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The effect of five-finger hypnosis therapy on anxiety levels among patients with type 2 diabetes mellitus

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Abstract

Background: Patients with Type 2 Diabetes Mellitus often experience psychological disorders, one of which is anxiety due to lifestyle changes and long-term treatment. Five-finger hypnosis therapy is a non-pharmacological intervention that combines relaxation and positive suggestion.

Purpose: To determine the effect of five-finger hypnosis therapy on reducing anxiety levels in Type 2 Diabetes Mellitus patients.

Method: A pre-experimental design with a one-group pretest-posttest approach. The sample consisted of 30 respondents selected through purposive sampling. The research instrument used the Hamilton Anxiety Rating Scale (HARS). Data analysis used the Paired Sample T-Test.

Results: The average anxiety score before the intervention was 16.87 (SD = 2.921) and decreased to 11.27 (SD = 3.523) after the intervention. Statistical test results showed a p-value of 0.000 (< 0.05).

Conclusion: There is a significant effect of providing five-finger hypnosis therapy in reducing anxiety levels in Type 2 Diabetes Mellitus patients.

Keywords: Anxiety; Five-Finger Hypnosis; Type 2 Diabetes Mellitus.

INTRODUCTION

According to the World Health Organization (WHO), Diabetes Mellitus (DM) is a chronic disease that occurs when the pancreas does not produce sufficient insulin or when the body cannot effectively utilize the insulin it produces. Insulin is a hormone responsible for regulating blood glucose levels. Hyperglycaemia, commonly referred to as elevated blood glucose or high blood sugar, is a common consequence of uncontrolled diabetes and, over time, can lead to serious damage to multiple body systems, particularly the nerves and blood vessels.

According to the International Diabetes Federation (IDF) Diabetes Atlas, 11th Edition (2025), the prevalence of Diabetes Mellitus is 11.3% among adults aged 20–79 years, with approximately 20.4 million individuals affected. Indonesia ranks fifth

among countries with the highest number of diabetes cases worldwide. Meanwhile, based on the Indonesian Health Survey (SKI) 2023 conducted by the Ministry of Health of the Republic of Indonesia, the prevalence of diabetes based on blood glucose examination was 11.7% among individuals aged over 15 years. The prevalence based on physician diagnosis was 2.0%, representing an increase from 1.5% in 2018. In the Special Region of Yogyakarta, the prevalence of Diabetes Mellitus reached 4.5%, the highest in Indonesia.

One of the most common psychological problems experienced by individuals with Diabetes Mellitus is anxiety. This anxiety often arises from concerns about disease complications, treatment costs, and the need for significant lifestyle changes. Anxiety can

The effect of five-finger hypnosis therapy on anxiety levels among patients with type 2 diabetes mellitus

negatively affect self-management behaviours and overall quality of life among patients with diabetes. Five-Finger Hypnosis Therapy is a relaxation-based, non-pharmacological intervention that focuses on reducing stress and anxiety through self-hypnosis in the alpha brainwave state (Aminah, Sugiarti, & Puspitasari, 2023). This therapy is a simple, inexpensive, non-invasive technique that can easily be taught and implemented by nurses. Non-pharmacological interventions provide long-term benefits and advantages compared with pharmacological treatments. Therefore, Five-Finger Hypnosis Therapy offers a sustainable approach to reducing anxiety among patients. Furthermore, this therapy is considered safe and does not produce adverse side effects during its implementation (Islamarida, Dewi, Widuri, & Widagdo, 2022).

