

Original Article

Hypnocaring as a Support Model for Reducing Stress Levels in People Living With HIV/AIDS (PLHIV)

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ABSTRACT

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Keywords:


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Background: People Living With HIV/AIDS (PLHIV) are a group that experiences significant psychological stress, including higher levels of stress than the general population. This research aims to determine the effectiveness of hypnotherapy in reducing stress in PLHIV patients and whether this method can be an effective alternative in reducing stress and improving the quality of life in PLHIV patients in Sumenep Regency. Hypnotherapy is a form of alternative therapy that involves suggestion and visualization to influence the subconscious mind.

Methods: This research method uses a quasi-experiment with a research design involving two groups containing 30 research samples (Two groups Pre-Post Test), where the variables are PLWHA aged 21-50 years, with a side method using purposive sampling. The research instrument used the DASS (Depression Anxiety Stress Scale) questionnaire.

Results: There were significant differences Between groups in Experiments and groups control where the value was $0.009 < 0.05$. There is a significant difference between Pretest and Posttest in the Experimental group with an alpha value of $0.000 < 0.05$; the level of influence of Hypnotherapy was 62.8%, and the other 37.2% were influenced by factors other than outside therapy.

Conclusion: Based on the three results of the calculation tests above, it can be concluded that hypnotherapy is effective in reducing stress in HIV/AIDS patients (PLWHA) in Sumenep Regency.

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
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Introduction

HIV/AIDS remains a significant and global health problem that has a far-reaching impact on patients and their families. Patients living with HIV/AIDS (PLWHA) often experience stress, which is a significant consequence of social stigma, discrimination, isolation, and health Issues. Stress experienced by PLWHA can

significantly affect their quality of life. This impact is called stress psychology and can affect the patient's quality of life. PLWHA patients who experience Psychological stress can experience various symptoms, such as depression, anxiety, and problems Sleeping ([Aryani et al., 2021](#))

HIV/AIDS problems This is still a challenge that is great for health throughout



the world, where this disease is like an iceberg phenomenon. Only a little is visible, but actually, there are many incidents; the highest number of people infected with HIV starts from Jakarta, then East Java, Central Java, Papua, and West Java. Where matter, this reported more increases every year. ([Ayuniyyah, 2022](#))

HIV/AIDS remains a significant health problem in East Java, Indonesia. This province continues to face challenges in dealing with the spread of the HIV and AIDS virus, which has an impact on public health and socio-economic development. Even though prevention and treatment efforts have been carried out, there are still several key issues that worsen the HIV/AIDS situation in East Java. ([Permatasari et al., 2020](#))

The increasing spread of HIV/AIDS: East Java has reported an increase in the number of HIV/AIDS cases every year. In 2021, 7,838 new HIV/AIDS cases were recorded in this province, which is an increase compared to previous years. The spread of HIV/AIDS is not only limited to people who use injection needles but has also spread to the general population, including pregnant women and teenagers. Limited access to HIV/AIDS health services. Even though East Java has a variety of HIV/AIDS-related health services, access to these services is still limited. Factors such as a lack of adequate health facilities, limited trained medical personnel, and the stigma surrounding HIV/AIDS can hinder patients' access to necessary examinations, treatment, and support. ([Ayuniyyah, 2022](#))

The stigma against HIV/AIDS is still the main obstacle to prevention and treatment in East Java. This stigma can influence efforts to seek treatment, especially for vulnerable groups such as injecting drug users, commercial sex workers, and LGBT. Discrimination in the workplace, health institutions, and the

general public can hinder access to needed health services. Lack of public awareness and education: Public awareness and understanding of HIV/AIDS still needs to be improved in East Java. Lack of adequate health education about the spread, prevention, and treatment of HIV/AIDS can lead to higher levels of ignorance and risky behavior among the public. ([Permatasari et al., 2021](#))

