

The Effectiveness of Five Finger Hypnosis in Reducing Fear of Jakarta AGD Nurses When Evacuating Covid-19 Patients

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Abstract

Introduction: The confirmed number of Covid-19 is still increasing so all people must comply with the strict health protocols from the local government. Health workers such as nurses who treat or evacuate patients with Covid-19 are subject to a very high risk of exposure because they are on the front line, thus making nurses always feel worried and afraid of being exposed or transmitting it to their families.

Objective: This study aims to determine how big the effect of five-finger hypnosis is to reduce the feeling of fear experienced.

Methods: The type of research used is quantitative research with a correlational design to determine whether there is a relationship between variables using experimental research. The population in this study who became the research population were all AGD nurses at the DKI Jakarta Health Office who were tasked with evacuating Covid-19 patients. The sampling technique used a total sampling of 25 people. The research instrument used is a questionnaire. The FVC-19 questionnaire is standard. The questionnaire was in standard form so that neither validity nor reliability was tested. In this study, the analysis used the Mc Nemar test.

Results: This shows that the value of Sig. (2-tailed) is $0.000 < 0.05$, so it can be concluded that there is a difference in the value of the pretest and posttest behavior measurements.

Conclusion: There is a difference or difference between before and after being given five-finger hypnosis therapy to AGD nurses at the DKI Jakarta Health Office, during the evacuation of Covid-19 patients.

Keywords: covid-19, fear, five finger hypnosis

Introduction

Corona Virus Disease 2019 is a disease caused by a new coronavirus derivative, "CO" is taken from corona, "vi" virus, and "D" disease (disease). According to the World Health Organization (WHO, 2020), the disease is called the "2019" novel coronavirus or "2019-nCoV.". Coronavirus disease 2019 is a new virus related to the Severe Acute Respiratory Syndrome (SARS) family and several types of the common cold virus which are characterized by common symptoms such as fever, cough, sore throat, and diarrhea.¹ Coronavirus disease 2019 (Covid-19) is an infectious disease caused by acute respiratory syndrome coronavirus disease 2 (Sars-CoV-2). This disease was first discovered in December 2019 in Wuhan, the capital of China's Hubei province, and has since spread globally throughout the world, resulting in the 2019-2020 coronavirus pandemic. WHO declared the 2019-2020 coronavirus outbreak an International Public Health Emergency (PHEIC) on 30 January 2020, and a pandemic on 11 March 2020.²

The following are the 3 countries with the highest 2019 coronavirus disease cases in the world, quoted by World meters, Monday (2/11/2020) as follows, for the first position, namely America with a total of 9,472,706 cases, 236,469 deaths, and 6,096,657 recovered cases. , for the second position, namely India with a total of 8,229,322 cases, 122,642 cases of death, and 7,542,905 recovered cases, for the third position, namely Brazil with a total of 5,545,705 cases, with 160,074 deaths and 4,980,942 recovered cases. Meanwhile, the 3 countries with the highest number of coronavirus cases in Asia are, the first in India with a total of 8,229,322 cases, 122,642 cases of death and 7,542,905 recovered cases, while the second position, Turkey with a total of 1,748,567 cases, several deaths 15,751 and 1,154,333 recovered cases, and the third position is Iran with a total of 1,083,023 cases, with 51,751 deaths and 778,167 recovered cases.³

Health workers such as nurses who treat patients with coronavirus disease 2019 are subjected to a very high risk of exposure because they are the first line in dealing with cases of coronavirus disease 2019. The emergence of Coronavirus disease 2019 and its consequences have caused fear, worry, and anxiety among individuals, nurses, and the public. another general. AGD Dinkes DKI Jakarta is a 24-hour Pre-Hospital Emergency Ambulance service that is legally ratified by Governor Regulation No. 144 of 2010. The DKI Jakarta Regional Government Emergency Ambulance consists of nurses who have BTCLS (Basic Trauma Cardiac Life Support) and STR certificates. Register sign) that is still valid, to be able to evacuate patients both from the residence or crime scene to health services (on-call), from hospital to hospital with a referral system, or from hospital to residence (home care). Some doctors always monitor the progress of patients while in the ambulance with communication via HT, and there is CCTV to monitor the progress of the ambulance.⁴

