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Effectiveness of Self-Hypnosis for Symptom of Anxiety For Student During Covid-19 Pandemic: A Systematic Review

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Effectiveness of Self-Hypnosis for Symptom of Anxiety For Student During Covid-19 Pandemic: A Systematic Review

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Abstract

The pandemic situation can cause psychological disorders globally. The most frequent psychological impact is anxiety. Anxiety in students is caused by factors related to COVID-19, such as student interactions with someone diagnosed with COVID-19. Besides, student anxiety is also caused by online lectures, heavy learning assignments, and insufficient facilities of distance learning. One of the interventions used to reduce anxiety is hypnosis. Self-Hypnosis is a therapy that affects a person's limbic system affecting the release of the hormones that can reduce stress. This study aims to determine the effectiveness of hypnosis to reduce anxiety in students. The research method used was a systematic review of students who experienced anxiety with research selection criteria using databases (Scopus, Science Direct, and Pubmed). The limitation of the journal was in the last 5 years starting from 2017-2021 in the area of Nursing, Psychology, Student, and Psychiatry with the keywords Anxiety, Student, Hypnosis, and COVID-19 Pandemic. The procedure of selecting and extracting data used the PICOT approach. From the result of reviewing 10 journals, it can be concluded that hypnosis can reduce anxiety.

Keywords: Anxiety, Student, Self-Hypnosis, Covid-19 Pandemic

Abstract

Situasi pandemi ini dapat menyebabkan gangguan psikologis secara global. Dampak psikologis yang sering terjadi pada siswa yaitu kecemasan. Kecemasan pada siswa disebabkan karena faktor yang terkait dengan COVID-19, seperti interaksi siswa dengan seseorang yang terdiagnosa covid-19. Selain itu, kecemasan pada siswa juga disebabkan karena kuliah daring, beban tugas pembelajaran yang berat, dan fasilitas pembelajaran jarak jauh yang tidak memadai. Salah satu Intervensi yang digunakan untuk mengurangi kecemasan pada siswa yaitu hypnosis. Self-Hipnosis merupakan terapi yang mempunyai efek mempengaruhi sistem limbik seseorang sehingga mempengaruhi pelepasan hormon yang dapat menurunkan stres. Tujuan penelitian ini untuk mengetahui efektivitas hypnosis untuk mengurangi kecemasan pada siswa. Metode penelitian yang digunakan adalah tinjauan sistematis siswa yang mengalami kecemasan dengan kriteria pemilihan penelitian menggunakan database (Scopus, Science Direct, dan Pubmed), pembatasan jurnal pada 5 tahun terakhir mulai 2017-2021, area jurnal Nursing, Psychology, Student, dan Psichiatri dengan kata kunci Anxiety, Student, Hypnosis, Pandemi Covid-19. Prosedur seleksi dan ekstraksi data menggunakan pendekatan PICOT. Hasil dari 10 jurnal yang dilakukan dan direview, kesimpulannya terapi hypnosis dapat menurunkan kecemasan.

Kata Kunci : Kecemasan, Siswa, Terapi Self-Hypnosis, Pandemi Covid-19

1. Introduction

The pandemic (COVID-19) was first detected in Wuhan (Hubei province, China) in December 2019 then spread around the world (Odriozola-González et al., 2020). The COVID-19 pandemic has become a multidimensional disaster that has occurred in various countries including Indonesia (Aufar & Raharjo, 2020). The first positive case of COVID-19 in Indonesia was detected on March 2, 2020. The pandemic has spread to 34 provinces with DKI Jakarta, West Java, and Central Java as the provinces most exposed to the coronavirus in Indonesia, with a total of 1.2 million positive cases, the first ranked in Southeast Asia (Sari, 2021).

The pandemic situation can cause psychological disorders globally (Al-Alawi et al., 2021). The psychological impact that often occurs in individuals is anxiety. Anxiety is an emotional disorder characterized by feelings of tension, worried thoughts and physical changes. (Drissi et al., 2020). Anxiety is an emotional response to an

assessment that describes a state of worry, anxiety, fear, restlessness accompanied by various physical complaints. This situation can occur in various life situations and illness disorders. In addition, anxiety can cause a bodily reactions that will occur repeatedly such as feeling empty in the stomach, shortness of breath, heart palpitations, sweating a lot, headaches, want to urinate or defecate (Rochmawati et al., 2019).

