Hypnocaring Toward Self-Efficacy Enhancement For People Living With Hiv/Aids In Yogyakarta Province

Indrayanti¹, Astuti Yuni Nursasi², Sukihananto²

1. Master of Nursing College, Community Health Nursing Specialization, Faculty of Nursing, University of Indonesia, Depok, 16424, Indonesia

2. Community Nursing Department, Faculty of Nursing, Universitas of Indonesia, Depok, 16424, Indonesia

Email : Indrayanti.hke@gmail.com

ABSTRACT

Individual infected with HIV/AIDS, called by people living with HIV/AIDS, had various problems such as helplessness, discriminated, status of aggrieved, dispossession and the risk of opportunistic infections. PLWH needs strength to cope with all health problems. They need high self efficacy that was proponent the success of PLWH care. Nursing interventions that have an impact in improving the self efficacy PLWH was required. This study aimed to know the influences of hypnocaring toward PLWH self efficacy at Yogyakarta, Indonesia. The study design was quasi experiment with pre post control group. The data collection was done by consecutive sampling and it was identified 60 respondents. Hypnocaring therapy was chosen as intervention. It equipped with health education and hypnotic sessions that was provided for three sessions in one week. The PLWH self efficacy measured before intervention and 2 weeks after the intervention process finished. The result shows that hypnocaring had an influenced to PLWH self efficacy ($p < 0.01$). Self efficacy mean increased from 65.37 into 72.93. Hypnocaring was suggested to be given within support peer groups. Hypnocaring also appealed to be one of community nurse competence in the provision of complementary therapy to PLWH.

Key Word : Hypnocaring; PLWH; Self efficacy; Nursing; Intervention

INTRODUCTION

Human immunodeficiency virus (HIV) and acquired immune deficiency syndrome (AIDS) are increasing years to years and the number of people who was infected also significantly rising. This concern pushed healthy people 2020 to created standart development for HIV/AIDS infection in adult and teen and to lower new cases of HIV .¹

HIV case prevelance according WHO (World Health Organization) estimated around 36.900.000 people in the whole world. People living with HIV/AIDS (PLWH) prevalence in Indonesia on 2015 was 268.135 person.²The high prevalence of HIV/AIDS being one of main attention of health problem in Indonesia. Yogyakarta was a provincial with largest HIV cases that entered as concentrated epidemic level on HIV/AIDS case. The prevelence of PLWH in 2012 increased from 566 up to 3146 in September 2015.³

PLWH is a vulnerable person who experienced health problems caused by declining immune systems. This condition makes PLWH easily infected by various diseases. These also caused PLWH was stress and have pressure in undergoing treatment and care. PLWH requires high self efficacy to achieve. Mallory et.al⁴ said that self efficacy is an important part on compliance process to ARV regimen and other medical condition. It is supported by Chariyeva et.al⁵ that explained behaviour changes to undergo save sex required high self efficacy. This indicates that self efficacy needs to optimize so PLWH able to comply their regimen.

Complementary nursing interventions are needed to help PLWH in the process of caring. Hypnocaring is a fussion of different disciplines. It is a combining therapy between nursing intervention and complementary therapy. Hypnocaring consists of health education and hypnosis. It is in line with Haryanto⁶ research about hypnocaring that effectively improve sleep quality and health status. Kacker and Biswas⁷ also explained that hypnosis granted have a posotove impact in improving health, especially reduce skin desease in PLWH. These show that hypnosis has been used by nurses in provision of nursing interventions.

Regarding as city with the high number of HIV/AIDS infection, local government of Yogyakarta has done various program such as health promotion, ARV treatment, treatment to the social rehabilitation. However there were still many obstacles, especially compliance of PLWH to the treatment. The success of PLWH care requires intentions and effort from PLWH themselves besides support from others.

Preliminary studies was conducted at a Yogyakarta support group. It obtained data about PLWH who experiencing boredom in taking medicine, less motivated in participating in mentoring, and non compliance. Dinkes DIY³ mentioned that only 30% PLWH compliance to ARV. This shows that PLWH needs support to be do an optimal care.

Self efficacy of PLWH plays important role on PLWH's behaviour changes to undergo lifelong treatment. Nurses contribute as PLWH health care providers to help the success of their treatment. Therefore this research was conducted to answer how hypnotherapy influence PLWH increase their self efficacy.

METHODS

This research is a quantitative research. Its design was quasi experiment with pre and post control group. The research instrument was self efficacy in HIV-positive people questionnaire with 20 items of questions. Validity test resulted r-value instruments can be inferred from 0.376-0.810, entire item in question was valid and reliable with alpha cronbach was 0.905. It can be concluded that whole question produce consistent answers. Besides the questionnaire, researchers used hypnotherapy module to provide hypnotherapy. This research was conducted in a support group of Yogyakarta Province on the third week of May until the first week of June 2016. Samples in this research were 60 PLWH, 30 PLWH as a intervention group and 30 PLWH as a control group. The sampling technique was consecutive sampling.

