

## Original Research

# Five Finger Hypnosis for Post-Flood Psychological Disorders

Ika Silvitasari<sup>1\*</sup>, Dewi Listyorini<sup>2</sup>, Wahyuni<sup>1</sup>

<sup>1</sup> Program Studi Keperawatan, Fakultas Ilmu Kesehatan, Universitas 'Aisyiyah Surakarta, Surakarta, Indonesia

<sup>2</sup> Departemen Keperawatan, Rumah Sakit Umum Daerah Karanganyar, Karanganyar, Indonesia

## ABSTRACT

**Background:** Central Java is a province that often experiences floods and Surakarta is the city with the second highest flooding after Semarang. Floods that occur will cause several impacts, one of which is psychological impacts. Psychological impacts in the form of anxiety, stress and clinical depression and mental health problems will interfere with daily activities. **Objective:** to determine the Effect of Five Finger Hypnosis on Psychological Symptoms of Post-Flood Society.

**Methods:** this study was conducted in the Sangkrah area with 45 respondents according to inclusion and exclusion criteria. The research instrument used was DASS-21 and analyzed using the Wilcoxon test.

**Results:** the significance value of psychological stress disorders ( $P\text{-Value}$ ) = 0.000 < 0.05; the significance value of psychological anxiety disorders ( $P\text{-Value}$ ) = 0.001 < 0.05; and the significance value of psychological anxiety disorders ( $P\text{-Value}$ ) = 0.003 < 0.05. There is an effect of five-finger hypnosis therapy on post-flood psychological disorders in the Sangkrah area, Surakarta before and after being given five-finger hypnosis therapy

**Conclusion:** five finger hypnosis therapy can be used to reduce psychological disorders

## ARTICLE HISTORY

Received : June 27, 2024

Revised : August 11, 2024

Accepted : August 16, 2024

Available Online : August 26, 2024

Published Regularly: August 30, 2024

## KEYWORDS

Five Finger Hypnosis; Psychological Disorders; Post-Flood

## CONTACT

\*Ika Silvitasari

[ikasilvitasari@aiska-university.ac.id](mailto:ikasilvitasari@aiska-university.ac.id)

Program Studi Keperawatan, Fakultas Ilmu Kesehatan, Universitas 'Aisyiyah Surakarta, Surakarta, Indonesia

Cite this as: S. Ika ., L. Dewi., Wahyuni., Five Finger Hypnosis for Post-Flood Psychological Disorders  
Based on a Website *Gaster*, 22(2), 205-215. [https://doi.org/ 10.30787/gaster.v22i2.1620](https://doi.org/10.30787/gaster.v22i2.1620)