Previous studies have demonstrated that Five-Finger Hypnosis Therapy is effective in reducing anxiety levels. Patients who initially experienced moderate to severe anxiety showed a significant reduction in anxiety levels to the mild category following the intervention. Based on these findings, it can be concluded that Five-Finger Hypnosis Therapy is effective for anxiety management because it combines deep relaxation techniques, including controlled breathing and finger-focused concentration, with positive subconscious suggestions. This process stimulates the parasympathetic nervous system, resulting in reductions in heart rate and blood pressure in a more structured manner. In addition, the therapy empowers individuals through self-hypnosis techniques, enabling them to manage anxiety independently whenever needed rather than relying solely on conventional physical relaxation methods. The Five-Finger Hypnosis relaxation technique works by stimulating the autonomic nervous system. This stimulation promotes feelings of relaxation and calmness, encouraging the release of endorphins, which are natural hormones associated with comfort and well-being. This physiological mechanism contributes to a reduction in anxiety symptoms and enhances psychological stability among patients.

RESEARCH METHOD

A quantitative pre-experimental design using a one-group pretest–posttest approach. The research

was conducted in four inpatient wards of PKU Muhammadiyah Gamping Hospital, Yogyakarta, Indonesia, in January 2026. The study population consisted of patients with Diabetes Mellitus who experienced anxiety during hospitalization. A total of 30 respondents were recruited using a total sampling technique, in which all eligible participants who met the inclusion criteria were included in the study. The intervention administered was Five-Finger Hypnosis Therapy, a non-pharmacological relaxation technique aimed at reducing anxiety levels. Each therapy session lasted approximately 10–15 minutes and was conducted individually. Anxiety levels were measured before the intervention (pre-test) and immediately after the intervention (post-test). The instrument used to assess anxiety was the Hamilton Anxiety Rating Scale (HARS), consisting of 14 items that evaluate various symptoms of anxiety, including psychological and somatic manifestations. The HARS instrument has been tested for validity and reliability, with validity coefficients ranging from 0.50 to 0.70 and a Cronbach's alpha reliability coefficient of 0.756, indicating that the instrument is reliable and suitable for measuring anxiety levels.

The Five-Finger Hypnosis Therapy procedure began by asking participants to take deep breaths two to three times and close their eyes to achieve a relaxed state. Participants were then guided through a self-hypnosis process, accompanied by relaxing music if desired. First, participants touched their thumb to their index finger while recalling a time when they felt healthy and capable of accomplishing desired activities. Second, they touched their thumb to their middle finger and remembered pleasant moments shared with loved ones, such as parents, spouses, family members, or significant others. Third, they touched their thumb to their ring finger while recalling experiences of achievement and appreciation for their efforts. Finally, they touched their thumb to their little finger and imagined a beautiful, comfortable place they had previously visited. Participants were encouraged to focus on these positive memories and emotions for several minutes. At the end of the session, they were instructed to take another two to three deep breaths and slowly open their eyes. In practice, participants could perform the therapy independently for approximately 5–10 minutes, with or without

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The effect of five-finger hypnosis therapy on anxiety levels among patients with type 2 diabetes mellitus

accompanying relaxation music. Data analysis was conducted using the Statistical Package for the Social Sciences (SPSS). Descriptive (univariate) analysis was performed to describe the characteristics of respondents and the distribution of anxiety levels. Prior to hypothesis testing, data normality was assessed using the Shapiro–Wilk test.

Because the study aimed to compare anxiety scores before and after the intervention within the same group, a Paired Sample t-test was employed to determine whether Five-Finger Hypnosis Therapy produced a statistically significant reduction in anxiety levels among respondents. Statistical significance was established at $p < 0.05$.

