

Phenomenological Study Of The Perception Of Schizophrenia Patients In Undergoing Five-Finger Hypnosis As An Anxiety-Lowering Intervention

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Abstract. Schizophrenia is a chronic psychotic disorder that is often accompanied by anxiety symptoms, which can worsen the patient's condition and hinder the rehabilitation process. One of the non-pharmacological therapies that is effective for overcoming anxiety is five-finger hypnosis therapy. The purpose of this study is to describe the experience of schizophrenia patients in undergoing five-finger hypnosis therapy as well as its effect on reducing anxiety levels. **Methods:** This study uses a descriptive qualitative approach with phenomenological methods. Six participants were selected by purposive sampling based on the inclusion criteria. Data were collected through in-depth interviews and observations, and analyzed using thematic analysis. Anxiety levels were measured using the DASS-42 questionnaire before and after therapy. **Results:** The results of the thematic analysis showed four main themes: (1) calmness and relaxation after therapy, (2) awareness of negative thoughts and the ability to regulate them, (3) therapy as a way to calm themselves independently, and (4) obstacles in the implementation of therapy. All participants reported a decrease in anxiety symptoms and an improvement in emotional control after participating in five-finger hypnosis therapy. **Conclusion:** Five-finger hypnosis therapy has a positive impact in helping schizophrenic patients manage anxiety, improve relaxation, and provide a sense of emotional independence. This therapy is recommended as an adjunct nonpharmacological intervention in the management of anxiety disorders in schizophrenia patients.

Keywords: Five Finger Hypnosis, Anxiety, Schizophrenia

INTRODUCTION

Schizophrenia is one of the most common forms of psychosis-type mental disorders. Schizophrenia is a chronic psychotic disorder, which results in the sufferer being unable to distinguish between reality and delusion well and poor self-understanding (Tantan Hadiansyah, et al. in Kaplan & Saddock, 2017).

In schizophrenia patients, they will experience signs and symptoms such as psychological disorders characterized by deep and ongoing feelings of fear or worry, so that there can be disturbances in assessing reality, whole personality, and behavior can be disturbed but still within normal limits, which indicates that they have experienced anxious symptoms. (Yuniartika, 2019).

Anxiety is a natural disorder of deep and continuous feelings of fear or worry, does not experience disturbances in realistic judgment, is still good, the personality is still there, and the behavior can be disturbed, but still within normal limits. (Manurung, 2016).

According to the World Health Organization (WHO) 2019 data, worldwide, the prevalence of patients with mental disorders who experience schizophrenia is more than 20 million people. (WHO (2019)). Riskeska's data in 2018 shows that the prevalence of people who have schizophrenia/psychosis in Indonesia is 6.7 per 1,000 households. This means that out of 1,000 families, 6.7 households have a household member (ART) with schizophrenia/psychosis. The highest prevalence spread is found in Bali and Yogyakarta, with 11.1 and 10.4 per 1,000 households with schizophrenia/psychosis (ART) (Basic Health Research (Riskesdas), 2018). Central Java Province is the province that ranks fifth with the most schizophrenia sufferers after DI Yogyakarta, Aceh, South Sulawesi, and Bali. The prevalence of schizophrenia in Central Java is 0.23% of the population, exceeding the national figure of 0.17%. Based on data from the Central Java Provincial Community Mental Health Steering Team (TPKJM), the number of people with mental disorders in the Central Java area is relatively high, with a total of 107 thousand sufferers or 2.3% of the total population. (Central Java Provincial Health Office, 2017). According to data from the Kudus Regency Health Office in 2018, there were 10,474 cases of patients who had schizophrenia, including 5,651 male patients and 4,823 female patients. (Dinas Kesehatan Kabupaten Kudus, 2015).

