

THERAPY HYPNOSIS TOWARDS REDUCING STRESS OF ER NURSES DURING THE COVID-19 PANDEMIC THROUGH LITERATURE REVIEW STUDY

Syaiful Fajri ¹ Doni Wibowo ², Ary Nugraha ³, Tanwiriah ⁴

^{1,2,3,4} Cahaya Bangsa University, Banjar, 70122 Indonesia

ABSTRACT

The COVID-19 pandemic or Coronavirus Disease is still a concern in Indonesia and even throughout the world. COVID-19 first appeared in Wuhan, China in 2019 caused by a new strain of coronavirus, Novel Coronavirus 2019 or Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2). The COVID-19 pandemic has become a threat to public health in the world, including Indonesia. Nurses as the front line provide an important role in handling COVID-19. Positive patient data is increasing day by day. The increasing demands of nurses' duties can cause stress. There are many ways to deal with stress, including five finger therapy hypnosis and music relaxation. The purpose of this study was to determine therapeutic hypnosis on reducing nurse stress in emergency department services during the COVID-19 pandemic. This research method uses a literature study or literature review method with sources obtained from journals. Based on a literature review analysis of 11 journals, it showed that there was a significant effect on reducing the level of work stress of emergency room nurses, after being given hypnosis therapy, either five-finger hypnosis therapy or distraction with music therapy hypnosis, and a combination of the two therapies. Because therapeutic hypnosis has a relaxing effect so that it can reduce tension, reduce stress, improve mood, attention and concentration, it can even relieve anxiety and reduce nurse work stress during the COVID-19 pandemic.

Keywords: Hypnosis Therapy, Stress, Covid-19

INTRODUCTION

Corona virus is an abbreviation of the name of the severe acute respiratory syndrome coronavirus 2. The name of this virus was later shortened to SARS-CoV-2. SARS-CoV-2 attacks the respiratory system. The disease caused by SARS-CoV-2 referred to as COVID-19 can cause severe infection of the lungs, up to death. In December 2019, an infection caused by the COVID-19 virus was discovered in the city of Wuhan, China. It didn't take long for COVID-19 to spread around the world.

The Corona Virus Disease (COVID-19) pandemic has become a multidimensional disaster that has occurred in various countries including Indonesia (Aufar & Raharjo, 2020). The COVID-19 pandemic does not only have an impact on health and the economy but also in the social interactions of people's lives which require an adaptation process to prevent virus transmission such as social distancing or physical distancing, work from home, studying from home for students and social restrictions. large scale (PSBB) (Masitoh, 2020).

According to the World Health Organization (WHO) worldwide, the number of COVID-19 cases per day in June 2021 reached 179,107,034 with 3,880,875 deaths and 5,315,532 new cases (14 days). Meanwhile, according to the World Health Organization (WHO), the total number of cases in Indonesia is 2,018,113 with 55,291 deaths and new

cases (14 days) increasing by 148,788. (WHO, June 2021).

There has been a division of clinical phases of the disease course, to facilitate therapeutic application and evaluate response to treatment. A classification system was obtained which consists of 3 classifications of clinical manifestations, namely that the COVID-19 disease has 3 levels of severity according to different clinical findings, response to therapy and clinical outcomes. Mild clinical manifestations (early infection). For most people, this involves an incubation period associated with mild and often non-specific symptoms such as asymptomatic, malaise, anosmia, hyperthermia. Moderate clinical manifestations with symptoms of myalgia, anorexia, fever and dry cough, shortness of breath, diarrhea, nausea and vomiting (Wibowo, 2021). Severe clinical manifestations (systemic inflammation). Some COVID-19 patients will switch to the third classification and are the most severe of all stages manifesting as extra-pulmonary systemic hyperinflammatory syndrome. In this classification, markers of systemic inflammation appear elevated. Systemic organ involvement may even occur during this classification. Therapy was adjusted in classification III. Overall, the prognosis and recovery from this critical stage of the disease is poor (Grace, 2020), (Negara, 2021).

The COVID-19 pandemic has become a threat to public health in the world, including

Indonesia. Positive patient data is increasing day by day. Nurses as the front line provide an important role in handling COVID-19. However, working cannot be separated from the challenges faced, such as the risk of contracting infections due to direct contact with positive COVID-19 patients, limited standardized PPE, dishonest patients in providing information related to their health conditions during screening, causing anxiety for nurses (Putri, 2020).