RESEARCH RESULTS

Table 1. Respondent Characteristics (N=30)

Variable	Results
Age (n/%) (Mean$\pm$SD) (Range) (Year)	(43.8 $\pm$ 8.9) (25-59)
25-44	14/47.0
45-59	16/53.0
Gender (n/%)	
Male	11/37.0
Female	19/63.0
Religion (n/%)	
Islam	28/93.0
Catholic	2/7.0
Education (n/%)	
Elementary School	13/43.0
Junior High School	1/3.0
Senior High School	11/37.0
Bachelor's Degree	5/17.0
Occupation (n/%)	
Unemployed	2/7.0
Farmer	1/3.0
Housewife	12/40.0
Merchant	5/17.0
Laborer	3/10.0
Teacher	1/3.0
Retired Civil Servant	4/14.0
Village Official	1/3.0
Private Sector Employee	1/3.0
Anxiety Before Intervention (n/%)	
No Anxiety	0/0.0
Mild	24/80.0
Moderate	6/20.0

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Anxiety After Intervention (n/%)	
Moderate	0/0.0
Mild	8/27.0
No anxiety	22/73.0

Table 1 presents the demographic characteristics of the respondents and the distribution of anxiety levels before and after the intervention. The respondents had a mean age of 43.8 ± 8.9 years, ranging from 25 to 59 years. Most respondents were aged 45–59 years (53.0%), while 47.0% were aged 25–44 years. Based on gender, the majority of respondents were female (63.0%), whereas males accounted for 37.0% of the sample. In terms of religion, most respondents were Muslim (93.0%), while 7.0% were Catholic. Regarding educational background, the largest proportion had completed elementary school education (43.0%), followed by senior high school (37.0%), bachelor's degree (17.0%), and junior high school (3.0%). With respect to occupation, most respondents were housewives (40.0%), followed by merchants (17.0%), retired civil servants (14.0%), labourers (10.0%), unemployed individuals (7.0%), and smaller proportions working as farmers, teachers, village officials, and private sector employees (3.0% each). Prior to the intervention, the majority of respondents experienced mild anxiety (80.0%), while 20.0% experienced moderate anxiety, and none reported being free from anxiety. After the intervention, anxiety levels improved substantially, with 73.0% of respondents reporting no anxiety and 27.0% reporting mild anxiety. No respondents remained in the moderate anxiety category after the intervention. These findings indicate that the intervention was associated with a reduction in anxiety levels among the respondents.

Table 2. Average anxiety levels

Anxiety	Mean	Std Deviasi	Min- Max
Pre-intervention	18.50	3.214	14.00-25.00
Post-intervention	11.97	2.580	08.00-17.00

Table 2 shows that the mean anxiety score among patients with type 2 diabetes mellitus before the Five-Finger Hypnotherapy intervention was 18.50, with a minimum anxiety score of 14.00 and a maximum of 25.00. Meanwhile, the mean anxiety score after the Five-Finger Hypnotherapy intervention was 11.97, with a minimum anxiety score of 8.00 and a maximum of 17.00.

Table 3. The Effect of Five-Finger Hypnotherapy

Anxiety	Mean	Difference in Mean	Std Deviasi	t	P-value	Correlation	P-Correlation
Before	18.50	6.53	3.214	13.444	0.000	0.597	0.000
After	11.97		2.580				

Based on Table 3, the results of the bivariate analysis using a paired-sample t-test on anxiety levels before and after the Five-Finger Hypnosis Therapy was administered to patients with type 2

diabetes mellitus showed that the mean anxiety score before the intervention was 18.27 with a standard deviation of 3.129. Meanwhile, the average anxiety score after the intervention was 11.97 with a

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The effect of five-finger hypnosis therapy on anxiety levels among patients with type 2 diabetes mellitus

standard deviation of 2.580. Based on the statistical test, a p-value of 0.000 was obtained; if the p-value is < 0.05 , this means the null hypothesis (H_0) is rejected, indicating a significant difference between anxiety levels before and after the Five-Finger Hypnosis Therapy intervention in patients with Type 2 Diabetes Mellitus. A p-value of 0.000 indicates that the reduction in anxiety in these Type 2 Diabetes Mellitus patients is not due to mere luck or coincidence, but is truly the effect of the Five-Finger Hypnosis Therapy administered by the researcher.

