

*Case study*

Application of Five-Finger Hypnosis Therapy to Reduce Anxiety in Adolescent Patients with the Nursing Problem of Anxiety: A Case Study

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Abstract

Introduction: Anxiety is one of the mental health problems frequently experienced by adolescents. Various biological, psychological, and social changes occurring during adolescence may increase vulnerability to anxiety and interfere with daily activities. A non-pharmacological approach that may be applied is five-finger hypnosis therapy, which combines relaxation techniques with positive suggestions to help individuals achieve a calmer and more comfortable state. This study aimed to describe the application of five-finger hypnosis therapy in reducing anxiety levels among adolescent patients with the nursing problem of anxiety at UPTD Puskesmas Kertapati Palembang.

Methods: This study employed a descriptive case study design using pre-test and post-test measurements to identify changes in anxiety levels. Two adolescent patients with the nursing problem of anxiety participated as study subjects. Each patient's anxiety level was initially assessed using the Hamilton Anxiety Rating Scale (HARS), followed by five-finger hypnosis therapy in accordance with the established procedure. After completion of the intervention, anxiety was reassessed using the HARS to determine the changes following therapy.

Results: The implementation of five-finger hypnosis therapy resulted in a reduction in anxiety levels in both study subjects. HARS scores decreased from 26 to 18 in the first subject and from 32 to 20 in the second subject. These reductions were accompanied by a decrease in the signs and symptoms of anxiety following the intervention.

Conclusion: Five-finger hypnosis therapy was beneficial in helping reduce anxiety among adolescent patients with the nursing problem of anxiety. Because the technique is relatively simple and easy to perform, it may serve as an alternative non-pharmacological approach for nurses in supporting anxiety management among adolescents.

Keywords: anxiety, five-finger hypnosis, adolescents, non-pharmacological therapy.

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INTRODUCTION

Adolescence represents an important developmental stage that connects childhood with adulthood. During this period, individuals experience substantial physical and psychological changes while continuing to establish and strengthen their personal identity. These changes may cause uncertainty, emotional pressure, and an increased tendency to experience anxiety. Khasanah (2021). Such circumstances can become more pronounced under the influence of biological, social, and environmental factors, which may lead adolescents to experience difficulty concentrating, irritability, and sleep disturbances when emotional distress is not properly expressed or managed (Elliya et al., 2024). As a result, adolescents are considered particularly vulnerable to various mental health problems, including anxiety.

According to World Health Organization (WHO) data from 2023, the global adolescent population was approximately 1.2 billion, representing around 18% of the world's total population. More than 301 million individuals within this population were reported to experience anxiety disorders. This figure illustrates that anxiety is one of the mental health conditions commonly encountered worldwide. In Indonesia, the Ministry of Health reported that 22.878 million adolescents aged 10–14 years and 22.242 million adolescents aged 15–19 years experienced anxiety. Furthermore, the 2018 Basic Health Research (Riskesdas) reported that more than 19 million Indonesians aged over 15 years experienced emotional mental disorders, while approximately 12 million people in the same age group were estimated to experience depression.

Findings from the 2022 Indonesia National Adolescent Mental Health Survey (I-NAMHS) indicated that approximately 15.5 million Indonesian adolescents had experienced mental health problems during the previous 12 months. Anxiety was among the most frequently reported problems, with a prevalence of 26.7%. When categorized by sex, the prevalence reached 28.2% among female adolescents and 25.4% among male adolescents. Adolescent mental health conditions may be influenced by multiple risk and protective factors, including experiences of bullying, the school environment, relationships with peers and family members, sexual behavior, substance misuse, childhood traumatic experiences, and the utilization of health services (Saswati et al., 2020).

The 2022 South Sumatra Health Profile reported that approximately 7.5% of adolescents in the province experienced moderate to severe anxiety, with Palembang recording the highest number of cases. This finding indicates that mental health problems are experienced by a substantial number of students and college students. Several circumstances may contribute to this condition, including high academic demands, competition within educational settings, family-related pressure, hormonal changes during adolescence, and excessive use of social media and technology. Without appropriate management, anxiety may interfere with adolescent development in physical, psychological, and social domains.