An important factor needed by PLWHA in reducing their psychological problems is the role and motivation of family and health workers, especially when they first find out that they are suffering from or positive for HIV/AIDS, where the emotions of PLHA are such as sadness, disappointment and also regret (6. The first conditions experienced by PLHIV are physical, psychological, and in the social environment, usually occurring in the first 3-6 months; the emotions they face, such as denial, a feeling of rejection of the diagnosis, a feeling of anger, then continued offering to themselves until depression occurs and, In the end, PLHAs will accept the reality. From this problem, it is necessary to have high coping mechanisms in dealing with stress so that severe depression does not occur. To prevent stress, PLHIV patients have their minds changed or calmed with positive things. The method used is to hypnotize them, to influence the subconscious so that from hypnosis, This will make the patient feel calm and enthusiastic about continuing their life. ([Ayu Maqfiroch & Shaluhiyah, 2017](#); [Ellis, 2012](#); [Gomes et al., 2021](#); [Victoryna et al., 2019](#))

Hypnocaring is something called model maintenance, which combines hypnosis And caring (attention, concern) as an intervention that aims to improve well-being And quality of life. Hypnocaring has proven effective in reducing stress And increasing well-being in patients with various conditions ([Santosa et al., 2019](#))

This research hopes to provide new knowledge and insight into the use of hypnocaring as a support model in handling stress on patient PLWHA And give practical implications for development intervention that is more effective in increasing the welfare and quality of life of PLWHA patients. ([KUSUMANINGRUM](#), 2019)

Methods

This research will be conducted at the Sumenep District Health Center for six months. This research uses a tool/toll in the form of a *Depression questionnaire, Anxiety Stress Scale (DASS)* for measuring stress levels, leaflets about hypnotherapy, a comfortable and quiet room, notes on respondents' impressions of undergoing education, final reports, financial accountability reports, and log books. *The quasi-experimental* design aims to analyze the effectiveness of hypnotizing as a support model for reducing stress levels in Sumenep Regency. The population in this study were all PLWHA sufferers aged 21-50 years in the Sumenep Regency area. The sample in this study was PLWHA, who meet the following inclusion criteria: patients who have only been diagnosed with HIV for around 3-6 months, PLWHA experiencing stress. Meanwhile, the exclusion criteria are: patients who have been diagnosed with AIDS PLWHA are not willing to be respondents. The sampling technique used *purposive sampling*, which was divided into two groups. The first group was given a hypnocaring intervention, and the control group was not given hypnocaring techniques. The research stages that will be carried out are:

1. Write a letter for initial data collection to the Faculty of Health Sciences
2. Request data from the Sumenep District Health Service by conducting an initial survey of problem data.

3. Ask respondents for consent to be researched
4. Researchers explain the procedures and steps in carrying out hypnocaring.
5. Respondents were given informed consent as a form of agreement to be signed
6. Carrying out stress measurements using the DASS questionnaire before hypnocaring management.
7. Carrying out hypnocaring management as a support model for reducing stress levels in PLWHA patients. In implementing hypnocaring therapy done four times, time The administration is then carried out once a week for 60 minutes.
8. Education is carried out in stages, namely in the first month:
 - a. In the first week, education was carried out with introductory hypnocaring material.
 - b. In the second week, education was carried out with material on the importance of hypnocaring in reducing stress levels
 - c. In the third week, education is carried out by consuming medication consistently and obediently throughout the program.
 - d. In the fourth week, explain the steps of hypnotherapy
9. The education in the second month and the material presented were the same as the material in the first month; however, at the end of the second month, a re-examined the stress level in PLWHA patients.
10. Capturing, processing, and analyzing research data.

The variables measured or observed in the research were hypnocaring as a supporting model and reducing stress levels in PLWHA. The measurements of the research variables were before and after the hypnocaring therapy intervention

treatment. Data analysis uses statistical tests, namely the *Mann-Whitney* and *Wilcoxon tests* with p-value <0 .05.

