

**APPLICATION OF FIVE FINGER HYPNOSIS THERAPY TO THE  
ANXIETY LEVEL OF ELDERLY WITH GREEK ACID IN THE  
VILLAGE DERSONOKEC. PRINGKUKU  
DISTRICT. PACITAN**

**ABSTRACT**

Nita Febriana Sari\*, Norman Wijaya Gati  
DIII Nursing Study Program, 'Aisyiyah University Surakarta  
\*Email: [nitafebriana514@gmail.com](mailto:nitafebriana514@gmail.com)

**Background:** The majority of the elderly suffer from degenerative diseases, one of which is gout. Gout in the elderly causes anxiety. Anxiety can be overcome in several ways, including pharmacological therapy and non-pharmacological therapy. One way to overcome anxiety is five-finger hypnosis therapy, which is a non-pharmacological form of self-hypnosis that has a relaxing effect, thereby reducing anxiety. **Objective:** To determine the results of the implementation of Five Finger Hypnosis Therapy on the Anxiety Levels of Elderly People with Gout in Dersono Ke Village. Pringkuku Kab. Pacitan **Method:** This application uses a case study with a descriptive design on 2 respondents who are given five-finger hypnosis therapy to reduce the anxiety level of elderly people with gout. Each respondent was given intervention for 10 minutes 2 times in 3 consecutive days. The instrument used was the HARS questionnaire to measure anxiety levels before and after therapy. **Results:** The respondent's anxiety level before being given the application was included in moderate anxiety. The respondent's level of anxiety after being given the application was included in mild anxiety. **Conclusion:** The application of five-finger hypnosis therapy can reduce anxiety levels in seniors suffering from gout.

**Keywords: Elderly, Anxiety, Five Finger Hypnosis**