

THE EFFECT OF FIVE FINGER THERAPY ON HYPERTENSION ELDERLY ON ANXIETY REDUCTION

Dian Fazira Khoirunisa*, Qurrotul Aeni, Andriyani Mustika Nurwijayanti, Triana Arisdiani
Sekolah Tinggi Ilmu Kesehatan Kendal, Jln Laut 31 Kendal, Jawa tengah 51311, Indonesia
[*dianfazira@stikeskendal.ac.id](mailto:dianfazira@stikeskendal.ac.id)

ABSTRACT

Five finger therapy is a relaxation technique using the five fingers technique by relying on positive thoughts to help reduce anxiety in people with chronic hypertension. This study was to determine the level of anxiety before being given five finger therapy pain management and after being given five finger therapy pain management and the effect of giving five finger therapy management to reduce anxiety levels in patients with chronic hypertension. This research is a Quasy Experiment quasi-experimental research with One Group Design Pretest – Posttest design, quantitative research type. The sample of this research is 56 respondents with consecutive sampling technique. the results showed that the majority of respondents experienced a decrease in anxiety levels before and after being given 5-finger therapy. Statistical analysis test using T-test. From the research results obtained p value is 0.000. This value is smaller than 0.05 ($p < 0.05$). Based on these results, it means that there is an effect of 5 finger therapy management on reducing anxiety in patients with Chronic Hypertension Disease.

Keywords: anxiety; five finger therapy; patients with chronihyc pertension

INTRODUCTION

Chronic disease is a phenomenon that often occurs in society. Chronic diseases are diseases that are not transmitted from one person to another, but have a long duration and generally experience slow development, including heart disease, stroke, cancer, chronic respiratory disease and diabetes are the main causes of death in the world representing 60% of the world's population. all deaths (WHO, (2017)). People who suffer from chronic diseases usually tend to have high levels of anxiety and can cause feelings of hopelessness and helplessness because various kinds of treatment have been carried out but the results cannot help them recover from chronic illness Sarafino, (2011).

The impact of chronic disease is not only life threatening but also has a negative impact on the psychology of the sufferer. Decreased psychological disorders will cause excessive anxiety which can then affect the mental health of the individual physically and psychologically. The first action taken when they feel anxious and hopeless is that they are only able to lie down and let sleep so that they forget what they are doing but sufferers of chronic diseases say these actions have not been able to relieve the anxiety they experience. Lack of knowledge in overcoming the anxiety of people with hypertension can lead to wrong and ineffective actions to reduce the anxiety they experience. Research conducted by Mohd. Syukri, (2017) shows that the results of statistical tests have changes in the degree of hypertension and anxiety. There was a decrease in the grade of hypertension and a decrease in the level of anxiety after being given five finger hypnosis therapy. Respondents in this study had unpleasant experiences due to their hypertension. This is in line with the results of research conducted by Endah Wahyuningsih, Eni Hidayati, (2019) which showed the results of statistical tests in the five-finger hypnosis intervention group showed that there was a decrease in anxiety in patients with diabetes mellitus (p value = 0.000). Meanwhile, in the control group, the p value of $1,000 > 0.05$ means that there is no effect of five-finger hypnosis on reducing anxiety in patients with diabetes mellitus because five-finger hypnosis is not given.

The first action that should be taken to reduce anxiety or anxiety according to Keliat, (2013) is by managing five finger hypnotic pain, which is a nursing action to reduce anxiety to hypnotize himself or by making thoughts positive by only thinking and imagining pleasant events in his life. Clients who are given five-finger hypnosis will experience relaxation so that it affects the body system so that it can create a sense of comfort and a feeling of calm (Mahoney, 2013). The five-finger hypnosis procedure can be done for approximately 10-30 minutes with concentration and relaxation, taking into account the five-finger hypnosis implementation procedure (Astuti, Amin, and Proborini, 2017). Create a comfortable environment, Help the client to get a comfortable resting position sitting or lying down, Train the client to touch the fourth so with the thumb, Ask the client to take a deep breath 2-3 times, Ask the client to close his eyes to relax, Accompanied music (if the client wants) / guide the client to hypnotize himself with the following directions: Index finger: imagine when we are healthy, as healthy as possible, Middle finger: imagine when we are with people we care about, Ring finger: imagine when we get praise, Little finger: imagine the most memorable place ever visited, Ask the client to open his eyes slowly Ask the client to take a deep breath 2-3 times Five-finger hypnosis therapy is carried out for 10 minutes, after feeling calm then resumed again for 30 minutes.

