
THE EFFECT OF FIVE-FINGER HYPNOTHERAPY ON REDUCING ANXIETY LEVELS DURING DAILY EXAMINATIONS IN ADOLESCENTS

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ABSTRACT

Background: Adolescence is a transitional period from childhood to adulthood characterized by comprehensive changes. During this stage of development, adolescents face many challenges, including the emergence of feelings of anxiety. The daily examination process creates a mental burden for students. This condition becomes a major source of academic pressure and triggers academic anxiety. One non-pharmacological therapy that can reduce anxiety is the Five-Finger Hypnotherapy technique. The objective of this study is to determine the effect of the Five-Finger Hypnotherapy therapy on reducing anxiety levels in adolescents when facing daily examinations.

Methods: This study used a quasi-experimental design with a pre-test and post-test approach. The research was conducted at SMA N 2 Boyolali in April 2025, involving 74 students as respondents. The sampling technique used was purposive sampling. The research instrument was a questionnaire. Data analysis was performed using the Wilcoxon test.

Results: The results showed that before the Five-Finger Hypnotherapy therapy was administered, 35 respondents (47.3%) experienced moderate anxiety, and 35 respondents (47.3%) experienced severe anxiety. After the therapy was given, 52 respondents (70.3%) were categorized as having no anxiety. The analysis results indicated a significant difference in anxiety levels before and after the Five-Finger Hypnotherapy therapy, with a p-value < 0.001.

Conclusion: The Five-Finger Hypnotherapy therapy was proven to have a significant effect in reducing anxiety levels among adolescents facing daily examinations.

Keywords: adolescents, five-finger hypnotherapy, self-anxiety level

INTRODUCTION

Adolescence is a transitional period from childhood to adulthood, marked by comprehensive changes in social, psychological, and physiological aspects. As a result, adolescents face many challenges, including feelings of anxiety (Sari, 2024). Anxiety has many factors, one of which is academic anxiety, such as completing school assignments, facing tests or exams, and completing academic-related projects. This academic anxiety can be triggered by adolescents' lack of confidence in meeting academic demands (Zulaifi, 2023).

Based on data from the World Health Organization (WHO, 2023), there were almost 52 million additional cases of anxiety, and more than 35 million people experienced an increase in cases of depression in 2020. Adolescents aged 10-19 years experience anxiety and depression disorders, around 40% of anxiety disorders in the general population,

behavioral disorders as much as 20.1%, and attention deficit or hyperactivity disorders as much as 19.5%. In Central Java, aged 15 years and above, with a total of 67,057 residents, data on the prevalence of anxiety disorders was 7.71%, and in Boyolali, the prevalence of anxiety disorders was 5.49%.

Anxiety during daily exams can trigger sleep disturbances, resulting in irritability, restlessness, and persistent tension. If not properly managed, anxiety in adolescents can develop into serious problems such as stress, depression, and even suicide. Therefore, managing and preventing anxiety in adolescents is crucial (Rahmy & Muslimahayati, 2021). One non-pharmacological therapy that can reduce anxiety is Five-Finger Hypnotherapy (Bannepadang, 2021).

Five-Finger Hypnotherapy is a type of therapy in which a person uses five fingers to help change adolescents' perceptions of anxiety, stress, and tension, leading to feelings of relaxation and happiness. Five-Finger Hypnotherapy promotes relaxation by influencing the bodily systems, producing feelings of comfort and calm (Listiana, 2024).

Based on the results of a preliminary study conducted by researchers in December 2024 at SMAN 2 Boyolali, the results of interviews with guidance and counseling teachers showed that students experience exam anxiety due to a lack of confidence in their abilities, considering exams a burden, a lack of preparation when facing exams, and students who are too worried about the future. The school has implemented several solutions to address exam anxiety, such as providing exam materials and outlines to students. The results of an interview with one of the students indicated that they still feel anxious and afraid of getting lower-than-optimal scores, so they still doubt their abilities and lack confidence.

Therefore, this study aims to examine the effectiveness of Five-Finger Hypnotherapy in reducing academic exam anxiety among adolescents. His study contributes to the development of practical, school-based, non-pharmacological strategies for managing academic anxiety among adolescents.

RESEARCH METHOD

This research is a quantitative study with a quasi-experimental research design with a pre-test and post-test. The sample used in this study was 74 respondents. The sampling technique in this study was purposive. The inclusion criteria in this study were students aged 16-17 years, willing to participate as respondents and to sign a research consent letter (informed consent), and 11th-grade students of SMAN 2 Boyolali. The exclusion criteria in this study were respondents who were unable to follow and complete the research procedures completely, and respondents who were on leave during the research implementation. This research was conducted at SMAN 2 Boyolali on April 9, 2025.