DISCUSSION

The results presented in Table 1 show that respondents experiencing anxiety were predominantly in the young adult age group (25–44 years), accounting for 14 respondents (47%), and the middle-aged group (45–59 years), accounting for 16 respondents (53%). The majority of Type 2 Diabetes Mellitus patients who experienced anxiety were in the middle-aged group, totalling 16 respondents. The middle-adulthood age group has a high prevalence of diabetes distress due to drastic lifestyle changes. This finding is consistent with the increased risk of Type 2 Diabetes Mellitus that generally rises with age as a result of declining physiological functions. Physiologically, increasing age is linearly associated with a decline in pancreatic beta-cell function and increased insulin resistance. Middle adulthood is also a phase in which individuals face complex psychological burdens, both from family and economic aspects, which, when combined with a chronic illness, can exacerbate anxiety levels.

In terms of gender, the majority of respondents experiencing anxiety were female, totalling 19 respondents (63%). Women tend to be more expressive in experiencing anxiety symptoms than men; therefore, psychological interventions such as hypnosis are highly needed to stabilize their emotional conditions (Anggana, Safitri, & Ningsih, 2025). Women are more likely to experience anxiety than men because they generally have a lower quality of life, particularly in mental and psychological aspects, making them more vulnerable to anxiety (Wahyuningsih & Hidayati, 2019). Statistically, women are more susceptible to anxiety disorders due to hormonal fluctuations that affect coping systems. Psychologically, women are often reported

to have a higher level of vulnerability to anxiety related to chronic illness conditions compared to men.

Regarding educational level, the majority of respondents had completed Elementary School education (43%). Lower educational attainment is often associated with limited health literacy. In addition, educational level influences how individuals receive medical information and manage disease-related stressors. An individual's educational background is related to their level of knowledge; the higher the educational level, the lower the anxiety level tends to be (Suyani, 2020). Age, duration of Diabetes Mellitus, educational level, low family support, and the presence of comorbid diseases can also influence anxiety experienced by patients with Type 2 Diabetes Mellitus (Kapha, Biswas, Nath, Dhali, Sarkhel, & Dhali, 2022). Factors associated with anxiety among patients with Type 2 Diabetes Mellitus include age, duration of illness, educational level, comorbidities, and family support.

The majority of respondents in this study were housewives (40%). Housewives may experience higher anxiety levels due to economic dependency, household responsibilities, and limited social interaction. The absence of emotional support and meaningful social relationships may negatively affect mental health, particularly among individuals coping with chronic diseases (Nadri, Torabi, & Pirhadi, 2024).

Based on the table, two categories of anxiety levels were identified among respondents: mild anxiety and moderate anxiety. The findings showed that before the Five-Finger Hypnosis Therapy intervention was administered, all respondents experienced anxiety, with 24 respondents (80%) classified as having mild anxiety and 6 respondents (20%) classified as having moderate anxiety. The mean anxiety score before the intervention was 18.50.

Among respondents with moderate anxiety, symptoms included difficulty initiating sleep, poor sleep quality, feeling tired upon waking, fear of being left alone, dry mouth, and visible signs of tension during interviews. Respondents appeared anxious before interviews, their hands trembled during the anxiety assessment process, and they occasionally experienced sensations of chest tightness or

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The effect of five-finger hypnosis therapy on anxiety levels among patients with type 2 diabetes mellitus

pressure, particularly during the daytime. Respondents also expressed concerns regarding their future employment, reported pain in their leg muscles, blurred vision, ringing in the ears, feelings of abdominal fullness, burning sensations in the stomach, nausea, dry mouth, pale and tense facial expressions, rapid breathing, and excessive sweating at night (Astutik & Sari, 2025).

Among respondents with mild anxiety, symptoms included worries about their health condition, feelings of impending doom, frequent fatigue, fear of being alone, fear of darkness, difficulty initiating sleep, poor sleep quality, fatigue upon waking, and frequent awakenings during the night. Respondents also reported muscle pain, numbness, tingling sensations in numb areas, chest pain described as feeling like being pressed by a heavy object, difficulty swallowing food, abdominal fullness, nausea, excessive sweating at night, and a heavy feeling in the head. During interviews, respondents also appeared tense and exhibited rapid breathing (Hamu, Betan, Kedang, & Adeodatus, 2022).