Despite the relatively high prevalence of anxiety among adolescents, the utilization of professional health services for mental health problems remains limited. Only approximately 2.6% of adolescents who require professional assistance are reported to seek such support. This situation highlights the importance of attention and assistance from parents, teachers, and the wider community for adolescents experiencing anxiety. Adequate support combined with access to appropriate mental health services may help adolescents develop better strategies for managing anxiety (Surahmat et al., 2023).

Anxiety refers to an emotional condition characterized by concern about the possibility of unfavorable events occurring in the future. Such worry may be difficult to control, and individuals may perceive the anticipated event as threatening or frightening even though it has not yet occurred (Aseta, 2021). Mardiyani, Ellya, and Triyoso (2024) further explained that anxiety may involve excessive concern regarding circumstances that may not actually occur. This condition can be difficult to regulate and may trigger behavioral and physiological responses that interfere with everyday activities.

Anxiety can be managed through pharmacological and non-pharmacological approaches. Anti-anxiety medications, including anxiolytic agents, may help calm the mind; however, prolonged use may carry a risk of dependence. In contrast, non-pharmacological approaches such as five-finger hypnosis therapy may help reduce anxiety without creating dependence (Setiawan, 2023).

To promote better health among adolescents, the government has established the Adolescent Posyandu Program as a community-based health service emphasizing promotive and preventive activities. In the working area of Kertapati Public Health Center, Palembang, adolescent health services are provided through Adolescent Posyandu activities as well as services available at the health center. Based on the researchers' observations during adolescent screening activities organized by Kertapati Public Health Center, these activities serve as an effort to facilitate early detection of various adolescent health problems while increasing adolescents' awareness of the importance of maintaining their health.

Five-finger hypnosis is a relaxation method that combines stimulation involving the five fingers with positive suggestions. The technique is intended to help individuals redirect their attention and develop more positive perceptions when dealing with anxiety, stress, tension, or fear. The relaxed state produced through the therapy may encourage a greater sense of calm while also supporting the client's motivation and positive attitude (Mulyadi et al., 2023). Each session may be conducted for approximately 10–15 minutes and implemented over three consecutive days, depending on the patient's condition.

Research by Mawarti and Yuliana (2021) at the Jambi Mental Hospital demonstrated that five-finger hypnosis contributed significantly to reducing anxiety levels, as indicated by a p-value of 0.000. Similar findings were reported by Oril Ardianto (2022) in a study involving adolescents during the Covid-19 pandemic. The intervention produced a relaxation effect that helped reduce anxiety, with a p-value of 0.000. These findings indicate that five-finger hypnosis may be considered a potentially useful intervention for managing anxiety and is relatively simple to implement. Ghanesia (2024) reported that five-finger

hypnosis may serve as an effective non-pharmacological intervention for reducing anxiety. The therapy produces a relaxation response that can enhance comfort and assist individuals in regulating emotional reactions when coping with stress. Comparable findings were also described by Rahayu (2022), who reported that the technique may promote relaxation, improve breathing regulation, and redirect negative thoughts toward more positive thinking patterns, thereby contributing to a significant reduction in anxiety.

Based on the issues and findings described above, the researchers conducted a case study on the implementation of five-finger hypnosis therapy as an intervention for adolescents with the nursing problem of anxiety in the working area of Kertapati Public Health Center, Palembang. The study was conducted to examine changes in patients' anxiety levels by comparing their condition before and after the intervention was provided.

METHOD

This study adopted a descriptive case study design based on the nursing process approach to describe the implementation of five-finger hypnosis therapy in adolescent patients experiencing the nursing problem of anxiety. The study was conducted at UPTD Kertapati Public Health Center, Palembang, in 2026. Participants were selected according to predetermined inclusion and exclusion criteria. The participants were adolescents experiencing anxiety who were willing to take part in the study, able to communicate effectively, cooperative during the intervention, and capable of completing all stages of the therapy.

