

EFFECTIVENESS OF HYPNOTHERAPY IN REDUCING ANXIETY IN ADOLESCENTS

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ABSTRACT

Anxiety in adolescents is a common mental health problem in society related to anxiety due to physical and emotional development, academic demands, and social pressure. Anxiety if not treated properly can affect social relationships, academic performance, and mental disorders such as chronic anxiety, and depression. Hypnotherapy has been considered one of the alternative methods to deal with anxiety in teenagers. The purpose of this study was to identify the effectiveness of hypnotherapy in lowering the risk of anxiety in adolescents. This study uses the literature review literature study method by collecting data from research articles in 2019-2022 related to the topic of hypnotherapy interventions to reduce anxiety that has been published in electronic media such as ProQuest, Pubmed, Science Direct, CINAHL with adolescent research subjects. The data analysis technique used is a descriptive qualitative method. Results: The number of Randomized controlled trials (RCTs) obtained 9 articles that met the criteria with the results showing that hypnotherapy can be effective in lowering adolescent anxiety. Hypnotherapy has been shown to be effective in lowering the risk of anxiety in adolescents, but more research is needed to compare the effectiveness of hypnotherapy with other interventions in lowering the risk of anxiety in adolescents.

Keywords : anxiety, adolescence, hypnotherapy, effectiveness

ABSTRAK

Kecemasan pada remaja merupakan masalah kesehatan jiwa yang umum terjadi di masyarakat terkait dengan kecemasan akibat perkembangan fisik dan emosional, tuntutan akademik, dan tekanan sosial. Kecemasan jika tidak ditangani dengan baik dapat memengaruhi hubungan sosial, prestasi akademik, dan gangguan mental seperti kecemasan kronis, dan depresi. Hipnoterapi telah dianggap sebagai salah satu metode alternatif untuk mengatasi kecemasan pada remaja. Tujuan dari penelitian ini adalah untuk mengidentifikasi efektivitas hipnoterapi dalam menurunkan risiko kecemasan pada remaja. Penelitian ini menggunakan metode literature review literature study dengan mengumpulkan data dari artikel penelitian tahun 2019-2022 terkait dengan topik intervensi hipnoterapi untuk mengurangi kecemasan yang telah dipublikasikan di media elektronik seperti ProQuest, Pubmed, Science Direct, CINAHL dengan subjek penelitian remaja. . Teknik analisis data yang digunakan adalah metode deskriptif kualitatif. Hasil: Jumlah Randomized Controlled Trial (RCT) diperoleh 9 artikel yang memenuhi kriteria dengan hasil menunjukkan bahwa hipnoterapi efektif dalam menurunkan kecemasan remaja. Hipnoterapi telah terbukti efektif dalam menurunkan risiko kecemasan pada remaja, namun diperlukan lebih banyak penelitian untuk membandingkan efektivitas hipnoterapi dengan intervensi lain dalam menurunkan risiko kecemasan pada remaja.

Kata kunci : kecemasan, remaja, hipnoterapi, efektifitas

INTRODUCTION

Adolescents often experience significant changes in their lives, such as high academic demands, social pressures, family problems, and rapid physical and emotional development (Marwoko, 2019; Kochanova et al., 2021). This leads to feelings of discomfort, confusion, and uncertainty that can lead to anxiety (Todd B. Kashdan, 2019).

Anxiety is a feeling that arises in response to stress and can affect a person's physical and mental health (Musa et al., 2023). Anxiety in teens can affect many different aspects of their

lives, such as academic performance, social relationships, emotional, and overall mental health. Anxiety that is not treated properly can interfere with concentration, affect performance and trigger more serious mental health problems such as depression and chronic anxiety disorders (Kompaniyets et al., 2021). Adolescent who experience anxiety can also experience physical disorders such as headaches, stomach pains, and insomnia, which can affect their overall quality of life (D'Alessio et al., 2020; Dewi, 2020; Herring et al., 2021). The phenomenon of anxiety in adolescents can continue into adulthood, if not treated appropriately. Therefore, it is important to understand the phenomenon of anxiety in adolescents and provide appropriate support to help them overcome their anxiety.

