



## 5 Finger Hypnotic Intervention Can Reduce The Stress Of Nurses Professional Students That Will Take The Exam

### Intervensi Hipnotis 5 Jari Mampu Menurunkan Stres Mahasiswa Profesi Ners Yang Akan Mengikuti Ujian

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<b>Article History:</b> Received: 20- 05-2022 Revised: 24- 06 - 2022 Accepted: 29-06-2022 Published: 30-6-2022	<p><b>Abstract</b></p> <p>The average of Indonesian Nurse Competency Examination (UKNI) graduation at one of the private universities in Pekanbaru city is still around 80-95%, while UKNI graduation is a graduation requirement for professional student education. Students expressed anxiety in facing UKNI coupled with the experience of many seniors who participated in UKNI more than 2 times (re-takers). The purpose of this community service activity was to overcome the anxiety of professional nurse students in preparation for facing UKNI. This community service activity uses a consultation and counseling approach to the Nurse's students, totaling 32 people. The intervention carried out was 5-finger hypnosis and psychological consultation with UKNI for 5 working days. Anxiety score assessment using the DASS instrument. The results of this activity obtained a decrease in the anxiety level of nursing profession students by 13.06. This shows that the 5-finger relaxation intervention can be used as an alternative to overcome the anxiety of nursing profession students facing UKNI. It is hoped that nursing education institutions will be able to make 5 finger hypnosis intervention as a form of consultation to overcome the anxiety of nursing professional students facing UKNI.</p> <p><b>Keywords:</b> 5-finger relaxation, students, Nurse, Competency exam</p> <p><b>Abstrak</b></p> <p>Rerata kelulusan UKNI di salah satu perguruan tinggi swasta kota Pekanbaru masih sekitar 80-95%, sementara kelulusan UKNI merupakan syarat kelulusan Pendidikan mahasiswa profesi. Mahasiswa menyatakan cemas menghadapi UKNI ditambah dengan pengalaman kakak senior banyak yang mengikuti UKNI lebih dari 2 kali (re-taker). Tujuan dari kegiatan pengabdian masyarakat ini adalah untuk mengatasi kecemasan mahasiswa profesi ners dalam persiapan menghadapi UKNI. Kegiatan pengabdian kepada masyarakat ini menggunakan pendekatan konsultasi dan penyuluhan guna pada mahasiswa Ners yang berjumlah 32 orang yang. Intervensi yang dilakukan adalah hypnosis 5 jari dan konsultasi psikologis menghadapi UKNI selama 5 hari kerja. Penilaian skor kecemasan menggunakan instrument DASS. Hasil kegiatan ini diperoleh penurunan skor tingkat kecemasan mahasiswa profesi ners sebesar 13,06. Hal ini menunjukkan bahwa intervensi hypnosis 5 jari dapat digunakan sebagai alternatif mengatasi kecemasan mahasiswa profesi ners menghadapi UKNI. Diharapkan kepada institusi Pendidikan ners untuk dapat menjadikan intervensi hypnosis 5 jari sebagai salah satu bentuk konsultasi mengatasi kecemasan mahasiswa profesi ners menghadapi UKNI.</p> <p><b>Kata kunci:</b> Hipnosis 5 jari, Mahasiswa, Ners, Ujian Kompetensi</p>
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## INTRODUCTION

The Indonesian Nurses Competency Examination (UKNI) is carried out after students complete all stages of nursing professional education (Project HPEQ Preparation Team, 2013). National UKNI graduation data has not yet reached 100%. The average number of nurse participants who have not passed UKNI in 2018 is 11,000 people (RISTEKDIKTI, 2015).

UKNI graduation is a must for nursing professional students to complete studies (exit-exam) and a mandatory requirement for obtaining a Registration Certificate (STR) so that they can enter as health workers in the health service setting. Apart from being an exit-exam requirement, the competency test pass rate is also included in the institutional accreditation assessment.

Every institution expects the best accreditation score, therefore institutions should seek strategies to overcome the low rate of passing competency exams. Identifying problems and obstacles for UKNI participants is one of the first steps in the strategy. Barriers to UKNI participants include experiencing confusion, anxiety, inadequate knowledge of UKNI procedures, stagnation in answering questions, the brightness of computer screens, and computers that often have errors (Kholifah & Kusumawati (2016). In addition to technical problems during competency exams, other problems that arise are psychological problems, namely, UKNI re-taker participants experience stress, and heart palpitations (Sari & Putri, 2019).