Results

Population in study This is all PLWHA sufferers aged 21-50 in the Sumenep Regency area. The sample in this study was PLWHA, who meet the following inclusion criteria: patients who have only been diagnosed with HIV for around 3-6 months, PLWHA experiencing stress. The results of filling out questionnaires from 34 PLWHA became the population of the study. This shows results as follows:

Table 1. Percentage Level Stress PLWHA

Level Stress	Σ	Percentage
Stress Tall	20 Subject	58.8 %
Stress Currently	8 Subject	23.5 %
Stress Low	6 Subjects	17.6 %

From the table, we know that 20 PLWHA have high levels of stress, 8 PLWHA have high levels of stress currently, And 6 PLWHA others have low stress. Then, researchers made five subjects with Stress tall. After being given *treatment* from Hypnotherapy, five subjects who were experiencing stress began to show changes that we can see from the results charging questionnaire *Post-test* matter. This can Be Seen from the following table:

Table 2. Previous results and after Therapy

No	Name	Level Stress	
		Pre-Test	Post Test
1.	RAE	174	144
2.	EBR	162	140
3.	RN	161	140
4.	R. A	160	135
5.	EBS	165	138
5.	EBS	165	138

The normality test in this study uses the *Kolmogorov- Smirnov* with the help of the SPSS (Statistics Packages for Social Science) program version 16. Kolmogorov- Smirnov was chosen to test normality because the number of samples in this study was below 20. Output *One Sample Kolmogrov-Smirnov*, the Sig value was found. The pre-test was 0.228, while the Sig. Post-test of 0.246. This shows that if the results of *the Pre-test* and *Post-test* are greater than 0.05, then it can be concluded that Ho accepted or can It is said to be a Normality test in *the pre-test* and *post-test* sample study distributed normally. The homogeneity test is carried out to determine whether the object researched has a variant of the same. In the study, this test homogeneity was done with the help of the SPSS (Statistics Packages for Social Science) program version 16. The results of the variance homogeneity test are obtained with a sig value. 0.014. Based on the sig value testing criteria. > 0.05 or 0.014 > 0.05 can be interpreted as the score obtained from the results filling out the stress questionnaire on the moment *pre-test* and *post-test* has variant Which The same or homogeneous. Test hypothesis is made with objective for answer question previous research still in character conjecture. In this research, the test hypothesis done in several ways, that is as follows:

For known output from the group experiment, the control group in this study used test analysis techniques Mann Withney, which was used for a sample under 20. This is done Because the subject study consisted of 10 people from 5 groups of experiment and five people from



group control. Then, the second group grouped in the table *Gains Score* as follows:

Table 3. Recapitulation results count scale Stress on *Pretest. Posttest, And Gains Score*

No.	Group Experiment			No.	Group Control		
	Pre test	Post Test	Gains Score		Pre-test	Post test	Gains Score
1.	174	144	30	1.	125	127	2
2.	162	140	22	2.	124	138	14
3.	161	140	21	3.	143	127	16
4.	160	135	25	4.	148	141	7
5.	165	138	27	5.	126	124	2

Furthermore, table recapitulation This in *input* For Then in analysis data with *Mann's test Withney* calculated using SPSS version 16. From the table above, the results of *the Mann-Whitney test* with SPSS are obtained from the *Asymp* value. Sig. (2-tailed) < 0.05 or 0.009 < 0.05. So that it can be withdrawn conclusion *Ho* accepted, or there is a difference in charging questionnaire scale stress by group Experiment And group control

It is knowing the differences in filling out questionnaires during *the test* and *post-test* of the experimental group data analysis techniques *paired sample t-test. The paired sample t-test* is one test technique to measure the significance of the difference between two group data pairs.

From the output table above, the *Asymp* value is known. Sig. (2-tailed) of 0.000. This means 0.000 < 0.05, then the decision is correct can be taken is *Ho* accepted or there is a difference in filling out the Stress scale questionnaire during *the pretest* and *posttest* in the group Experiment.

I used the count effective contribution of linear regression to determine how effective hypnotherapy is in teenagers with lower-level stress. The effective contribution of linear regression is used in viewing how big the contribution of the independent variable is to the variable bound.

The coefficient of determination is used to determine the percentage of shared variance between variables X and Y, namely *R Square* multiplied 100%. Based on the table, *Model Summary* obtained a coefficient of determination (*R Square*) of 0.628. From the value 0.628 X 100% = 62.8 %. Thus, conclusions can be drawn that the percentage of Hypnotherapy was 62.8 %, while factors from another outside study influenced 37.2%.

