



The effect of giving the five-finger hypnosis technique on reducing pain intensity in Gastroesophageal Reflux Disease (GERD) patients at the health center Adi Luhur Mesuji

Ardinata^{1*)}, Feri Agustriani², Andi Susanto³, Rice hernanda⁴, Nirwana⁵, Hamid Mukhlis

^{1,2,3,4,5} Universitas Aisyah Pringsewu

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ABSTRACT

Pain problems that are often experienced by patients when visiting health facilities are gastroesophageal reflux disease (GERD). The impact of untreated GERD causes sleep quality, stress, anxiety, and the emergence of feelings of fear, and will have an impact on prolonged pain. Non-pharmacological management of GERD can be done with 5 finger hypnosis. The purpose of this study was to determine the effect of giving the five-finger hypnosis technique on reducing pain intensity in gastroesophageal reflux disease (GERD) patients at health center Adi Luhur Mesuji year 2022. This type of research is quantitative using a pre-experimental research design with a one grup pretest and posttest design. This research was conducted at the Adiluhur Health Center on 8 December 2021 to 10 January 2022. The sample in this study was 30 GERD patients. The sampling technique used in this study was accidental sampling. Analysis of the data used using the mann whitney test. The results of the analysis showed that there was an effect of giving the five finger hypnosis technique on reducing pain intensity in gastroesophageal reflux disease (GERD) patients, with a p-value of 0.042 (<0.05). It is hoped that the results of this study will increase knowledge about the effect of giving five-finger hypnosis techniques on reducing the intensity of GERD pain and then increasing non-pharmacological treatment while pain can be overcome.

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*) corresponding author

Ardinata, S.Kep., Ners., M.Kep

Universitas Aisyah Pringsewu
Jl. A. Yani 1A Tambahrejo, Kecamatan
Gadingrejo Kabupaten Pringsewu, Lampung
– Indonesia 35372

Email: ardinata013@gmail.com

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ABSTRAK

Masalah nyeri yang banyak dialami oleh pasien ketika berkunjung ke fasilitas Kesehatan adalah gastroesophageal refluks disease (GERD). Dampak dari GERD yang tidak ditangani menyebabkan kualitas tidur, stres, ansietas, dan timbulnya perasaan takut, dan nyeri yang berkepanjangan. Penanganan GERD secara non-farmkologis dapat dilakukan dengan hypnosis 5 jari. Tujuan dari penelitian untuk mengetahui pengaruh pemberian tehnik hipnosis lima jari pada penurunan intensitas nyeri pada pasien gastroesophageal refluks disease (GERD) Puskesmas Adi Luhur Kabupaten Mesuji tahun 2022. Jenis penelitian ini adalah kuantitatif dengan menggunakan design penelitian pre eksperimental design pendekatan penelitian one grup pretest and posttest design. Penelitian ini telah dilakukan di Puskesmas Adiluhur pada tanggal 8 Desember 2021 sampai dengan 10 Januari 2022. Sampel dalam penelitian ini sebanyak 30 pasien GERD. Pengambilan sampel menggunakan acidental sampling. Analisa data menggunakan uji mann whitney. Hasil analisis menunjukkan terdapat pengaruh pemberian tehnik hipnosis lima jari pada penurunan intensitas nyeri pada pasien gastroesophageal refluks disease (GERD) didapat p-value 0,042 (<0,05). Diharapkan hasil penelitian ini menambah pengetahuan tentang pengaruh pemberian tehnik hipnosis lima jari pada penurunan

intensitas nyeri GERD kemudian meningkatkan pengobatan non farmakologi selagi nyeri dapat diatasi

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INTRODUCTION

Pain in many individuals is driven from several diseases with recurrence. One of the diseases that can recur is gastroesophageal reflux disease (GERD). GERD occurs because gastric juice with its various contents refluxes into the esophagus. This disease occurs due to the lower esophageal sphincter which is between the esophagus and stomach not functioning properly (Patala, et al. 2021).

Gastroesophageal reflux disease (GERD) is a pathological condition resulting from reflux of stomach contents into the esophagus with various symptoms arising from involvement of the esophagus, larynx, and airways. GERD can be divided into erosive and non-erosive types. Some of the risk factors for gastroesophageal reflux include: obesity, age over 40 years, women, race (India is more common with GERD), hiatal hernia, pregnancy, smoking, diabetes, asthma, family history of GERD, higher economic status, and scleroderma. In some people, food can trigger gastroesophageal reflux, such as onions, tomato sauce, mint, carbonated drinks, chocolate, caffeine, spicy foods, fatty foods, alcohol, or eating portions that are too large (Tarigan and Pratomo, 2019).

GERD symptoms are often accompanied by symptoms similar to dyspepsia. The symptoms in question are nausea, vomiting, early satiety, bloating, and belching, where these symptoms add to the patient's discomfort (Radjamin, et al. 2019). GERD can be caused by lifestyles such as smoking, consuming alcohol, obesity, eating too much, coffee, stress, and lying down after eating spicy food (Patala, et al. 2021).

