPNOSIS THERAPY IN REDUCING ANXIETY IN INTRA UTERINE DEVICE TYPE ACCEPTORS

Dewi Windy Asmara^{1,2}, Risya Secha Primindari², Amirul Amalia², Sulistiyowati²

¹ Muhammadiyah Gresik Hospital

² Faculty of Helth Science, Universitas Muhammadiyah Lamongan

Corresponding Email: risyasecha@gmail.com

ABSTRACT	Keywords
IUD insertion is associated with high levels of nervousness in most people, and anxiety and fear can cause discomfort during IUD insertion. Relaxation techniques are non-pharmacological techniques used to reduce anxiety and pain by tensing the muscles. Not many have applied the five-finger hypnosis relaxation technique to reduce pain in both hospitals and health institutions as a learning medium. The purpose of this study was to determine the effect of five-finger hypnosis therapy on the anxiety of prospective IUD acceptors. This study's research design is pre-experimental research with a research approach using one group pre-test and post-test. The sample in this study is 30 new IUD acceptors at the Muhammadiyah Hospital in Gresik, which is the criteria. The Wilcoxon statistical test results showed a p-value of 0.000. These results indicate a significant difference in anxiety levels before and after the intervention. The five-finger hypnosis intervention reduces the level of anxiety in new IUD acceptors.	Anxiety, Five-Finger Hypnosis, IUD

INTRODUCTION

Intra Uterine Device (IUD) is a contraceptive that is installed in the uterus. The IUD is a contraceptive device that has a low failure rate and can prevent pregnancy. The IUD is a method of contraception that causes the fewest complaints or problems compared to other methods (Myo and Nguyen, 2023; Asmara, 2023). The IUD can be an ideal, reliable, and reversible method for women who require long-term reversible contraception as this approach offers high

efficacy, a low expulsion rate, and a lifespan between 5 and 10 years. Several studies have investigated the main barriers to IUD insertion and concluded that fear, pain during insertion, and anxiety were the most common obstacles to its use. IUD insertion is associated with high levels of nervousness in most people, and anxiety and fear can cause discomfort during IUD insertion (Akdemir and Karadeniz, 2020; Widaryanti and Yuliani, 2024). Acceptors who have a high level of anxiety before having an IUD

installed have a higher level of pain than mothers who do not experience anxiety (Nguyen *et al.*, 2020).

Anxiety is a vague feeling of discomfort or apprehension accompanied by an autonomic response (the source is often nonspecific or unknown to the individual), a feeling of fear caused by anticipation of danger (Safitri and Tresya, 2023). Feelings of tension, worry, and fear can characterize anxiety. In addition, there are physiological changes, such as increased pulse rate, changes in respiratory rate, and changes in blood pressure. Anxiety can occur in each individual according to the situation and conditions in the surrounding environment (Amiman, Katuuk and Malara, 2019).

Relaxation techniques are non-pharmacological techniques used to reduce anxiety and pain by tensing the muscles. One method used to reduce anxiety is the five-finger hypnosis relaxation technique, which is a relaxation technique that is simple and easy for anyone to do in connection with the fingers and the flow of energy in the body. However, not many have applied the five-finger hypnosis relaxation technique to reduce pain in both hospitals and health institutions as a learning medium (Silviani *et al.*, 2021).

One of the therapies given to manage anxiety is five-finger hypnosis therapy. Five-finger hypnosis is a form of self-hypnosis that can have a high relaxation effect (Safitri and Tresya, 2023; Zainuri and Akbar, 2023; Sukmawati, Jayant and Arwidiana, 2021). Five-finger hypnosis therapy is a method of self-hypnosis disorder that can cause a relaxing effect to reduce anxiety, tension, and mental stress, thereby affecting breathing, heart rate, pulse, and blood pressure, reducing muscle tension, and increasing hormones that can cause anxiety. Memory production and hormone regulation related to stress (Pratiwi *et al.*, 2022).

Five-finger hypnosis is diverting a person's mind by touching fingers while imagining pleasant five-finger hypnosis is a general in nursing therapy where clients hypnotize themselves by thinking about pleasant experiences. 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. Consequently, the individual's perception of anxiety and stress changes through accepting suggestions on the verge of subconsciousness or in a relaxed state by moving their fingers according to orders (Emilinda and Rahmawati, 2021; Asmara, 2023).

The aim of developing innovations for non-pharmacological pain management therapy is to create comfort during the IUD insertion procedure by reducing maternal anxiety and fear. The resulting feeling of comfort reduces anxiety levels so that mothers can receive services with satisfaction. Based on the description above, this study aims to determine the effect of five-finger hypnosis therapy on the anxiety of prospective IUD acceptors.

METHOD

This research uses a pre-experimental type of research with a research approach using one group pre-test and post-test. The sampling technique for this study is consecutive sampling. The population used was all patients who underwent IUD installation from August to September 2023 at the Gynecology Polyclinic at Muhammadiyah Hospital Gresik. The sample in this study consisted of 30 new IUD acceptors at the Muhammadiyah Hospital in Gresik and met

the inclusion criteria. The inclusion criteria set were new family planning acceptors from August to September 2023 and willing to participate in the research.