Table 4. Summary results count test Hypothesis

No.	Objective	Technique Analysis	Results	Information
1.	Test differently group experiment and group control.	<i>Mann Whitney</i>	0.009 < 0.05	There is a difference in Which significant Between groups Experiment and group control
2.	Test different marks <i>Pretest</i> and <i>post-test</i> Group Experiment	<i>Paired Sample T Test</i>	0.000 < 0.05	There is a difference in Which significant between <i>Pretest</i> and <i>Posttest</i> in the group Experiment
3.	Presented level Hypnotherapy influence	Donations effective regression linear	0.628 or 62.8%	Level the influence of Hypnotherapy was 62.8%, and 37.2% other compensated by factors others outside therapy.

Based on the results of several tests, it can be concluded that Ho was rejected in this study, and Ha was accepted. This means that hypnotherapy has the effect of reducing stress levels in Patients with HIV/ AIDS (PLWHA) in Sumenep Regency.

Discussion

Effectiveness of Hypnotherapy for Lower-Level Stress on Patient HIV/ AIDS (PLWHA) in Sumenep Regency

Results of distributing questionnaires Stress in Patients HIV/AIDS (PLWHA) in Sumenep Regency is known as 51.6% or 20 PLWHA had high levels of stress, 45.2% or eight other PLWHA had moderate stress levels, and 9.0% or six among them have level stress Which low. Symptom stress, which is most frequently experienced by patients with HIV/ AIDS (PLWHA) in Sumenep Regency, can be seen in emotionally unstable ones, such as being easily angry or sad. Besides The PLWHA, they also behaved aggressively and were easily irritated. In his daily life, they also

tend to be lazy in carrying out his daily.

Some PLWHAs prefer being alone rather than hanging out with friends. After the researcher Conducted interviews, part It turns out that it is not uncommon for PLWHA to experience stigma/ discrimination between families, Which Finally causes PLWHA to become disturbed. Condition aligned with what was presented by Helmi (2000) in Triantoro Safaria and Nofrans Eka Saputra explained that stress reactions consist of four types: psychological, physiological reactions, thought processes, and behavior. Fourth type This, in its embodiment, can be positive, but it can also be negative. Negative reactions include the following:

1. Psychological reaction is usually more linked to emotions like anger, sadness,



- or offense.
2. Physiological reactions usually appear in physical complaints, such as dizziness, neck pain, increased blood pressure, stomach pain, itchy rash in skin, or hair falling out.
 3. Thought process reactions (cognitive) usually appear in symptoms of difficulty concentrating, easy forgetting, or difficulty making decisions.
 4. Reaction behavior. The teenager looks at behaviors that deviate, like being drunk, taking pills, frequently smoking, or avoiding friends (Safaria and Saputra, 2012:29).

Hypnotherapy is a technique of hypnosis used in the world of medicine. Therapy can lower symptoms of psychological issues that happen to individuals. Hypnotherapy is physiological and works through the system of brain waves. In hypnotherapy sessions, such as induction and deepening, the subject will guide the therapist from thought-aware going waves that were originally beta waves, which will slowly change into alpha. The condition here can cause individuals to feel comfortable, calm, relaxed, and happy so they can reduce stress. Because on condition wave brain alpha produces hormone endorphins, experience which produce flavor comfortable. In the state of hypnosis, the body's metabolic system becomes very good, and the body is free from tension (Berger et al., 2001; Schwenk et al., 2000; Ward & Rönn, 2010). On stage, next is giving suggestions; on stage, this therapist will emphasize sentences positively, which can trigger high levels of relaxation, build self-confidence, and create an atmosphere on the subject. Furthermore, after hypnotherapy was held, the researcher requested the subject to tell feelings and experiences experienced subjects during

the research. This is done as an ingredient evaluation to improve therapies at the next meeting (De Wit et al., 2008; Samaras et al., 2007; Semple et al., 2002). The researcher also conducted questions and answers with the subjects, so they wanted to open up about every problem he experienced, possibly needing someone else to finish it.

In this research, Hypnotherapy focuses on healing natural lower aware subjects by making the client relax so that tensions that become trigger stress can be reduced or even lost. Hypnotherapy here tries to clear these negative emotions from the subject's subconscious and replace them with positive suggestions so that it is from this positive suggestion so an individual can reduce tension, tension which triggers stress.

