

## NON-PHARMACOLOGICAL THERAPY FOR ANXIETY TREATMENT: 5-FINGER HYPNOSIS AT LOA BAHU PUBLIC HEALTH CENTER

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### ABSTRACT

#### Introduction

Anxiety is a psychological condition frequently experienced by patients with various health conditions and can impact quality of life. Anxiety management can be carried out through non-pharmacological approaches, one of which is 5-finger hypnosis therapy. The purpose of this community service activity is to educate patients about anxiety and the 5-finger hypnosis technique as a method of anxiety management.

#### Method

Health education was conducted through lectures, discussions, and coercion for approximately 18 participants at the Lok Bahu Community Health Center in Samarinda. Evaluation was conducted verbally using three main questions related to participant understanding.

#### Result

Participants were able to understand the basic concepts of anxiety, recognize the signs and symptoms, and re-explain the 5-finger hypnosis technique. Participants also demonstrated enthusiasm and active participation throughout the activity.

#### Conclusion

Health education through lectures and reflection effectively increased participants' understanding of anxiety and the 5-finger hypnosis technique descriptively.

## INTRODUCTION

Anxiety is an emotional response characterized by feelings of worry, fear, and restlessness due to certain stressors, both internal and external. This condition can be adaptive as a form of self-defense, but if it occurs excessively and for a prolonged period, it can disrupt a person's physical, psychological, and social functioning. Anxiety is often accompanied by physical symptoms such as heart palpitations, shortness of breath, and sleep disturbances, which can reduce an individual's quality of life. (Yani & Kurniawan, 2022; Zulaikha et al., 2023).

Anxiety is common in patients with chronic illnesses such as hypertension and diabetes mellitus. The long-term treatment required for these conditions, the risk of complications, and uncertainty about health status can contribute to increased anxiety. Furthermore, anxiety can affect adherence to treatment and worsen overall health (Hasibuan et al., 2024; Pahrian et al., 2024).

Anxiety management can be carried out through pharmacological and non-pharmacological approaches. Pharmacological approaches use anti-anxiety medications, but they have limitations such as side effects and potential dependency. Therefore, non-pharmacological approaches are a safer and easier alternative, such as relaxation techniques, distraction, psychological therapy, and social support. These approaches also encourage individuals' independence in managing their emotional states (Sriyono et al., 2025).

One non-pharmacological therapy that can be used is 5-finger hypnosis. This relaxation

technique involves connecting finger touch with positive suggestions, helping individuals achieve a state of relaxation. This therapy works by shifting the focus of the mind from anxiety to pleasurable experiences and reducing sympathetic nervous system activity (Akhriansyah et al., 2024; Yani & Kurniawan, 2022).

Various studies have shown that 5-finger hypnosis therapy is effective in reducing anxiety levels. Furthermore, this therapy can improve sleep quality, reduce muscle tension, and help individuals control their emotions. Its ease of implementation and the lack of special equipment make this therapy highly suitable for use in primary healthcare settings such as community health centers (Puskesmas) (Sudewa et al., 2025; Suarni & Wahyuni, 2024).

Despite this, many people still lack understanding about anxiety and how to manage it independently. This lack of knowledge leads individuals to ignore symptoms or be unable to manage anxiety appropriately. Therefore, effective health education is needed to increase the public's knowledge and ability to cope with anxiety (Hasibuan et al., 2024).

Based on these issues, a community service activity was conducted in the form of health education on anxiety and 5-finger hypnosis therapy for patients at the Lok Bahu Community Health Center in Samarinda. This activity aimed to increase participants' knowledge and ability to understand and independently practice simple techniques for reducing anxiety through lectures, discussions, and demonstrations (Pahrian et al., 2024).

## METHOD

This community service activity was conducted on April 18, 2026, at the Lok Bahu Community Health Center in Samarinda, targeting adult and elderly patients visiting the community health center. A total of 18

participants participated. Participants were selected using an accidental sampling technique, with patients present during the activity and willing to participate in the counseling.