Based on data obtained at the DKI Jakarta Regional Government Emergency Ambulance office from September to December 2020, 980 patients were evacuated by nurses working in the DKI Jakarta Regional Government Emergency Ambulance. The special DKI Jakarta Regional Government Emergency Ambulance that evacuates Covid-19 patients consists of 5 ambulance units, each area in DKI Jakarta has 1 special infectious ambulance, consisting of, west, east, north, south, and central areas, from 5 In the area, 10 emergency ambulance officers were interviewed, 7 of whom were nurses who said they were afraid of the 2019 coronavirus disease transmission, they were afraid that this condition would infect their families. With conditions like this, the officers' psychology is disrupted, causing anxiety for officers when evacuating patients with coronavirus disease 2019.⁵

The purpose of this study was to determine the effect of five-finger hypnosis in reducing

the fear of AGD nurses at the DKI Jakarta Health Office.

Method

The type of research used is quantitative research with a correlational design to determine whether there is a relationship between variables using experimental research.⁶ The population in this study, which became the research population, were all AGD nurses at the DKI Jakarta Health Office who were tasked with evacuating Covid-19 patients. The sampling technique used was total sampling. The research instrument used is a questionnaire. The FVC-19 questionnaire is standard. The questionnaire was in standard form so that neither validity nor reliability was tested.⁷ In this study, the analysis used the Mc Nemar test. This research has passed the ethical test at the Health Research Ethics Commission with a certificate number: 1590/Sket/Ka-Dept/RE/STIKIM/VII/2021.

Results

Univariate Test

Table 1. Frequency Distribution of Respondents, Before and After being given five finger hypnosis therapy (N=25)

Number	Symptoms of fear	Amount (N)	Percentage
1	Before therapy:		
	-Occur	8	32%
	-Not occur	17	68%
2	After therapy:		
	-Occur	23	92%
	-Not occur	2	8%

From the results of table 1 above, before the five-finger hypnosis therapy was carried out, the AGD nurses at the DKI Jakarta Health Office experienced symptoms of fear in as many as 17 people (68%), then after being given five-finger hypnosis therapy, the symptoms of fear experienced by the AGD nurses at the DKI Jakarta Health Office decreased with the number of 23 people (92%), so it can be concluded that this five-finger hypnosis therapy greatly influences the behavior of the DKI Jakarta Health Department AGD nurses when evacuating 2019 coronavirus disease patients.

Bivariate test

Table 2. Effect of Five Finger Hypnosis Therapy (N=25)

Pretest	Posttest		Sig. (2-tailed)
	Low	High	
Low	7	1	.000 ^b
High	16	1	

From the results of table 2, it is known that the Sig. (2-tailed) value is 0.000, < 0.05, it can be concluded that there is a difference between before and after being given five-finger hypnosis therapy to the DKI Jakarta Health Office AGD nurses, during the evacuation of coronavirus disease-2019 patients. , the year 2021.

Discussion

Univariate

The results of the study before the five-finger hypnosis therapy were carried out, this researcher obtained results regarding the data on the characteristics of the respondents in the form of age and gender. The age of the respondents obtained was mostly at the age of 20 - 30 years as many as 13 respondents (52%), while the respondents based on gender, it was found

that the most were men with a total of 15 respondents (60%).

