

Analysis Of The Application Of 5-Finger Hypnosis Relaxation Therapy In Reducing Pain Levels In Post-Operative Fracture Patients In The Graha Mandiri Room On The 2nd Floor Of The Dr Iskak Tulungagung Regional General Hospital

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ABSTRACT

A fracture is a complete or partial disruption of the continuity of bone structure. The term fracture refers to the loss of continuity of bone or cartilage, either totally or partially. In short, a fracture is a broken bone caused by trauma or physical force (Andri et al., 2020). This study aims to determine how the application of the 5-finger hypnosis relaxation technique reduces pain levels in patients who have undergone closed fracture surgery in the Graha Mandiri Room on the 2nd floor of Dr. Iskak Tulungagung Regional General Hospital.

This study is a case study with a descriptive narrative design. The sample used in this study consisted of 2 respondents with data collection methods using interviews for primary data collection and medical records for secondary data collection and analyzed descriptively in accordance with nursing documentation.

The results of the study found that 2 patients who were respondents experienced a decrease in pain levels measured using the Numeric Rating Scale (NRS). Respondent 1 decreased from a pain level of 8 to 6, and respondent 2 decreased from a pain level of 7 to 4.

Pain levels can be influenced by various factors. The interventions provided were only non-pharmacological support given alongside analgesics. Other factors include gender, age, severity of injury, and others.

Keywords: Closed Fracture, 5-Finger Hypnosis Relaxation, Pain

INTRODUCTION

According to the World Health Organization (WHO) in 2020 recorded that fracture events are increasing, fractures were recorded in approximately 13 million people with a prevalence rate of 2.7%. According to Riskesdas data in 2018, there were 92,976 incidents of falls that suffered fractures, as many as 5,144 people (Ministry of Health of the Republic of Indonesia, 2018) (Permatasari & Sari, 2020)

The most common fracture in Indonesia is a fracture of the lower extremity. The part of the body that often experiences fractures is the lower extremities (Platini et al., 2020). Parts of the body that often suffer injuries include the upper extremities (32%) and the lower extremities (67%). A limb fracture is an injury that occurs in the area of bone that forms the upper extremity (including the arms, elbows, hands, wrists), lower extremities (including the lower legs, ankles, thighs, hips) (Hardianto et al., 2021).

According to (Kepel & Lengkong, 2020) there are 4 principles of treatment or often referred to as the 4R, namely recognizing, reduction, retention and rehabilitation. Recognising is the initial stage, which is recognizing the shape of the fracture that is formed so that it is able to take treatment steps according to the fracture that occurs. Recognition consists of an anamnesis, a neurological examination and a physical examination which is confirmed by a radiographic examination. Reduction is the act of returning the fracture position that occurs in the bone to its original position, and retention is carried out to maintain both fracture ragmen by using a fixation aid during the bone healing stage (immobility). Rehabilitation is an effort to restore the ability of the motor apparatus so that it can perform its function properly again (Erwin et al., 2019).

Fractures can be caused by several factors including, single traumatic events such as impact dislocation, falls, beatings, incorrect or tilted positions, abnormal weakness in the bones (pathological fractures) and withdrawal. (Noorisa, 2017). Other effects that arise due to fractures such as changes in the injured part of the body, anxiety that arises due to pain and pain. Pain can affect the homeostatic of the body which will cause stress, discomfort, therefore it is necessary to treat pain if not treated pain can have harmful effects on the healing process and can even cause death (Septiani, 2015).

Postoperative pain is one of the main problems experienced by patients after surgery, including in cases of closed fractures. Postoperative pain is subjective and complex, influenced by the patient's physiological, emotional, and psychosocial responses. Pain that is not treated effectively can slow down the mobilization process, prolong the treatment period, increase stress, and cause complications in the form of sleep disturbances, anxiety, and secondary organ dysfunction. Therefore, comprehensive pain management is essential to support the healing process and improve the patient's quality of life (D'Andre & Fuehrer, 2025)

Fracture patients experience pain which is an unpleasant multidimensional experience due to tissue damage. The mechanism of pain begins with the presence of pain stimulus. These stimuli can be biological, chemical, thermal, electrical, and mechanical. Pain-producing stimuli send impulses through peripheral nerve fibers, then enter the spinal cord and go through one of several neural pathways and finally arrive in the gray period of the spinal cord. Pain messages can 3 interact with inhibitor cells, preventing pain stimuli from reaching the brain or transmitted without inhibition to the cerebral cortex, then the brain interprets the quality of pain and perceives pain (Rizaldi, 2014)