There are various methods to deal with anxiety, such as psychological therapy, drug therapy, meditation, yoga, and hypnotherapy. However, psychological therapy and medications often require considerable time and cost and have side effects that can be detrimental to physical and mental health. Meanwhile, meditation and yoga require consistency and discipline in practice (Anbar, 2018; Dekawaty, 2021). Hypnotherapy is one alternative method that can help overcome anxiety in teenagers. Hypnotherapy can help teens to understand and cope with feelings and thoughts that cause anxiety, as well as build the ability to control emotions and build self-confidence. Hypnotherapy can also be done at a relatively affordable cost and has no side effects (Santosa et al., 2019).

The phenomenon of hypnotherapy is a phenomenon that is increasingly popular in today's society. Hypnotherapy is a form of alternative therapy that is performed using hypnosis techniques to achieve physical and mental relaxation (Chu et al., 2019; Znidarsic et al., 2021). The hypnotic techniques used in hypnotherapy are designed to alter a person's subconscious mind, to help to overcome various mental and physical health issues. Hypnotherapy has been used to address various problems, such as anxiety, stress, phobias, addictions, and depression, and even to cope with pain. This therapy has been recognized by several world health organizations as a safe and effective alternative method for overcoming health problems (Asmara et al., 2019; Khazraee et al., 2023).

The advantage of hypnotherapy is that it is a relatively non-invasive method and does not require medication. In addition, hypnotherapy can also be done in a short time and is considered a relatively inexpensive method compared to conventional therapy. This therapy can also be done anywhere, either in the clinic or at home. However, as is the case with other alternative therapies, the effectiveness of hypnotherapy is still controversial (Anbar, 2018; Khazraee et al., 2023). Many studies support the use of hypnotherapy in addressing various health problems, but many still doubt its effectiveness and assess that the results may vary depending on the individual undergoing therapy (Taylor & Genkov, 2020). Based on the background of this problem, the writer wants to know more about the effectiveness of hypnotherapy in reducing anxiety in adolescents.

METHOD

This type of research is a literature review. This research is done by looking for previous studies that have been conducted on the effectiveness of hypnotherapy in reducing anxiety in adolescents. The data source comes from secondary data. The data sources used are scientific journals that have been indexed in international databases such as PubMed, PsycINFO, and Google Scholar. Data analysis techniques are carried out by analyzing descriptive and critical (Sugiyono, 2019).

RESULT

Assessment of articles that meet the inclusion criteria set out in Figure 1.

