

FIVE-FINGER HYPNOSIS TECHNIQUE INTERVENTION IN FAMILY NURSING CARE WITH FAMILY COPING INABILITY

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ABSTRACT

Family nursing is a comprehensive service where the family is the main focus of care which includes the assessment, diagnosis, intervention, implementation and evaluation stages to improve health welfare in the family. One of the problems in family nursing is family coping inability. Family coping inability is the behavior of the closest person, namely family members or significant others, which limits the ability of themselves and clients to adapt to the health problems faced by clients. Weak family coping when facing problems will cause psychological disorders such as anxiety which can interfere with daily activities. Anxiety is one of the most influential psychological disorders and is the 25 leading cause of the world's disease burden in 2019. Anxiety disorders occurred in approximately 301 million people in 2019. Anxiety in Indonesia itself continues to increase every year. According to the records of the Indonesian Psychiatric Association (PDSKJI), 68.8% of Indonesian people experience anxiety disorders and will increase to 75.8% in 2022. This study was conducted to determine the effectiveness of the 5-finger hypnotic distraction technique. The research was conducted on Mr. S's family. Data were collected using an assessment sheet and the methods used were interviews and demonstrations as well as the practice of the 5-finger hypnotic distraction technique. The results showed a decrease in the level of anxiety in Mr. S's family after routinely applying the 5-finger hypnotic distraction technique. S's family after routinely applying the 5-finger hypnotic distraction technique. This proves that the 5-finger hypnotic distraction technique is effective for reducing anxiety and can improve family coping.

Keywords: Family nursing care; Family coping inability; 5-finger Hypnosis Technique.

Background

Family nursing is a comprehensive service where the family is the main focus in care which includes the assessment, diagnosis, intervention, implementation and evaluation stages to improve health welfare in the family (Iriani et al, 2023). There are several problems within the scope of family nursing, one of which is the inability of family coping. According to PPNI (2016) family coping inability is the behavior of the closest person, namely family members or significant others who limit their ability and clients to adapt to the health problems faced by clients. Family coping inability can lead to psychological problems such as anxiety.

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Untreated coping inability of families with anxiety problems can interfere with daily activities and can interfere with family, social or work life. Management of family coping inability with anxiety problems can be done with pharmacology and non-pharmacology. One of the non-pharmacological treatments is the 5-finger hypnosis distraction technique. 5-finger hypnosis is a non-pharmacological therapy with *self-hypnosis* distraction techniques carried out by touching the thumb with each other finger alternately while imagining pleasant things so as to cause a relaxation effect (Triyadi & Rosmitha, 2024). 5-finger hypnosis is useful for reducing anxiety, stress and tension by diverting the mind from the source of anxiety so as to help the body and mind relax. 5-

finger hypnosis can also improve sleep quality and increase feelings of happiness (Windiarti et al., 2024).

Research conducted by Mawarti & Yuliana (2021) found that the 5-finger hypnosis distraction technique is effective for reducing anxiety. The anxiety level decreased from the severe category to the mild category. In line with research conducted by Hidayati and Ika, (2024) that the 5-finger hypnosis distraction technique has proven effective for reducing anxiety and making thoughts more positive.

Based on the results of the assessment conducted on Mr. S's family, the results of Mr. S's family were obtained. S's family obtained the results of Mr. S's family. S's family experiences the problem of family coping inability and has not been able to control the family's anxiety experienced. Based on the description above, the author is interested in taking the topic of the problem of family coping inability with anxiety problems and management with non-pharmacology, namely the 5-finger hypnosis distraction technique. This study aims to determine the effectiveness of the 5-finger hypnosis distraction technique in improving family coping.

Methods

This research is a study to determine the effectiveness of the 5-finger hypnotic distraction technique on improving family coping. The subject of this research is Mr. S's family. Mr. S's family who experienced the problem of family coping inability with family anxiety problems. The tools used in this study are assessment sheets which include stage I assessment, namely family general data, family history and stage of development, environmental characteristics, family structure, family functions, family stressors and coping, family expectations and family physical examination and then the second exploratory stage, namely the assessment of the five tasks of family health. The course of this research was carried out by visiting the family for 7x visits starting from assessment I to evaluation. The methods used were interviews to obtain data and demonstration and practice of the 5-finger hypnotic distraction technique to help improve family coping in Mr. S's family. S.