Anxiety experienced by a person will affect perceptual signals/impulses that travel to the brain through sensory, visual, auditory pathways and reach the thalamus. These impulses then travel to the sensory cortex and continue to the transitional cortex for cognitive control processes. After completing the processing in the cortex, these impulses are projected to the hippocampus to be stored as memory. These impulses are also projected to the amygdala and other involved organs and then expressed to the outside. These cognitive signals go to the Hypothalamus. The hypothalamus responds to stress impulses that continue upwards to the thalamus by releasing CRF, then a response occurs via the hypothalamic-pituitary axis (HPA) which ultimately produces cortisol. (Scardino, 2014).

Anxiety causes stress on the cerebral cortex which can affect the hypothalamus to release the neuropeptide CRH-ACTH in the endocrine system, one of which is an increase in cortisol hormone levels. At the same time, the hypothalamus in the anterior pituitary affects the sympathetic nerves which stimulate the adrenal medulla to release epinephrine and norepinephrine, therefore increasing anxiety. (Rizkiani et al., 2021).

Anxiety occurs during a pandemic is a physiological response that occurs because Covid-19 is a new outbreak. Besides, the coronavirus is an infectious disease that can cause physical symptoms and even death so there is a fear of contracting or transmitting the virus. (Purwaningsih et al., 2021). In 2017, 3.76% of the global world population has an anxiety disorder (Drissi et al., 2020).

Anxiety in students caused by factors related to COVID-19 such as student interactions with someone diagnosed with COVID-19, online lectures, and heavy learning assignments (Odriozola-González et al., 2020). Moreover, students anxiety are also about learning achievement during distance lectures which are influenced by the surrounding environment, students' readiness to learn, students' interest and concentration in learning, and study time (Rahmat, 2020). Student anxiety during the Covid-19 pandemic includes psychological illnesses experienced before the Covid-19 pandemic, having physical illnesses that make them vulnerable to being exposed to the Covid-19 virus, regulations to stay at home, psychological pressure due to conflicts with the surrounding environment, the burden of learning assignments, heavy lectures, and inadequate distance learning facilities, to anxiety about the decline in student achievement (Patrika & Villaruel, 2021). It is important for us to understand the causes of anxiety for response to the pandemic COVID-19 (Ojalehto et al., 2021). A psychological therapy approach is needed to overcome obstacles and increase access to treatment that can reduce anxiety symptoms, so that a more practical and effective intervention is needed to deal with these problems (Purwaningsih et al., 2021).

The effects of anxiety on students are characterized by various symptoms, including physical, behavioral, and cognitive disorders, and include symptoms such as shaking, tightness in the abdomen or chest, heavy sweating, sweaty palms, headache, feeling of fainting, dry throat, heart palpitations, unstable emotions, and nausea, increased blood pressure (Lee et al., 2020). Interventions used to reduce anxiety are very diverse. There are many therapy for anxiety, such as deep breathing relaxation therapy, music relaxation therapy, distraction therapy, spiritual and hypnotherapy (Purwaningsih et al., 2021). Hypnosis therapy that can be given is self-hypnosis (Purwaningsih et al., 2021).

The results of the study said that Hypnotherapy is a form of self-hypnosis that can cause a high relaxation effect, so that it can reduce tension and stress from one's mind. Hypnosis is a therapy affecting a person's limbic system to release hormones that can

stimulate stress reduction (Purwaningsih et al., 2021). The benefits of Self-Hypnosis can affect the patient's physical condition which affects the decrease in heart, pulse, blood pressure, reduces muscle and body coordination, strengthens memory, increases productivity and regulates body temperature related to stress. In conclusion, Self-Hypnosis therapy can help reduce anxiety in students.

2. Method

2.1. Search Strategy

The search strategy used in the preparation of this systematic review began with topic selection, and then keywords were determined. The keywords used are Self-Hypnosis, AND anxiety AND students. Journal searches were carried out on the Scopus database, Science Direct, Pubmed on the limitation of journal results in the last 5 years starting 2017-2021, in the journal area of Nursing, Psychology, Medical Hypnosis, and Student. When searching using the keywords above with the restrictions used, we found 185 related journals. The authors conducted an online reference search on Scopus, Science Direct Pubmed with the keywords Self-Hypnosis, Anxiety and Student, and found 185 articles (Scopus 15, Pubmed 36 and Science Direct 134). The flow of article selection used for screening with abstract review, obtained 19 articles. Then a review was carried out on the contents of the entire article and 10 articles were included in the criteria.