## INTRODUCTION

The Philippines ranks first in the world's flood-prone countries in 2021-2022, with recorded floods in July, October, December 2021, April, October 2022 with a percentage of (46.82%). Meanwhile, Indonesia ranks third with recorded floods in January, April, August 2021 with a percentage of (41.46%) (World Risk Report, 2022). The National Disaster Management Agency (BNPB) stated that in 2021-2023 in Indonesia there were 8,808 disasters (Badan Nasional Penanggulangan Bencana, 2022). The floods in Central Java in 2021-2022 were 624 incidents (Badan Penanggulangan Bencana Provinsi Jateng, 2022). The Surakarta City Regional Disaster Management Agency (BPBD) stated that in 2021-2022 there were 21 floods in the Surakarta City area. The flood incidents in the Surakarta City area are quite high, ranking 2nd after the city of Semarang. There are 10 major areas of Surakarta City that were affected by flooding with the highest number being in Sangkrah Village with 280 families affected (Badan Penanggulangan Bencana Daerah (BPBD) Kota Surakarta, 2022). The impact of flooding on the community includes physical and psychological impacts. Physical impacts include residents who experience fatalities such as loss of housing, minor to serious injuries, environmental damage, and loss of property. Floods also cause water-borne diseases such as diarrhea, itching, digestive tract, fever, upper respiratory tract infections and other diseases caused by flood disasters. The psychological impact of individuals contributes to anxiety covering various environments and health problems, such as acute stress, while flooding leads to psychological manifestations, namely anxiety, stress and clinical depression (Arjanto, 2022). The results of previous studies obtained the level of anxiety that occurred in flood-prone areas in Central Java, especially in Magelang Regency based on a survey, around 9% of respondents reported experiencing severe anxiety levels of (77.5%) (Anwar et al., 2022). The level of anxiety among residents in flood-prone areas in Pucang Sawit, Surakarta was no anxiety for 49 respondents (55.7%), mild anxiety for 25 respondents (28.4%), anxiety for 8 respondents (9.1%), severe anxiety for 5 respondents (5.7%), very severe anxiety 1 respondent (1.1%) (Darmastuti & Husain, 2023). Nursing interventions that can be used to overcome psychosocial problems, especially anxiety, stress and clinical depression, are five-finger hypnosis therapy. Because this nursing intervention will divert or imagine respondents to other desired conditions with loved ones, it is hoped that anxiety, stress and clinical depression in respondents can decrease (T. Rahmawati & Silvitasari, 2022). The Qur'an, Surah Al Baqoroh verses 155-157 conveys that "*And indeed We will test you with little fear, hunger, lack of wealth, lives and fruits. And give good news to the patient. (155) (namely) those who, when a calamity strikes, say: "Inna lillaahi wa innaa ilaihi raaji'uun (indeed we belong to Allah and indeed we are returning to Him) (156) They are the ones who have perfect blessings and mercy from their Lord and they are the ones who are guided. (157)"*". The results of previous research from (Norman Wijaya Gati & Ika Silvitasari, 2022) also proved that five-finger hypnosis has an effect on anxiety problems with a p value of 0.000. The level of anxiety in 20 respondents before being given five-finger hypnosis therapy (66.7%) was at a severe anxiety level and after being given five-finger hypnosis therapy (66.77%) was at a non-anxious anxiety level. Therefore, this five-finger hypnosis has been proven to reduce symptoms of mental health problems such as depression, stress, and anxiety. In addition, five-finger hypnosis therapy can also be done anywhere, anytime, and can be done simultaneously at one time. Based on the results of a preliminary study with

interviews conducted in Sangkrah Village with the village head, it was stated that the cause of flooding in the last 2 years was extreme rain, which was most affected in RW 04 RT 01. This is because the location of Sangkrah is close to the Kedung Lumbu River, and its drainage channels are not functioning properly. The anxiety felt by people living in flood-prone areas every time there is high rainfall is experiencing sleep disorders such as often waking up at night because they feel anxious, afraid of their own thoughts of a bad feeling that the flood will come bigger than before so that it will have a worse impact, they say they don't know how to overcome the anxiety that occurs to them, people also feel anxious because handling the impact of flooding such as repairing gutters cannot be done immediately because conditions do not yet allow for handling.

## MATERIALS AND METHOD

This research is a type of quantitative research, the design of this research is Quasi Experiment with Pre and Post Test Without Control Group design. The research location used is in Sangkrah Village RW 04, Surakarta with a population of 70 families and the number of samples calculated using the Slovin formula obtained 45 families including dropouts. The sampling technique uses purposive sampling: Inclusion criteria (Community of RW 04 RT 01 who have been affected by flooding in Sangkrah Village, Surakarta; Community willing to be respondents in Sangkrah Village, Surakarta; Productive community aged 30-40 years who experience mild anxiety and moderate anxiety in Sangkrah Village, Surakarta). Exclusion criteria (Community of Sangkrah Village, Surakarta who did not participate fully during the research for certain reasons; Community of Sangkrah Village, Surakarta who do not experience psychological disorders (stress, anxiety and depression). This research instrument uses the Depression Anxiety Stress Scale-21 (DASS-21). Five finger hypnosis therapy was carried out in 3 sessions over 3 consecutive days with a time of  $\pm 10$  minutes. The research data were analyzed using Wilcoxon. This research has been conducted Ethical Clearance with Number. 180/V/AUEC/2024.

## RESULTS

This research was conducted in March - May 2024, the following results were obtained:

**Table 1.** Distribution of Respondent Characteristics

Characteristics	Frequency	Percentage %
<b>Age</b>		
>40 years	39	86,7
30-40 years	5	11,1
20-30 years	1	2,2
<b>Gender</b>		
Female	25	55,6
Male	20	44,4
<b>Married status</b>		
Married	40	88,9
Not married	2	4,4

Divorced	3	6,7
<b>Education</b>		
Elementary School	7	15,6
Middle School	9	20,0
High School	24	53,3
College	5	11,1
<b>Job</b>		
Private	21	46,7
PNS	2	4,4
Not Working	22	48,9
<b>Penghasilan</b>		
<1 jt/month	27	60
>1,5jt-3jt/month	18	40