The implementation of hypnotherapy consisted of 3 sessions in 1 week. The measurement of self efficacy conducted before intervention and 2 weeks after the intervention process was completed. Each hypnotherapy session took place 2 stages, first was providing health information by watching video about PLWH treatment for 3-5 minutes, then continued by health education for 30-40 minutes. The second stage was hypnosis provision for 40-50 minutes.⁸ Pre-induction phase in this session began with suggestibility test, induction to guide the client enters a phase of hypnosis and deepening to know the client pass into stage of relaxation. When PLWH fell into deep level phase caring suggestion related treatment was provided. Finally the termination phase was done to guide clients into the normal condition and post-induction phase of evaluation. This research had been declared passed by the ethical review of FON UI research ethics committee number 0420/UN2. F12.D/HKP.02.04/2016.

RESULTS

Table 1. Analysis of differences in self efficacy before and after intervention in the intervention group and the control group

Variable Self efficacy	N	Mean	SD	Mean difference	P value
Group intervention : before	30	65.37	8.09	7.56	0,01
Group intervention : after	30	72.93	5.75		
Group control : before	30	63.63	7.87	- 1,4	0,343
Group control : after	30	62.23	7.37		

Table 1 shows an increase of average number on self efficacy was 7.56. Analysis of test using paired t test obtained $p = 0.01$. This means $p < 0.05$ there is a significant difference between before and after intervention. While the control group show the analysis result decline in self efficacy is -1.4. The result of analysis using paired t test obtained $p = 0.343$, $p > 0.05$ can be concluded there was no significant difference after intervention.

Discussion

Initial measurement of PLWH self efficacy before intervention to the intervention and control group. PLWH self efficacy score in the intervention and control group before intervention provided was tend to be similar values. This condition was influenced by similar experiences from PLWH, that in this study PLWH has followed the activities as members in peer support groups in Yogyakarta.

Intervention group consisted of PLWH who became members in support group at Sleman city while control group were members of support group in Yogyakarta city. Research of Siwiendrayanti and Kamila⁹ illustrated support group role to PLWH who are members of support group will have a comfortable feeling. The PLWH will also have a positive believe on their health by supporting each other in running treatment such as adherence in doing therapy. PLWH in the support group tended to have similar experience regarding treatments undertaken so at the initial measurement score of self efficacy for those group almost

the same. The similar score of self efficacy in line with respondents characteristics based on the educational level, gender and age.⁹

Self efficacy measurement after intervention in the group intervention. Self efficacy score of intervention group increased after hypnotherapy. Hypnotherapy was proven able to increase PLWH self efficacy. Bulechek, Butcher & Dochterman¹⁰ explained that hypnosis is a technique that guides client to achieve the conditions that focus so as can alter the sensation pattern of thinking and behaviour. Hunter¹¹ also explained that hypnosis is beneficial in achieve the expected goals and increase the motivation and spiritual so that it can release the issues as well as the cause of the problem. Therefore, hypnosis is a complementary therapy that can affect someone's mindset in behavior. It is shown from hypnosis given to PLWH that self efficacy was increased after given the hypnosis. The hypnosis evaluation results are given for 3 sessions shows that the more often do hypnosis the more easily PLWH accept suggestions. This shows that the more often do hypnosis the more easily PLWH accept suggestions. Hypnotherapy given to PLWH for 3 sessions directly impact for PLWH with increased self efficacy.

Self efficacy in the control group decreased. Self efficacy PLWH may decline because PLWH experiencing various obstacles including physical and psychosocial problems. This is in line with the opinion of Pajers¹² which stated that a person who experienced problems either physically and psychologically will have pressure and anxiety. It can make negative self efficacy so the person will hard to increase his/her self efficacy. Based on the researched done, various problem expressed by PLWH such as access to get treatment, side effects of ARV and unwilling to join the mentoring session, some of the problems facing PLWH can lead to self efficacy decreased during having the treatment. Lenz & Shortridge¹³ that explained someone who has limited capability to handle treatment such as lack of family support, community support, health services and access to health care less affordable will have low self efficacy.

Hypnotherapy influences on group to self efficacy PLWH in DIY. Hypnotherapy affect self efficacy PLWH. Hypnotherapy given on PLWH increase self efficacy PLWH on intervention group while the in the control group did not change. Hypnotherapy given to PLWH for 3 improve PLWH's self efficacy. This is in line with research, Haryanto¹⁴ that hypnotherapy is effective in improving the effectiveness of sleep for the elderly. This research have in common with researchers, that hypnotherapy given have significant influence. But there are also differences in the study that the sentence suggestion that given in accordance with the problems faced by clients. This suggests that hypnotherapy was needed to deal with various problem. This research shows that hypnotherapy can increase self efficacy of PLWH. Hypnotherapy by administering hypnosis can be helpful for clients in increasing motivation or amendments to the issues someone facing.¹¹