The results of the study after the five-finger hypnosis therapy, the results of the analysis of the average fear score, nurses who experienced the ability to reduce fear were 23 nurses, namely 92%, and those who were unable to reduce the fear of AGD nurses at the DKI Jakarta Health Office, as many as 2 nurses namely 8%, this shows that after being given five-finger hypnosis therapy, it can reduce the fear of the DKI Jakarta Health Office AGD nurses, where this five-finger hypnosis therapy affects reducing the fear of the DKI Jakarta Health Department emergency room nurses during the evacuation of patients with coronavirus disease-2019.

Bivariate

Based on table 2 shows that the value of Sig. (2-tailed) is $0.000 < 0.05$ so it can be concluded that there is a difference in the value of the pretest and post-test behavior measurements. With these results, it means that H_0 is rejected and H_a is accepted, so it can be concluded that there is a significant effect of giving five-finger hypnosis therapy.⁸ An analysis of the respondents' fears showed that respondents who had not been given five-finger hypnosis therapy had an excessive sense of fear characterized by frequently asking about the impact of the 2019 coronavirus disease, having difficulty concentrating, having trouble sleeping well, and feeling worried when watching the news about the coronavirus disease. 2019, while the nurses who had been given five finger hypnosis therapy did not experience any fear.²

The factors that influenced the DKI Jakarta Health Office AGD nurses who evacuated 2019 coronavirus disease patients were the lack of clear information regarding the procedures for using personal protective equipment (PPE), often receiving inaccurate news regarding the increasing number of 2019 coronavirus disease cases. Fear can be done with non-pharmacological therapy with psychotherapy, cognitive therapy, laughter therapy, relaxation, and five-finger hypnosis. One way that can reduce fear is five-finger hypnosis, according to Retno's research.⁹

Five finger hypnosis is a technique of self-thought distraction by hypnotizing oneself. Five-finger hypnosis can reduce a person's anxiety.¹⁰ Five-finger hypnosis is a technique of diverting one's thoughts by touching the fingers while imagining pleasant or liked things.⁷

The five-finger relaxation technique is a form of self-hypnosis (generalist therapy) that can have a relaxing and calming effect.⁷ The five-finger relaxation technique is effective for causing a relaxing effect, reducing anxiety, and overcoming insomnia. Five-finger hypnosis is similar to hypnosis in general, which is to put the client to sleep (hypnotic sleep) technique therapy is more effective for relaxing oneself and the time used is less than 10 minutes.¹¹ Five-finger hypnosis is a form of self-hypnosis that can cause a high relaxation effect, so it will reduce tension.¹²

Another study that is in line with this research is the results of a study by Endah Wahyuningsih and Berly Arnoval entitled the application of five-finger hypnosis therapy to reduce anxiety in diabetes mellitus patients, who said that the results of statistical tests in the five-finger hypnosis intervention group showed that there was an effect of decreasing anxiety on patients with diabetes mellitus, with $p\text{-value} = 0.000$.¹³

The results of this study are also in line with research by Kumalasari (2013) which states that in students who are given five-finger hypnosis therapy, their thought waves enter alpha waves with a frequency of 7-14 hertz or deeper into theta waves of 4-7 hertz.¹³ When the mind enters this wave, students produce natural endorphins that produce a comfortable sensation and in this hypnotic state, the body's metabolic system becomes much better and the body is free from tension.⁹

This study shows that there is an effect or difference between before and after being given five-finger hypnosis therapy to AGD nurses at the DKI Jakarta Health Office, during the evacuation of patients with coronavirus disease-2019, in 2021.

Conclusions

Management of fear can be done with non-pharmacological therapy with psychotherapy, cognitive therapy, laughter therapy, relaxation, and five-finger hypnosis. One way that can reduce fear is five-finger hypnosis, according to Retno's research.⁹ Five-finger hypnosis is a technique of self-thought distraction by hypnotizing oneself. Five-finger hypnosis can reduce a person's anxiety. Five-finger hypnosis is a technique of diverting one's thoughts by touching the fingers while imagining pleasant or liked things.⁷

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Conflict of Interest Declaration

The researcher states that this research is free from conflicts of interest, both individuals and organizations

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