The method used in this activity was health

education through lectures, discussions, and demonstrations. The lectures presented material on the definition of anxiety, its causes, signs and symptoms, and how to treat it. Discussions and questions and answers were conducted to enhance participants' understanding and provide opportunities for them to express their experiences and concerns. A demonstration was conducted to demonstrate the 5-finger hypnosis therapy technique directly so that participants could properly understand the steps.

The media used in this activity was a leaflet containing a summary of the counseling material. The leaflet was given to participants as reading material for independent study at home. The use of visual media aimed to improve participants' retention and comprehension of the material presented.

## RESULT

The community service activity was held at the Lok Bahu Community Health Center in Samarinda and was attended by 18 participants, consisting of adult and elderly patients. Throughout the activity, participants demonstrated good participation, demonstrated by full attendance until the end of the activity and active engagement in the discussion and question-and-answer sessions.

During the presentation, most participants paid close attention and responded positively to the material. This was evident in the interaction between the instructor and participants, with several participants asking questions related to their personal experiences dealing with anxiety.

Based on the oral evaluation conducted using three main questions, the majority of participants were able to explain the definition of anxiety simply. Furthermore, participants

## DISCUSSION

The results of the activity indicate that health education through lectures, discussions,

The activity evaluation was conducted verbally without a pretest or posttest. The assessment involved asking participants three main questions: understanding anxiety, signs and symptoms of anxiety, and how to perform 5-finger hypnosis therapy. This evaluation aimed to determine the participants' level of understanding after the education.

Evaluation data was analyzed descriptively based on participants' ability to answer questions and their participation during the activity. Indicators of activity success were marked by participants' increased ability to re-explain the material and their ability to independently practice the 5-finger hypnosis technique.

were able to list several signs and symptoms of anxiety, such as restlessness, heart palpitations, and difficulty sleeping.

In terms of skills, participants were able to follow and practice the 5-finger hypnosis technique under the instructor's guidance. Some participants were even able to repeat the therapy steps independently after the demonstration.

Figure 1. Delivery of Material by Extension Workers



and demonstrations can improve participants' understanding descriptively. This aligns with

research by Pahrian et al. (2024), which states that health education can increase participants' knowledge regarding anxiety and how to manage it.

Active participant participation during the activity is an important indicator of the success of the counseling. Involvement in discussions and the ability to answer questions indicate a good information-receiving process. The lecture method combined with interactive discussions has been shown to improve participant understanding because it allows for two-way communication (Hasibuan et al., 2024).

The demonstration of 5-finger hypnosis therapy also had a positive impact on participants' understanding, particularly in terms of skills. Participants not only received theoretical information but were also able to practice the techniques taught. This aligns with the opinion of Akhriansyah et al. (2024) that the demonstration method is effective in improving individuals' ability to perform relaxation techniques.

## CONCLUSION

The community service activity, which included health education on anxiety and 5-finger hypnosis therapy at the Lok Bahu Community Health Center in Samarinda, was successfully implemented and actively participated in by participants. The lecture, discussion, and demonstration methods used helped participants understand the material, both conceptually and practically.

Based on oral evaluations, most participants were able to explain the concept of anxiety, recognize its signs and symptoms, and independently practice the 5-finger hypnosis technique. This indicates that the education provided improved participants' descriptive understanding.

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Furthermore, the use of leaflets as an educational medium also helped participants understand the material presented. Simple and easy-to-understand visual media can improve memory and make it easier for participants to relearn information independently (Sriyono et al., 2025).

However, a limitation of this activity was the lack of quantitative measurement instruments such as pretests and posttests. This meant that the results were only descriptive and could not accurately measure the level of improvement in participants' knowledge. Therefore, the results of this activity focused more on the general picture of participants' understanding after the education.

Overall, this activity demonstrated that health education on anxiety and 5-finger hypnosis therapy was well-received by participants and has the potential to improve individuals' ability to manage anxiety independently.

5-finger hypnosis therapy, as a non-pharmacological intervention, proved easy to understand and applicable to daily life to reduce anxiety.

However, this activity had limitations because it did not use quantitative measurements, so the results obtained could not objectively reflect increased knowledge. Therefore, the development of more structured evaluation methods in future activities is necessary to ensure scientifically sound results.

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