The instruments used in this study were the Standard Operating Procedure (SOP) and the Hamilton Anxiety Rating Scale (HARS) questionnaire. This study has received ethical approval under registration number 429/II/HREC/2025. The intervention in this study lasted 10 minutes and consisted of two sessions. The first session was held on the first day, and the second on the second day. The intervention was implemented collectively in one room. The therapist in this study was the researcher. In the first stage, the researcher positioned the participants in a comfortable and relaxed posture and asked them to close their eyes. In the second stage, the participants were instructed to place both hands on their thighs and take a deep breath. In the third stage, the researcher guided participants to perform the five-finger hypnotherapy technique by sequentially touching each finger while imagining pleasant, enjoyable experiences. In the fourth stage, the participants were instructed to release the finger touch, take a deep breath, and open their eyes. Data analysis used the Wilcoxon test.

RESULTS

Participant characteristics are presented to determine the distribution of participant age and gender. Meanwhile, the distribution of anxiety levels before and after the Five-Finger Hypnotherapy intervention is presented to show the changes in anxiety levels that occurred. Furthermore, the effect of the Five-Finger Hypnotherapy intervention on anxiety levels is determined through the p-value obtained.

Table 1. Distribution of Respondents

Variable	Frequency (n)	Percentage (%)
Age		
16 Year	17	23.0
17 Year	57	77.0
Gender		
Male	30	40.5
Female	44	59.5
Total	74	100

Based on Table 1, the distribution of respondents by gender shows that the majority are women (44 respondents, 59.5%), with an average age of 17 years old, and 57 respondents (77.0%).

Table 2. Distribution of Respondents based on Anxiety Level before and after being given Five-Finger Hypnotherapy therapy

Anxiety level	Pretest		Posttest	
	Frequency (n)	Percentage (%)	Frequency (n)	Percentage (%)
Not Anxious	0	0	52	70.3
Mild	0	0	16	21.6
Medium	35	47.3	6	8.1
Weight	35	47.3	0	0
Very heavy	4	5.4	0	0
Total	74	100	74	100

Table 2 shows the frequency distribution of respondents' anxiety levels before receiving Five-Finger Hypnotherapy therapy. The highest anxiety levels were in the moderate category (35 respondents (47.3%)) and severe (35 respondents (47.3%)). Based on the frequency distribution of anxiety levels after receiving Five-Finger Hypnotherapy therapy, the highest anxiety level was in the not anxious category (52 respondents (70.3%)).

Table 3 Anxiety Levels in Facing Daily Exams in Adolescents

Anxiety level	Pretest		Posttest		p Value
	Frequency (n)	Percentage (%)	Frequency (n)	Percentage (%)	
Not Anxious	0	0	52	70.3	0,000
Mild	0	0	16	21.6	
Medium	35	47.3	6	8.1	
Weight	35	47.3	0	0	
Very heavy	4	5.4	0	0	
Total	74	100	74	100	

Based on Table 3, the results of the Wilcoxon test show a P-value of 0.000 (<0.05), indicating that H_0 is rejected and H_a is accepted, suggesting that Five-Finger Hypnosis Therapy reduces anxiety levels during daily exams in adolescents.

DISCUSSION

Adolescence is a stage of life in which an individual transitions from childhood to adulthood. This period is characterized by dynamic development and significant changes in physical, mental, social, and emotional aspects (Rahmawati & Apriliyan, 2024). Adolescents need to be able to adapt to these changes; otherwise, they may experience various mental health problems. Adolescents are one of the groups most vulnerable to mental health disorders. Depression and anxiety are the most common mental health disorders experienced during this stage (Florensa et al., 2023).

Management of anxiety can be carried out using both pharmacological and non-pharmacological therapies. Pharmacological therapy includes the use of anti-anxiety medications (anxiolytics), while non-pharmacological approaches include psychotherapy, cognitive therapy, laughter therapy, relaxation techniques, and Five-Finger Hypnotherapy. One method that can help reduce anxiety is Five-Finger Hypnotherapy (Arianti & Susanti, 2022).

Anxiety is a condition in which negative emotions arise due to worries about potential and unpredictable dangers that may occur in the future. Excessive anxiety can interfere with the learning process because of persistent feelings of fear and concern. In adolescents, anxiety may lead to insomnia, difficulty focusing or concentrating, forgetfulness, feelings of frustration, and irritability (Rahmy & Muslimahayati, 2021).