Each sample that will have an IUD installed is given a pre-test using the HARS questionnaire and then given five-finger hypnotherapy treatment. After the five-finger hypnotherapy is given, the sample is measured post-test using the HARS questionnaire, and then the IUD is installed. The data collected was in the form of HARS questionnaire scores before and after the sample received five-finger therapy. Data analysis was performed using the non-parametric Wilcoxon sign rank test. Statistical test calculations using SPSS calculations.

RESULTS

Table 1. Distribution of Anxiety in IUD Acceptors Before and After Receiving Five-Finger Hypnosis

Scale	Before		After	
	n	Percentage	n	Percentage
Not anxious	3	10%	6	20%
Mild anxiety	5	17%	15	50%
Moderate anxiety	9	30%	7	23%
Very worried	13	43%	2	7%
Panic	0	0%	0	0%

Table 1. shows that the majority of new IUD acceptors experienced severe anxiety before five-finger hypnosis was carried out. There was a change in the percentage after the acceptors received five-finger hypnosis therapy. Most new IUD acceptors experience mild anxiety after five-finger hypnosis. There was a change in the level of anxiety of new IUD acceptors from severe anxiety to mild anxiety in the majority of the sample.

Table 2. Anxiety Descriptive Analysis Test results of IUD Acceptors Before and After Receiving Five-Finger Hypnosis

Group	Min	Max	Mean	SD
Before	13	46	24.6	7.68
After	8	38	17.73	6.62

In the group before treatment, the lowest questionnaire point results were 13, and the highest points were 46, with the average questionnaire points in the group before treatment being 24.6, which was in the moderate anxiety level category. In the group after treatment, the lowest points were 8, and the highest points were 38, with average points from 30 subjects of 17,733, which were included in the mild category.

Table 3. Analysis result of Wilcoxon test on the Effect of Five Finger Hypnosis Therapy on IUD Acceptors

Group	n	P-Value
Before	30	0.000
After	30	

The Wilcoxon statistical test results showed a p-value of 0.000. These results indicate a significant difference in anxiety levels before and after the intervention. The five-finger hypnosis intervention reduces the level of anxiety in new IUD acceptors.

DISCUSSION

The majority of new IUD acceptors experienced severe anxiety before five-finger hypnosis was carried out. There was a change in the percentage after the acceptors received five-finger hypnosis therapy. Positive changes in respondents can be seen in the difference in scores before and after which decreased overall. This can be seen in each score before and after decreasing. Subjects experienced changes in scores that decreased significantly so that they

experienced a decrease in anxiety on the administration of five-finger therapy. Researchers believe that five-finger therapy can have an effect on reducing anxiety. Acceptors who have a high level of anxiety before having an IUD installed have a higher level of pain than mothers who do not experience anxiety (Nguyen *et al.*, 2020). Negative emotions correlate with higher perceived pain and negative mood, possibly by altering the experience of pain through greater activation of neurocircuits (in the inferior frontal gyrus and amygdala), which are associated with pain-induced changes in emotion regulatory mechanisms. The presence of negative perceptions about IUDs, a previous negative history of painful vaginal procedures, or a history of painful vaginal examinations may contribute to user anxiety (Akdemir and Karadeniz, 2020).

The results of statistical tests showed that five-finger hypnosis given to IUD acceptors was able to reduce the level of anxiety felt by the acceptors. These results are in accordance with other research that examined the effect of five-finger hypnosis on reducing anxiety levels. Various subjects have been given five-finger hypnosis therapy, including hypertension patients (Dewi *et al.*, 2023), families of patients being treated in the emergency room (Zainuri and Akbar, 2023), rheumatoid arthritis patients (Dewi, Nurani, *et al.*, 2022), stroke patients (Dewi *et al.*, 2024), and breast cancer patients (Dewi, Panduragan, *et al.*, 2022), with consistent results in reducing anxiety.

The five-finger relaxation technique helps the patients reduce anxiety, as it is a form of self-hypnosis that affects the limbic system or structures in the brain related to emotions, thereby affecting the release of hormones that stimulate anxiety so that it will be reduced (Dewi, Panduragan, *et al.*, 2022). Relaxation techniques, distraction, spiritual activities, and

hypnotherapy can overcome anxiety. Five-finger hypnosis therapy is a relaxation therapy using the method of imagery or imagination that uses a tool in the form of five-fingers. The purpose of doing this five-fingers 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 (Emilinda and Rahmawati, 2021).

Five-finger hypnosis therapy has a significant influence on reducing anxiety in IUD acceptors because by carrying out this therapy, IUD acceptors gain inner calm and relax, so anxiety levels decrease.

Further research is needed to explore the mechanisms underlying the calming effects of five-finger hypnosis therapy as well as the long-term effects on mental health of IUD acceptors. Investigating the possibility of combining these therapies and their synergistic effects may provide a more comprehensive understanding of their effectiveness and safety. Ultimately, our understanding of this holistic approach to contraceptive care contributes to improving treatment outcomes in IUD acceptors patients.

CONCLUSIONS

There is a difference in anxiety levels before and after receiving non-pharmacological therapy in the form of five-finger hypnosis intervention. Anxiety levels cause an increase in pain scores in IUD acceptors, therefore it is important to carry out anxiety management before IUD installation to increase comfort in IUD

installation so that it is expected to increase the scope of IUD contraception use.

Non-pharmacological therapy in the form of five-finger hypnosis intervention has been proven to reduce anxiety in prospective IUD acceptors, so it is expected to be applied as an alternative to reduce anxiety so that it can reduce pain scores during IUD installation.

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