The inclusion criteria set out in the study were 1) willing to be a respondent; 2) having a mild level of anxiety; 3) students who go to online school/lecture. The study exclusion criteria were 1) currently undergoing Hypnosis therapy; 2) taking psychotic drugs.

2.2 Selection Procedure and Data Extraction

Selection and data extraction procedures Study feasibility was assessed using the PICOT approach (attached).

• Population.

The research population was students who are currently studying / studying online,

Interventions.

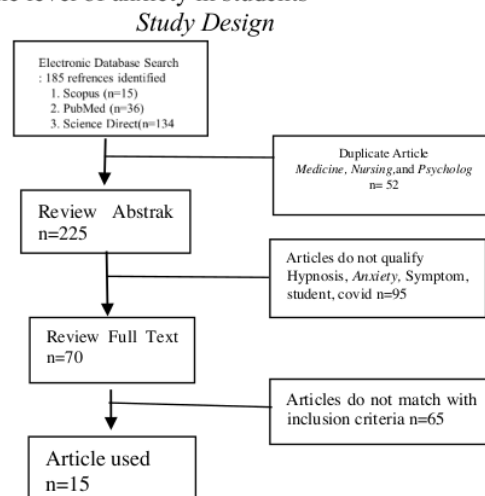
This study used a self-hypnosis intervention.

Comparison.

This systematic review compares students' anxiety levels before and after being given self-hypnosis therapy

Outputs.

There is a change in the level of anxiety in students



3 Result

3.1 Results and Study Selection

3.1.1 Characteristics of Population Studies

The results of the research showing that students' anxiety are caused by factors related to COVID-19, such as student interactions with someone diagnosed with COVID-19. Besides, anxiety in students are also caused by online lectures and heavy learning assignments (Odriozola-González et al., 2020). It was also found that students have anxiety about learning achievement during distance lectures which are influenced by the surrounding environment, students' readiness to learn, students interest and concentration in learning and study time (Rahmat, 2020).

3.2 Study Characteristics

The characteristics of the study were described in table 1. All journals obtained from the results of the study were Hypnosis therapy which was carried out on students with anxiety. The research came from Australia as many as 10 journals, Indonesia as many as 2 journals, Morocco as many as 1 journal, China as much as 1 journal, Spain as much as 1 journal, Israel America as much as 1 journal, Canada as much as 1 journal, Austria 1 journal, Romania 1 journal, and Denmark 1 journal. All studies have a minimum respondent age criteria of 14 years to 20 years. All 10 studies were clients with mild anxiety symptoms. Of all the studies, most of them used the same measuring instrument, namely the HARS, DASS 42, PAF Questionnaire, Visual Facial Anxiety Scale (VFAS) questionnaire.

3.3 Results of the Review Study

Hypnotherapy is a therapy to reduce anxiety by making clients relax so as to reduce tension and stress from the mind (Purwaningsih et al., 2021). Hypnosis can significantly increase a person's self-performed by choosing the right words to enter into the subconscious and then repeating these words until they are stored in the client's brain (Rahmat, 2020).

Hypnotherapy is usually applied to cases related to mental and emotional, such as stress, depression, trauma, phobias, addictions, motivations, and also physical illnesses that originate from psychological misalignment or known as psychosomatic diseases. In addition, hypnosis is very useful in overcoming various cases related to phobias, and hypnosis can also help to eliminate bad habits such as dependence on cigarettes, alcohol, and drugs by giving suggestions to students (Hammer et al., 2021).

Self-hypnosis is a way of creating a hypnotic state in oneself; this is done by the individual and is different from hetero hypnosis, which requires someone called a hypnoterapist. The usual method is to narrow the focus of attention and direct attention inward towards something specific. Usually includes a picture accompanied by a group of words called suggestions. Self-hypnosis creates a relaxed state, which provides self-suggestion. Self-hypnosis is also known as autosuggestion; the nature of the practice of autosuggestion is characterized by intense concentration (Demir et al., 2018).

4. Discussion

A review of several studies showed that Hypnotherapy with hypnosis methods can reach one's subconscious mind. The main key to hypnosis is that there is no suggestion or power to fight positive actions based on the concept of thinking so that you have positive energy to take an action. Hypnotherapy can provide a comfort and relaxation experience for clients. Hypnotherapy can cause feelings of pleasure, satisfaction, security, comfort and can make a person feel that they have the power in themselves to fight or reduce the level of anxiety experienced (Rizkiani et al., 2021).