**Table 2** Frequency distribution of psychological symptoms before and after five-finger hypnosis therapy

Characteristics	Before		After	
	Frequency	Percentage	Frequency	Percentage
<b>Stress:</b>				
Normal	0	0	40	88.9
Mild	40	88.9	4	8.9
Moderate	5	11.1	1	2.2
Severe	0	0	0	0
Extremely severe	0	0	0	0
<b>Anxiety :</b>				
Normal	0	0	42	93.3
Mild	28	62.2	2	4.4
Moderate	16	35.6	1	2.2
Severe	0	0	0	0
Extremely severe	1	2.2	0	0
<b>Depresi :</b>				
Normal	0	0	44	97.8
Mild	44	97.8	1	2.2
Moderate	0	0	0	0
Severe	1	2.2	0	0
Extremely severe	0	0	0	0

**Table 3.** Data Normality Test (n = 45)

	N	Uji Shapiro Wilk P=Value	Information
Before	45	0.000	Abnormal
After	45	0.000	Abnormal

**Table 4.** Wilcoxon Statistical Test (n = 45)

Date	Mean Rank	Z hitung	P-Value	Keterangan
<b>Stress</b>				
<i>Pre Test</i>	23.50	-5.849	0.000	Signifikan
<i>Post Test</i>	1.00			
<b>Cemas</b>				
<i>Pre Test</i>	23.00	-5.857	0.001	Signifikan
<i>Post Test</i>	0.00			
<b>Depresi</b>				
<i>Pre Test</i>	23.00	-5.862	0.003	Signifikan
<i>Post Test</i>	0.00			

The results of the Wilcoxon statistical test show that the significance value of psychological stress disorders (P-Value) = 0.000 <0.05; the significance value of psychological anxiety disorders (P-Value) = 0.001 <0.05; and the significance value of psychological anxiety disorders (P-Value) = 0.003 <0.05. Based on these data, it can be concluded that there is an effect of providing five-finger hypnosis therapy on psychological disorders after the flood of RW 04 RW 01 in the Sangkrah area, Surakarta before and after being given five-finger hypnosis therapy.

## DISCUSSION

### a. Psychological symptoms after flooding in the RW 04 RT 01 area of Sangkrah sub-district, Surakarta before being given five-finger hypnosis therapy

Based on the results of the research that has been carried out, it is known that as many as 45 respondents before receiving treatment with five-finger hypnosis therapy, the results obtained based on the level of stress, most of the 40 respondents (88.9) were moderately stressed, based on the level of anxiety, most of the 28 respondents (62.2%) were moderately anxious and based on the level of depression, most of the 44 respondents (97.8%) were moderately depressed. In line with research that has been conducted by (Utami et al., 2024) on the effect of hypnofivesic therapy on depression, anxiety, and stress in students during the Covid-19 pandemic, it is said that psychological disorders occur because individuals previously had perfectionism traits characterized by characters who want to stand out, are idealistic, enthusiastic, and have great energy. Researchers assume that psychological symptoms such as stress, depression and anxiety arise due to changes in the environment that affect individual activities, this is a factor that causes excessive grief, self-blame, and feelings of worthlessness. Similar to this study, it was found that the psychological condition of the community in the RW 04 RT 01 area of Sangkrah Village, Surakarta before being given five-finger hypnosis therapy, the majority of the community experienced symptoms of post-flood psychological

disorders due to environmental changes that affected daily activities (Utami et al., 2024). Based on research conducted by (Erlin & Sari, 2020) which stated that there were four psychological symptoms experienced by the community of Meranti Rumbai Pesisir Village, Pekanbaru due to the flood disaster. Research conducted on 45 respondents found that 27 respondents (60%) experienced repeated experiences, 37 respondents (82.2%) experienced avoidance, 10 respondents (22.2%) experienced negative changes in thinking and mood, and 34 respondents (75.6%) experienced changes in stimulation and creativity. The psychological problems that arise after the flood disaster are very complex, the feeling of sadness due to loss of property, fear, anxiety felt and lack of income during evacuation make the problem more complex and create a great psychological trauma. Even though someone has experienced a similar disaster, the response felt by each individual must be different. Some are in the severe, mild category and some people do not experience trauma at all, this depends on each person's capacity to assess and cope with the stressors faced.