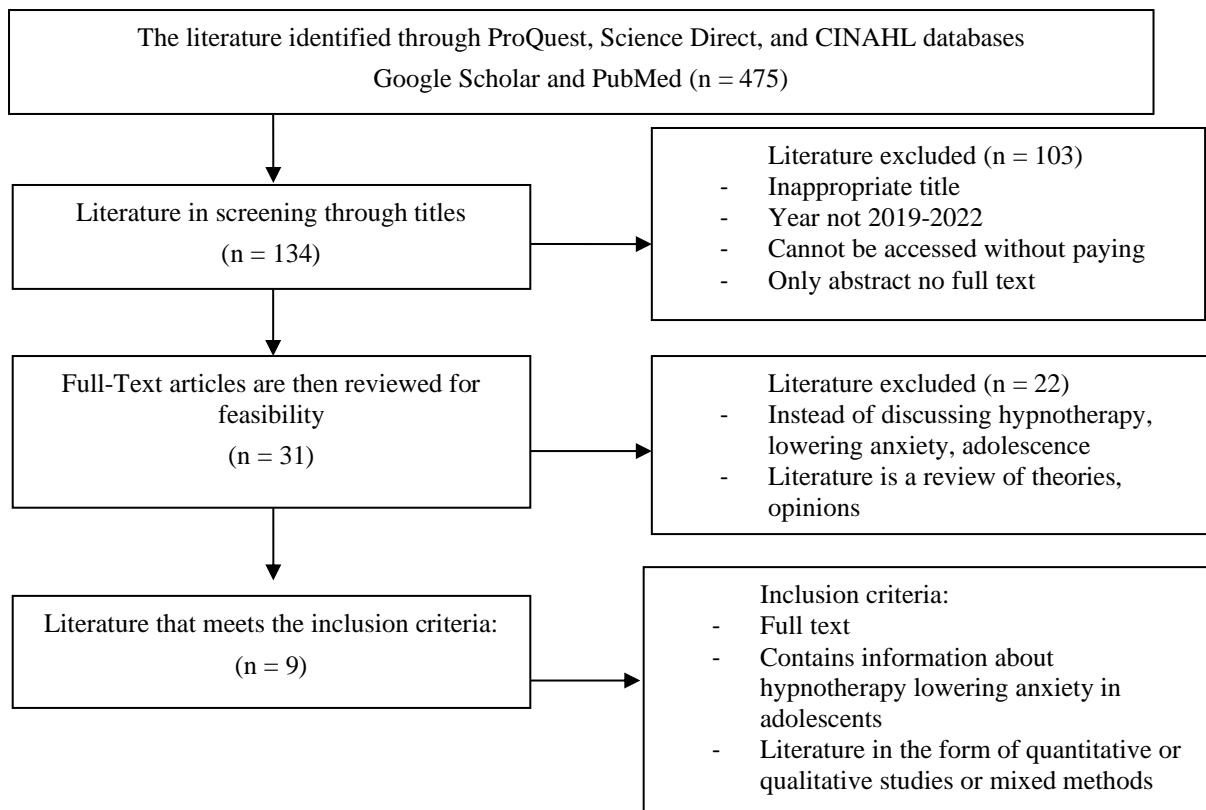


Figure 1. Literature Selection Process Flow Diagram

The results of the synthesis and analysis of 9 journal articles are contained in Table 1 as follows:

Table 1. Results of Journal Analysis and Synthesis

No	Title and Author	Research methods	Result
1.	The effect of hypnotherapy on exam anxiety among nursing students (Hamzah et al., 2022)	The research method uses experimental quantitative with pre and post-control groups	The results showed that the difference in average exam anxiety scores and serum cortisol levels before and after pre and post-hypnotherapy sessions was statistically significant. The study found that hypnotherapy is an effective tool in the management of exam anxiety among nursing students.
2.	Positive effects of medical hypnosis on test anxiety in first year medical students (Hammer et al., 2022)	Quasi-experimental research method with pre-test and post-test	The results of the study stated that medical hypnosis appears to be beneficial and effective in helping students reduce anxiety.
3.	Pengaruh Hipnoterapi untuk menurunkan kecemasan pada remaja korban perundungan (Sari,	One group pretest-posttest	The results of the analysis with Wilcoxon sign rank showed a value of 0.028 ($\rho < 0.05$), meaning that there was a significant difference in the level of anxiety in adolescents before and after hypnotherapy, it

2020)

4.	The effect of hypnotherapy on the hospital anxiety in three children with cancer: A case report	Case report of the intervention group. Anxiety measurement with HADS (Hospital Anxiety and Depression Scale)	can be concluded that hypnotherapy can reduce anxiety in adolescent victims of bullying. The results showed that hypnotherapy had significant and positive effects in the treatment stage, hospital anxiety, and follow-up. Conclusion: Based on the results, it can be stated that hypnotherapy is a promising approach to reducing hospital anxiety in children with cancer.
5.	Islamic hypnotherapy to reduce parent's anxiety towards the future of children with autistic spectrum disorders (Winarsih & Rohmadani, 2020)	The experimental method with pre and post-test one group	Measurement of anxiety using stress scales before and after provided the intervention. The test results were performed using SPSS with Wilcoxon Signed Rank Test $Z = -2.251$ and Asymp. Sig. (2-tailed) = 0.024 ($p < 0.05$), which means that Islamic hypnotherapy can reduce the anxiety faced by parents who have children with autism. Islamic hypnotherapy can reduce stress because it teaches positive advice and releases samples
6.	Efektifitas hipnoterapi terhadap penurunan nyeri dismenoreia pada siswi SMA (Mumpuni et al., 2018)	Pre-experiment, with quasi-experimental design One Group Pre and Post Test Without Control	Univariate analysis showed that the majority of female students aged 16-17 years experienced a decrease in anxiety and dysmenorrhea pain intensity and 100% of respondents experienced a decrease in anxiety and intensity of dysmenorrhea pain after receiving hypnotherapy, bivariate analysis with t-test found that there was a significant effect of hypnotherapy on reducing dysmenorrhea pain intensity and anxiety (p value 0.000)
7.	Studi kasus pengaruh hipnoterapi terhadap penurunan PTSD (Post-Traumatic Stress Disorder) pada remaja perempuan korban kekerasan berpacaran (Ningsih et al., 2021)	Metode Penelitian <i>mixed methods research (MMR)</i> dan merupakan desain <i>pre-eksperimental, one group pretest-posttest design</i>	After being given hypnotherapy intervention, there was a decrease in anxiety and PTSD symptoms from the severe degree category to the mild degree category
8.	Should hypnotherapy be the first line treatment option for school children and adolescents with irritable bowel syndrome? (Vasant et al., 2019)	Quasi-experimental pre-post test method	The results of the assessment with the Hospital Anxiety and Depression Scale (HADS) proved hypnotherapy can reduce anxiety and can control Irritable Bowel Syndrome (IBS) in school children and adolescents
9.	Hypnotherapy for procedural pain, itch, and state anxiety in children with acute burns: a feasibility and acceptability study protocol (Geagea et al.,	An observational mixed-methods feasibility and acceptability study	The results showed the effect of hypnotherapy intervention on reducing anxiety, and burn pain in children and adolescents

