



## The Effect of Five-Finger Hypnotic Therapy on Reducing Family Anxiety Levels of ICU Patients at Santa Elisabeth Hospital Medan

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**Abstract.** Anxiety is a psychological response that arises from unclear internal stimuli and is characterized by feelings of discomfort, worry, fear, and uneasiness, often accompanied by physical symptoms. This condition can be experienced by anyone, including family members of patients undergoing treatment in the Intensive Care Unit (ICU), where uncertainty and concern about the patient's condition can significantly increase anxiety levels. Therefore, appropriate and practical interventions are needed to help families manage anxiety and prevent more severe psychological effects. One such intervention is five-finger hypnotic therapy, a simple and non-invasive technique that can be performed independently, anytime and anywhere, and has been shown to be effective in reducing anxiety. This study aims to analyze the effect of five-finger hypnotic therapy on reducing anxiety levels among families of ICU patients at Santa Elisabeth Hospital Medan in 2024. The research employed a pre-experimental design using a one-group pretest–posttest approach. A total of 30 respondents were selected using accidental sampling. Data were collected using the Zung Self-Rating Anxiety Scale and a standardized operating procedure for five-finger hypnosis therapy. The results showed that before the intervention, 23 respondents (76.6%) experienced severe anxiety, while after the intervention, all respondents (100%) reported mild anxiety. The Wilcoxon signed-rank test revealed a  $p$ -value of 0.000 ( $p < 0.05$ ), indicating a significant effect of five-finger hypnotic therapy on anxiety reduction. It is recommended that families continue practicing this therapy regularly to manage anxiety effectively.

**Keywords:** Anxiety; Five Finger Hypnosis; ICU Patient Family; Hypnotic Therapy; Family Anxiety.

### 1. INTRODUCTION

The Intensive Care Unit (ICU) is a distinct part of the hospital (an installation under the service director) equipped with specialized staff and equipment intended for observation, care, and therapy for patients suffering from diseases, injuries, or complications that are life-threatening (Aflah, 2020). Patients and their families must deal with various changes that occur due to the illness and the treatments provided. Families of ICU patients commonly experience feelings of fear, anxiety, panic, and even stress (Rifah, 2020).

Anxiety is a term frequently used in daily life to describe feelings of worry, restlessness, fear, and discomfort, often accompanied by physical complaints. Many factors influence the anxiety of families of patients treated in the ICU, including education level, knowledge level, and income level. In addition, anxiety can arise due to limitations faced by families in accompanying their loved ones during ICU treatment. This is caused by the patient's critical condition, the use of various medical devices such as ventilators, ECG monitors, infusion lines, routine nursing activities, lack of information and communication between healthcare workers and families, uncertainty about the patient's condition, or whether it is life-threatening, as well as the frequent sound of alarms, all of which may increase psychological tension.

Anxiety may manifest as psychological tension involving thoughts of past traumatic or distressing events. The five-finger relaxation technique enables access to the subconscious mind while imagining pleasant memories that create comfort and peace (Silvina Marbun et al., 2019). Prior to the intervention, 66.7% of patients experienced severe anxiety; after the intervention, 66.7% experienced no anxiety (Gati et al., 2022).

Five-finger hypnosis therapy can influence respiration, heart rate, blood pressure, reduce muscle tension, balance the body, strengthen memory, increase metabolic temperature, and regulate stress-related hormones (Ghanelisa et al., 2022). This therapy is also effective in reducing stress: before the intervention, 19.05% experienced mild anxiety and 80.95% moderate stress; after the intervention, 19.05% experienced no stress and 80.95% mild stress (Wayan Sulkmawati et al., 2021).

Five-finger hypnosis therapy is an appropriate alternative to reduce anxiety by stimulating the fingers to help change perceptions of anxiety through relaxation and guided suggestion (Mawarti et al., 2021).

Based on the above background, the researcher is interested in studying “The Effect of Five-Finger Hypnosis Therapy on Reducing Anxiety Levels of Families of ICU Patients at Santa Elisabeth Hospital Medan.

## **2. LITERATURE REVIEWS**

A family is two or more individuals who are united by blood relations, marriage, or adoption, living together in one household, interacting with one another, and having their own roles and functions (Alfianto, 2022). A family is the smallest unit of society consisting of the head of the household and several individuals who gather and live together in one place under the same roof in a state of interdependence (Esti, 2020).

According to Esti (2020), family structure consists of Communication within a family functions well when it is honest, open, involves emotional connection, can resolve conflicts, and has clear authority hierarchy. Communication is considered successful when the sender conveys messages clearly and meaningfully, provides feedback, avoids assumptions, and listens actively. ICU service standards include personnel competency, the availability of specialized medical equipment, continuous patient monitoring, adherence to established procedures, family communication guidelines, and emergency preparedness. These standards ensure that patients receive optimal and safe care.