METHOD

This research is a Quasy Experiment quasi-experimental research with One Group Design Pretest – Posttest, a quantitative research type. The sample of this study amounted to 56 respondents with consecutive sampling technique

RESULTS AND DISCUSSION

Characteristics of Respondents

Table 1.

Analysis of Respondent Data Based on Elderly Age Patients with Chronic Hypertension Disease (n=56)

Variabel	Median	Mean	Min	Max	St. deviation	C1 95%	
						Lower	Upper
Age	70.00	71.27	60	90	7.070	63.37	73.16

Table 1 shows that the demographic data of respondents based on age or age for the elderly who suffer from chronic hypertension are mostly elderly, mostly 71 years old, with the youngest being 60 years old and the oldest being 90 years old.

Table 2

Analysis of Respondent Data Based on Gender of Elderly Patients with Chronic Hypertension Disease (n=56)

Jenis Kelamin	f	%
Laki-laki	19	33,9
Perempuan	37	66,1

Table 2 shows that the demographic data of respondents based on gender for the elderly who suffer from chronic hypertension, the majority are female as many as 37 (66.1%) respondents.

Table 3.

Analysis of Respondent Data Based on Occupation of Elderly Patients with Chronic Hypertension Disease (n=56)

Pekerjaan	f	%
Nelayan	2	3,6
Ibu Rumah Tangga	14	25,0
Wiraswasta	5	8,9
Buruh	35	62,5

Table 3 shows that the demographic data of respondents based on occupations for the elderly who suffer from chronic hypertension, the data obtained are most of the elderly occupations, namely labor as many as 35 (62.5%) respondents and the least occupation is fishermen as much as 2 (3.6%).

Table 4.

Frequency Distribution Based on Anxiety Levels before 5 finger therapy pain management was given (n=56)

Tingkat ansietas	f	%
Ansietas Normal	1	1,8
Ansietas Ringan	49	87,5
Ansietas Sedang	6	10,7

Table 4 shows that the level of anxiety for the elderly who suffer from chronic hypertension before being given 5 finger therapy management the majority experienced mild anxiety as many as 49 respondents (87.5%).

Table 5.

Frequency Distribution Based on Anxiety Levels before 5 finger therapy pain management was given (n=56)

Tingkat ansietas	f	%
Ansietas Normal	47	83,9
Ansietas Ringan	9	10,0

Table 6.

Frequency Distribution The effect of pain management on 5 finger therapy on reducing anxiety in the elderly with Chronic Hypertension Disease (n=56)

Sebelum di Terapi 5 Jari	Sesudah di Terapi 5 jari				Total	
	Ansietas Normal		Ansietas Ringan		f	%
	f	%	f	%		
Ansietas Normal	1	100,0	0	0,0	1	100,0
Ansietas Ringan	42	85,7	7	14,3	49	100,0
Ansietas Sedang	4	66,7	2	33,3	6	100,0

Table 5 shows that the level of anxiety for the elderly who suffer from chronic hypertension after being given 5 finger therapy management the majority experienced normal anxiety as many as 47 respondents (83.9%). Table 6 shows that the majority of respondents experienced a decrease in anxiety levels before and after being given 5-finger therapy, where before therapy the elderly had

mild anxiety and after being given therapy, the elderly anxiety level became normal anxiety as many as 42 respondents (85.7%)

Table 7.
 Frequency Distribution based on T Test Results Effect of 5 finger therapy pain management on reducing anxiety in the elderly with Chronic Hypertension Disease in Sendang Kulon Village, February 2021 (n=56)

		Paired Samples Test						
		Paired Differences				T	df	Sig. (2-tailed)
		Mean	Std. Deviation	Lower	Upper			
Pair 1	Ansietas Sebelum - Ansietas Sesudah	0.929	0.462	0.805	1.052	15.057	55	,000

Table 7 statistical analysis test using the T-test. From the research results obtained p value is 0.000. This value is smaller than 0.05 ($p < 0.05$), which means H_a is accepted. Based on these results, it means that there is an effect of 5 finger therapy pain management on reducing anxiety in patients with Chronic Hypertension Disease

Elderly Patients with Chronic Hypertension Disease

The results showed that the demographic data of respondents based on age or age for the elderly who suffer from chronic hypertension was found to be mostly elderly aged 71 years and the youngest aged 60 years and the oldest aged 90 years. Old age can also be said to be a golden age because not everyone can reach that old age. If a person is elderly, he will need more nursing actions, both promotive and preventive, so that he can enjoy the golden age and become a useful and happy old age (Orth, Trzesniewski, & Robins, 2012). This is in accordance with the WHO definition of the elderly, namely the elderly or elderly is someone aged 60-74 years (Padila, (2015). The basic data survey in Indonesia regarding life expectancy has increased since 2004-2015, namely life expectancy reaches the age of 68 – 71 years (Ministry of Health RI, 2016). As people get older, individuals will experience various psychological disorders, one of which is the self-esteem of Orth, Trzesniewski and Robins, (2010).

