

THE HYPNOSIS METHOD OF FIVE FINGERS TO LOWER STRESS LEVELS ON A SENIOR YEAR

Bella Indriyani, Wahyu Purwaningsih, Norman Wijaya Gati
belaindriyani98@gmail.com
Universitas 'Aisyiyah Surakarta

SUMMARY

The stress level on college seniors in Indonesia alone is still high. If the stress of the undergraduate student is not treated immediately there is an impact that will be experienced by the senior class. Thus, a treatment effort can be made to address the stress problem of the undergraduate student so that the treatment can go without medicine/nonfarmakology one USES hypnosis five fingers, so hypnosis five fingers can go so far as to reduce tension and stress. Thus, the author has the idea or the idea by creating a mobile majar (hypnosis of five fingers) poster to go below the stress of late university students to give knowledge to communities in particular so that undergraduate students can understand the steps to go hypnosis five fingers.

The HP majar (hypnosis of five fingers) to lower stress on a senior end is the poster contained within that is the indication of hypnosis five fingers and steps during hypnosis five fingers. The sign also contained a drawing that would draw the reader's attention to reading it.