Overcoming Anxiety During The Covid-19 Using Five-Finger Hypnotic Therapy

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Abstract:

COVID-19 is a infectious disease caused by coronavirus 2 Acute respiratory syndrome (Severe acute respiratory syndrome coronavirus 2 or SARS-CoV-2). This Virus can be transmitted from human to human and has spread widely and raises anxiety in all people. People's anxiety toward Covid-19 should be promptly addressed if unresolved will be poorly engaged. Anxiety towards Covid-19 is higher than the person in general who can lower the quality of life. Anxiety handlers use five-finger hypnotic therapy. Because of the five-finger hypnotic therapy is a process that uses the power of mind by directing the body to heal self-nourishes health/relaxation through communication in the body involving all visual senses, touch, guidelines, vision and hearing. The study aims to determine the effect of five-finger hypnotic therapy on anxiety levels in people with Covid-19 mentoring (ODP) at Sari Mutiara Hospital. Research design of Quasy exkperiment one group pre-post test. The number of samples used as many as 31 people were selected with the purposive sampling technique. The results showed that the level of anxiety before the five-finger hypnotic therapy was largely in the medium category of 15 people (48.4%) At a severe anxiety level as much as 14 people (45.2%) And at a mild anxiety level as much as 2 people (6.5%). After the five-finger hypnotic therapy showed that there was a decrease in the number of severe anxiety levels of 2 people (6.5%) Mild anxiety Level 11 people (35.5%) The anxiety level was 18 people (58.1%). The results of this study at Wilcoxon's statistical test were to get the result of $Z = -3,162$ and P-value of 0.002 ($P < 0.05$), there was a significant effect of five-finger hypnotic therapy on the anxiety level of people with Covid-19 (ODP) mentoring.

What will audience learn from your presentation?

- I will immediately practice how to use five-finger hypnotic therapy. So everyone will see me doing five fingers hypnotic therapy..
- I will give you tricks and ways of how to handle anxiety with a caring touch.
- I will give an example in conducting an examination of patients who experience anxiety especially in the present condition with Covid-19.

Biography of presenting author

Jek Amidos Pardede studied Mental Health Nursing Specialist at University of Indonesia, Indonesia and graduated as M.K.ep., Sp.Kep.J in 2014. Joined the Reviewer at the STIKes Kendal, I have completed a graduate of nursing and Ners profession at Sari Mutiara Indonesia University. Now in college take a PHD program at Lincoln University College, Malaysia.

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