This agrees with the statement of Robins, Orth and Trzesniewski, (2010) that self-esteem tends to increase at young and middle ages and reaches its peak at the age of 60 years. Elderly is someone who has reached the age of 60 years and over or at least 60 years old (Hurlock, 2013). According to Hawari (in Nugraheni, (2015), old age is a continuous process in life which is marked by various changes towards a decline, such as the decline in various functions of the body's organs. With increasing age, there will be an increase in morbidity, a decrease in functional status, as well as exposure to various risk factors and life experiences that can affect the elderly's psyche, so that the elderly are at risk for chronic diseases. This study is in line with the research of Hartanti and Miftabhuddin, (2015) where the elderly group of seniors has the highest percentage of suffering from hypertension, in this case the researcher concludes that the older a person is, the more at risk of developing hypertension. Researchers assume that this is because as a person ages, there is a decrease in the ability of the body's organs, including the cardiovascular system, in this case the

heart and blood vessels. Blood vessels become narrower and blood vessel walls stiffen, causing blood pressure to increase.

Gender of Elderly Patients with Chronic Hypertension

The results showed that the demographic data of respondents based on gender for the elderly suffering from chronic hypertension showed that most of the elderly gender were 37 (66.1%) female respondents and 19 (33.9%). According to Riskesda (2018), that women are at higher risk of chronic hypertension than men, from this statement, Riskesdas mentions that there are a number of factors that make women more at risk of developing chronic hypertension at the age of more than 55 years, factors that can make women are more susceptible to chronic diseases including pregnancy, use of contraception (especially hormonal contraception), and menopause. Where these conditions can drastically reduce the hormones estrogen and progesterone, therefore when women enter the age of 55 years and over will be more susceptible to hypertension than men. The results of the study indicate that the majority of respondents are female, this is in line with research conducted by Paruntu, Rumingit and Kures, (2015), showing that most (60.2%) are female.

The results of this study are in line with research conducted by Karim, Onibala and Kallo (2018), showing that the highest gender is female with 27 respondents (67.5%) and the least number of respondents is male, namely 13 (32.5. %). The results of this study are in line with research conducted by Sartika, Tjekyan and Zukarnain (2013), based on gender from the Sugiri report in Central Java, the prevalence of hypertension was 6.0% for men and 11.6% for women. The researcher argues that the female gender who is approaching the elderly age, the higher the risk of hypertension, due to a drastic decrease in the hormones estrogen and progesterone.

Occupation of Elderly Patients with Chronic Hypertension

The results showed that the demographic data of respondents based on occupations for the elderly suffering from chronic hypertension showed that most of the elderly occupations were laborers as many as 35 (62.5%) respondents and the least occupation was fishermen as many as 2 (3.6%). According to Santoso, (2004), in Muhammad's research, (2018), a hot work climate can trigger an additional burden on blood circulation. When workers perform strenuous physical activities in a hot work environment, the blood must carry oxygen to the body parts that are working. On the other hand, blood must also carry heat from the body to the surface of the skin. This makes the heart to work hard to pump blood throughout the body, resulting in increased pulse rate and blood pressure. According to Vita, (2006), in Muhammad's research, (2018), blood pressure is the driving force sought by the blood to pass through each unit of the blood vessel wall. Blood pressure can change depending on conditions including physical activity, stress, and emotions.

The results of the study show that the majority of jobs are laborers, this is in line with the research of Kiki, Fatimah and Martini, (2012), the results of his research based on the table show that the work of the respondents in the case group is labor as many as 18 people (48.6%). The results of this study are in line with research conducted by Untari, (2013), showing that most of the respondents have labor jobs as many as 6 (15.8%) respondents. Researchers argue that the work of workers has an effect on increasing blood pressure because the temperature in the workplace is not stable, in addition to the temperature at work, physical activities that cause stress also affect the increase in blood pressure.