Researchers obtained 475 articles identified through five databases contained in research methods searched with the keywords anxiety, adolescence, hypnotherapy, and effectiveness, then screened through the title obtained 134 articles. Research with 103 articles was released after evaluation of titles and abstracts obtained 31 full-text articles assessed for feasibility. Another 22 studies were released after full-text evaluations. This research critically reviewed 9 articles deemed worthy and appropriate for this research on hypnotherapy aimed at reducing anxiety published in peer-reviewed journals between 2019 and 2022.

RESULT

All research results contained in Table 1 show that hypnotherapy is effective in reducing anxiety in adolescents. Adolescents are easily pressured, this is because the experience of adolescents facing life problems is not as much as adults (Fegert et al., 2020; Lehmann et al., 2018). As evidenced by the results of a study of 9 journal articles, adolescents experience anxiety with various situations, including anxiety when facing exams, examinations or medical procedures, experiencing burns, dysmenorrhoea in adolescent girls, victims of bullying, and anxiety about experiencing Irritable Bowel Syndrome (IBS). The study mentioned that anxious situations experienced by adolescents can be overcome with hypnotherapy.

Hypnotherapy or known as hypnosis therapy is therapy by giving suggestions and hypnosis in the therapeutic process without using drugs (non-pharmacology). The hypnotic state means a state in which the body and mind are relaxed and naturally carried out by people every day such as the moments before going to bed and before waking up (semi-awake from sleep). A hypnotherapist helps people by entering the state of someone who is undergoing hypnosis intentionally to make therapeutic, emotional, and behavioral changes (Barata, 2023; Wolf et al., 2022).

There are two main approaches to hypnotherapy intervention. First, hypnotic suggestion evokes changes in each region of the brain (Jensen, et al., 2017). Major electroencephalographic (EEG) findings seem to support an altered view of states of consciousness, validating participants' subjective responses to hypnosis. Second, recording techniques such as biofeedback show that during the hypnotized state, the parasympathetic nervous system is activated. Therefore, breathing slows down, the heart beats more slowly, the muscles of the body relax, and rapid eye movements (REMS). Although the hypnotic state shares some similarities with the sleep state, it is said that this is not a sleep state, since the subject's attention has been concentrated and he is aware of the voices (the therapist's voice) and the suggestions that the therapist gives (Mohaghegh Toosi et al., 2022).

The application of hypnotherapy in adolescents is done by relaxing the thoughts and feelings of adolescents, in this study to help adolescents overcome feelings of anxiety. Anxiety or anxiety is a disorder of natural feelings with marked acceptance of stressful or anxious stimuli such as difficulty sleeping, pale face, and feeling anxious (Asmara et al., 2019; Barata, 2023). Anxiety is also defined as feelings experienced by individuals in reaction to pressure, threats, and worries that have psychological and physical impacts. The impact of anxiety is a decrease in the hormone endorphin or happiness hormone produced naturally by the body. Some studies reveal that endorphins have 200 times the power of morphine. Endorphin

production will increase when the patient is in a calm condition which one way is by hypnotherapy (Geagea et al., 2022; Mahanani et al., 2022; Vasant et al., 2019).

Hypnotherapy techniques carried out on adolescents are carried out by entering the subconscious of adolescents who experience anxiety by giving suggestions. The subconscious mind stores uncomfortable feelings such as fear or anxiety about something, so if you are going to make changes to these feelings must be changed with hypnotherapy. Hypnotherapy in its use uses a strengths-based perspective, which believes that humans have the potential with their subconscious minds to solve problems (Asmara et al., 2019; Ningsih et al., 2021; Wolf et al., 2022).