Data were collected through interviews, observations, physical examinations, and a review of nursing documentation. The five-finger hypnosis intervention was administered in accordance with the applicable Standard Operating Procedure (SOP). During the therapy, participants were guided through relaxation using stimulation of each finger, accompanied by breathing exercises and positive suggestions. The suggestions were directed toward developing a sense of comfort, calmness, self-confidence, and greater control over anxiety responses.

Each therapy session lasted approximately 10–15 minutes and was conducted over three consecutive days. Anxiety levels were assessed using the Hamilton Anxiety Rating Scale (HARS). The instrument was administered before the intervention as a pre-test and repeated after completion of the intervention as a post-test. The collected data were analyzed descriptively and presented in narrative and tabular forms to describe changes in anxiety levels following the application of five-finger hypnosis therapy.

Ethical approval for this study was obtained from the Health Research Ethics Committee of STIKES Hesti Wira Sriwijaya under approval number 002671. Before participation, respondents received an explanation regarding the study objectives, benefits, procedures, and confidentiality of their data. After receiving and understanding the information provided, each respondent agreed to participate by signing an informed consent form.

RESULTS

Two adolescent patients receiving care at UPTD Kertapati Public Health Center, Palembang, were included in this case study after fulfilling the predetermined inclusion and exclusion criteria. Both patients were identified with the nursing problem of anxiety. Their initial assessment revealed several manifestations of anxiety, including excessive worry, restlessness, impaired concentration, sleep difficulties, palpitations, and muscle tension. Anxiety levels were first measured using the Hamilton Anxiety Rating Scale (HARS) before the intervention was initiated. Subsequently, both patients received five-finger hypnosis therapy in accordance with the established Standard Operating Procedure (SOP). The intervention incorporated relaxation techniques, breathing exercises, and positive suggestions aimed at promoting calmness, comfort, and improved control of anxiety. At the end of the intervention period, the HARS assessment was repeated to identify changes in anxiety levels.

Table 1. Patient Identification

Patient 1	Patient 2
Name : Mr "A"	Name : Ms "Y"
Age : 17 Years	Age : 18 Years
Gender : Male	Gender : Female
Birth order : Fisrt child of three siblings	Birth order : Fifth child of five siblings

Patient 1	Patient 2
Education : Senior high school	Education : University student
Address : Jl. Ki Muara Ogan, Kertapati, Palembang	Address : Jl. Kemas Rindo, Kertapati, Palembang
Parent's name : Mr "K"	Parent's name : Mr "J"
Parent's occupation : Self employed	Parent's occupation : Laborer
Source of information : Patient	Source of information : Patient
Tanggal pengkajian : May 19, 2026	Tanggal pengkajian : May 25, 2026

The baseline assessment was conducted through interviews, observations, physical examinations, and reviews of nursing documentation. The first patient, An. "A," was a 17-year-old male and the eldest of three children, whereas the second patient, Nn. "Y," was an 18-year-old female and the fifth of five children. Following the initial assessment, both patients underwent the prescribed five-finger hypnosis therapy.

Before treatment, An. "A" recorded an HARS score of 26, which was categorized as moderate anxiety. Nn. "Y" had a higher initial score of 32, corresponding to severe anxiety. After completion of the therapy, the anxiety scores declined to 18 for An. "A" and 20 for Nn. "Y," with both patients subsequently falling within the mild anxiety category.

Table 2. Changes in Patients' Anxiety Levels Before and After the Application

Patient	Pre Test	Category	Post Test	Category	Score Decrease
Mr. A	26	Moderate Anxiety	18	Mild Anxiety	- 8
Ms. Y	32	Severe Anxiety	20	Mild Anxiety	- 12

Following therapy, both patients demonstrated observable improvements. They appeared calmer and more relaxed and showed better ability to regulate their anxious responses. The manifestations reported or observed before treatment, particularly restlessness, muscle tension, and sleep disturbance, were reduced after the intervention. Both patients were also able to follow the stages of the five-finger hypnosis procedure appropriately and independently.