Anxiety level before being given 5 finger therapy pain management

The results showed that the anxiety level of the elderly who suffered from chronic hypertension before being given 5-finger therapy management was the majority experiencing mild anxiety as many as 49 respondents (87.5%) and those experiencing moderate anxiety as many as 6 respondents (10.7%) and those experiencing normal anxiety. there is 1 respondent (1.8%). According to Stuart, (2013) there are three factors that can trigger anxiety, the first factor is biological or physiological factors in the form of threats to daily needs such as lack of food, drink, protection and security, then psychosocial factors, namely threats to self-concept, loss of objects or valuable people, and changes in social or economic status and the last is developmental factors, namely threats that are faced according to developmental age, namely infancy, adolescence and adulthood. Of the three factors above, Jiwo, (2012) added that someone who suffers from chronic diseases such as hypertension can trigger anxiety because of worries about the future of the cost of treatment and care that will be carried out so that it adds to the burden of thought.

This is in line with the research of Hastuti and Arumsari (2015), on the effect of five-finger hypnosis therapy to reduce anxiety in students who are writing a thesis at Stikes Muhammadiyah Klaten. showed that the level of anxiety before measuring the five-finger hypnosis therapy obtained moderate anxiety 18 (100%). This study is also in line with research conducted by (Rizkiya et al., (2017), which showed that the level of anxiety of physical disorders who were first treated at Dr. H Soewondo Kendal Hospital before giving the 5-finger technique the majority experienced severe (68.8%). The researcher argues that anxiety is a feeling of fear that must be treated to reduce the level of anxiety both pharmacologically and non-pharmacologically.

The level of anxiety after being given 5 finger therapy pain management

The results showed that the level of anxiety in the elderly who suffered from chronic hypertension after being given 5 finger therapy management the majority experienced normal anxiety as many as 47 respondents (83.9%) and those who experienced mild anxiety were 9 respondents (10.0%). Anxiety is a feeling of fear that has no clear cause and is not supported by the existing situation. Anxiety can be felt by everyone if they experience pressure and deep feelings that cause psychiatric problems and can develop in the long term (Shodiqoh, 2014).

Giving five-finger hypnosis therapy is to help patients reduce anxiety without pharmacological assistance, provide and increase subjective experience that physiological tension can be relaxed so that relaxation will become a habit of responding to certain conditions when muscles are tense, reducing anxiety in individuals, preventing psychological and physiological manifestations caused by stress (Banon, (2014). Five-finger hypnosis is giving treatment to students in a relaxed state, then focusing on the images or memories created while touching five fingers in sequence by imagining memories while enjoying (Hastuti, 2015).

The results of research by Rizkiya, PH and Susanti (2017) show that there is an effect of giving five-finger hypnosis on family stress levels in caring for family members with severe mental disorders at the Kendal Hospital polyclinic. The results of Afandi's research, (2017) show that giving deep breath relaxation techniques and five-finger hypnosis can reduce muscle tension, help focus attention and reduce stress. and fear. Anxiety can be overcome with relaxation techniques, distraction, spiritual activities, and hypnotherapy.

Efforts are made to overcome stress and anxiety in students by using relaxation techniques because it is considered the easiest relaxation. This study is also in line with the research of Hastuti and Arumsari, (2015), about the effect of five-finger hypnosis therapy to reduce anxiety in students who are writing a thesis at Stikes Muhammadiyah Klaten. Anxiety levels after measuring five-finger hypnosis therapy obtained mild anxiety 15 (83.3%)) and moderate anxiety 3 (16,7%). This study is in line with research conducted by Kamilatur Rizkiya, (2017), which showed that the level of anxiety for physical disorders was first treated at RSUD Dr. H Soewondo Kendal after giving the 5 finger technique the majority experienced mild to moderate anxiety category of (75.0%). Researchers believe that the administration of five finger therapy can reduce the level of anxiety in patients with chronic hypertension. Because five-finger hypnosis provides and enhances subjective experience that physiological tension can be relaxed so that relaxation will become a habit of responding to certain situations when muscles are tense, reducing anxiety in individuals, preventing psychological and physiological manifestations caused by stress.

The effect of 5 finger therapy management on reducing anxiety in patients with chronic hypertension disease

The results showed that the majority of respondents experienced a decrease in anxiety levels before and after being given 5 finger therapy, where before therapy the elderly had moderate and mild anxiety levels and after being given therapy the elderly anxiety levels became normal anxiety as many as 42 respondents (85.7%). According to Setiawan, (2014), the benefits of five-finger hypnosis therapy include: providing inner peace for individuals, reducing anxiety, worry and anxiety, reducing tension, reducing blood pressure, lowering heart rate and sleeping soundly. According to Mahoney, (2007) in Hanavy's research, (2018) 5 finger therapy is one of self-hypnosis that can cause a high relaxation effect, so that it will reduce tension and stress from one's mind. 5 finger hypnosis affects a person's limbic system so that it affects the release of hormones that can trigger stress. By doing 5 finger therapy will cause relaxation that affects the body's system and creates a sense of comfort and a feeling of calm.