Anxiety is an emotional state characterized by worry, fear, restlessness, and discomfort, often accompanied by physical symptoms. It emerges when an individual feels uncertain,

threatened, or unable to control a situation. Symptoms of anxiety include psychological responses (worry, fear, tension) and physical signs such as rapid heartbeat, shortness of breath, sweating, trembling, stomach discomfort, difficulty sleeping, and difficulty concentrating. Families of ICU patients often experience significant anxiety due to uncertainty about the patient's condition, limited visitation, lack of information, the presence of life-support equipment, constant alarms, concerns about death, and stress from hospital procedures. These factors create psychological burden during the patient's critical condition. Five-finger hypnosis therapy is a relaxation technique that uses finger-touch stimulation combined with guided suggestions to activate positive memories, reduce stress, and generate calmness. It is simple, can be performed anytime and anywhere, and is suitable for managing anxiety.

### 3. METHODS

This study uses a pre-experiment design with a one-group pretest-posttest approach. In this design, the researcher provides a measurement (pretest) before the intervention, delivers the treatment, and then conducts another measurement (posttest) after the intervention. This method enables the researcher to compare anxiety levels of family members of ICU patients before and after receiving five-finger hypnosis therapy.

The pretest serves to measure the respondents' initial anxiety levels prior to the intervention, while the posttest evaluates the anxiety levels after the intervention is applied. This design is used to determine whether the five-finger hypnosis therapy has an effect on reducing anxiety among family members of ICU patients at Santa Elisabeth Hospital Medan.

This study was conducted at Santa Elisabeth Hospital Medan, specifically in the Intensive Care Unit (ICU) area where family members accompany patients undergoing intensive care. The hospital was chosen because it has an ICU with high levels of family anxiety due to critical patient conditions and limited visitation hours, making it an appropriate setting for applying anxiety-reduction interventions.

The population in this study consists of all family members of ICU patients at Santa Elisabeth Hospital Medan who meet the inclusion criteria and are present during the research period. The sampling technique used is total sampling, in which all individuals who meet the inclusion criteria are taken as sample subjects. In total, 30 family members of ICU patients were included as research participants. Respondents included in the study must meet the following criteria: Family members who are directly accompanying ICU patients, Aged 17–60 years, Able to communicate verbally, Willing to participate and sign informed consent. Respondents are excluded if they: Have been diagnosed with a psychiatric disorder, Have

hearing impairment that prevents participation in hypnosis therapy, Do not complete the pretest or posttest.

Before the intervention, respondents were given the Zung Self Rating Anxiety Scale (ZSRAS) questionnaire to measure their initial anxiety level. After the therapy session, respondents again filled out the ZSRAS questionnaire to measure changes in anxiety levels. All data were recorded immediately after each stage to maintain accuracy and reliability. The instrument used in this study is the Zung Self Rating Anxiety Scale (ZSRAS) questionnaire. This questionnaire contains 20 statements regarding symptoms of anxiety, with Likert-scale responses ranging from “never” to “very often.” Scores are totaled and categorized into four anxiety levels: Normal, Mild Anxiety, Moderate Anxiety, Severe Anxiety. The instrument has been widely validated and is commonly used in studies measuring anxiety. The Wilcoxon Signed Rank Test was used to determine differences in anxiety levels before and after the five-finger hypnosis therapy.

This research has also been ethically feasible from the health research commission of STIKes Santa Elisabeth Medan with letter number No: 071/KEPK-SE/PE-DT/III/2024.

#### 4. RESULT AND DISCUSSIONS

**Table 1.** Frequency Distribution of Respondent Characteristics Family Members of ICU Patients at Santa Elisabeth Hospital Medan (n = 30).

Characteristics	F	%
<b>Gender</b>		
Male	7	23.3
Female	23	76.7
<b>Total</b>	30	100
<b>Age</b>		
17–25 years	1	3.3
26–35 years	13	43.3
36–45 years	9	30.0
46–55 years	7	23.3
<b>Total</b>	30	100
<b>Education</b>		
Senior High School	12	40.0
College/University	18	60.0
<b>Total</b>	30	100
<b>Occupation</b>		
Unemployed	7	23.3

<b>Characteristics</b>	<b>F</b>	<b>%</b>
Civil servant	5	16.7
Teacher	1	3.3
Doctor	1	3.3
Nurse	4	13.3
Entrepreneur	9	30.0
Lecturer	2	6.7
Farmer	1	3.3
<b>Total</b>	<b>30</b>	<b>100</b>
<b>Relationship to Patient</b>		
Parent	7	23.3
Husband/Wife	8	26.7
Child	13	43.3
Sibling	1	3.3
<b>Total</b>	<b>30</b>	<b>100</b>

**Table 2.** Anxiety Level Distribution Before Intervention (n = 30).

<b>Anxiety Level</b>	<b>F</b>	<b>%</b>
Mild	0	0
Moderate	7	23.3
Severe	23	76.7
Panic	0	0
<b>Total</b>	<b>30</b>	<b>100</b>

**Table 3.** Anxiety Level Distribution After Intervention (n = 30).

<b>Anxiety Level</b>	<b>F</b>	<b>%</b>
Mild	30	100
Moderate	0	0
Severe	0	0
Panic	0	0
<b>Total</b>	<b>30</b>	<b>100</b>

**Table 4.** Effect of Five-Finger Hypnosis Therapy on Anxiety Level Family Members of ICU Patients, Santa Elisabeth Hospital Medan.