Results

This section must present all relevant case details. It may be divided into subsections with appropriate subheadings (e.g., history and presenting condition, interventions, outcomes). Include relevant demographic information without disclosing patient identity, medical history, observed symptoms, and details of all tests or treatments. For case series, it includes details for all patients. Discuss the significance and rarity of findings with reference to previous studies.

Tables and figures should follow specific rules: tables should have only three horizontal lines (no vertical lines), with titles in 11 pt capitalized font above the table. Use Arabic numerals for table numbering. Figures should be numbered in Arabic numerals with captions in bold, capitalizing the first letter of each word, placed below the figure. Images previously published must have written permission from the original author and publisher. All images should be of high resolution in .jpeg or .tiff format.

Tables and figures should not be embedded in the main text but placed after the references.

Discussion

Providing the 5-finger hypnosis distraction technique to Mr. S's family. Mr. S's family with family coping inability with anxiety problems is carried out starting from exploration to evaluation. This study found that there was an increase in family coping as evidenced by a decrease in anxiety levels after the 5-finger hypnosis distraction technique was performed. The results of this study are in Inayati and Aini (2023) line with research conducted by that the 5-finger hypnosis distraction technique can reduce the anxiety experienced by a person. Conditions that affect Mr.

S's family coping are family crisis related to the family economy. Mr. S's family is a family crisis related to the family economy. This condition makes Mr. S's family unable to apply good coping. Mr. S's family is unable to apply coping well and raises family anxiety problems. Research conducted by (Rabbani et al., 2024) states that there is a significant influence between work or family economic factors on anxiety levels with a p-value <0.05 . The low economy and uncertain work cause families to be unable to apply coping properly.

The impact of poorly controlled anxiety can affect physical health. Anxiety and physical health are complex as the stress response caused by anxiety can activate the autonomic nervous system and spinal cord which in turn triggers the release of stress hormones such as adrenaline and cortisol. These reactions can increase heart rate, blood pressure, muscle tension and can ultimately affect the health of the heart and cardiovascular system. Another consequence of uncontrolled anxiety is that it can cause disturbances in sleep patterns, eating patterns and exercise habits (Agnesya, 2024).

Management The 5-finger hypnotic distraction technique in Mr. S's family is proven to improve the coping of Mr. S's family. S's family is proven to be able to improve Mr. S's family coping. S's family as evidenced by Mr. S's family anxiety. S's family anxiety decreased. However, the results are not yet optimal because in the implementation of the 5-finger distraction technique, there are several obstacles such as a less conducive environment so that Mr. S's family is less focused in following the 5-finger hypnotic distraction technique exercise. Mr. S's family is less focused in following the 5-finger hypnosis distraction technique exercise.

According to Triyadi and Tanan (2024) the steps to perform the 5-finger hypnosis technique are:

1. Bring your thumb and index finger together and imagine yourself in good health.
2. Put your thumb together with your middle finger and imagine your loved ones
3. Put your thumb together with your ring finger and imagine when you get praise or appreciation.
4. Put your thumb and pinky together and imagine yourself in a beautiful place you want to visit

Conclusion

Family coping inability is a problem within the scope of family nursing care. Family coping inability in Mr. S's family causes anxiety problems that interfere with the family's daily activities. Mr. S's family creates anxiety problems that interfere with the family's daily activities. The management of the 5-finger hypnosis distraction technique aims to improve Mr. S's family coping. The evaluation results of the application of the 5-finger hypnotic distraction technique, namely Mr. S's family. Mr. S's family is able to practice the 5-finger hypnotic distraction technique independently at home. The evaluation was carried out for 7 days and obtained the results of Mr. S's family. Mr. S's family is calmer and family anxiety decreases. Therefore, the 5-finger hypnotic distraction technique is an effective management to improve family coping.

Recommendations for further research are that the 5-finger hypnotic distraction technique must certainly be carried out in a comfortable, calm and safe environment so that the benefits of the 5-finger hypnotic distraction technique can be maximized.

Acknowledgments

The researchers would like to thank Mr. S's family for their willingness to participate in this study. Mr. S's family for their willingness to participate in this study. Thanks also go to the Nursing Professional Education Study Program at 'Aisiyiyah University Yogyakarta for facilitating the process of preparing the final scientific work of nurses well.

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