

The Effectiveness of Modified Self-Hypnosis on Anxiety Students Facing the Final Task and Case Studies

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ABSTRACT

The last semester students are facing the final task and case studies, this situation can be scary for students and unpleasant due to the process of the identified problem and get it done through a discussion scientific plus doing case study running simultaneously. A student can be anxious, there are 32 students identified had anxiety based on the Hamilton Anxiety Rating Scale test. This study aims to measure the effectiveness of modified self-hypnosis in anxiety students facing the Final task and case study.

Research methodology this quasi-experiment, with the design the research uses a non-equivalent control group design. The research sample areas are 32 students by the distribution of 16 students as group experimentation and 16 students as group control. Collection data technique in this study took by measurement anxiety on subject use the Hamilton Anxiety Rating Scale as many as 2-time measurement. The first measuring before the subject was treated (pre-test), and the second (Post-test) measurement only to subject do 4 days of consecutive treatments.

The average gain score and control group experiment shows the difference is as large as -8,1875. Wilcoxon signed-rank test statistic shows the significance obtained is $z -3,388$ count and asymp sig (2-tailed) 0,000. Because significance asymp sig (2-tailed) smaller than 0,05 ($0,000 < 0,05$). It means that Modified self-hypnosis effective to reduce anxiety students facing the Final task and case studies significantly. The implications for the world of education needs to give training Modified self-hypnosis to the student who was facing the Final task and case studies as the way of coping individual to reduce anxiety

Keywords: *anxiety self-hypnosis, the task, case study*

1. INTRODUCTION

The Final task and case studies demanding student's mastery statistical and research methodology. The stressors came with a clinical practice that students have to make reports. Managing time between practical and making research (the final task) and case study report can be challenging or threatening for Students and this is what usually into factors their anxiety. Introduction study to obstetrics students in "X College" 2018, obtained from 20 students measured by using the

Hamilton Anxiety Rating Scale, 14 experienced moderate anxiety, and 6 people mild anxiety. Anxiety is the condition of the unpleasant, is emotional, and was very significant strength accompanied by a physical sensation that warned of a person to the danger that was approaching [5]. Alloy explained anxiety as of feeling of fear or fright very about what will happen about the threats or obstacles that the truth was vague obstacles and unrealistic that will appear in the future it is not clear and could threaten the welfare of someone [18].

This is also the problems that arise when a student facing the Final task and case studies, end without apparent cause of some of the students feel anxious to assume that the Final task and case studies are one thing that is hard work and tiring. Required an increase in individual coping in dealing with anxiety. One that affects the ability of self-respect and coping is the locus of control (feeling that someone able to control the external conditions / out of itself, and the internal conditions / herself. The exercise of self- hypnosis can help students survived the pressure and improve confidence and the negative impact of other sources.

Vos and Louw said that the effect his research shows significant self-hypnosis with increased self-performed by selecting and right word to put in the unconscious then do repeat replenished so it may be strong saved in the brain [15]. The unconscious condition can control the conscious mind unwittingly and could reveal the idea or thought beyond the conscious mind. Conscious thought is the keep all information related to physical, emotion, psychology and intellectual obtained consciously, formerly, and in the unconscious mind that is automatic also is a person's emotion often is illogical and irrational. Trough the emotion, the individual can know feeling about something but sometimes does not realized it [6]. If that is implanted on manner poise and confidence in powerful to perform certainly right to healthy and strong memory in the brain automatically adjust perform as a program saved in the brain. According to Blair, self-hypnosis is hypnosis that enables a person to program his subconscious with one or two-manner that will help the change of habits easier than in only use consciousness [2]. Based on these phenomena the researchers interested in research on the effectiveness of modified self-hypnosis in anxiety students facing the Final task and case studies.

2. METHODS

This study used the quasi-experiment, methods which have the control group, but not function fully to control other variables influence the experiment. The design of the research uses a non-equivalent control group design. This research uses a group of experiments with the reference for comparison begins with an early test (pre-test) given to both groups, then held the post-test after the case group treated for four days [13]

Influence is considered through certain treatment at one group (the experiment) and not apply it to another group (the control group), and determine the result [3].

The experimental methods are all are used to determine the effectiveness of the treatment of anxiety students facing the Final task and case studies of students who received therapy self-hypnosis and those that do not get self-hypnosis therapy

The subject in this research is 6th Semester Student of “X Collage “who is facing the final task and case studies. Based on the subject categorization at least 32 students were obtained that having anxiety. The subject was divided into 2 groups, which is 16 Students in the experiment group given modified self-hypnosis treatment and 16 people in the control not given modified self-hypnosis treatment. The sampling technique in this research uses the non-random sampling technique a method of the purposive sampling method. The variables of this research are as follows:

1. The variables of this research are as follows Independent Variable (X) in this research is modified self-hypnosis. Modified self- hypnosis is a technique that aimed to reach a state of being relaxed/quiet someone by positioning themselves relaxed and perform hypnosis techniques and putting positive suggestions by themselves.
2. Dependent Variable (y) is anxiety students facing the final task and case studies. Anxiety is a personal feeling of unpleasant characterized by physical symptoms, behavioral and cognitive when students facing the Final task and case studies. Data obtained from anxiety students score using the Hamilton Anxiety Rating Scale, the higher the score that was obtained, then it would be more high levels of concerns.