Based on the above findings, it can be concluded that difficulty initiating sleep was the most common symptom among respondents with moderate anxiety, with a prevalence of 100%, as all 6 respondents reported difficulty falling asleep. This was followed by poor sleep quality and fatigue upon waking, also reported by 100% of respondents. Dry mouth was the third most common symptom, reported by 33.3% (2 out of 6 respondents). Concerns regarding future employment represented the fourth symptom, reported by all respondents (100%). Blurred vision and ringing ears, especially at night, were reported by 83.3% (5 out of 6 respondents). Tense and pale facial expressions during interviews were also reported by 83.3% of respondents. Difficulty swallowing food and feelings of heaviness in the head were reported by 33.3% (2 out of 6 respondents) (Ilyas & Warsono, 2023).

For respondents with mild anxiety, worry about their health condition was the most common symptom, reported by all respondents (100%). One respondent specifically expressed concern about the possibility of amputation resulting from Diabetes Mellitus. Feelings of impending doom were reported by 41.6% (10 out of 24 respondents). Frequent fatigue was reported by all respondents (100%). Fear

of being left alone was reported by 50% (12 respondents). Muscle pain was reported by all respondents (100%), while numbness and tingling sensations were also experienced by all respondents. Feelings of abdominal fullness and nausea were reported by 58.3% (14 respondents), while excessive sweating at night was reported by all respondents (100%). Respondents with moderate anxiety commonly expressed worries about their illness, concerns about elevated blood glucose levels, weakness when blood sugar increased, decreased appetite, frequent nighttime urination, numbness in the feet, and fears that they would eventually be unable to perform daily household activities. Assessment results indicated symptoms such as anxiety, fear of one's own thoughts, tension, lethargy, inability to rest adequately, restlessness, sleep disturbances, frequent awakenings at night, muscle pain, palpitations, shortness of breath, digestive disturbances, burning sensations in the stomach, weight loss, and frequent urination, particularly at night. Several respondents also demonstrated symptoms in daily life, including reduced interest or pleasure in activities, feelings of sadness, depression or hopelessness, difficulty initiating sleep, fatigue, irritability, excessive restlessness, inability to relax, nervousness, anxiety, and agitation (International Diabetes Federation, 2025).

After the implementation of Five-Finger Hypnosis Therapy, a significant reduction in anxiety levels was observed. A total of 8 respondents (26.7%) remained in the mild anxiety category, while 22 respondents (73.3%) were reported to have no anxiety. The mean anxiety score decreased to 11.97. Among respondents previously categorized as having moderate anxiety, improvements included calmer facial expressions, greater relaxation during interviews, absence of hand tremors during anxiety assessments, and reduced muscle pain in the legs. Among respondents previously categorized as having mild anxiety, sleep initiation difficulties resolved, sleep quality improved, fatigue upon waking decreased, muscle pain was reduced, numbness and tingling sensations diminished, and chest discomfort gradually improved.

The reduction of 6.53 points demonstrates that Five-Finger Hypnosis Therapy is an effective non-

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The effect of five-finger hypnosis therapy on anxiety levels among patients with type 2 diabetes mellitus

pharmacological intervention for reducing anxiety among patients with Type 2 Diabetes Mellitus. Five-Finger Hypnosis Therapy significantly affects anxiety levels. Previous studies found that before therapy, the average anxiety score was 26.05, with a minimum score of 24 and a maximum score of 29. After therapy, the average anxiety score decreased to 19.94, with a minimum score of 14 and a maximum score of 23. These findings indicate that Five-Finger Hypnosis Therapy can be used as an effective alternative treatment for reducing anxiety in patients with Type 2 Diabetes Mellitus (Olajide, 2023).