The treatment of patients with mental disorders such as schizophrenia who experience anxiety can be overcome with pharmacological and non-pharmacological therapies. Pharmacological therapy is the treatment of schizophrenia using drugs. Pharmacological therapy for schizophrenia patients uses Antipsychotic Therapy, which is a class of drugs that function to control and reduce the symptoms of psychosis that people with mental disorders can experience. Tablets, syrups, or injections are available for antipsychotics, and how to use them according to a doctor's prescription. Types of antipsychotic drugs include Haloperidol, Mesoridazine, Chlorpromazine, Ziprasidone, Paliperidone, Risperidone, and others. Meanwhile, in non-pharmacological therapies such as psychotherapy, laughter therapy, cognitive therapy, and relaxation therapy, an example of relaxation therapy used to reduce anxiety is five-finger hypnotic therapy (Keliat B, Wiyono, 2011).

Research conducted by Indah Mawarti, and Yuliana in 2020 at the Jambi Psychiatric Hospital showed that the majority of respondents were at the level of severe anxiety (91.7%) before being given five-finger hypnotic therapy, after being given five-finger hypnotic treatment, the majority of respondents had experienced a decrease in anxiety levels, namely at the level of mild anxiety (58.3%), and the results of the statistical test obtained a $p\text{-value} = 0.000 (< 0.05)$. The conclusion of this study means that there is an effect of five-finger hypnotic therapy on reducing anxiety levels in anxiety patients. (Mawarti, 2021).

This was also done by researcher Bahtiar Ahmad, Hanavy, et al., with the title Application of 5-Finger Therapy in Psychosomatic Patients to Reduce Anxiety in Kamulyan Village, Tambak District. His research proved that 5-finger hypnosis therapy can reduce anxiety levels by a total of 2 respondents. The treatment is given for 40 minutes and is carried out for 6 days (6 meetings). Before being given 5-finger hypnosis therapy, the results showed that anxiety in client one was obtained with a score of 12 (moderate anxiety), and after being given 5-finger hypnosis therapy, there was a decrease from the previous 12 to 6 (normal). Meanwhile, in client two, before being given 5-finger hypnosis therapy, the results of the study showed a value of 9 (mild anxiety), and after being given 5-finger hypnosis therapy, there was a decrease from the previous value of 9 to a value of 5 (normal). So it can be concluded that there is a difference in the average score before and after the application of 5-finger hypnosis therapy to reduce anxiety levels. (Ahmad, 2019).

Another study conducted by Dudi Hartono et al, entitled "Reducing Anxiety Levels Through Integrative Interventions of Five-Finger Hypnosis and Aromatherapy", consisted of 60 respondents who were divided into two groups, namely 30 respondents in the control group were given five-finger hypnosis therapy for 4 times a week for 3 weeks, while 30 respondents in the intervention group were given combination therapy of five-finger hypnosis and aromatherapy for 4 times a week for 3 weeks. In the control group, the result was 21.70 before the five-finger hypnosis. After the intervention, it changed to 13.77, and in the intervention group, before the five-finger hypnosis and aromatherapy, the result was 23.15; after the intervention, it changed to 12.03. It can be concluded that after being given these two therapies, there can be an effect on reducing anxiety (Hartono et al., 2021).

Based on the results of observations and interviews on February 14, 2024 with the team leader at the Jalma Sehat Foundation, Bulung Kulon Village, Jekulo District, Kudus Regency, Central Java, the number of patients suffering from schizophrenic mental disorders was 97 patients, consisting of various types of schizophrenia, namely paranoid schizophrenia totaling 33 patients (17 men and 10 women), hebephrenic schizophrenia 15 male patients, catatonic schizophrenia 17 male patients, undetailed schizophrenia 16 patients (10 males and six females), post-schizophrenic depression 18 male patients, and residual schizophrenia there were eight male patients, where patients were measured anxiety using the DASS 42 questionnaire. It was found that undetailed schizophrenia patients experienced three levels of anxiety, namely mild anxiety (10 patients), moderate anxiety (8 patients), and severe anxiety (15 patients).

