

# Application Therapy Five Finger Hypnosis for Reduce Anxiety in Pre- Operative Patients Appendicitis in the Treatment Room Wamena Hospital Surgery

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## Abstract

Appendicitis is one infection in the system frequent digestion experienced by society that is reaching 7% to 12%. Based on medical record data at Wamena Regional Hospital, in 2022 there will be 41 cases performed appendicitis action operation. Worry preoperative patients i.e., in the form of anxiety about painful after-action operations, changes body, failure surgery, experience death after dissected (Sari, 2019). For reduce Anxiety in preoperative patients Can done with therapy pharmacology and non-pharmacology.

*Application design* This use method studies case, respondent is Mrs TK done for 3 days consecutive with duration 10-15 minutes, measurement level worry use tool measure HARS (Hamilton Anxiety Branch Scale). Anxiety level respondents before doing five finger hypnosis therapy is level worry currently after done five finger hypnosis therapy level worry client become worry light. *Application therapy* Five finger hypnosis This effective lower-level anxiety in Mrs. Kindergarten Pre-operative Patients Appendicitis in the Treatment Room Wamena Regional Hospital Surgery

**Keywords:** Anxiety, Five Finger Hypnosis, Pre-Surgery Appendicitis

## Background

Appendicitis is one infection in the system frequent digestion experienced by society that is reaching 7% to 12%. Whereas incident Appendicitis in the USA is around 6.7% in women and 8.6% in men. Disease This can happen to everyone age but generally occurs in adults and adolescents young, namely aged 10-30 years and incidents highest in the group 20-30 years old. (Bhangu et al, 2017). According to the World Health Organization (WHO) in the United States appendicitis is the most frequent abdominal emergency done with amount in 2019 there were 739,177 people (Wainsani et al 2020). In 2020 prevalence appendicitis in Indonesia around 24.9 cases per 10,000 population (Eylin, 2021). Based on medical record data at Wamena Regional Hospital, in 2022 there will be 41 cases performed appendicitis action operation.

Appendicitis is not quickly implemented will give rise to complications. One most dangerous complication is perforation. Perforation occurred 24 hours after arise pain. The symptoms cover fever with temperature 37.7°C or more height, and abdominal pain or painful continuous abdominal pressure (RADwan, 2013). Management client with appendicitis covers therapy pharmacology and therapy surgery.

Procedure operation or surgery give rise to various problem psychology for one of the patient's anxieties. Worry preoperative patients ie in the form of anxiety about painful after action operations, changes body, failure surgery, experience death after dissected (Sari, 2019). Impact from anxiety heavy preoperative patients no close possibility action surgery No Can be done, because anxious patient before done operation will cause pressure blood increases, so when done action surgery will complicate things in stop bleeding, and even after-action surgery (Pardede et al, 2018).

For reduce Anxiety in preoperative patients can done with therapy pharmacology and non- pharmacology. For drug pharmacology like Benzodiazepines indicated for treatment period short on anxiety heavy but use period long should avoided. Diazepam, alprazolam, chlordiazepoxide and clobazam own action Work slow (BPOM RI, 2018).

Five finger hypnosis is something form giving treatment with method diversion the self- hypnotic atmosphere that gives rise impact relaxation, so will reduce anxiety, tension, as well pressure thought from mind someone who can affects breathing and heart rate heart, pulse, pressure blood, reduce tension muscles,

strengthening memory expenditure hormones that can stimulate appearance worry as well as control related hormones with pressure thoughts [1].

Based on background behind the researcher want to know effectiveness application Five finger hypnosis with Title “Implementation Therapy Five Finger Hypnosis for Reduce Anxiety in Pre-operative Patients appendicitis in the Treatment Room Wamena Regional Hospital Surgery”

### Theoretical Study

Appendicitis is hidden and small inflammation of the appendix of about 10 cm piled up to in cecum. Appendicitis blocked by the hardness stack resulting feces happen inflammation, infection and possibility bleeding. The rupture appendicitis is proper conditions watch out Because feces can go up to cavity stomach so that resulting in peritonitis and abscesses (Caroline & Kowalski, 2019). Worry is something circumstances feeling restlessness, uncertainty, fear from reality or perception threat source actual ones that don't is known the problem (Pardede & simangsong, 2020).

Therapy Five finger hypnosis is something therapy with using five fingers hand Where client helped for change perception anxiety, stress, tension and fear with accept suggestions on the verge lower aware or in circumstances relax with move his fingers in accordance command (Mawarti, 2021).

### Research Methods

Design application in study This use method studies case. Subject study This is 1 sample namely Mrs. TK with criteria inclusion preoperative patients, Criteria \_ exclusion worry medium, heavy or very heavy. Application done for 3 days consecutive lasting 10-15 minutes use tool measure HARS (Hamilton Anxiety Branch Scale).