Anxiety disorders in adolescents are generally associated with academic activities. The effects of anxiety can hinder students from achieving optimal academic performance. One form of this anxiety is the fear and tension that arise when facing certain situations, such as examinations or tests (Pratiwi, 2022).

Anxiety is a common experience as it has become part of daily human routines. However, it is important to recognize that when anxiety becomes excessive or irrational, it can create significant difficulties for individuals. Anxiety may trigger inappropriate responses when facing perceived threats, leading to anxiety disorders such as panic, nervousness, and even phobias. Individuals may struggle to carry out certain activities due to the impact of the anxiety they experience. Therefore, anxiety disorders require serious attention, especially when experienced by students (Rasyidin & Pratiwi, 2022).

Test or examination anxiety is commonly experienced by students at various educational levels. Schools play an important role in shaping intelligent and competent future generations. Learning activities in schools are expected to help achieve these educational goals. Every aspect of students' development at school must be carefully monitored. Various methods are used to measure the extent to which knowledge and competencies taught by teachers have been mastered. There are many academic demands that must be fulfilled, one of which is examinations.

The phenomenon observed in the field showed that 74 respondents who participated in the Five-Finger Hypnotherapy demonstrated varying responses before and after the intervention. However, despite these differences, all respondents appeared to experience changes in their anxiety levels after receiving the therapy. The majority of respondents showed a decrease in their anxiety scores, indicating that this therapy had an effect on their anxiety levels. The success of the Five-Finger Hypnotherapy was influenced by several factors, including good cooperation from the respondents, a calm and conducive environment, and implementation during a relaxed condition. These factors allowed respondents to concentrate and perform the five-finger technique effectively (Riani, A. T., 2024).

Five-Finger Hypnotherapy is a therapeutic technique performed in a relaxed state, in which individuals focus their thoughts on imagined scenes or memories while sequentially touching the five fingers of the hand and visualizing positive experiences.

The benefits of Five-Finger Hypnotherapy include increased motivation, inner peace, and reduced tension (Halim & Khayati, 2020).

This is supported by the previous study, which explained the mechanism of Five-Finger Hypnotherapy as a form of self-hypnosis distraction that induces a relaxation effect (Sintiawati et al, 2024). This relaxation helps reduce anxiety, tension, and stress; influences breathing, heart rate, pulse, and blood pressure; decreases muscle tension; enhances memory; stimulates the release of endorphins; and regulates hormones associated with stress and anxiety. According to other research, the key to hypnosis lies in the power of positive suggestion or belief arising from mental concepts, thereby generating positive energy toward the action being performed (Fajariyah, 2023).

One study showed a significant reduction in anxiety symptoms following Five-Finger Hypnotherapy stimulation, including decreased physiological responses, no longer appearing pale, and the absence of cold sweating (Juhaeriah, 2020). These findings are consistent with the other study, which reported that providing self-hypnosis five-finger tutoring had a positive impact on reducing anxiety levels among high school students. Evaluation results indicated that almost all students were able to manage discomfort into normal stress and anxiety levels and did not experience depression (Lidiana, 2022). Five-Finger Hypnotherapy can influence the limbic system, thereby affecting the release of hormones that trigger stress (Mawarti & Yuliana, 2021).

Furthermore, the previous study stated that when students undergo hypnosis, their brain waves shift to the alpha wave range (7–14 Hz) or even deeper into the theta wave range (4–7 Hz), leading to the production of natural endorphins that create a sense of comfort, improve the body's metabolic system, and relieve physical tension (Arselina, 2023). A threefold reduction in anxiety levels after a single application. Five-Finger Hypnotherapy works by combining finger movements with a focused mental state, which can reduce heart rate, blood pressure, and stress hormones (cortisol), thereby creating physiological responses that decrease anxiety (Amalia and Saputro, 2024).

CONCLUSION

In this study, Five-Finger Hypnotherapy can reduce anxiety levels in adolescents when facing daily exams at school. Most respondents experienced moderate to severe anxiety before the intervention, whereas after the therapy, the majority were categorized as not anxious. Statistical analysis using the Wilcoxon test showed a significant difference in anxiety levels before and after the intervention ($p = 0.000$).

RECOMMENDATIONS

Based on the findings, Five-Finger Hypnotherapy can be recommended as a simple and effective non-pharmacological intervention to reduce academic anxiety among adolescents. Schools are encouraged to integrate this technique into counseling or stress management programs. Nurses, especially school and community nurses, may apply this therapy as an independent nursing intervention to support adolescent mental health. Future research should use a true experimental design with a control group, involve a larger sample, and evaluate the therapy's long-term effectiveness.

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