Based on the above background, in unspecified schizophrenia patients who experience moderate anxiety, it is necessary to take action to lower their anxiety levels. High levels of anxiety can worsen the symptoms of schizophrenia, and patients can become hospitalized for a long time. They will hinder the rehabilitation process. The therapy involves self-suggestion techniques that aim to calm the mind and control anxiety through positive affirmation, with a combination of using fingers. This is also supported by data from patients who do not know how to reduce anxiety levels

and have never done five-finger hypnosis therapy before; therefore, a phenomenological approach is needed to multiply respondents' perceptions regarding the subjective experience of this therapy.

METHODS

The purpose of this study is to describe and perform five-finger hypnosis therapy to reduce anxiety levels in schizophrenic patients. This type of research is descriptive research, which explains and/or presents cases using a nursing process approach. The population of this study is all clients at the Kudus Healthy People Foundation, who were asked questions directly. The survey results were obtained by two respondents with inclusion criteria (clients with an undetailed medical diagnosis of schizophrenia, clients who experience moderate anxiety, and have never undergone five-finger hypnosis therapy) and exclusion criteria (clients who experience severe anxiety, have organic mental disorders, and do not experience anxiety).

Five-finger hypnosis therapy was performed 6 times in 2 weeks (1-week 3x application) with a \pm time of 10-15 minutes. The Five-Finger Hypnosis therapy given to clients consists of 4 stages, namely the pre-interaction stage, the orientation stage, the work stage, and the termination stage. The tool as a benchmark for anxiety is to use the DASS (Depression Anxiety Stress Scale) Questionnaire. The questionnaire consists of 14 questions about respondents' feelings and thoughts in the past month, identifying feelings or thoughts. The assessment was carried out before and after five-finger hypnosis therapy with a score of 0-7 included in the category of normal anxiety level, a score of 8-9 is the category of mild anxiety level, a score of 10-14 is a moderate level of anxiety, and a score of 15-19 is a level of severe anxiety. A score of >20 is included in the level of very severe anxiety.

RESULTS AND DISCUSSION

Result

A. Overview of Research Locations

This research was carried out at the Umat Sehat Kudus Foundation, which treats schizophrenic patients in the stable phase. Five-finger hypnosis therapy has been given as part of an additional relaxation therapy of 6 sessions in 2 weeks, performed by trained nurses.

B. Respondent Characteristics

A total of 6 participants were selected from 16 patients undergoing therapy, using purposive sampling techniques based on inclusion criteria. Here's a summary of the characteristics:

Code	Age	Sex	Length of Diagnosis	Frequency of Therapy	Cooperative
P1	35	Male	6 years	6 sessions	Yes
P2	28	Female	5 years	5 sessions	Yes
P3	32	Male	8 years	6 sessions	Yes
P4	40	Male	9 years	4 sessions	Yes
P5	30	Female	6 years	6 sessions	Yes
P6	26	Female	3 years	5 sessions	Yes

A. Interview results

From the results of thematic analysis of interview transcripts and observations, four main themes were found that described the patient's experience of five-finger hypnosis therapy.

- a. Theme 1: (Sense of Calm and Relaxation After Therapy). All respondents reported feeling calmer and more relaxed after the therapy. Feelings of anxiety and fear slowly diminish after the second or third session.

(Q2) *I usually get anxious all the time. But when I got to the hospital, my body was at peace."*

(P5) *"After holding my fingers while listening to the nurse's voice, I fell asleep unconscious. It was very peaceful."*

- b. Theme 2: (Awareness of Negative Thoughts and Efforts to Manage Them) Respondents realized they were often overwhelmed by negative thoughts. This therapy helps them recognize and slowly control emotional reactions to those thoughts.