During the final evaluation, the patients reported feeling more comfortable and calmer and expressed greater confidence when dealing with situations that had previously provoked anxiety. The reduction in HARS scores, together with the improvement in anxiety-related manifestations, indicated that the intervention objectives had been achieved. Therefore, the nursing problem of anxiety in both patients was considered reduced following the implementation of five-finger hypnosis therapy.

DISCUSSION

The findings of this case study indicate that five-finger hypnosis therapy was followed by an improvement in anxiety among both adolescent patients. Prior to receiving the intervention, the patients presented several anxiety-related manifestations, including excessive worry, restlessness, difficulty maintaining concentration, disturbed sleep, palpitations, and muscle tension. Following the intervention, their anxiety levels decreased, accompanied by a calmer and more relaxed condition and improved ability to regulate anxious responses. The reduction in previously observed symptoms further indicates that five-finger hypnosis may assist adolescents in managing their emotional reactions when confronted with situations that trigger anxiety.

These findings are consistent with the study conducted by Yanti, Warsito, and Hidayati (2022), which reported that five-finger hypnosis could contribute to anxiety reduction through the combined use of relaxation techniques and positive suggestions. Suggestions focused on pleasant experiences may help redirect an individual's attention, thereby reducing both physical and psychological tension. A similar pattern was observed in the present case, as both patients experienced lower anxiety levels after completing the five-finger hypnosis intervention.

Pardede, Simanjuntak, and Laia (2020) also reported that five-finger hypnosis produces a relaxation effect by activating the body's relaxation response. This mechanism may help relieve muscle tension, restlessness, and negative thinking. The findings of the present case study were comparable, as both patients appeared calmer after completing the therapy, demonstrated improved concentration, and showed greater ability to manage anxious feelings. Thus, the effect of the intervention was reflected not only in the reduction of anxiety scores but also in observable changes in the patients' psychological condition throughout the intervention.

Successful implementation of the therapy was also associated with the active and cooperative participation of both patients during each stage of the intervention. Relaxation exercises, controlled breathing, and positive suggestions were performed effectively, allowing the patients to achieve a more relaxed state. A quiet and comfortable environment also supported the intervention by helping the patients maintain their attention during the therapy sessions. Quantitatively, the HARS score of Patient 1 decreased from 26 to 18, while Patient 2 showed a reduction from 32 to 20. These changes indicate that five-finger hypnosis may be considered a non-pharmacological approach to assist in managing anxiety among adolescents.

The findings further suggest that five-finger hypnosis can be incorporated into nursing care as a non-pharmacological intervention for adolescents experiencing anxiety. Following the intervention, both patients showed fewer anxiety-related symptoms and improved capacity to regulate their emotional responses. Therefore, the application of five-finger hypnosis may support the provision of more comprehensive nursing care for adolescent patients with the nursing problem of anxiety.

CONCLUSION

The implementation of five-finger hypnosis therapy among adolescent patients with the nursing problem of anxiety at UPTD Kertapati Public Health Center, Palembang, was associated with a reduction in anxiety levels. The change was demonstrated by the decrease in Hamilton Anxiety Rating Scale (HARS) scores following the intervention. In addition to the numerical changes, the patients showed fewer manifestations of anxiety, including restlessness, excessive worry, muscle tension, and sleep disturbances. After completing the therapy, both patients appeared more relaxed, demonstrated better control over their anxiety, and were able to participate appropriately throughout the intervention process.

Five-finger hypnosis therapy may therefore be applied as a non-pharmacological nursing approach for adolescents experiencing anxiety. The intervention can support patients in achieving greater calmness and comfort while improving their ability to regulate emotional responses. Its application may also complement comprehensive nursing care and serve as a form of independent nursing intervention for managing the nursing problem of anxiety.

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