Research of Li, X Huang, L.Wang, H. Fennie, He,G & Williams¹⁵, explained that PLWH with high self-efficacy have better predictor to the adherence level of ARV drugs and it has a better life quality value. This supported by Ajzen¹⁶ theory, that individual confidence in implementing certain behaviour potentially greater to successfully in that behaviour implementation. The success of person in acting supported by the individuals themselves, namely the intention is embedded within and outside support of individuals such as groups support. Therefore, groups support needed by PLWH in running their treatment. In line with Sriwindaryati & Kamila⁹ researched, KDS has an important role for PLWH in increasing their health related to medication adherence ARV. PLWH will receive support from fellow PLWH thus increasing PLWH'S trust in their lifetime treatment.

Research Mohamed & El-Mwafy¹⁷ also explained the effect of hypnotherapy on smoking behavior of students, given hypnosis as much as 9 sessions. The analysis showed hypnosis given 9 sessions have greater effect than hypnosis given during the 2 sessions. This research result indicates that the more hypnosis given the more effective evidence for changes behaviour in someone.

The results of the study showed that researchers gave hypnotherapy, affect the increase in self-efficacy and have a greater influence than few previous that give hypnosis only, this is evident that a blend of nursing science and complementary therapies have direct impact for users- health services, particularly to increase self efficacy PLWH, this could motivate nurses keep growing and innovative in providing nursing interventions to increase self efficacy, especially on PLWH. Hypnotherapy is a complementary nursing interventions that assists in increase PLWH's self efficacy which is the basis of the PLWH's behaviour in running the treatment. This was evident in the intervention group that PLWH with experienced an increase in self efficacy expected to improve PLWH's health behaviour so their life quality be much more better.

Research Riley & Baah – Odoom¹⁸ also explains that a person who has high self efficacy values have a positive impact against the behaviour of safe sex and have a direct impact on health programs in running process. Positive direct impact may comes up because those who confidence in their ability to carry out the intent. Someone who has a strong intention to behave in a certain way will be successfull in running health care especially on PLWH's who need treatment for the rest of his life. Some research outcome on Self efficacy shows that PLWH who have high-value self efficacy, have good health behaviour as obedient to take medication ARV, have a safe sexual behaviour and an increase in health status. This affect the PLWH's live quality get better. In line with the theory Bandura,¹⁹ explains that a person who has high-self efficacy had confidence in himself to make changes more easily than low-self efficacy because self efficacy is a cornerstone of human behaviour .

Hypnocaring provided in the form of health education and hypnosis which is a blend of disciplines nursing interventions and complementary. Intervention nursing complementary given to PLWH has been shown to be beneficial to increase PLWH's self efficacy. In line with the theory outlined Lenz and Shortdge¹³, that with education given to PLWH affects the PLWH's knowledge. Knowledge of health education that PLWH obtained can improve their behavior and hypnosis were given useful for PLWH in their run treatment motivation. Self efficacy is the basic of human behavior, PLWH with high self-efficacy could potentially succesfull due to running treatment because they were able to make choice, thus encouraging individuals to be persevering and persistent to face of the trouble , anxiety and able to carry out the tasks that given Bandura¹⁹. Hypnocaring Therapy that given have an influence to increase PLWH's self efficacy. High Self efficacy PLWH encourages them to be able to run treatment all his/her life.

Nursing intervention are needed in peer support group activity to increase self efficacy. PLWH with good self efficacy can do the treatment so it is avoid from various complications. The implementation of hypnocaring needs to be given by qualified ners professional, who already have a certificate of fundamental hypnosis. Therefore, nurses who have desire and potential to follow hypnocaring training needs identified by public health center (PUSKESMAS) to then received guidance. Community nurse can give hypnocaring therapy individually or in groups to PLWH to improve their self efficacy.

PLWH with good self efficacy will able to do treatment so it can increase his/her life quality. They also can share stories on PLWH who are not yet members of peer support group so they keen to acquire hypnocaring. Hypnocaring Therapy needs to be a nurse's competence as it can improve self efficacy. Competence in do hypnocaring can be started in nursing education. Hypnocaring module in the PLWH treatment can be used by nurse who already have a certificate of fundamental hypnosis to increasing self efficacy PLWH. Nurses can also apply hypnocaring in another case.

LIMITATION OF THE STUDY

Hypnocaring given to PLWHA in peer support group still with minimal time so that it can take a longer intervention to see self efficacy in larger groups, and still less conducive spot.

THE CONCLUSION

The intervention and control groups before hypnocaring therapy almost have the same self efficacy value, after the intervention in intervention group self efficacy PLWH are increased compared with the control group. Hypnocaring therapy affect the increasing self efficacy PLWH.

Further research can use hypnocaring therapy in individuals or in groups with a variety of health problem. Then can be developed with the application on different case in order to get valid hypnocaring effect.

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