(P1) *"Sometimes I hear voices that scare me. But after therapy, I can be more ignorant... I hold on so I don't panic."*

(P3) *"Those fingers make me remember to take a breath. If I get scared, I try to do it myself in my room."*

- c. Theme 3: (The Meaning of Therapy as a Way to Calm Down) Respondents considered therapy a "tool" to calm down. Some respondents stated that they did therapy movements independently outside of the session, which can be seen from the results of interviews with

(P4) *"When I'm restless, I remember those fingers. Hold it slowly, then say: 'I'm calm, strong'."*

(P6) *"I can't take medicine anymore. But this therapy makes me feel like I can help myself."*

- d. Theme 4: (Obstacles in Undergoing Therapy) Some respondents said that they had difficulty focusing and felt strange at the beginning of therapy, but after being guided repeatedly, they began to get used to it and were able to carry out

(P2) *"I didn't know what this was for initially. But when I tried it repeatedly, it made me more relaxed."*

(P5) *"Sometimes I couldn't focus, but the nurse's voice helped me get back on my feet."*

D. Summary of Findings

Theme	Sub-Theme
A sense of calm after therapy	Light body, calm heart, better sleep
Control of negative thoughts	Able to ignore hallucinations, calmer when anxious
Meaning of therapy for the self	As an aid, medication replacement therapy, and how to calm yourself down
Obstacles in the implementation of therapy	Difficult to focus at first, need guidance, feelings of shame

Discussion

Schizophrenia is a major mental disorder with a disorder of the thought process as well as disharmony between thought processes, affects/emotions, willpower, and psychomotor function. Schizophrenia is a mental disorder that can cause disturbances in the thought process, way of speaking, and behavior. (Kurnia Amirullah & Muhammad Abadi, 2015).

In those who are characterized by deep and persistent feelings of fear or worry, so that there can be disturbances in assessing reality, whole personality, and behavior can be disturbed, but still within normal limits, which indicates that they have experienced anxiety symptoms. (Yuniartika et

al., 2019). Anxiety is a natural disorder of feelings of fear or worry that are deep and persistent, does not experience disturbances in realistic judgment, is still good, the personality is still there, and the behavior can be disturbed, but still within normal limits. (Manurung, 2016).

The method used to lower anxiety levels is five-finger hypnosis, one of the generalist relaxation techniques, by recalling pleasant experiences that a person has experienced. With five-finger hypnosis, in one's subconscious, one is led back to pleasant experiences so that a feeling of comfort and relaxation arises, anxiety levels and other emotional problems become lower, so that one finds it easier to fall asleep. (Rosliana Dewi, S.Kp., M.H.Kes., 2021).

A. Characteristics of respondents

The characteristics of the participants in this study are essential to analyze because they can affect perception, experience, and effectiveness of the therapy undergone. This study involved 6 participants selected by purposive sampling from 16 patients undergoing five-finger hypnosis therapy. Inclusion criteria include: Have been diagnosed with undetailed schizophrenia for at least 3 years, are cooperative during treatment, and have attended a minimum of 4 sessions of five-finger hypnosis.

The age range of respondents was between 26 and 40 years old. Young and middle adulthood is an active phase of psychosocial development, so the ability to understand and respond to psychological interventions such as hypnosis is relatively good. This is in line with (Erikson, 1963) This statement states that individuals in young adulthood have the capacity for self-reflection, which is essential in the hypnotherapy process. Gender: Of the 6 participants, three were males and three were females. This gender balance helps to provide a broader and more varied picture of perception. Some studies have shown that gender differences can affect how individuals respond to relaxation-based therapies or hypnosis, although the results are often individualized. (Kallio & Revonsuo, 2003). The length of time since diagnosis ranges from 3 to 10 years. The majority of participants had experienced symptoms of schizophrenia in the long term, which meant they had undergone various forms of therapy before.

