

**SEKOLAH TINGGI ILMU KESEHATAN MERCUBAKTIJAYA PADANG**  
**Skripsi, Agustus 2023**

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**Efektifitas Terapi Hipnotis Lima Jari Terhadap Ansietas Pada Lansia Penderita Hipertensi Di Puskesmas Air Dingin Padang**

ix + 71 halaman + 4 tabel + 3 gambar + 11 lampiran

**ABSTRAK**

Angka kejadian hipertensi di Indonesia cukup tinggi. Hipertensi banyak terjadi pada kelompok usia lanjut. Ansietas sering terjadi pada penderita lansia hipertensi. Lansia hipertensi yang ansietas memerlukan penanganan yang baik. Terapi hipnotis lima jari merupakan salah satu bentuk *self hipnotis* yang dapat menimbulkan efek relaksasi yang tinggi, sehingga akan mengurangi ketegangan dan kecemasan. Tujuan penelitian ini adalah untuk mengetahui efektifitas terapi hipnotis lima jari terhadap ansietas pada lansia penderita hipertensi di Puskesmas Air Dingin Padang. Jenis penelitian pra-eksperiment dengan menggunakan pendekatan *One Group Pretest-Posttest design*. Populasi pada penelitian ini adalah seluruh lansia hipertensi yang mengalami ansietas di Puskesmas Air Dingin Padang bulan Juni tahun 2023 berjumlah 103 orang dengan sampel 11 orang. Penelitian ini dilaksanakan pada bulan Desember 2022 – Agustus 2023 dan pengumpulan data tanggal 13 – 19 Agustus 2023 di wilayah kerja Puskesmas Air Dingin Padang. Hasil penelitian menunjukkan rerata ansietas sebelum diberikan terapi hipnotis lima jari adalah 22 dan standar deviasi 4,147. Rerata ansietas sesudah diberikan terapi hipnotis lima jari adalah 12,09 dan standar deviasi 4,147 dan 2,587. Ada pengaruh terapi hipnotis lima jari terhadap ansietas pada lansia penderita hipertensi di Wilayah Kerja Puskesmas Air Dingin Padang. Kesimpulan penelitian terapi hipnotis lima jari terhadap ansietas pada lansia penderita hipertensi. Diharapkan Diharapkan perawat di Puskesmas dapat memberikan edukasi kepada keluarga atau lansia hipertensi dapat menggunakan pemberian terapi hipnotis lima jari dalam menurunkan ansietas lansia hipertensi.

**Kata Kunci : Tekanan Darah, Hipertensi, Hipnoterapi**  
**Daftar Pustaka : 34 (2011 – 2022)**

*MERCUBAKTIJAYA HIGH SCHOOL OF HEALTH SCIENCES PADANG*

*Thesis, Agustus 2023*

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*The Effectiveness of Five Fingers Hypnotic Therapy Against Anxiety in Elderly Hypertension Patients at Air Cold Padang Health Center*

*ix + 71 pages + 4 tables + 3 figures + 11 attachments*

**ABSTRACT**

*The incidence of hypertension in Indonesia is quite high. Hypertension often occurs in the elderly group. Anxiety often occurs in elderly hypertensive sufferers. Hypertensive elderly people with anxiety need good treatment. Five finger hypnosis therapy is a form of self-hypnosis that can have a high relaxation effect, thereby reducing tension and anxiety. The aim of this study was to determine the effectiveness of five finger hypnosis therapy on anxiety in elderly people with hypertension at the Padang Air Cold Health Center. This type of pre-experimental research uses the One Group Pretest-Posttest design approach. The population in this study were all hypertensive elderly who experienced anxiety at the Padang Cold Air Health Center in June 2023 totaling 103 people with a sample of 11 people. This research was carried out in December 2022 - August 2023 and data collection was carried out on 13 - 19 August 2023 in the working area of the Padang Cold Air Health Center. The results of the study showed that the average anxiety before being given five finger hypnosis therapy was 22 and the standard deviation was 4.147. The average anxiety after being given five finger hypnosis therapy was 12.09 and the standard deviation was 4.147 and 2.587. There is an effect of five finger hypnosis therapy on anxiety in elderly people with hypertension in the Padang Air Cold Health Center Working Area. Conclusion of research on five finger hypnosis therapy on anxiety in elderly people with hypertension. It is hoped that nurses at the Community Health Center can provide education to families or elderly people with hypertension who can use five finger hypnosis therapy to reduce the anxiety of elderly people with hypertension.*

*Keywords: Blood Pressure, Hypertension, Hypnotherapy*

*Bibliography : 34 (2011 – 2022)*