

## The Influence of Five-Finger Hypnosis on Anxieties before Circumcision In School Ages (7-8 Years) In The Khitan Clinic Outpation Al-Islam Hospital Bandung 2018

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**Abstract:** Circumcision action causes several responses that occur in children, one of which is anxiety. The level of anxiety is one thing that cannot be measured with certainty but can be observed from the manifestation of behavior that appears in children. Anxiety is divided from mild, moderate, severe, and panic anxiety. This study aims to determine the effect of five-finger hypnosis on pre-circumcision anxiety in school-aged children (7 - 8 years) in the clinic poly circumcision hospital. Al-Islam Bandung. The design of this study uses pre-experimental design with one group without control pretest and posttest. The number of samples is 14 respondents. Sampling techniques by non-probability sampling. Data analysis was carried out in two stages, namely univariate and bivariate (t-dependent test). The results of the pretest mean value 3.14, the posttest result is mean 1.00, the results of the t-dependent test obtained Pvalue = 0.001 which shows that there is a five-finger hypnosis effect on pre-circumcision anxiety in school-aged children (7-8 years) Poli Clinic Khitan Hospital. Al-Islam Bandung 2018. It is recommended that hospitals can develop nursing practices based on complementary therapies, especially five-finger hypnosis.

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### I. Introduction

The Sustainable Development Goals (SDGs) is a document that will be a reference in the framework of development and negotiations of countries in the world SDGs is a continuation program of the Millennium Development Goals (MDGs) which ended in 2015 (Suryamin, 2014). Objectives on SDGs concerning health, namely ensuring a healthy life and encouraging welfare for all people of all ages, ensuring the welfare and management of water and sanitation for all people on an ongoing basis (Haryadi, 2016). According to the World Health Organization (WHO) the age of children consists of infancy (ages 0-1 years), toddlers (ages 1-3 years), preschool age (ages 3-6 years), school age (ages 6-12 years), and adolescents (ages 12-18 years) (WHO, 2009). School age is a period of continuation of childhood and preschool children. This period occurs from 6 to 12 years of age characterized by physical development, motor development, psychosocial development, psychosexual development, cognitive development, and moral development (Muscarì, 2005). Boys who are undergoing reproductive development are required to perform circumcision (circumcision). Circumcision is the act of removing part or all of the penis prepuce with a specific purpose. This action is the most minor minor surgical procedure done in the world, either done by doctors, paramedics, or by a circumcision shaman. Benefits are to facilitate cleansing the penis and keep the penis clean, prevent infection, prevent malignant tumors in the penis, and prevent phimosis and paraphimosis (Syamsir, 2014). The process of circumcision action causes several reactions including anxiety in children and parents. Anxiety reaction is very physiological which is related to the nervous system that controls various muscles and glands of the body so that heart reactions arise, rapid breathing, excessive sweating, increased blood pressure so that it can affect the healing process of circumcision (Regar, 2014). Based on interviews conducted on 5 parents of patients who performed circumcision on March 13, 2018 said that they could not bear to see their children during circumcision because this was the first experience, so sometimes parents rarely accompany when the process of action is performed circumcision, this makes the child become anxious, and afraid when in action. Based on the above phenomenon researchers are interested in conducting research on the effect of five-finger hypnosis on reducing anxiety before circumcision in school-age children in the poly clinic circumcision Al-Islam Hospital in Bandung.

## II. Material And Methods

The data was undertaken on the 9 June -25 June 2018 to be implemented in poly clinic khitan hospital .Al-islambandung, where population as many as 73 respondents at school age children ( 7-8 years)

**Study Design:** without control group

**Study Location:** Carried out in poly clinic khitan hospital .Al-islambandung.

**Study Duration:** 9 June to 25 June 2018

**Sample size:** 14 patients.

**Sample size calculation:** Calculation large sample in this research used calculation sample at least based on the research quasi experiment to anticipate respondents who can not resolve research, then the researcher added estimates sample be drop out in anticipation ten percent, so that the number of sample to 14 sample

**Method:** Study population in extract to research on school age children ( 7-8 years before sirkumsisi in poly clinic khitan al-islambandung, one in which this research without any the control group

**Inclusion criteria:**

- 1 ) school age children ( 7- 8 years )
- 2) son will be conducted sirkumsisi
- 3 ) the child is cooperative
- 4 ) of the willing to if the used as respondents

**Exclusion criteria:**

1. the child with the disorder special needs
2. a son with the disorder panca the senses and ekstermitas over

**Procedure methodology**

Beginning with the licensing stage after that the researcher conducted a socialization at the head of the poly clinic circumcision to conduct research the researcher contacted the parents of the child who would do circumcision on behalf of the Al-Islam Hospital in Bandung, the researcher introduced himself and asked for the parents' willingness to come at least 1 hours before the execution of circumcision. After the child and parents come to the hospital the researchers immediately bring the child and parents to a special shelter located opposite the circumcision room to make informed consent while approaching the child for the sake of their mutual trust. Before the study begins, the researcher first gives an explanation to parents about the purpose, the benefits of five-finger hypnosis for children before circumcision is performed. After that the researchers measured anxiety by using the Faces Anxiety Scale (FAS) as a pre test. After that the researchers performed five-finger hypnosis according to SOP which was intervened 3 times for ± 40 minutes, every time the intervention was done 10 minutes and given a pause of 5 minutes after that the researchers made a posttest observation to determine the final score using Anxiety Faces Scale (FAS). After that the researchers accompanied the child into the circumcision ward, where the distance between the special room and the circumcision ward was very close. After completing the data collection, the researcher would like to thank parents, children and the hospital.