Professional and competent emergency room nurses who are given the duties and responsibilities in carrying out direct nursing care services to all patients who are handed over to their carers. The increasing demands of nurses' duties can cause stress. Work stress experienced by nurses will affect performance which in turn will have an impact on patient health services where it can increase work stress. Work stress is the body's response that is not specific to the demands of the load that is obtained which has an impact on the disruption of the function of the body's organs and a person's psyche so that they cannot carry out their job functions properly (Hawari, 2011), (Astuti, 2021).

Job stress is influenced by several factors, including factors from the work itself and factors from outside the organization. Factors from within the work itself include work intrinsic factors (poor working conditions, work overload, time stress, physical danger), role in the organization (ambiguous role, role conflict, organizational conflict), career development (over or under promotion, job security), ambition), work relations (poor working relations between workers and leaders, subordinates and colleagues, (difficulty delegating responsibilities), poor organizational structure (lack of participation in decision-making, funding, politics, weak consultation). comes from outside of work, including family problems, life crises, financial difficulties, etc. Both of these factors can cause stress. Differences in anxiety levels, neurotic levels, tolerance for ambiguity, and personality types are indicators of different causes of stress (Ekawarna, 2018), (Nugraha, 2021).

many ways to deal with stress, including five finger therapy hypnosis and music relaxation. According to Erina (2020) the level of work stress of nurses before being given music therapy was 61.3% and after being given music therapy was 96.8%, this shows that there are differences in the level of work stress of nurses before and after being given classical music therapy (pretest and post test).), music therapy is effective in reducing nurses' work stress. According to Simanjuntak (2021) five- finger hypnosis affects the system of 56 patients, five-finger hypnosis affects the release of hormones that can trigger stress. Someone who does five finger hypnosis will experience relaxation so that it affects

the body system and creates a sense of comfort and a feeling of calm. With the decrease in public stress, it is hoped that the health status of the community will improve and the quality of life of the community during the COVID-19 pandemic will also improve. This method has been widely used in reducing stress, anxiety and other psychosocial problems. Based on the case above, there is a need for innovation in stress management, it is necessary to conduct a literature study on therapeutic hypnosis on reducing stress in emergency room nurses during the COVID-19 pandemic through a literature review study.

RESEARCH METHODS

This research is a study using a literature study or literature review method with sources obtained from journals with the aim of getting an overview regarding what other people have researched before. The literature study method is a series of activities related to the method of collecting library data, reading and taking notes, and managing writing materials (Nursalam, 2016).

RESULTS AND DISCUSSION

The COVID-19 pandemic has become a health threat to people in the world, even in Indonesia. Nurses as the front line provide an important role in handling COVID-19. However, in carrying out their duties and work, they cannot be separated from the challenges faced by nurses, such as the number of patients who come to the hospital due to the increasing number of COVID-19 cases. The number of patients being treated in hospitals is a challenge for medical personnel, because the number of medical personnel is not appropriate, the demands of the workload, and the risk of exposure to the COVID-19 virus are factors that cause work stress. Job stress is a non-specific response to the demands obtained so that it has an impact on a person's physical, mental and psychological conditions. The stress you feel will impact on one's performance therefore stress should be avoided.

Stress according to the World Health Organization (WHO) is defined as the body's reaction or response to psychosocial stressors (mental stresses/life burdens). Stress is also defined as pressure, tension, unpleasant disturbances that come from outside a person (Jenita . JT. Dutso, 2017). Stress is classified into mild stress, moderate stress, and severe stress. While the factors that cause stress (stressors) include: environmental factors, economic uncertainty, organizational factors, individual factors, task demands and even work demands.

The impacts include aggressiveness, frustration, nervousness, weak thinking power, inability to make decisions, not concentration. Stress

can be overcome by exercise, venting, muscle relaxation, mental relaxation (recreation), can also be done with hypnosis therapy including five finger hypnosis therapy and music therapy that can help deal with stress.