## Results and Discussion

### Results

**Table 1: Characteristics Patient**

<b>Name</b>	Mrs. Kindergarten
<b>Age</b>	30 yrs
<b>Work</b>	Employee Honorary
<b>Diagnosis Medical</b>	Appendicitis

Based on table 1.1 it is known that the patient who becomes subject study is a woman 30-year-old Work as honorary employee, with a medical diagnosis of appendicitis based on results assessment client feeling very anxious Because This is First time will undergo procedure operation, because patient worried so that family patient follow feel anxious. Established nursing diagnosis is Anxiety related to lack of exposure to information is characterized by feeling worried about the consequences of appendicitis surgery.

**Table 2:**

No	Date	Anxiety Level Score		Category
		before	after	
1.	3-7-2023	26	23	Worry currently
2.	3-8-2023	25	20	Worry currently
3.	3-9-2023	22	19	Worry Light

Based on table 1.2 you can be known that on the day First implementation therapy relaxation Five finger hypnosis is known that before done five finger hypnosis therapy score anxiety client is 26 i.e., worry currently after done five finger hypnosis therapy score worry client is 23 i.e., worry being on the day First can see that worry client Still There is in category currently However there is decrease in score worry client.

On the day to two scores worry client before done therapy five finger hypnosis is 25 i.e., worry currently after done five finger hypnosis therapy score worry client is 20 i.e., worry being on the day second can see that worry client Still There is in category worry currently However there is change in score worry client. On the day third can see that the score worry client before done therapy was 22 anxieties medium and after done therapy score anxiety client is 19 anxiety light, on the day third can see that category worry client tea changed that is become worry medium.

### Discussion

Management or action so can handle appendicitis Surgery appendectomy is procedure surgery appointment appendix if diagnosis appendicitis Already enforced, administered This is One the only one safe action because can lower perforation (Suratun, 2020).

Delay in management can cause perforation on method laparoscopy. Laparoscopy has proven more A little give rise to painful post-surgery, recovery will more fast and low number incident infection wound. However, can give rise to intra-abdominal abscesses as well time longer operation. Laparoscopy done for diagnosis as well therapy in patients with appendicitis acute (Lemone et al, 2019). Pre-Operative is stage First in prepare patient in a way maximum so that can be operated on with OK, quick recovered and free from complications after operation (Pardede et al, 2018).

Surgical action is a threat potential as well as actual mental health on integrity someone who can awaken reaction stress physiological nor psychological. According to Tarwoto and Wartonah, that's all Lots the matter that gave rise to it worry moment before operation as well as anesthesia namely: unfamiliar environment, problems payment, threat will more disease serious, problematic healing, as well lack of education health.

Therapy Five finger hypnosis is one self-hypnosis method that can give rise to effect high relaxation, so capable reduce tension and stress from thought someone (Marbabu et al., 2019). Hypnotherapy is something management stress when thought lower aware more dominant and more open for accepting influence outside [2-5].

Five finger hypnosis is A technique diversion thinking somebody with method touching with fingers hand as well as imagine fun things (Astuti, Amin, et al, 2017) Five finger hypnosis is something possible form of self-hypnosis give rise to effect high relaxation, so will reduce tension and stress from thought someone. Five finger hypnosis influences the limbic system so that influence on spending hormones that can trigger the emergence of stress and anxiety. When clients are given Five finger hypnosis will experience relaxation so that it is influential to the body system and creates a feeling of comfort as well as feeling calm (Hastuti & Arumsari, 2018).

Based on research conducted by Indah Marwanti et al 2019, known that from 12 respondents before given five finger hypnosis therapy as many as 1 person has worry medium and 12 people have worry heavy, that's it done five finger hypnosis therapy 3 people know There is anxiety, 7 people anxious mild, and 2 people anxiety media, so can concluded that there is change level very significant and meaningful anxiety moment before and after given five finger hypnosis therapy [6-12].

Research was also carried out by Suhadi and Ayu Pratiwi 2020, it is known that distribution frequency patient preoperative that has not been done yet done five finger hypnosis therapy majority experience worried heavy as many as 58 people (40.8%), after given five finger hypnosis therapy majority experience worried light as many as 58 people (40.8%), based on the Wilcoxon Signed Rank Test, the p value (Asymp. Sig 2 tailed) was  $0.000 < \text{critical limit research } 0.05$  which is significant there is difference significant anxiety in the patient preoperative before given five finger hypnosis therapy with after given five finger hypnosis therapy. Research results previously support research conducted by the author on Mrs. Kindergarten Where five finger hypnosis therapy effective in lower anxiety [13].

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