Based on the results of the difference test calculations between the experimental group and group control, which used technique analysis test, *Mann Withney* obtained Asymp results. Sig. (2-tailed) of 0.009. This matter means $0.009 < 0.05$. From the results, they can be withdrawn conclusion that H_0 is accepted or there are differences in filling out the questionnaire Stress by group Experiment And group Control. However, Therapy is only carried out over two weeks with two-time meetings.

The test calculation results are different. *Pretest* and *posttest* in group experiments using techniques *Paired Sample T-test* analysis Test obtained Asymp value. Sig. (2-tailed) of 0.000. This matter means $0.000 < 0.05$. So, it can be concluded that there are differences in filling out stress questionnaires by experimental group at the moment, pre-test and post-test.

The grades obtained were good from the *Mann-Whitney test*, or *Paired Sample T Test* as described above can be withdrawn A conclusion that H_a accepted or hypnotherapy influences to reduce the level

of Adolescent Stress in UPT Trenggalek Child Care Protection and Social Services. This matter can be known from the subject's confession, which said that after hypnotherapy, they feel much more relaxed and far happier.

Big Level Effectiveness Hypnotherapy for Lower-Level Stress on Patient HIV/AIDS (PLWHA) in Sumenep Regency.

To know the influence of hypnotherapy on lower-level Stress Teenager UPT Protection And Trenggalek Child Care Social Services, an analysis was carried out data with the technique test Regression Linear from test Regression linear; this obtained results *R Square* as big as 0.628 or 62.8%. Matter This shows that the level of influence of Hypnotherapy to decrease Patient Stress HIV/AIDS (PLWHA) in Sumenep Regency amounting to 62.8%. The level of influence of hypnotherapy is also greatly supported by several factors among them.

1. Will and sincerity: The subject follows every therapy session.
2. There is the subject's beliefs towards the therapist.
3. Subject's desire to improve existing behavior embedded in self they.
4. Proficiency Therapist in melt atmosphere and create comfort for a para subject.
5. Support Which strong from Person Old Which in matter This represented by a nanny.

Meanwhile, the remaining 37.2% is influenced by other factors outside the study. As for factors outside study, the Possible caused by several matters following:

1. The period of therapy is relatively short, namely three times sessions so that stress may return another time
2. In this study, respondents received therapy from a therapist, so when the

respondent is outside the therapy place and stressors arise, the subject cannot do therapy alone.

3. The time for therapy is given during the day after returning home from school, with a duration long enough so that the subject becomes sleepy and starts to lose concentration.
4. The environmental conditions and atmosphere were less conducive during process therapy. At the moment, lots of therapy children foster Others came into the room, so the atmosphere became lively and crowded, Splitting the concentration subject.

Study This uses the data collection technique through a questionnaire, so it cannot be ascertained whether the answers are correct given by the subject when filling out a self-describing questionnaire they Which actually.

Conclusion

Based on the results, the test count from various results we skipped shows that Hypnotherapy effectively reduces stress. Based on the test calculations results, the difference between the experimental group and group control that go through two stages of calculation, including *gain scores* and *Mann Withney*, we get Asymp results. Sig. (2-tailed) of 0.009 or $0.009 < 0.05$ so that on that basis, it can be withdrawn conclusion that there are differences in filling out stress questionnaires by group experiment and group control.

Temporary results count test different *pre-test* and *post-test* on group experiment with use technique analysis *Paired test Sample T Test* obtained the Aymp value. Sig. (2-tailed) of 0.000 or $0.000 < 0.05$, then it can be concluded that there is a difference in filling out the Stress questionnaire by the experimental group at the time of the *Pre-test* and *Post-test*.

Analysis regression was used to

determine the effectiveness of hypnotherapy in lower stress. A percentage of 68.2 % was obtained. Thus, conclusions can be drawn from the percentage effectiveness of hypnotherapy in reducing stress. Patient HIV/AIDS (PLWHA) in Sumenep Regency is as large as 68.2%, And the rest, 37.2%, are influenced by factors outside the study.

Based on the three calculation test results above, it can be concluded that Hypnotherapy is effective in reducing patient stress with HIV/ AIDS (PLWHA) in Sumenep Regency.

Authors Contributions

The author carries out tasks from data collection, data analysis, and discussions to making manuscripts.

Conflicts of Interest

There is no conflict of interest.

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