In principle, all Hypnosis is Self-Hypnosis, the role of the hypnotherapist in a therapeutic process is only to guide and help, not control. Hypnotherapists help clients understand that they are only responsible for developing their mental capacities (Truzoli et al., 2020). Although the hypnotherapist can direct the client to relax and enter a trance state or a condition when the client has entered his subconscious. However, true Hypnosis teaches a person to focus within himself and master his own consciousness (Truzoli et al., 2020). So if a client is able to optimize the largest part of his mind (the subconscious) with his own abilities (Self Hypnosis), then any psychological problems that are obtained will be easy to solve independently. Especially for teenagers or students who have started to have mature and mature thinking (Truzoli et al., 2020).

Self-hypnosis can be practiced daily as part of a routine and can be used to manage health conditions such as chronic pain, anxiety, depression, insomnia, obesity, asthma, skin allergies, stress, low self-esteem and to maintain behavior change and motivation. Clients are encouraged to practice once a day for between three to six weeks. After mastering the technique they will also experience an increase in positive influence and a decrease in negative influence, increasing feelings and self-confidence. Other common experiences are improved concentration, memory, improved problem solving skills, reduced stress and responsiveness, reduced tension headaches, and even a better sense of their emotions in control (Demir et al., 2018). This therapy is carried out on average up to 4-6 weeks. Each hypnosis session begins with a briefing of approximately 15 minutes, followed by 30 minutes of self-hypnosis (Hammer et al., 2020).

Unconscious conditions can control the subconscious mind without realizing it and can express ideas or thoughts outside the conscious mind. The conscious mind is storing all the information related to physical, emotional, psychological and intellectual that is obtained consciously, previously, and in the subconscious mind which is automatically also a person's emotions are often illogical and irrational. Through emotions, individuals can know feelings about something but sometimes do not realize it. If it is instilled in a calm attitude and a strong self-confidence can increase a strong memory in the brain automatically by adjusting to appear as a program stored in the brain. Self-Hypnosis can influence a person to program himself by influencing the subconscious by helping to change a person's habits by using the realm of consciousness (Lang et al., 2021).

Hypnotherapy can affect a limbic system so that it affects the release of hormones that can stimulate stress (cortisol hormone). Hypnosis can increase the levels of endorphins in the body. Endorphins are neuropeptides that the body produces when relaxed/calm. It can be used to reduce pain and anxiety. When stressed, endorphins are blocked by cortisol. Hypnosis can also affect breathing, heart rate, pulse, blood pressure, reduce muscle tension, increase productivity and regulate stress hormones. (Purwaningsih et al., 2021). Hypnotherapy is a technique to influence brain waves from beta to alpha and then to theta, and simultaneously the posterior pituitary stimulates the sympathetic nerves for relaxation and can affect anxiety levels, cortisol levels and fatal heart rate can decrease to normal. (Akbarzade Marzieh, Rafiee Bahare, 2015).

Electroencephalography (EEG) results show that hypnotized people have electrical patterns similar to those of fully conscious and attentive people and unlike those found during sleep. Increases in alpha activity and theta power in the left frontal region have been reported in highly hypnotized clients compared with those who were less hypnotized; these differences exist in trance and nontrance states. (De Pascalis et al., 2021).

Positron emission tomography (PET) studies comparing regional cerebral blood flow in hypnotized and unhypnotized subjects provide further evidence against the hypothesis that hypnosis exerts multiple effects on the brain. (De Benedittis, 2021). Cortisol levels can drop to very low levels during hypnotherapy. This suggests a relationship between hypnotic therapy and the HPA axis. Hypnotherapy had a

statistically significant effect on reducing the client's serum cortisol levels from depression and anger before hypnotherapy to a hypnotherapy-induced happy state (Scardino, 2014).

5. Implication

Based on the results of research that has been carried out, it can be concluded that the results of the journal can be applied in the realm of Mental Nursing. This therapy is one of the skills that must be possessed by a specialist nurse. This makes it easier for nurses to carry out comprehensive nursing care. Self-Hypnosis Therapy is a therapy that can be used as an innovation in nursing intervention. In its application in Indonesia, it is necessary to conduct a special study related to the suitability of the characteristics of clients in Indonesia.

6. Conclusion

The conclusion of this review is self-hypnosis can reduce anxiety in students caused by factors related to COVID-19

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