

APPLICATION OF FIVE FINGER HYPNOSIS TO REDUCE ANXIETY DIABETES MELLITUS PATIENTS IN NGRENDENG HAMLET, SRAGEN DISTRICT

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ABSTRACT

Background: Data obtained from Central Java, on average 40% of DM patients from those aged 40-69 suffer from DM, people who suffer from DM on average have feelings of anxiety about their disease. Anxiety is a vague feeling of restlessness due to discomfort or fear accompanied by a response that causes the individual to be unspecific or unknown. One way to treat anxiety is five finger hypnosis therapy. **Objective:** To describe the results of applying five finger hypnosis to the health of diabetes mellitus patients. **Method:** This study method uses the HARS (Hamilton Anxiety Rating Scale) method. The HARS scale is a measurement of anxiety which is based on the appearance of symptoms in individuals who experience anxiety. According to the HARS scale, there are 14 symptoms that appear in individuals who experience anxiety. Each item observed is given 5 levels of score (Likert scale) between 0 (Zero Present) to 4 (severe). **Results:** After performing hypnosis on Mrs. E and Mrs. R, which initially had a score of 27, became 20 and a score of 25 became 18. **Conclusion:** The application of five finger hypnosis therapy can reduce anxiety in Diabetes Mellitus patients.

Keywords : Diabetes Mellitus, HARS, hypnosis