This provides essential context for how they compare the experience of five-finger hypnosis with other interventions. Individuals with a longer diagnosis tend to understand their condition better and be open to new approaches that provide a calming effect. (Stuart, 2013). Respondents had participated in 4 to 6 sessions of five-finger hypnosis. This frequency is sufficient to observe participants' direct impact and perceptions on the therapy process. Repetitive therapy allows the internalization of relaxation techniques and the reflection of experiences during the session. Respondents are cooperative during treatment, which is an essential condition in hypnosis. Cooperative attitudes reflect the existence of a good therapeutic relationship, a factor that significantly influences the success of non-pharmacological interventions.

B. Patient Experience: Experiencing a Sense of Calm and Relaxation After Therapy

The results showed that all participants experienced a sense of calm, comfort, and reduced anxiety symptoms after undergoing five-finger hypnosis therapy. These findings are consistent with the theory of clinical hypnosis, which states that the suggestion process can decrease sympathetic activity, lower heart rate, and promote muscle relaxation. (Saputra, 2020) According to the theory of autogenic relaxation, relaxation through verbal suggestion accompanied by deep breathing can increase emotional calm and reduce anxiety symptoms. This is reinforced by research. (Arselina et al., 2023) This states that five-finger hypnosis therapy significantly improves relaxation in dealing with anxiety.

C. Awareness of Negative Thoughts and Their Ability to Regulate Them

The patient begins to recognize negative thoughts as an anxiety trigger. It can be seen from the results of the interview where the respondent said (P1) *"I sometimes hear voices that make me afraid. But after therapy, I can be more ignorant... I hold on so I don't panic."* (P3) *"Those fingers make me remember to take a breath. If I get scared, I try to do it myself in my room."*

This indicates an increase in self-awareness, which is key in the management of symptoms in schizophrenia. Positive suggestions in this therapy help patients build an alternative mindset to fear or anxiety. This research supports the view in the Cognitive Theory of Anxiety that negative automatic

thoughts play a role in creating anxiety, and cognitive or suggestive therapy can help manage it.(Beck, 1985).

D. The Meaning of Therapy as a Way to Calm Down

Respondents interpreted therapy as a tool to calm themselves independently. (P4) "*If I'm nervous, I remember those fingers. I hold it slowly, and then I say: 'I'm calm, I'm strong'.*" (P6) "*I can't take medicine anymore. But this therapy makes me feel like I can help myself.*" This aligns with the phenomenological approach that emphasizes how individuals give meaning to their life experiences. These findings are also in line with research. (Sari, N. M., 2022) This shows that patients with mental disorders who receive suggestion therapy tend to have stronger coping mechanisms and feel they have control over their thoughts.

E. Barriers and Adaptations in Therapy

Some patients have difficulty focusing in the initial session, demonstrating the importance of interpersonal support from a therapist or nurse during the implementation of therapy. In the context of schizophrenia patients, the learning and adaptation process does require repetition and an individualized approach. This condition is according to the findings. (Maramis, W. F., & Maramis, 2018). Schizophrenic patients have limitations in cognitive function, so therapy needs to be adjusted gradually and communicatively.

CONCLUSIONS AND SUGGESTIONS

Conclusion

The research was conducted with a phenomenological approach, obtaining a deep understanding of the experience of schizophrenic patients undergoing five-finger hypnosis therapy. This therapy provides significant meaning in the process of managing the anxiety they experience. Patients described that five-finger hypnosis helps them feel calmer, can control negative thoughts, and improves feelings of security and emotional comfort. In addition, this therapy is also considered a means of relaxation that is easy to do, even independently, to provide confidence and independence in dealing with symptoms of anxiety.

Suggestion

- a. For Health Workers
It is expected that health workers will use five-finger hypnosis therapy as an alternative therapy in treating anxiety in schizophrenic patients, so that anxiety can be overcome.
- b. For Patients
It is expected that the respondents can increase their knowledge and insight about the application of five-finger hypnosis therapy to other patients.
- c. For institutions or further researchers
It is hoped that the following case study will further develop and multiply the subject of the case study by using different data collection techniques.

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