The results of interviews with a number of people showed that the psychological symptoms that are often experienced are sleep disorders which if not addressed will cause loss of concentration, increased stress, obesity, often forgetting things, back pain, fatigue, headaches. This is in accordance with the theory put forward by (Najmi & Muthmainnah, 2023) that the psychological symptoms that are often felt by the community are fear of their own thoughts of a bad feeling of a flood coming that is bigger than before so that it has a worse impact, difficulty sleeping or insomnia.

Based on previous studies and the research results obtained, it can be concluded that disasters can cause and cause psychological disorders such as stress, anxiety, and depression. Psychological disorders that occur in the community in the area of RW 04 RT 01, Sangkrah Village, Surakarta, based on the results of the study, namely stress disorders with mild; moderate; severe; and very severe levels, anxiety disorders with mild; moderate; severe; and very severe levels, and depression disorders with mild; moderate; severe; and very severe levels. According to the results of observations conducted by researchers before the five-finger hypnosis therapy was carried out, the community in the area of RW 04 RT 01, Sangkrah Village, Surakarta, experienced anxiety due to several factors, namely high rainfall which caused the river water capacity to overflow, the community did not know how to be prepared in dealing with floods, the community did not know the therapy to reduce anxiety. So these factors have the potential to cause psychological disorders in the community.

#### **b. Post-flood psychological symptoms in the RW 04 RT 01 area of Sangkrah Village, Surakarta after being given five-finger hypnosis therapy**

Based on the results of the study that has been carried out, it is known that as many as 45 respondents after receiving treatment with five-finger hypnosis therapy, the results obtained based on the level of stress, most of the 40 respondents (88.9%) were normal, based on the level of anxiety, most of the 42 respondents (93.3%) were normal and based on the level of depression, most of the 44 respondents (97.8%) were normal.



The decrease in the level of anxiety in the community in this study shows that five-finger hypnosis therapy is useful in reducing the level of anxiety in the community, this is in accordance with the theory put forward by (Norman Wijaya Gati & Ika Silvitasari, 2022) that five-finger hypnosis therapy can reduce symptoms of mental health problems such as depression, stress, and anxiety. In addition, five-finger hypnosis therapy can also be done anywhere, anytime, and can be done simultaneously at one time. The results after being given five-finger hypnosis therapy, the stress level decreased by 40 respondents did not experience stress; 4 respondents experienced mild stress; and 1 respondent experienced moderate stress, based on the level of anxiety decreased by 42 respondents did not experience anxiety; 2 respondents experienced mild anxiety; and 1 respondent experienced moderate anxiety, and based on the level of depression decreased by 44 respondents did not experience depression; 10 respondents experienced mild depression; and 1 respondent experienced moderate depression this can happen because of the enthusiasm of the respondents in following the five-finger hypnosis therapy, so that they feel relaxed, happy, pleased, calm and can also vent all the fatigue to boredom that has been stored and can reduce symptoms of mental health problems such as depression, stress and anxiety so that they can be reduced.

Five Finger Hypnosis Therapy begins by adjusting the position and recommending to use deep breathing while touching the fingers accompanied by imagining positive or pleasant things that are different for each finger, the stimulus will be received by the thalamus which is then forwarded to the epithalamus connected to the limbic system and primary sensory cortex (so that it will affect the limbic system). In the limbic system, it will affect the hypothalamus so that there is a decrease in the autonomic nervous system, which is part of the nervous system that regulates the forced process, which causes symptoms of stress to decrease, for example, no longer palpitations, cold sweats and so on are reduced (Hafid, 2024). (Lidiana et al., 2022) explained the factors that influence the decrease in anxiety after five-finger hypnosis therapy which is widely used to reduce individual anxiety levels because it can cause a high relaxation effect so that the respondent's anxiety levels can decrease so that they can reduce tension and stress from a person's mind, then a balance is formed between mind, body and soul.