	<b>N</b>	<b>p-value</b>
Negative Ranks	30	
Positive Ranks	0	
Ties	0	
<b>Total</b>	<b>30</b>	<b>0.000</b>

## Discussions

The Intensive Care Unit (ICU) is a specialized room for emergency and critical care services provided to patients who are in severe and life-threatening conditions. Equipped with advanced medical devices such as ventilators, cardiac monitors, defibrillators, and infusion pumps, the ICU environment creates a tense and stressful atmosphere not only for patients but also for their families. This environment, characterized by uncertainty and limited interaction with the patient, often triggers heightened levels of anxiety among family members. Such conditions form the basis for implementing five-finger hypnosis therapy as a strategy to reduce anxiety among the families of ICU patients.

The findings of this study demonstrate that before the intervention was administered, the majority of respondents experienced severe anxiety, with 23 respondents (76.6%) falling into this category and the remaining 7 respondents (23.3%) experiencing moderate anxiety. No respondents experienced mild anxiety or panic. This high level of anxiety can be attributed to several factors, including unpredictable changes in the patient's condition, the emotionally charged ICU environment, fear of losing a loved one, and very limited opportunities for direct communication with the patient. These findings align with Peplau's interpersonal theory, which states that anxiety commonly arises in situations characterized by helplessness and uncertainty, conditions frequently encountered by families in critical care settings.

After undergoing the five-finger hypnosis therapy, all respondents showed a notable decrease in anxiety levels, shifting entirely to the mild anxiety category (100%). No respondents remained in the moderate or severe anxiety categories. This significant decrease indicates that the five-finger hypnosis technique is highly effective in helping family members manage anxiety during critical situations. The therapy works by promoting relaxation, improving focus, redirecting thoughts toward positive experiences, reducing muscle tension, and fostering a calmer emotional state. The technique encourages deep breathing, uses gentle

finger stimulation to anchor attention, and incorporates positive suggestions, which together help individuals feel more relaxed, hopeful, and in control.

The results of the Wilcoxon Signed Rank Test further support the effectiveness of this therapy, with a p-value of 0.000 ( $p < 0.05$ ), indicating a statistically significant difference in anxiety levels before and after the intervention. This confirms that five-finger hypnosis therapy has a meaningful impact on reducing anxiety among families of ICU patients. The effectiveness of the therapy can be understood through its psychological and physiological mechanisms. By shifting attention away from the fear of uncertain outcomes and redirecting the mind toward calming imagery and positive thoughts, the therapy reduces emotional distress. At the same time, slow and controlled breathing helps activate the parasympathetic nervous system, promoting relaxation and lowering the body's stress response.

Overall, the findings of this study highlight that five-finger hypnosis therapy provides a sense of calm, peace, and improved emotional regulation for families of ICU patients. This is consistent with previous research, including studies by Dewi (2022), which also found the therapy effective in reducing preoperative anxiety. The consistency of these findings strengthens the evidence supporting five-finger hypnosis as a non-pharmacological intervention that can be safely and effectively used in clinical settings, particularly to help families cope with psychological distress in the ICU.

## 5. CONCLUSION AND SUGGESTION

Based on the study titled "*The Effect of Five-Finger Hypnosis Therapy on Reducing Anxiety Levels Among Families of ICU Patients at Santa Elisabeth Hospital Medan in 2024,*" several conclusions were obtained. The anxiety level of family members before the intervention showed that most respondents experienced severe anxiety, with 23 out of 30 respondents (76.7%), and the remaining 7 respondents (23.3%) experiencing moderate anxiety. After the intervention of five-finger hypnosis therapy, all 30 respondents (100%) experienced mild anxiety. Statistical testing using the Wilcoxon Signed Rank Test resulted in a p-value of 0.000 ( $p < 0.05$ ), indicating a significant effect of five-finger hypnosis therapy on reducing anxiety levels among families of ICU patients. Thus, the research hypothesis is accepted.

Based on the findings of this study, several suggestions are proposed. First, for the Santa Elisabeth Medan Institute of Health Sciences, this study is expected to serve as a reference and additional information regarding the effectiveness of five-finger hypnosis therapy in reducing anxiety among families of ICU patients. Second, for respondents, it is recommended that they continue practicing the five-finger hypnosis therapy to reduce anxiety,

whether for themselves or for other family members who may require it. Third, for future researchers, this study can be used as reference material and is expected to be further developed, particularly by applying five-finger hypnosis therapy to different samples or larger populations, or by exploring its effect on other psychological variables such as stress.

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