

## ABSTRAK

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### PENGARUH TERAPI HIPNOSIS LIMA JARI TERHADAP TINGKAT KECEMASAN SISWA KELAS XII SEBELUM MENGHADAPI UJIAN NASIONAL (UN) DI SMA NEGERI 8 SURAKARTA

## ABSTRAK

**Latar Belakang :** Setiap tahun nilai standar UN mengalami peningkatan. Tahun 2012-2013 siswa tidak lulus sebanyak 8.250 orang, 2016 turun menjadi 0,02%, berdampak siswa kelas XII mengalami kecemasan. Studi pendahuluan di delapan SMA Negeri Surakarta didapatkan SMA Negeri 8 Surakarta kecemasannya paling banyak dengan mayoritas mengalami kecemasan sedang. **Tujuan :** Mengidentifikasi pengaruh terapi hipnosis lima jari terhadap tingkat kecemasan siswa kelas XII sebelum menghadapi UN di SMA Negeri 8 Surakarta. **Metode :** Kuantitatif analitik dengan *True Eksperiment* menggunakan *Pre Post Test Control Grup Design* dengan 2 perlakuan berbeda antara kelompok intervensi dan kelompok kontrol sebanyak 20 siswa setiap kelompok selama 15-30 menit 3 hari berturut-turut,. Alat ukur menggunakan HRS-A. Tehnik analisa data menggunakan uji *willcoxon*. **Hasil :** Analisa *univariate* sebelum pemberian terapi hipnosis lima jari diperoleh 3 siswa (15%) tidak cemas,12 siswa (60%) kecemasan ringan, 5 siswa (25%) kecemasan sedang. Setelah diberikan terapi hipnosis lima jari 19 siswa (95%) tidak cemas, 1 siswa (5%) kecemasan ringan. Analisa *bivariat* diperoleh ( $\rho$  value)  $0,000 < 0,05$ . **Kesimpulan :** Ada pengaruh terapi hipnosis lima jari terhadap tingkat kecemasan siswa kelas XII sebelum menghadapi UN di SMA Negeri 8 Surakarta.

**Kata Kunci :** *Terapi Hipnosis Lima Jari, Kecemasan*

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### THE INFLUENCE OF THERAPY HYPNOSIS FIVE FINGERS CONCERNING STUDENT'S ANXIETY GRADE XII BEFORE CONFRONT NATIONAL EXAM AT SENIOR HIGH SCHOOL 8 SURAKARTA

#### ABSTRACT

**Introduction** : Every year national examination's score have been increased. In 2012-2013 the students do not pass as many as 8.250 students, In 2016 decrease become 0.02 % , the impact grade XII experienced anxiety. The study Preface at eight senior high school of Surakarta, senior high school 8 of Surakarta their anxiety the most with majority average anxiety. **Purpose** : To identify the influence of therapy hypnosis five fingers confront national exam at senior high school land 8 of surakarta. **Method** : Quantitative analytic with true eksperiment use pre post test control group design with 2 treatment different between the intervention and control groups as many as 20 students each group for 15-30 minutes 3 consecutive days. A measuring instrument use HRS-A. Technique analysis data using willcoxon test. **Results** : The univariate analysis before the provision of hypnosis therapy five fingers obtained 3 students ( 15 % ) is not anxious , 12 students (60%) light anxiety, 5 students (25%) medium anxiety. Having given therapy hypnosis five fingers 19 students ( 95 % ) not anxious , 1 a student (5%) light anxiety. The bivariat analysis obtained value  $0,000 < 0,05$  . **Conclusion** : There an effect therapy a hypnotic a five fingers concerning level student's shrewdeness grade XII before confront national exam at junior high school 8 of surakarta .

**Keywords** : Therapy Hypnosis Five Fingers, Anxiety