Five Finger Hypnosis Therapy begins by adjusting the position and encouraging deep breathing while touching the fingers and imagining different positive or pleasant things on each finger, the stimulus is received by the thalamus and then forwarded to the epithalamus which is connected to the limbic system and primary sensory cortices (affecting the limbic system). In the limbic system, it will affect the hypothalamus so that there is a decrease in the autonomic nervous system. This nerve is part of the nervous system that regulates the forced process, which causes symptoms of stress to decrease, such as palpitations, cold sweats and so on (Hafid, 2024)

#### **c. The effect of giving five-finger hypnosis therapy on post-flood psychological disorders in the RW 04 RT 01 area of Sangkrah Village, Surakarta**

The results of the Wilcoxon statistical test showed that the significance value of psychological stress disorders (P-Value) = 0.000 <0.05; the significance value of psychological anxiety disorders (P-Value) = 0.001 <0.05; and the significance value

of psychological anxiety disorders (P-Value) = 0.003 <0.05. Based on these data, it can be concluded that there is an effect of providing five-finger hypnosis therapy on post-flood psychological disorders in RW 04 RW 01 in the Sangkrah area, Surakarta before and after being given five-finger hypnosis therapy. Based on the research above, it can be concluded that there is an effect of five-finger hypnosis therapy on the level of post-flood psychological disorders in the Sangkrah area, Surakarta. This is supported by research conducted by (P. M. Rahmawati et al., 2024) which was conducted in the relocation area of Lumajang Regency that by providing the five-finger hypnosis therapy method to respondents who experienced post-traumatic stress disorder, there was a significant change in the intervention group before and after the intervention was given which was able to reduce the level of post-traumatic stress disorder. The value in the control group before the intervention was 1.89 and the results after the intervention decreased to 1.07. The results of the study have a p-value of 0.000, which means that there is a significant influence between five-finger hypnosis therapy and post-traumatic stress disorder in victims.

In line with research conducted by (Mawarti & Yuliana, 2021) which examined the effect of 5-finger hypnosis on anxiety clients showed that the results of the statistical test p-value = 0.000, meaning that there was a very significant or meaningful change in anxiety levels before and after being given five-finger hypnosis (p-value <  $\alpha$  0.05). The application of five-finger hypnosis therapy can be carried out 3 times for 3 consecutive days with a time of  $\pm 10$  minutes, which has benefits including overcoming various psychological problems and mental disorders, such as anxiety, stress and (Dasri et al., 2021). The stages of administering Five Fingers Hypnosis Therapy are carried out in the following manner: a. Focus your gaze and thoughts on the five fingers b. Take a deep breath c. Close your eyes d. Empty your mind e. Raise your right hand and then meet: Thumb with index finger: then imagine when your body is very fresh in your youth. Thumb with middle finger: then imagine everyone paying attention and caring for you Thumb and ring finger: then imagine the praise you get from your partner, family or friends for your achievements at school, work, etc. Thumb and little finger: imagine beautiful places you have visited, for example on the beach, in the mountains, etc. 6. Take a deep breath 7. Open your eyes 8. Evaluate the benefits 9. Practice regularly 3-4 times a day (Rahman & Herawati, 2023)

The results of this study are supported by research by (Juhaeriah et al., 2020) after being given five-finger hypnosis therapy, it was found that five-finger hypnosis therapy can affect anxiety levels. Five-finger hypnosis therapy is a form of self-hypnosis situation diversion that can cause a relaxation effect, so that it will reduce anxiety, tension, and stress from a person's mind which can affect breathing, heart rate, pulse, blood pressure, reduce muscle tension, strengthen memory, release of hormones that can trigger anxiety, and regulate hormones related to stress. This five-finger hypnosis therapy is done by diverting or imagining the respondent to imagine another desired condition, such as being happy with a loved one, being in a beautiful place and hopefully the respondent's anxiety can decrease.

Depression is a mood disorder and is classified as an affective disorder in the Diagnostic and Statistical Manual Of Mental Disorder. Anxiety is a mood disorder characterized by deep and ongoing fear or worry, while stress is an imbalance between the pressure faced by a person and the person's ability to deal with pressure.



A person needs enough energy to be able to adapt to their stressful conditions (Kamalah, 2020)

Nursing interventions that are often used in overcoming psychosocial problems, especially anxiety problems, are 5-finger hypnosis. This nursing intervention will divert or imagine the respondent to another desired condition with a loved one, hopefully depression, anxiety and stress in the respondent can decrease. Psychological health problems can be overcome by using hypnotherapy, because it can help relax both physically and mentally. Five-finger hypnosis is included in hypnotherapy which is one of the alternative methods of anxiety therapy. Hypnotherapy has been shown to increase self-confidence, calm, help control emotions, and change perspectives on anxiety, stress, and depression. The advantages of 5-finger hypnosis over other hypnotherapies are its high interactivity and the absence of drug side effects, making it attractive to those seeking a more 'natural' hypnosis approach. However, its effectiveness can vary greatly between individuals and may require more practice and expertise to master, both by the hypnotist and the subject (P. M. Rahmawati et al., 2024)

## CONCLUSION

The results of the study showed that there was an effect of five-finger hypnosis therapy on post-flood anxiety levels in the Sangkrah area, Surakarta. For further researchers, increase the number of research respondents by first conducting screening on all family members who experience psychological disorders.