This study is also in line with the results of research by Kamilatur Rizkiya, et al., (2017), it is proven that there is a decrease in the level of anxiety after the administration of the 5 finger technique, the results of the study proved that there was a decrease in the level of anxiety after the administration of the 5 finger technique, the results of this study were due to the 5 finger technique. This finger provides a sense of relaxation or comfort so that the respondent feels himself better than before. This study is in line with the research conducted by Endang et al, (2014) on the effectiveness of five-finger hypnosis therapy to reduce the anxiety level of hypertensive patients which showed that the condition of patients before therapy in the control group was known to have a significant difference between the two groups. Another study was also conducted by Sulistyarini, (2013) with the title of five-finger hypnosis relaxation therapy to reduce blood pressure and improve the quality of life of hypertensive patients. According to Prabowo, (2014) the management of anxiety at the prevention and therapy stage requires a holistic approach method, which includes physical (somatic), psychological or psychiatric, psychosocial and psychoreligious. result of prolonged anxiety.

To eliminate somatic complaints in the organs concerned, while according to Keliat et al., (2011) stated that nursing actions given to patients who experience anxiety can be done by means of deep breathing relaxation techniques, distraction, five-finger hypnosis and spiritual activities. This study

is in line with research conducted by Aisyah, (2019) with the title of applying the five-finger hypnosis procedure to clients with anxiety in a family context, that there was a decrease in anxiety scores in 2 research subjects, namely subject 1 a decrease of 11 points from a score of 26 to 15, while subject 2 there was a decrease of 2 points from a score of 14 to 12. This study showed a decrease in anxiety scores due to hypertension with a description of the application of the five-finger hypnosis procedure.

Test results statistical analysis using the T test. From the research results obtained p value is 0.000. This value is smaller than 0.05 ($p < 0.05$), which means H_a is accepted. Based on these results, it means that there is an effect of 5 finger therapy pain management on reducing anxiety in patients with Chronic Hypertension Disease. This study is also in line with research conducted by Kamilatur Rizkiya, et al. which showed that there was an effect of giving the 5 finger technique on anxiety levels with a value of 0.02 (p value. The results of research conducted by Hastuti and Arumsari, (2015), on the effect of hypnosis therapy five fingers to reduce anxiety in students who are writing a thesis at tikes muhammadiyah klaten which shows that the P value = 0.000 where the p value $< (\alpha = 0.05)$, so it can be concluded that there is a difference in the pretest and posttest behavioral measurement values. means H_0 is rejected and H_a is accepted so it can be concluded that there is a significant effect of giving five finger hypnosis therapy.

Anxiety (anxiety) is a feeling of worry as if something bad will happen and feeling uncomfortable as if there is a threat accompanied by physical symptoms such as heart palpitations, cold sweats and shaking hands (Kilat et al, 2011). The results of this study are in line with research conducted by Dian Prahastowo, (2016) which showed that there was a significant effect of five finger therapy on reducing anxiety levels with p value = 0.000 ($\alpha < 0.05$). This shows that the generalist intervention is effective in reducing anxiety levels. The results showed that there was a significant difference between the pre-test and post-test scores. This study was only able to control changes in the subject's feelings during the research process based on the results of changes in scores and evaluations. Positive changes in respondents can be seen in the difference in scores before and after which decreased overall. This can be seen in each score before and after decreasing. Subjects experienced changes in scores that decreased significantly so that they experienced a decrease in anxiety on the administration of five-finger therapy. Researchers believe that five-finger therapy can have an effect on reducing anxiety in patients with anxiety. After giving therapy with a relaxed state and full concentration, it is very influential on reducing anxiety in respondents.

CONCLUSION

The results showed that most of them were 71 years old, the majority of the respondents were female as many as 37 (66.1%), based on the work of most of the elderly workers as many as 35 respondents (62.5%). The level of anxiety before being given pain management 5 finger therapy the majority experienced mild anxiety as many as 49 respondents (87.5%). The level of anxiety that has been given 5 finger therapy pain management, the majority experienced normal anxiety as many as 47 respondents (83.9%). There is an effect of pain management on 5 finger therapy on reducing anxiety in patients with chronic hypertension, the p value is 0.000.