Collection data technique in this study took by measurement anxiety on subject use HARS as many as 2-time measurement. The first measuring before the subject was treated (pre-test), and the second (Post-test) measurement after subject do 4 days treatments. The case group trained modified self-hypnosis and performed it in 4 days of consecutive. Subject positioned to the position of that relaxes, respiratory set, imagine a good place, admit positive suggestion into themselves, suggestion used are positive words are chosen to declining anxiety and Increase confidence Statistical data analysis was used to find out the differences anxiety level of students facing the final task and case studies before and after modified self- hypnosis treatment using the Wilcoxon signed-rank test. Ethical research study obtained by conducting a pass STIKes Medika Ethical Research Commission No. 57/III/B/STIKes-M/III/2019.

3. RESULTS

This research performs two tests, the Value Gains Score test and Hypotheses test. The Value Gains Score to perceive the difference between the experiment and the control group. Based on the difference in value gain score obtained the results as follows

1. The average score gains score

Here the data based on the difference value gain score of experiment group and the control group:

Experiment Group			Control Group		
Pre-test	Post-test	Gain Score	Pre-test	Post-test	Gain Score
22,38	14,31	-8,1875	22,00	21,12	-0,8750

The difference gains score an average of the control group and experiment group show experiment group larger as -8,1875 within the average range 22,38 before treatment (Pre-test) becomes 14,31 after treatment (post-test). It means modified self-hypnosis significantly decrease anxiety students when they are facing the final test and case study.

The decline in the average at the time of pre-test and post-test as much as 8,1875 so that a noticeable deterioration in anxiety that is large. While in the control group shows that the average obtained results 22,00 in the pre-test and 21,12 post-tests. The decline in the average at the time of pre-test post-test about 0,8750. From the differences in the decline of each average result group, a conclusion can be drawn that the experiment group has a greater decrease in anxiety than the control group, It means modified self-hypnosis decrease anxiety on students facing the Final task and case studies.

Hypothesis testing

After seeing the difference Gain score pre-test and post-test and see divergence the experiment group and control groups next to a test hypothesis use statistic The **Wilcoxon signed-rank test** using the statistics software tools.

		Post-test – Pre-test
Z		-3,528
Asymp. Sig. (2-tailed)		0,000

Wilcoxon signed-rank test statistic shows the significance obtained is z -3,388 count and asymp sig (2-tailed) 0,000. Because significance a symp sig (2-tailed) smaller than 0,05 ($0,000 < 0,05$). It means the alternative hypotheses (H_a) were received so Modified self-hypnosis effective to reduce anxiety students facing the Final task and case studies significantly.

4. DISCUSSION

Based on the analysis of data using Wilcoxon signed-rank test obtained the significance 0,000 ($0,000 < 0,05$) which means the conclusion that Modified self-hypnosis effective to reduce anxiety on students facing the Final task and case studies.

Modified self-hypnosis is one of hypnotherapy technique which perform by ourself with the certain step as follow: Subject positioned to the position of that relaxes, respiratory set, imagine a good place, admit positive suggestion into themselves, suggestion used are positive

words are chosen to declining anxiety and Increase confidence [11]. Krish & Lynn said that hypnotherapy in the world of psychology is technique psychotherapy, hypnotherapy made someone to be Easier to suggested and used effectively for many of the purposes psychological [16]. Hypnotherapy has been much used to reduce stress, anxiety, obesity, asthma, intestinal disorders, nauseated because of chemotherapy, and even any skin disorder.

This research in line with research Santoso and Dewi concludes that hypnotherapy on a student who is facing a thesis could reduce anxiety [12]. Strengthened by Wheatly and Haidt (that concludes that hypnosis can affect a person's emotion. Emotion in general is influenced by the unpleasant [4].

Feeling unpleasant characterized by cognitive, with symptoms physical and behavioural happened to a student who is facing the Final task and case studies. Anxiety, according to psychoanalytic theory, the major determinant anxiety disorder is internal conflicts and motives unconscious. Freud distinguishes between anxiety objective which is a response sensible to a situation, and neurotic anxiety in danger actual [14].

Students having anxiety when their doing thesis is objective anxiety, because of the final task as a prerequisite to acquiring title bachelor. The Anxiety can become heavier if the final test not completed soon, for example, stress or even depression, that why needs certain technique to solve it [12]. Modified Self-hypnosis therapy is a form of self-hypnosis that inflicts a high effect of relaxation so that it will reduce tension and stress. Self-hypnosis therapy affects a person's limbic system so that related to releasing stress hormones. Students feel relax after being given treatment so it influences the body system and creating a sense of comfort and a feeling of calm [7].

Modified self-hypnosis can help students improve comfort the students and improve their confidence. Vos and Louw said his research showing a significant impact self-hypnosis with increased self-esteem performed by selecting the right words to put into the subconscious then will be repeated that memories strong in the brain [15]. If the words about comfort and confidence strongly saved in the brain it can be powerful to healthy and able to solve problems because body respond is depended on strong memory. According to Blair, self-hypnosis is hypnosis that enables a person to program his subconscious with one or two suggestion that will help the change of habits easier than in only use the conscious [2].

5. CONCLUSION

Based on the results of the research we can conclude that modified self-hypnosis is effective to reduce anxiety on the student who is facing the Final task and case studies. A student who conducting modified self-

hypnosis having anxiety less small between before and after the treatment. The implications for the education institution need to provide training about modified self-hypnosis for last semester students, as a way to develop individual coping in calming down from anxiety.

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