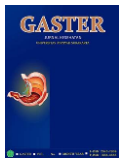
## ACKNOWLEDGEMENT

The author would like to thank the Samaan Community of Sangkrah Village and the Center for Research and Community Service (P3M) of the University of 'Aisyiyah Surakarta for providing grant funds to lecturers based on the implementation contract for the Internal Research Grant activities of Higher Education for the 2024 Fiscal Year, contract number 043/PN/III/2024.

## REFERENCES

- Anwar, Y., Ningrum, M. V. R., & Setyasih, I. (2022). Dampak Bencana Banjir Terhadap Ekonomi Masyarakat di Kecamatan Samarinda Utara, Kota Samarinda. *JPG (Jurnal Pendidikan Geografi)*, 9(1), 40–48. <https://doi.org/10.20527/jpg.v9i1.12457>
- Arjanto, P. (2022). Uji Reliabilitas dan Validitas Depression Anxiety Stress Scales 21 (DASS-21) pada Mahasiswa. *Jurnal Psikologi Perseptual*, 7(1), 60. <https://doi.org/10.24176/perseptual.v7i1.6196>
- Badan Nasional Penanggulangan Bencana. (2022). *Laporan Kinerja Tahun 2022*. [https://bnpb.go.id/storage/app/media/uploads/documents/LKIP\\_BNPB\\_TAHUN\\_2022.pdf](https://bnpb.go.id/storage/app/media/uploads/documents/LKIP_BNPB_TAHUN_2022.pdf)
- Badan Penanggulangan Bencana Daerah (BPBD) Kota Surakarta. (2022). *Data Bencana Daerah (BPBD) Kota Surakarta*. <https://data.surakarta.go.id/organization/badan-penanggulangan-bencana-daerah-kota-surakarta>