Hypnosis is a technique of deactivating the conscious mind and directly entering the subconscious mind by giving certain suggestions. Self-hypnosis therapy is a meaningful way of reacting to stress so that the effect is neutral and the response that appears is a relaxed response. This is a quick and easy way to produce relaxation if we are aware of its benefits and by using the right brain that is receptive. Self hypnosis is the most radical form of relaxation first aid that can be used to gain mental control over stress. Hypnosis therapy is able to reduce or reduce stress levels, anxiety, create feelings of calm, comfort and help the body to be more relaxed.

Distraction technique is a diversion from the focus of attention on pain to another stimulus, a pleasant stimulus from the outside can also stimulate the secretion of endorphins, so that the painful stimulus felt by the client is reduced. Distraction is divided into various types, namely: visual distraction, audio distraction, breathing distraction, intellectual distraction, and guided imagination. Sound therapy is listening to improve ear and brain health. By stimulating the auditory pathways and the brain, improving hearing and auditory processes, reducing tinnitus, stress, fatigue and insomnia. Music provides a pleasant sensory stimulation that causes the release of endorphins. Music is a harmonic air vibration, the nerves in the ear catch it, transmitted to the central nervous system in the brain, giving rise to a certain impression on a person.

In this literature study, researchers compared five- finger hypnosis therapy with audio distraction techniques, namely music therapy, to reduce nurses' stress levels during the COVID-19 pandemic. Researchers analyzed 11 journals, namely 5 journals on music therapy, 5 journals on five-finger hypnosis therapy and 1 journal of combination of music therapy with five-finger hypnosis therapy.

This is evidenced from the research of Erina et al (2020) entitled "the effectiveness of music therapy on reducing the work stress of nurses in the Outpatient Installation of the Harapan General Hospital of Ibu Purbalingga during the COVID-19 pandemic". music was mostly in the category of moderate work stress levels of 61.3%, and after being given music therapy the nurses' work stress levels were mostly in the mild stress category of 96.8%. With a p value of 0.000 which means that there is a reduction in work stress levels before and after being given music therapy, music therapy is effective in reducing nurses' work stress. According

to another study, Sulistyorini (2021) "music therapy in reducing adolescent anxiety during the covid-19 pandemic", the results obtained were that the intervention group got a decrease in anxiety after being given music therapy with a p value of 0.000, while the control group also experienced a decrease in anxiety after being given music therapy. with a p-value of 0.000.

Based on Yuniartika's research (2019) with the title "reducing anxiety in schizophrenic patients in mental hospitals using music therapy", the results of the study in the anxiety intervention group before the intervention were in the category of mild anxiety with an average value of 18.05. After being given music therapy there was a decrease in anxiety with an average value of 10.32 in the non-anxiety category with a difference of decrease of 7.73 and p value of 0.001, while in the control group p value of 0.162, which means that the provision of music therapy was effective in reducing anxiety significantly.

According to Sholiha (2021) "the effect of music intervention on the anxiety of mothers from early childhood during the COVID-19 pandemic", it was found that t count was greater than t table ($22.135 > 1.677$) with a significance level of 0.005. This means that music intervention has a significant effect on reducing anxiety in mothers of early childhood during the COVID-19 pandemic. Music intervention can be an alternative solution to reduce anxiety in mothers of early childhood during the COVID-19 pandemic.

From Filippo's research (2020) entitled "Receptive Music Therapy To Reduce Stress and Improve Wellbeing In Italian Clinical Staff Involved In Covid19 Pandemic", shows results involving 34 CS (clinical staff) (22 women and 12 men) 14 doctors and 20 nurses. It was found that the variation of CS emotional status before and after listening to insert an adjusted ceretiny playlist resulted in a significant variation in the emotional status of MT (the effect of music therapy). Paired sample t-test results in particular there is a significant decrease in the intensity of sadness ($t=4.614$, $DF=11$, $p \text{ value} = 0.001$), fear ($t=7.707$, $DF=11$, $p \text{ value} = 0.000$), and worry ($t= 2,956$, $DF=11$, $p \text{ value} = 0.013$). After tuning the mean playlist there was a significant effect between receptive music to reduce stress and improve staff well-being (CS).