This shows that psychological problems also need to be considered by every educational institution for participants who will face UKNI. There are many options for managing psychological problems in nursing, one of them is 5 finger hypnosis. Five-finger hypnosis is a nursing intervention to reduce anxiety by helping the client hypnotize himself by imagining pleasant events in his life (Keliat et al, 2011).

The team of proposers carried out this community service activity by focusing on psychological preparation chologically reduces anxiety in facing UKNI by giving 5-finger hypnosis therapy. This is because based on a survey through interviews with 15 nursing students for the 2021-2022 academic year at one of the private universities in Pekanbaru city, it was found that a total of 14 people expressed anxiety about their UKNI graduation in 2022. Students said that since the *exit exam* for graduate nurses, the uncertainty of UKNI graduation is a long-term stressor for students.

## METHODS

The method of implementing the activity is by conducting socialization/presentation (assistance on UKNI), then a survey to assess the anxiety level of nursing professional students using the Depression Anxiety Stress Scales (DASS 42) before (pre) giving the 5-finger hypnosis intervention. After obtaining the anxiety value, then psychological consultation on anxiety is carried out. At the end of the session, and anxiety level assessment survey (post) was conducted. The participants of this activity are professional nursing students, totaling 32 people at one of the private universities in Pekanbaru city.

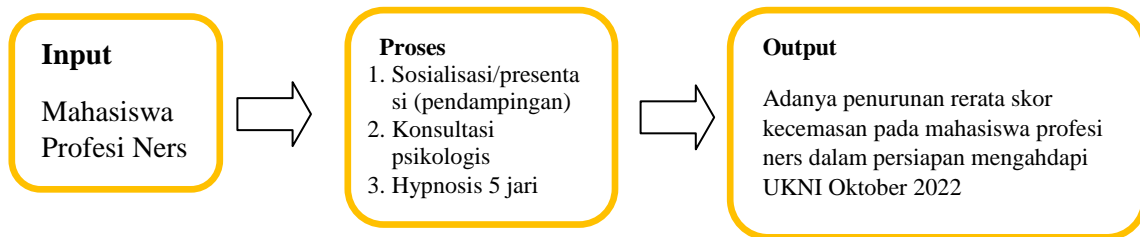


Figure 1. Efforts to reduce the anxiety of nursing professional students facing UKNI

## RESULTS AND DISCUSSION

### 1.1 Results

Based on the results of the activities that have been carried out in the community service program, the following results were obtained:

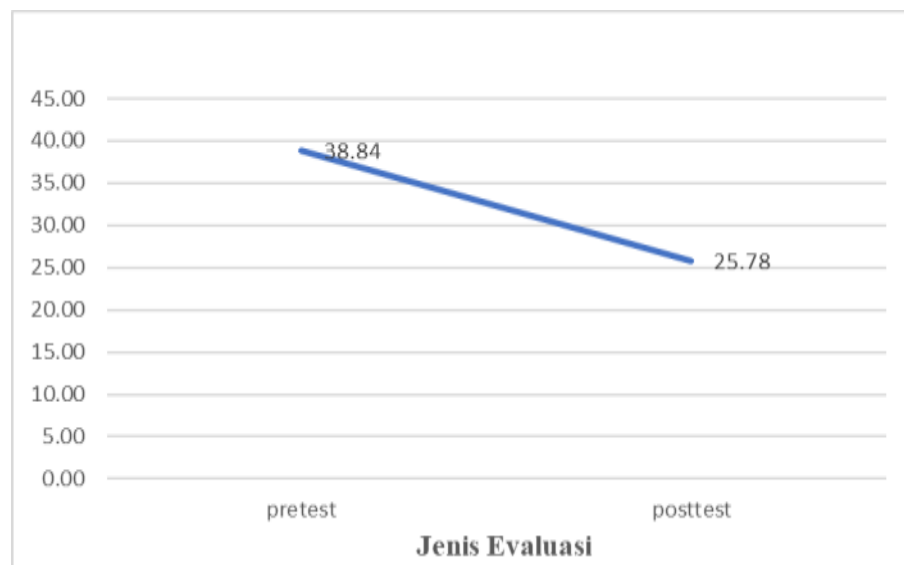
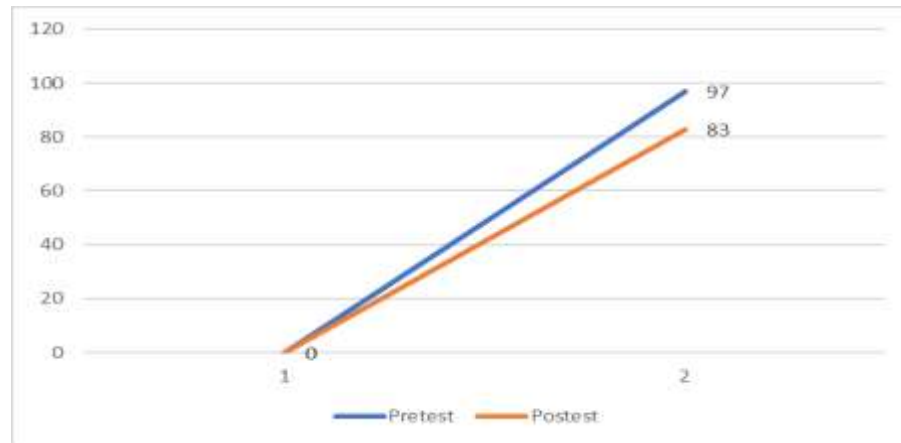


Figure 2

The average score of Pre-test and Post-test Anxiety scores of nursing professional students facing UKNI



**Figure 3**  
**Minimum and Maximum scores of nursing profession students' anxiety scores facing UKNI**

Based on the survey results above, it was found that there was a decrease in the average anxiety score of nursing professional students facing UKNI from 38.84 in the pretest to 25.78 in the posttest. Likewise with the minimum and maximum values, namely the values of 0 (minimum) and 97 (maximum) on the pretest and 0 (minimum) and 83 (maximum) on the posttest.





**Figure 4.**  
**5 finger hypnosis consultation activities for nursing professional students**

## 1.2 Discussion

Anxiety (anxiety) is a feeling of anxiety as if something bad will happen and feeling uncomfortable as if there is a threat accompanied by physical symptoms such as heart palpitations, cold sweats, and shaking hands (Keliat et al, 2011). Students such as students experience many events that might cause anxiety, such as facing the UKNI exam.

The results of the study (Sari & Putri, 2019) regarding *The Experiences of test crackers in taking the Indonesian Nursing Competency Examination (INCE)* showed that the psychological response of the crackers in participating in the UKNI (low self-esteem, lack of confidence, stress response, shock, heart palpitations) pounding). Based on the explanation above, it can be concluded that UKNI is one of the stressors that have an impact on the anxiety level of nurse students, so counseling and psychological therapy need to be done to reduce anxiety in UKNI nurses.

One solution that can be done is to provide guidance/counseling and psychological therapy for UKNI participants in preparation for UKNI. The psychological therapy given is five-finger hypnosis. Five-finger hypnosis is a non-pharmacological therapy with psychotherapy that aims to reduce anxiety. (Keliat et al, 2011) Five-finger hypnosis is a treatment given in a relaxed state, focusing the mind on images or memories created while touching five fingers in sequence by imagining memories.

The benefits of five-finger hypnosis are to increase enthusiasm, create peace of mind and reduce calm. (Keliat et al., 2011)

The results of Hastuti & Arumsari (2015) research state that there is a strong influence of anxiety before five-finger hypnosis therapy and after five-finger hypnosis therapy ( $p < 0.05$ ). The results of this study are consistent with showing that there is a significant influence between anxiety experienced by STIKes Muhammadiyah Palembang students before and after being given 5-finger hypnosis therapy (Dekawaty, 2021).





## CONCLUSION

The 5 finger hypnosis intervention was able to reduce the anxiety of nursing profession students in preparing for UKNI. In the future, it is better if every nurse education institution uses 5 finger hypnosis therapy as an effort to reduce the anxiety of nursing profession students facing UKNI so as to increase UKNI graduation.

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