REFERENCES

- Astute, R. T., Amin, M. Khoirul and Purborini, N. (2017) “Efektifitas Metode Hipnoterapi Lima Jari (HP MAJAR) Terhadap Tingkat Ansietas Akademik Remaja Di SMK Muhammadiyah 2 Kabupaten Magelang”.
- Ardiansyah. (2012). Buku Ajar Medikal Bedah Untuk Mahasiswa. Jakarta: Diva Press
- Az-zahroni, M. (2011). Teknik Relaksasi Untuk Mengurangi Kecemasan Pada Siswa Saat Mempersiapkan Imtihan, 17–38.
- Budi, Y. (2017). Strategi Koping Mengatasi Kecemasan.
- Dinas Kesehatan Jawa Tengah. (2015). Profil Kesehatan Jawa Tengah Tahun 2015. Semarang: Dinas Kesehatan Jawa Tengah.
- Fk, K., & Andalas, U. (2016). Prodi S1 Kebidanan FK Universitas Andalas, 1–9.
- Handayani, R. (2015). Faktor-Faktor Yang Berhubungan Dengan Tingkat Kecemasan Menjelang Persalinan Pada Ibu Primigravida Trimester III di Wilayah Kerja Puskesmas Lubuk Buaya Padang Tahun 2012 Reska Handayani bahwa visi rencana pembangunan kesehatan kehamilan dan persalinan di, 11(1), 62–71.
- Herdman, T. H. (2018). NANDA Internasional nursing diagnoses : definitions and classification 2018-2020.
- Keliat, B. A. (2011). Manajemen Keperawatan Psikososial dan Kader Kesehatan Jiwa.
- Kholifah, S.N. (2016). Modul Bahan Ajar Cetak Keperawatan Gerontik. Jakarta : Kemenkes RI Pusdik SDM Kesehatan
- Kementerian Kesehatan RI. (2018). Hasil Utama Riset Kesehatan Dasar. In Kementrian Kesehatan Republik Indonesia. <https://doi.org/10.2196/doi.2013> Desember 2013
- Maharani, M. A., & Widodo, S. (2019). Pengaruh Terapi Akupresur Totok Punggung terhadap Tekanan Darah pada Pasien Hipertensi di Wilayah Kerja Puskesmas Bandarharjo Semarang. In *Prosiding Seminar Nasional Mahasiswa Unimus* (Vol. 2).
- Mahmudah, D. (2010). Asuhan Kebidanan Pada Ibu Hamil Anak Pertama (Primigravida) Dengan Kecemasan Melahirkan. *Kebidanan*, 1, 1–20.
- Muhtasor. (2013). Model konseling berbasis penyembuhan spiritual yang efektif untuk mereduksi kecemasan pada ibu hamil pertama trimester tiga, 1–28.
- Notoatmojo. (2012) *Promosi Kesehatan dan Perilaku Kesehatan*. Jakarta:Rineka Cipta
- Novopsych. (2018). Depression Anxiety Stress Scales Long Form (Dass-42).
- Nugroho, S. T. R. I. (2016). Pengaruh intervensi teknik relaksasi lima jari terhadap fatigue klien ca mammae di rs tugurejo semarang.

Rafli, Amelia, Desy, Herni, R. (2017). Asuhan Keperawatan Jiwa Pasien Dengan Gangguan Kecemasan, 1, 1–21.

Saryono dan Anggraeni, Mekar Dwi. (2010). *Metodologi penelitian kualitatif dalam bidang kesehatan*. Yogyakarta : Nuha Medika,

Saswati, N., Sutinah, S., & Rizki, P. C. (2019). Efektivitas terapi hipnosis lima jari terhadap ansietas klien hipertensi di Puskesmas Rawasari Jambi tahun 2018. *Riset Informasi Kesehatan*, 7(2), 174-179.

Sunaryo, dkk. 2016. Asuhan Keperawatan Gerontik. Yogyakarta: Andi.

Smeltzer, S. C., Bare, B. G., Hinkle, J. L., & Cheever, K. H. (2015). Textbook of: medical surgical nursing (12th ed.). China: Lippincott Williams & Wilkins.

Stuart, G.W. (2012). Buku Saku Keperawatan Jiwa. Jakarta: EGC

Suardiman, S.P (2011) Psikologi Usia Lanjut. Yogyakarta: Gajah Mada University Press