Apart from music therapy, as for hypnosis, other therapies such as five-finger hypnosis, from Pardede's research (2021) "anxiety levels decreased after being given five-finger hypnosis therapy in preoperative patients", showing results based on the age group of the majority of respondents in the age range of 36-50 years. , The gender of the respondents is the majority of men, the education level of the

majority is high school, the majority of the occupations are self-employed, the majority are married. That the majority of preoperative anxiety patients were moderate amounted to 24 respondents (88.9 %) and the anxiety of preoperative patients after being given five finger therapy hypnosis was mild majority of respondents (59.3%) with p value = 0.000 which means that there is a significant effect of five-finger hypnosis therapy on preoperative patient anxiety. These results indicate that five finger hypnosis therapy can reduce respondents' anxiety.

According to Hastuti (2015) entitled "The effect of five finger hypnosis therapy to reduce anxiety in students who are writing a thesis at Stikes Muhammadiyah Klaten" Respondents were 18 people, before the measurement was carried out the results were anxious as many as 18 people (100%) and after receiving treatment they became 15 people (83.3%) experienced mild anxiety and 3 people (16.7%) experienced moderate anxiety. The results of statistical tests obtained p value = 0.000 which means that there is a strong influence of behavior before and after five- finger therapy. Suhadi (2020) entitled "The effect of five-finger hypnosis on the anxiety level of preoperative patients in the surgical treatment room of the Pakuhaji General Hospital", which shows the results. Based on univariate analysis of 142 people, the majority of preoperative patients who had not been given five-finger hypnosis therapy experienced severe anxiety as many as 58 people (40.8%) and in preoperative patients who had been given five-finger hypnosis therapy the majority experienced mild anxiety as many as 58 people (40.8%). Based on the results of the Wilcoxon test, it is known that the p value is 0.000, which means that there is a difference in anxiety between the pretest and posttest groups. Preoperative patients who experienced anxiety after being given five- finger hypnosis therapy experienced a decrease in anxiety levels.

Based on Marbun (2019) entitled "The effectiveness of five finger hypnosis therapy on the anxiety of pre partum mothers at the Chelsea Husada clinic, Tanjung Beringin, Serdang Bedagai Regency", it was found that the analysis and statistics were used to determine the difference in the level of anxiety of pre partum mothers before and after being given hypnosis five finger, using the Wilcoxon test with a p value of 0.001 meaning that there is the effectiveness of five-finger hypnosis on the level of anxiety in pre partum mothers. And from Komang's (2021) research "The Effect Guide Imagery (Five Fingers Hypnosis) Toward Decreasing Of Anxiety To The Quarantine Isolation Patient In Covid-19", shows the results of a sample of 52 respondents measuring instruments with the HARS (Hamilton Anxiety Behavioral Scale) study This study found

that there was a difference in the average level of anxiety before and after being given five finger hypnosis therapy. The average level of anxiety before being given the intervention was 2.38 , down to 1.79 after being given the intervention. With a p value = 0.000, which means that there is an effect on providing five finger hypnosis therapy guide images to reduce anxiety in participants undergoing quarantine during the COVID-19 period.

Hypnosis analysis of music therapy and five-finger therapy is supported by Ariani's research which performs combination therapy, namely, according to Ariana (2020) "five finger hypnosis a combination of pop music instruments reduces the anxiety of productive women during the COVID-19 pandemic", showing the results that the average age of the 20 respondents in this study were 44,5 years old , the activities carried out other than housewives were as herbal medicine sellers, so they were included in the productive group. After the five finger hypnosis intervention showed a decrease in anxiety. The bivariate results show that the p value is 0.005, which means that five- finger hypnosis with a combination of pop music instruments is effective for reducing anxiety in productive women during the COVID19 pandemic. The use of five finger hypnosis techniques and pop music instruments provides a relaxing effect on the respondents so that it can be concluded that there is a significant or effective difference in reducing anxiety in productive women.

Based on the results of the review analysis of the 11 journals above, the researcher is of the opinion that the research method carried out is appropriate by using the quasi-experimental method with pretest-posttest with control group, because with this method it can be seen that there are interventions before and after hypnosis therapy, both five-finger hypnosis therapy and five-finger hypnosis. music therapy, this means that both therapies have an influence and change on patients who experience stress. However, there are several journals that have not analyzed the level of stress based on the factors that occur, because stress can be caused by several factors such as organizational factors (task guidance, role guidance, interpersonal guidance, organizational structure, level of rules and regulations), environmental factors (economic uncertainty), and individual factors (work experience, social support, control room, personality) as well as factors originating outside of work, including family problems, life crises, financial difficulties, and others. Both of these factors can cause stress. These stress-causing factors need to be done because to find out the indicators of stressors because everyone will experience different levels of anxiety, stress, different personalities. Of the several journals above, there are several that have

not conducted a stress analysis based on symptoms. Symptoms of stress are divided into three, namely: mild stress, moderate stress, and severe stress. Stress symptoms need to be analyzed in research to determine the appropriate therapeutic method to be used in order to help reduce the stress experienced by the patient.

