

HIPNOSIS LIMA JARI DALAM PEMENUHAN KEBUTUHAN RASA NYAMAN (PENURUNAN KECEMASAN) LANSIA KANKER DI RUANG DAHLIA 1 RSUP DR. SARDJITO

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ABSTRAK

Latar Belakang: Lansia mengalami proses penuaan yang menyebabkan penurunan fungsi tubuh dan meningkatkan risiko berbagai penyakit, salah satunya kanker. Kanker merupakan masalah kesehatan serius yang tidak hanya menimbulkan gangguan fisik, tetapi juga gangguan psikologis berupa kecemasan. Kecemasan yang tidak teratasi dapat menurunkan rasa nyaman dan kualitas hidup lansia, sehingga diperlukan intervensi nonfarmakologis yang aman dan mudah diterapkan, salah satunya hipnosis lima jari.

Tujuan: Mendapatkan pengalaman nyata melalui penerapan hipnosis lima jari dalam pemenuhan kebutuhan rasa nyaman (penurunan kecemasan) lansia kanker di ruang Dahlia 1 RSUP Dr. Sardjito.

Metode : Penelitian ini menggunakan metode deskriptif kualitatif dengan desain studi kasus melalui pendekatan asuhan keperawatan pada dua pasien lansia dengan kanker yang mengalami kecemasan. Tingkat kecemasan diukur menggunakan *Hamilton Anxiety Rating Scale* (HARS). Intervensi berbasis *Evidence-Based Nursing* berupa hipnosis lima jari diberikan satu kali sehari selama tiga hari berturut-turut dengan durasi 15 menit pada pagi hari. Data dikumpulkan melalui wawancara, observasi, pemeriksaan fisik dan studi dokumentasi.

Hasil: Kedua pasien mengalami penurunan tingkat kecemasan berdasarkan skor HARS. Pada Ny. M, skor HARS menurun dari 27 (cemas sedang) menjadi 10 (tidak ada cemas), sedangkan pada Ny. A menurun dari 23 (cemas sedang) menjadi 7 (tidak ada cemas). Selain itu, kedua pasien tampak lebih tenang, rileks, nyaman, tidak tampak sedih, gelisah, cemas berkurang dan mengalami perbaikan pola tidur. Hasil evaluasi menunjukkan bahwa penerapan hipnosis lima jari dapat membantu menurunkan tingkat kecemasan lansia dengan kanker.

Kesimpulan: Masalah ansietas dapat teratasi dengan terapi hipnosis lima jari, sehingga hasil yang diharapkan dapat mempengaruhi kecemasan pada lansia dengan kanker.

Kata Kunci : Hipnosis lima jari, Kecemasan, Kenyamanan, Lansia, Kanker

FIVE-FINGER HYPNOSIS IN MEETING THE NEED FOR COMFORT (ANXIETY REDUCTION) AMONG ELDERLY CANCER PATIENTS IN DAHLIA 1 ROOM RSUP DR. SARDJITO

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ABSTRACT

Background: The elderly experience an aging process that causes decreased bodily function and increases the risk of various diseases, one of which is cancer. Cancer is a serious health problem that causes not only physical impairment but also psychological distress in the form of anxiety. Untreated anxiety can reduce the sense of well-being and quality of life in the elderly, necessitating safe and easy-to-implement non-pharmacological interventions, one of which is five-finger hypnosis.

Objective: Gaining real-world experience through the application of the five-finger hypnosis technique to address the need for comfort (reduction of anxiety) among elderly cancer patients in Room Dahlia 1 RSUP Dr. Sardjito.

Methods: This study used a qualitative descriptive method with a case study design through a nursing care approach in two elderly cancer patients experiencing anxiety. Anxiety levels were measured using the Hamilton Anxiety Rating Scale (HARS). An Evidence-Based Nursing intervention in the form of five-finger hypnosis was given once a day for three consecutive days with a duration of 15 minutes in the morning. Data were collected through interviews, observations, physical examinations, and documentation studies.

Results: Both patients experienced a decrease in anxiety levels according to the HARS scores. For Mrs. M, the HARS score dropped from 27 (moderate anxiety) to 10 (no anxiety), while for Mrs. A it went down from 23 (moderate anxiety) to 7 (no anxiety). In addition, both patients appeared calmer, more relaxed, comfortable, didn't seem sad, were less restless, less anxious, and had improved sleep patterns. The evaluation results showed that the five-finger hypnosis technique can help reduce anxiety levels in elderly cancer patients.

Conclusion: Anxiety problems can be overcome with five-finger hypnosis therapy, so that the expected results can influence anxiety in the elderly with cancer.

Keywords : Five-finger hypnosis, Anxiety, Comfort, Elderly, Cancer