- Badan Penanggulangan Bencana Provinsi Jateng. (2022). *Laporan Kinerja Badan Penanggulangan Bencana Daerah Prov. Jateng*. <https://data.jatengprov.go.id/organization/badan-penanggulangan-bencana-daerah-provinsi-jawa-tengah>
- Darmastuti, I., & Husain, F. (2023). Gambaran Tingkat Kecemasan pada Masyarakat Daerah Rawan Banjir di Pucang Sawit Surakarta. *IJOH: Indonesian Journal of Public Health*, 1(3), 306–315. <https://doi.org/10.61214/ijoh.v1i3.167>
- Dasri, Z. A., Wahyuningsih, M., & Mindarsih, E. (2021). Perbedaan Pengaruh Terapi Relaksasi Dzikir Dan Hipnosis Lima Jari Terhadap Kecemasan Pada Ibu Hamil Primigravida di Puskesmas Tempel II. *Health Care: Jurnal Kesehatan*, 10(1), 125–137. <https://doi.org/10.36763/healthcare.v10i1.81>
- Erlin, F., & Sari, I. Y. (2020). Gejala PTSD (Post Traumatic Stress Disorder) Akibat Bencana Banjir Pada Masyarakat Kelurahan Meranti Rumbai Pesisir Pekanbaru. *Dinamika Lingkungan Indonesia*, 7(1), 17. <https://doi.org/10.31258/dli.7.1.p.17-21>
- Hafid, M. L. (2024). *Pengaruh Latihan Hipnosis Lima Jari Terhadap Post Traumatic Stress Disorder Pada Penyintas Gempa Bumi Di Kabupaten Cianjur*. [https://scholar.google.com/scholar?hl=id&as\\_sdt=0%2C5&as\\_ylo=2020&q=PENGARUH+LATIHAN+HIPNOSIS+LIMA+JARI+TERHADAP+POST++TRAUMATIC+STRESS+DISORDER+PADA+PENYINTAS+GEMPA+BUMI++DI+KABUPATEN+CIANJUR&btnG=#d=gs\\_qabs&t=1721090312431&u=%23p%3DboRn-khDUI8J](https://scholar.google.com/scholar?hl=id&as_sdt=0%2C5&as_ylo=2020&q=PENGARUH+LATIHAN+HIPNOSIS+LIMA+JARI+TERHADAP+POST++TRAUMATIC+STRESS+DISORDER+PADA+PENYINTAS+GEMPA+BUMI++DI+KABUPATEN+CIANJUR&btnG=#d=gs_qabs&t=1721090312431&u=%23p%3DboRn-khDUI8J)
- Juhaeriah, J., Tajulfikri, M., & Apriany, D. (2020). Pengaruh terapi hipnosis lima jari terhadap kecemasan pada anak usia sekolah kelas v ( lima ) di SDN Melong mandiri. *Pin-Litamas*, 2(1), 124–134. <http://ejournal.stikesjayc.id/index.php/PLT/article/view/24>
- Kamalah, A. dzil. (2020). Hypnosis Lima Jari Untuk Mengatasi Depresi, Ansietas Dan Stress Pada Masyarakat Terpapar Banjir Rob (Studi Pada Kabupaten Pekalongan). *Journal of Community Mental Health and Public Policy*, 2(1), 1–7. <https://doi.org/10.51602/cmhp.v2i1.31>
- Lidiana, E. H., Wijayanti, F. E. R., & Pradana, K. A. (2022). Pengaruh Terapi Hipnosis Lima Jari terhadap Penurunan Ansietas pada Mahasiswa Universitas 'Aisyiyah Surakarta dalam Menghadapi Vaksin Booster. *ASJN (Aisyiyah Surakarta Journal of Nursing)*, 3(1), 43–49. <https://doi.org/10.30787/asjn.v3i1.932>
- Mawarti, I., & Yuliana. (2021). Hipnotis Lima Jari Pada Klien Ansietas. *Jambi Medical Journal: Jurnal Kedokteran Dan Kesehatan*, 9(3), 297–304.
- Najmi, M., & Muthmainnah, M. (2023). Gambaran Tingkat Kecemasan Masyarakat Pasca Banjir di Desa X. *Journal of Nursing Invention*, 3(2), 125–130. <https://doi.org/10.33859/jni.v3i2.277>
- Norman Wijaya Gati, & Ika Silvitasari. (2022). The Influence of an Exercise Focusing on 5 Fingers towards Anxiety Level in Pulisen Boyolali Village. *Jurnal Kesehatan*, 11(1), 6–12. <https://doi.org/10.46815/jk.v11i1.77>
- Rahman, S. N., & Herawati, A. (2023). Pengaruh Pemberian Five Fingers Hypnosis Therapy Dalam Menurunkan Tingkat Kecemasan Masyarakat Pasca Bencana Banjir. *Citra Delima Scientific Journal of Citra Internasional Institute*, 7(1), 30–33. <https://doi.org/10.33862/citradelima.v7i1.340>
- Rahmawati, P. M., Pebriyanti, D. O., Sulistyono, R. E., & Suhari. (2024). Efektivitas Terapi Hipnotik Lima Jari Pada Gangguan Stres Pasca Trauma Pasca Bencana. *Binawan Student Journal*, 6(1), 68–73. <https://doi.org/10.54771/jbp0t543>



- Rahmawati, T., & Silvitasari, I. (2022). Hubungan Kesiapsiagaan Dengan Tingkat Kecemasan Masyarakat Daerah Rawan Bencana Banjir Di Dusun Nusupan Desa Kadokan. *Jurnal Keperawatan Duta Medika*, 2(2), 72–78. <https://doi.org/10.47701/dutamedika.v2i2.2315>
- Utami, T. W., Astuti, Y. S., Ariani, N. P., Hidayat, E., & Parendrawati, D. P. (2024). Cognitive Behavioral Therapy Menurunkan Kecemasan Penyintas Bencana Banjir. *Jurnal Keperawatan*, 16(2), 857–866. <http://journal.stikeskendal.ac.id/index.php/Keperawatan%0ACOGNITIVE>
- World Risk Report. (2022). *Indonesia Masuk Daftar 3 Teratas Negara Paling Rawan Bencana di Dunia*. <https://databoks.katadata.co.id/datapublish/2022/12/05/indonesia-masuk-daftar-3-teratas-negara-paling-rawan-bencana-di-dunia>.