According to researchers, the COVID-19 pandemic, which spreads very quickly and the increasing number of cases of the COVID-19 pandemic in the world, especially in Indonesia, makes all roles, namely the government, medical personnel, the community make various efforts to be able to reduce the spread of COVID-19, especially the role of medical personnel, especially nurses. as the front line in providing an important role for handling COVID-19 cases. Nurses are one of the medical personnel who provide services for the recovery of patients. Nurses are required to provide services based on knowledge, competencies developed according to patient needs. When nurses carry out their duties in the field, they cannot be separated from the challenges and risks they face, such as the risk of exposure to the COVID-19 virus because nurses are in direct contact with patients who are positive for COVID-19, limited standardized PPE, and dishonest patients in providing information about health conditions. being experienced, at the time the nurse performed the screening. The number of patients exposed to COVID-19 adds to the duties of nurses in the field. With the increase in the workload and responsibilities of nurses, this causes stressors on nurses which can affect the quality of work of nurses (patient health services) and make the workload higher, thus creating work stress for nurses. These stressors can be reduced by giving therapeutic hypnosis such as music therapy or five finger hypnosis therapy. Hypnosis therapy is an influential therapy to help reduce anxiety and fear, reduce the level of stress that a person is experiencing, create a feeling of calm and comfort and help the body to be more relaxed, where this therapy is mostly done on patients who are facing surgery, on patients who are in quarantine. COVID-19, to students who are doing their thesis.

One form of self hypnosis is five finger therapy which can cause a high relaxation effect by focusing the mind on the images or memories created while touching the five fingers in sequence by imagining memories, so that it will reduce tension and stress from one's mind. Five- finger hypnosis therapy affects a person's limbic system so that it affects the release of hormones that can trigger stress. Nurses who experience stress at work can do self hypnosis, namely five finger hypnosis because this therapy can be done within 10 minutes. This

therapy can be done before work so that it will reduce stress or tension and cause feelings of calm for nurses when doing work in the Hospital Emergency Room, and can be done after carrying out tasks in the Hospital Emergency Room so that it can create positive feelings, and overcome feelings of fear of being exposed to the virus. COVID-19 to family or other people because nurses are in direct contact with patients who are positive for COVID-19. This is reinforced by the research "The Effect Guide Imagery (Five Fingers Hypnosis) Toward Decreasing Of Anxiety To The Quarantine Isolation Patient In Covid-19", which shows the results of a sample of 52 respondents measuring instruments with HARS (Hamilton Anxiety Behavioral Scale) in this study. found that there was a difference in the average level of anxiety before and after being given five finger hypnosis therapy.

So the analysis of the literature review above shows that there is an influence on patients who experience stress after being given hypnosis therapy, both music therapy hypnosis and five finger therapy hypnosis, and a combination of the two therapies. From the two therapies analyzed, the researcher suggests that five- finger hypnosis therapy is more effective and efficient to do on work stress or burn out, especially nurses who experience work stress. Because five finger hypnosis therapy can be done alone easily with an allocation of about 10 minutes, and can be done while resting or after carrying out tasks in the field to help reduce stress at work.

CONCLUSION

Based on the results of the literature review that has been carried out, it can be concluded that therapeutic hypnosis, in this case the five- finger therapeutic hypnosis, has an influence or is very influential on reducing stress for emergency room nurses during the COVID-19 pandemic. With the treatment of five- finger hypnosis therapy and distraction with music therapy on the work stress of ER nurses gave a significant effect. Because therapeutic hypnosis has a relaxing effect so that it can reduce tension, reduce stress, improve mood, attention and concentration, it can even relieve anxiety and reduce nurse work stress during the COVID-19 pandemic.

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