

# ***FIVE-FINGER HYPNOSIS THERAPY AS AN EFFORT TO REDUCE ANXIETY IN STUDENTS THROUGH VIDEO MEDIA***

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## ***SUMMARY***

**Background:** Anxiety is a common disorder experienced by students, especially when working on their final assignments. This condition can hinder academic progress and negatively affect mental health. In Central Java, anxiety disorders rank 28th with a prevalence rate of 7%. One effective non-pharmacological method to manage anxiety is the five-finger hypnosis therapy. However, few students are aware of or practice this technique. **Objective:** To produce an educational video titled "SEJUK: Sesi Edukasi Jiwa untuk Usir Kecemasan dengan Hipnosis 5 Jari" ("SEJUK: Soul Education Session to Eliminate Anxiety with Five-Finger Hypnosis") that aims to educate students about anxiety and five-finger hypnosis relaxation techniques. **Method:** Video media was utilized to provide information and increase students' understanding of how to reduce anxiety. **Results:** The KIE media is in the form of a video, containing how to reduce anxiety with 5-finger hypnosis that can be done by students, accompanied by music and images so that it is easy to understand. **Conclusion:** This educational video media is expected to be able to help students understand and apply 5-finger hypnosis therapy in everyday life as an effort to reduce anxiety, especially when facing final assignments.

**Keywords:** anxiety, students, five-finger hypnosis, video media