Based on the bivariate analysis of anxiety levels before and after Five-Finger Hypnosis Therapy among patients with Type 2 Diabetes Mellitus, the statistical test yielded a p-value of 0.000 ($p < 0.05$), indicating a significant difference between anxiety levels before and after the intervention. Five-Finger Hypnosis Therapy is a relaxation technique that utilizes the power of the mind. The therapy begins with a relaxation process by asking respondents to close their eyes and breathe deeply and slowly to induce physical relaxation. Clients are then encouraged to relax and clear their minds, temporarily setting aside troubling thoughts so they can focus on positive mental imagery and enjoyable experiences (Saswati, Sutinah, & Dasuki, 2020).

Five-Finger Hypnosis Therapy influences anxiety reduction by triggering a relaxation response that activates the parasympathetic nervous system, resulting in decreased secretion of cortisol and epinephrine. The reduction of these stress hormones not only alleviates anxiety psychologically but may also indirectly help stabilize blood glucose levels because cortisol acts as an insulin antagonist. During the therapy process, respondents are guided into a state of relaxation and rest by imagining four pleasant situations. This relaxation phase is expected to suppress and reduce the secretion of adrenaline, glucagon, and corticosteroids. Respondents are also encouraged to clear their minds and focus on positive and enjoyable imagery. This therapy is highly practical because it does not require special equipment, can be performed independently at home, and generally has a high adherence rate due to its simplicity. As anxiety decreases, patients develop more adaptive coping

mechanisms, ultimately improving their quality of life in managing chronic diseases. These findings support the literature suggesting that self-hypnosis techniques or Five-Finger Hypnosis Therapy can redirect patients' attention away from pain and concerns related to chronic illness toward a state of relaxation. This is particularly relevant for patients with Type 2 Diabetes Mellitus, who often experience psychological distress associated with long-term dietary management and treatment (Romadhon, Apriliyani, & Rahmawati, 2024).

Furthermore, Five-Finger Hypnosis Therapy offers additional benefits, including promoting inner peace, reducing anxiety, worry, and restlessness, relieving tension, lowering blood pressure, decreasing heart rate, and improving sleep quality (Suara & Yolanda, 2025).

Five-Finger Hypnosis Therapy reduces anxiety by working on the subconscious mind through alpha and beta brain waves (Febrianti, 2024). The subconscious mind functions as a storage system for emotions, memories, and perceptions. It does not selectively reject information that is implanted within it. In a study involving two patients with Type 2 Diabetes Mellitus, Five-Finger Hypnosis Therapy was administered twice for 10 minutes with a one-week interval. Pre-intervention anxiety levels in both Ny.E and Ny.R were categorized as moderate anxiety (Bachrani & Susilowati, 2024). After receiving the intervention, Ny.E achieved an anxiety score of 20 (mild anxiety), while Ny.R achieved a score of 16 (mild anxiety). Another study reported that after two sessions of Five-Finger Hypnosis Therapy administered one week apart, one respondent's anxiety level decreased from moderate anxiety to no anxiety, while the second respondent's anxiety level decreased from moderate anxiety to mild anxiety (Nadila & Pratiwi, 2021). Similarly, a study administering Five-Finger Hypnosis Therapy for three consecutive days, 15 minutes per day, reported a reduction in average anxiety scores from 22.3 to 20.3 in the first participant and from 20.6 to 19.3 in the second participant (Rodianah & Aisah, 2023).

CONCLUSION

The use of five-finger hypnosis therapy has been shown to significantly reduce anxiety levels in patients with type 2 diabetes. Healthcare

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The effect of five-finger hypnosis therapy on anxiety levels among patients with type 2 diabetes mellitus

professionals, particularly nurses, are encouraged to teach this technique to patients as part of their self-managed stress management education.

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