**Statistical analysis**

Data was analyzed using SPSS 13 version Test t dependent ( data normal ) called data berdistribusi normal if the p value 0.05. Parametrik test. To research this criteria testing was conducted using the levels of trust 95 %

## III. Result

- A. rerata a score there is trouble and anxiety prior to the a hypnotic five toes on children of school age ( 7 -8 years ) that is to be performed sirkumsisi in poly clinic khitanrs garbage generated by bandung residents al-islam

**Table 4.1** there is trouble and anxiety of a boy before sirkumsisi carried out a hypnotic a five finger , ( n = 14 )

Variable	Mean	SD	Min-Max	CL 95%
Anxiety Score	3,14	0,770	2 - 4	2,70 - 3,59

Based on table 4.1 shows that the results of the analysis the average the decline in anxiety children before it was given hypnosis five toes on school age children ( 7 to 8 years ) at poly clinic khitan hospital .Al-islambandung is still experienced anxiety heavily ( a score 3 ) in get its mean value 3.14 with standard

deviations 0,770 where boundaries at least 2 and the maximum 4 .The levels of trust 95 % believed to be the average a score anxiety before it was given intervention is 2,70 up to 3,59

B. rerata score anxiety after done hypnosis five digits on school age children (7-8 years) to be performed sirkumsisikhitan al-islam poly clinic hospital in bandung .

The table was a hypnotic 4.2 anxiety after five digits ( n = ) 14

Variable	Mean	SD	Min-Max	CL 95%
Anxiety Score	1,00	0,679	0 - 2	0,16 – 1,39

Based on table 4.2 shows that the results of the analysis on post-test intervention obtained an average value of decreased anxiety after five-finger hypnosis was carried out in school-aged children (7 - 8 years) in the clinic poly circumcision hospital Al-Islam Bandung is an anxious anxiety (score 1), the mean value is 1.00 with a standard deviation of 0.679, where the minimum limit is 0 and the maximum value is 2. The confidence level of 95% is believed to be an average anxiety score after intervention is 0.61 to 1, 39.

**Differences in scores before and after five-finger hypnosis were performed on school-aged children (7 - 8 years) who would be performed circumcision in the clinic poly circumcision Al-Islam Hospital in Bandung.**

Variable	Measurement	Mean	Score difference	SD	P value
Anxiety Score	Pretest	3,14	2,14	0,770	0,001
	Posttest	1,00		0,679	

Based on table 4.3 shows that there are the difference of the results statistical tests before and after given intervention, seen in its mean value prior to hypnosis five 3.14 and its mean value after conducted hypnosis five toes decreased to 1.00 with uji-t dependent a decline in anxiety before and after done hypnosis five toes that is in the score 2,14. Obtained value pvalue = 0,001 with the provisions of alpha 5 % so can be concluded that in is the anxiety of a boy before and after done intervention.Which means there is the significant diference hypnosis five finger to a decrease in anxiety before sirkumsisi in school age children ( 7 to 8 years ) at poly clinic khitanhospital.Al-islambandung.

**IV. Discussion**

Based on the results of the study before five-finger hypnosis was conducted in school-aged children (7 - 8 years) Circumcision found that more than half of the respondents were prone to severe anxiety with the mean results (3.14) conducted on 14 respondents. At the time of pretest using Faces Anxiety Scale researchers saw the child's response varied from crying, excessive sweating, looking restless, tense, and refusing to take action on the grounds that pain would be felt after circumcision. ) After the researchers conducted the Posttest using the Faces Anxient Scale, there was a change in the respondent, facial expressions seemed calmer, the child looked more relaxed and the child received circumcision without any rejection. children are afraid of doing circumcision because they hear frightening stories that need one way to provide comfort and reduce the level of anxiety of children, namely by relaxation techniques. Relaxation technique is a form of therapy in the form of giving instructions to someone in the form of systematically arranged movements to relax the mind and body members such as the muscles and restore the condition from a tense state of relaxed, normal and controlled, starting from hand movements.

**V. Conclusion**

Based on the results of the study and discussion of the effect of five-finger hypnosis on reducing pre-circumcision anxiety in school-age children in the clinic poly circumcision hospital. Al-Islam Bandung 2018, can be concluded as follows:

1. Average anxiety before five-finger hypnosis is carried out in school-aged children (7-8 years old) who will perform circumcision in the clinic of Khitan Al-Islam Bandung Hospital, which is 3.14.

2. The average anxiety after five-finger hypnosis is performed at school-age children (7-8 years) who will be performed circumcision in the clinic of Khitan Al-Islam Bandung Hospital, which is 1.00.
3. There is the effect of five-finger hypnosis on reducing pre-circumcision anxiety in school-aged children (7-8 years) in the clinic poly circumcision hospital. Al-Islam Bandung with the results of statistical tests obtained  $p$ value = 0.001.

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