The impact of GERD that is not treated immediately is decreased sleep quality, stress, anxiety, and feelings of fear, and interferes with patient mobility. In addition, if pain is not treated immediately, it will have an impact on prolonged pain (Fitrianiingrum et al, 2018). According to research conducted by Halim and Khayati (2020), pain felt by patients can result in feelings of excessive anxiety and will affect the patient's own health condition.

The frequency of GERD symptoms that most frequently occurred in the subjects of this study were nausea, pain in the upper abdomen, regurgitation, and heartburn successively. In terms of severity with severe symptoms, the most common symptom that occurs is nausea. It is appropriate that the most common GERD symptom is upper abdominal pain which is more common than heartburn (Radjimin, et al. 2019).

Pain management to control pain in patients with GERD which is carried out in a multi-disciplinary manner is very necessary considering that pain management is an indicator of the quality of hospital institutional services (Syamsiah and Muslihat, 2015). GERD pain management can be done both pharmacologically and non-pharmacologically. Pharmacological therapy can reduce pain, but not for a long time and the intensity must be consumed regularly until the condition improves. While non-pharmacological therapy is a therapy that does not use drugs, namely by using deep breathing relaxation techniques, music therapy, guided imagery, giving aromatherapy and 5 finger hypnosis therapy. 5 finger hypnosis is a technique of diverting one's thoughts

by touching the fingers while imagining pleasant or liked things (Fitrianiingrum, et al. 2018).

the impact of GERD results in sleep quality, stress, anxiety, and the emergence of feelings of fear, and interferes with patient mobility and prolonged pain, so immediate management must be carried out. Management with non-pharmacology can be done with 5 finger hypnosis because it is safe to use to reduce the burden and is used effectively. Five-finger hypnotic therapy has proven to be appropriate for treating hysteria and used as an anesthetic and is safe to use to reduce burden and is effective in use. In the nursing area five finger hypnosis is used to treat pain, anxiety, surgery and sleep disturbances. Five finger hypnosis aims for self-programming, eliminates anxiety by involving the parasympathetic nerves and will reduce the increase in heart work, breathing, blood pressure (Winengsi and Jumaiyah, 2019).

This 5 finger hypnosis can overcome pain with the working system of pain impulses being inhibited by defense mechanisms along the central nervous system. Pain impulses are transmitted when a defense is opened and impulses are inhibited when a defense is closed. Efforts to close these defenses are the basis of the theory of pain relief. This closing mechanism can be seen when a patient is in pain. 5 finger hypnosis uses the technique of diverting one's thoughts by touching the fingers while imagining pleasant things (Fitrianiingrum et al, 2018).

The effectiveness of 5 finger hypnosis is proven by the results of Muslihat and Syamsiah's research (2015), from 15 respondents in the intervention group that the average pretest score of the respondents before the relaxation and analgesic therapy intervention was 8.53, and the posttest average score after the intervention was 1.00. This means that there is a decrease with a difference of 7.53. Statistically, there is a difference in the effect of the pain scale after being given relaxation and analgesic therapy compared to analgesic therapy alone.

METHODOLOGY

This type of research is quantitative, namely methods to test certain theories by examining the influence between variables. These variables are usually measured by research instruments so that data consisting of numbers can be analyzed based on statistical procedures (Notoatmodjo, 2018).

This research was carried out at the Adi Luhur Health Center in Mesuji Regency. The implementation time is December 8, 2021 to January 10, 2022. This study uses a pre-experimental research design, namely a research design that does not fulfill the experimental design seriously because there are still external variables that influence the formation of the dependent variable (Sugiyono, 2016)

Bivariate analysis is used to prove the hypothesis, the statistical test used is the Mann Whitney test. The

requirements for the Mann Whitney test are categorical measurement results in the experimental group and consist of 2 groups (pretest and posttest). The results of the analysis using the Mann-Whitney statistical test obtained a p-value of 0.042 (<0.05) this shows that there is an effect of giving the five finger hypnosis technique on reducing pain intensity in patients with gastroesophageal reflux disease (GERD).

RESULTS AND DISCUSSION

Table 1
Gastroesophageal reflux disease (GERD) pain intensity before administering the five-finger hypnosis technique at the Adi Luhur Health Center, Mesuji Regency in 2022

GERD Pain Intensity	N	%
Mild (1-3)	0	0.00
Moderate (4-6)	22	73.3
Severe (7-10)	8	26.7
Total	30	100.0

The results obtained from 30 respondents obtained 22 (73.3%) with moderate gastroesophageal reflux disease

Table 3
The effect of giving the five-finger hypnosis technique on reducing pain intensity in gastroesophageal reflux disease (GERD) patients at the Adi Luhur Health Center, Mesuji Regency in 2022

GERD Pain Intensity Before Hypnosis	GERD Pain Intensity After Hypnosis								P-value
	Mild		Moderate		Severe		Total		
	N	%	N	%	N	%	N	%	
Mild	0	0.00	0	0.00	0	0.00	0	0.00	0.042
Moderate	13	59.1	9	40.9	0	0.00	22	100.0	
Severe	1	12.5	6	75.0	1	12.5	8	100.0	
Total	14	46.7	15	50.0	1	3.3	30	100.0	

The results of this study are supported by a theory which states that the symptoms in question are nausea, vomiting, early satiety, bloating, and belching, where these symptoms add to the patient's discomfort (Radjamin, et al. 2019).