From several research articles, hypnotherapy techniques consist of seven stages. Pre-induction, which is the stage where the therapist fosters a trusting relationship with the client. This stage of the therapist's efforts to gain the trust of the client begins with providing education or insight into hypnotherapy, then building the client's way of thinking about anxiety about something unwanted to be bolder, more prepared, and more confident when facing something that the client is worried about. The therapist at this stage helps the client have a strong mentality to achieve his goals. Induction, where the therapist brings the client into the subconscious mind. The client is positioned sitting quietly and as comfortably as possible followed by focusing on seeing an object or point until there is a relaxation of the body's muscles then doing imagery relaxation by imagining or visualizing natural objects beautiful scenery and calming the mind such as bird sounds, the sound of waterfalls, meadows, flower gardens, sea or beaches, and mountains. This stage takes 15-20 minutes. Deepening, is a stage of suggestion that deepens the subconscious mind. The therapist at this stage provides deeper suggestions so that the client can enter the subconscious mind further. Depth level test, where the therapist tests the depth of the client's subconscious mind. This stage is to ensure the client has received suggestions to reduce anxiety. This technique is done by the therapist lifting the client's wrist and then slowly dropping it. Suggestion Therapy. The therapist begins to give the client suggestions with positive sentences such as "You are brave, you can, you are calm when you are about to face an exam, you successfully undergo treatment" or according to the purpose of hypnotherapy is done depending on the situation or object that makes the client anxious. Giving suggestions is done repeatedly so that the success rate of hypnotherapy increases. Hypnotherapeutic Technique. At this stage the therapist reinforces the suggestions given such as "the more enthusiastic you are to study for the exam, the more ready to do the exam questions" or according to the purpose of hypnotherapy. Termination, is the closing or final stage to end the hypnotherapy process. The patient is given a concluding sentence such as "after this you wake up feeling refreshed and more excited to face the day" (Azizmohammadi & Azizmohammadi, 2019; Geagea et al., 2022; Hidayat et al., 2022; Pritchard, 2020).

Total hypnotherapy implementation 30-60 minutes. Hypnotherapy is recommended to be done by combining breathing techniques or deep breath relaxation for more optimal results. Breathing techniques can be performed when hypnosis therapy is at the termination stage, these techniques are easy to perform, effective, and simple to control motor tension and anxiety. The sensation of a hypnotic state can provide a feeling of relaxation faster (Pagel, 2021).

The risk of hypnotherapy side effects is also rare. But some studies say that the risk of hypnosis side effects such as dizziness, and confusion can be found in hypnotherapy to change preferred bad habits such as smoking, eating fast food (Chen et al., 2023; Erşan, 2020; Ouyang et al., 2021; Purwanto et al., 2022). Although hypnotherapy is considered a safe non-pharmacological treatment option because it causes only a few side effects, if done incorrectly and without the advice of psychologists or psychiatrists, or other health workers, hypnotherapy can cause dangerous side effects, such as creating false memories (confabulation) (Hamdani et al., 2021).

According to Hammel & Reynolds (2019), Pagel (2021) research said hypnotherapy has the potential to also be a valuable treatment alternative because it has no side effects, but hypnotherapy must be done by a professional therapist and clients must consult first before the hypnotherapy. Therefore, before performing hypnotherapy, it is very important to consult a psychologist or psychiatrist first to ensure the safety and effectiveness of the therapy. Hypnotherapy gets legal protection for every health worker who already has a license and a hypnotherapy certificate. Hypnotherapy in adolescents conducted in 9 articles of this study shows how hypnotherapy works by changing the client's mindset from negative to positive, increasing comfort to provide benefits to reduce anxiety.

CONCLUSION

The results of a systematic evaluation of the research article found that there is relevant evidence for the effectiveness of hypnotherapy interventions used for the treatment of anxiety disorders. Some studies show that hypnotherapy can help teens overcome anxiety associated with health problems, academic stress, and social stress. In clinical practice, hypnotherapy can be used as one of the intervention options to overcome anxiety in adolescents, especially if other interventions have not been effective or unwanted by the patient. The positive implications of hypnotherapy for the clinical practice of hypnotherapy have proven to be cost-effective, fast, and potentially a promising non-pharmacological treatment alternative.

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