

**THE EFFECT OF FIVE-FINGER HYPNOSIS THERAPY
ON POST-FLOOD ANXIETY LEVEL
IN THE SANGKRAH AREA OF SURAKARTA**

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ABSTRACT

Background: *The National Disaster Management Agency (BNBP) stated that from 2021 to 2023, there were 2,136 flood disasters in Indonesia. The psychological impact of floods leads to anxiety, acute stress, clinical depression, and disruptive mental health issues affecting daily activities. To address anxiety, various methods such as relaxation and distraction are available. Five-Finger Hypnosis Therapy is one such relaxation therapy.* **Objective:** *To determine the influence of Five-Finger Hypnosis Therapy on post-flood anxiety levels in the Sangkrah area of Surakarta.* **Method:** *This study employed a Quasi-Experimental design with Pre and Post Tests Without Control. The sample consisted of 68 respondents from RW 04 RT 01 in Sangkrah Village, selected using purposive sampling. The instrument utilized was the Hamilton Anxiety Rating Scale (HARS). Data analysis employed the Wilcoxon test.* **Results:** *Before Five-Finger Hypnosis Therapy, anxiety levels among Sangkrah Village residents were mostly categorized as moderate. After the therapy, anxiety levels shifted to predominantly mild. The obtained p-value was 0.001, indicating significance ($p < 0.05$).* **Conclusion:** *There is an influence of Five-Finger Hypnosis Therapy on post-flood anxiety levels in the Sangkrah area, Surakarta.*

Keywords: *Five-Finger Hypnosis Therapy, Post-Flood Anxiety, Community*