The impact of GERD that is not treated immediately is decreased sleep quality, stress, anxiety, and feelings of fear, and interferes with patient mobility. In addition, if pain is not treated immediately, it will have an impact on prolonged pain (Fitrianingrum et al, 2018).

The theory of the frequency of GERD symptoms most often occurs in the subjects of this study, namely nausea, pain in the upper abdomen, regurgitation, and heartburn successively. In terms of severity with severe symptoms, the most common symptom that occurs is nausea. It is appropriate that the most common GERD symptom is upper abdominal pain which is more common than heartburn (Radjimin, et al. 2019).

This is supported by the theory that pain management to control pain in patients with GERD which is carried out in a multi-disciplinary manner is very necessary considering that pain management is an indicator of the quality of hospital institutional services (Syamsiah and Muslihat, 2015). GERD pain management can be done both pharmacologically and non-pharmacologically. Pharmacological therapy can reduce pain, but not for a long time and the intensity must be consumed routinely until the condition improves (Fitrianingrum, et al. 2018).

According to the assumptions of pain researchers, each person is different, this can be supported by their own pain

(GERD) pain intensity (4-6) and 8 (26.7%) with severe gastroesophageal reflux disease (GERD) pain intensity (7-10). It can be concluded that most of the respondents with moderate gastroesophageal reflux disease (GERD) pain intensity.

Table 2
Gastroesophageal reflux disease (GERD) pain intensity after administration of the five-finger hypnosis technique at the Adi Luhur Health Center, Mesuji Regency in 2022

GERD Pain Intensity	N	%
Mild (1-3)	14	46.7
Moderate (4-6)	15	50.0
Severe (7-10)	1	3.3
Total	30	100.0

The results obtained from 30 respondents obtained 14 (46.7%) with mild gastroesophageal reflux disease (GERD) pain intensity (1-3), 15 (50%) with moderate gastroesophageal reflux disease (GERD) pain intensity (4-6) and 1 (3.3%) with severe gastroesophageal reflux disease (GERD) pain intensity (7-10). It can be concluded that most of the respondents with moderate gastroesophageal reflux disease (GERD) pain intensity.

symptoms or by the respondent's resilience to pain responses. Comparison with the results of the study by Muslihat and Syamsiah (2015), of the 15 respondents in the intervention group, the pretest average score of the respondents before the relaxation and analgesic therapy intervention was 8.53, and the posttest average score after the intervention was 1.00. This means that there is a decrease with a difference of 7.53.

The conclusion in this study, the results of the study before being given the five-finger hypnosis treatment found 22 (73.3%) with moderate gastroesophageal reflux disease (GERD) pain intensity (4-6). to a health facility so that the intensity of the pain has not increased to a severe level. Even though the pain is moderate, the respondent does not want if the pain continues so that the initial treatment is carried out with treatment, then the facts in the field when there are patients with GERD pain are given treatment and observation of pain before being allowed to go home.

LIMITATION OF THE STUDY

Limitations in this study, the sample was not homogeneous in terms of age, the unavailability of a study site when the interview was conducted. Not only is the

intervention in the form of five finger hypnosis, it is even better in combination with other therapies.

CONCLUSIONS AND SUGGESTIONS

Gastroesophageal reflux disease (GERD) pain intensity before administration of the five finger hypnosis technique from 30 respondents obtained 22 (73.3%) with moderate gastroesophageal reflux disease (GERD) pain intensity (4-6) and 8 (26.7%) with moderate intensity gastroesophageal reflux disease (GERD) severe gastroesophageal reflux disease (GERD) pain (7-10).

Gastroesophageal reflux disease (GERD) pain intensity after administration of the five finger hypnosis technique from 30 respondents obtained 14 (46.7%) with mild gastroesophageal reflux disease (GERD) pain intensity (1-3), 15 (50%) with gastroesophageal pain intensity moderate reflux disease (GERD) (4-6) and 1 (3.3%) with severe gastroesophageal reflux disease (GERD) pain intensity (7-10). There is an effect of giving the five finger hypnosis technique on reducing pain intensity in patients with gastroesophageal reflux disease (GERD) obtained a p-value of 0.042 (<0.05).

Respondents can reduce the intensity of pain, especially GERD by implementing five finger hypnosis. Increase knowledge about the effect of giving the five finger hypnosis technique on reducing GERD pain intensity and then increasing non-pharmacological treatment while pain can be managed.

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