In reducing the intensity of pain that arises, it can be done in several ways, namely pharmacologically (the use of drugs) and non-pharmacological therapy consisting of the use of distraction techniques, relaxation techniques, hypnosis, Transcutaneous Electrical Nerve Stimulation (TENS), massage, aroma therapy, acupuncture, warm compresses and cold compresses (Afandi & Rejeki, 2020). The purpose of pain management is to reduce or eliminate the discomfort and pain experienced by patients with side effects that are not very visible, namely by using non-pharmacological techniques. One of the techniques that is easy to implement in reducing the intensity of pain is the 5-finger hypnosis relaxation technique.

Five-finger hypnosis is therapy carried out by the client by self-hypnosis where the client will distract his mind by touching his own fingers while imagining something fun or a favorite thing (Halim & Khayati, 2020). This 5-finger hypnosis relaxation technique combines physical relaxation and positive suggestion through focusing attention on the fingers so that it can help patients achieve a state of relaxation and shift the perception of pain. Although many studies report the use of hypnosis to manage pain, specific research on 5-finger hypnosis relaxation therapy in reducing pain in postoperative closed fracture patients is relatively limited.

Based on observations made in the 2nd floor of the mandiri nursing room, closed fracture cases are the 4th largest cases that dominate in the treatment room. A nursing problem that often arises in closed fracture patients in addition to physical mobility disorders is acute pain. Pain management is carried out by pharmacological action, namely by administering analgesics, non-pharmacological application given to the patient in the form of deep breathing relaxation techniques without other variations.

Based on the description above, the author is interested in compiling a Final Scientific Paper for Nurses (KIAN) with the title "Analysis of the Application of 5-Finger Hypnosis Relaxation Therapy in Reducing Pain Levels in Post-Closed Fracture Surgery Patients in the Graha Mandiri Room, 2nd Floor, dr. Iskak Tulungagung Hospital".

RESEARCH METHODS

This type of research is a narrative descriptive, a case study form to explore the innovation of providing relaxation hypnosis 5 fingers to reduce pain in postoperative patients with closed fractures in the mandiri room on the 2nd floor of dr. Isaac Tulungagung. The approach used is a nursing care approach which includes assessment, nursing diagnosis, planning, implementation and evaluation. The writing of this case study focuses on the nursing care of adult patients with a medical diagnosis of closed fractures who experience acute pain and are given non-pharmacological therapy in the form of relaxation of 5-finger hypnosis.

RESULTS

This research was conducted on December 11-15, 2025 in the treatment room of the 2nd floor of the dr. Tulungagung Iskak in postoperative closed fracture patients with acute pain problems using a 5-finger hypnosis relaxation intervention. By giving 1x a day for 2 days with a long time of giving each action which is 20 minutes.

Answer 1

Date	11 December		12 December	
	Before	After	Before	After
Pain Scale with <i>Numeric Rating Scale</i> (NRS)	8	7	7	6

Answer 2

Date	14 December		15 December	
	Before	After	Before	After
Pain Scale with <i>Numeric Rating Scale</i> (NRS)	7	6	6	4

In this study, the intervention of the 5-finger hypnosis relaxation technique showed a significant change in the patient's pain level. From a value of 7 can drop to 4, although it does not immediately become mild pain, this technique has an impact and has proven to be quite effective in relieving pain as a companion to pharmacological actions.

DISCUSSION

The results of the assessment were carried out on patients on the first day after surgery, respondents 1 and respondent 2 complained of pain. Respondent 1 complained of pain in the right leg where the type of fracture was a fracture of the tibia fibula dextra, while respondent 2 complained of pain in the left hand with a type of fracture, namely a fracture of the distal radius. The two respondents came from different age categories, respondent 1 was included in the elderly group, namely 54 years old, while respondent 2 was in the children's category, namely 13 years old.

From the results of the intervention using the 5-finger hypnosis relaxation technique for 2 days to both respondents, there was a significant reduction in pain. In line with research conducted by Permatasari and Sari in 2020 which showed that relaxation therapy carried out for 2 consecutive days can reduce pain in postoperative femur fracture patients. Pain assessment was performed using the Visual Analog Scale (VAS) in 1 patient with a case study approach (Permatasari & Sari, 2020)

5-finger hypnosis is one of the non-pharmacological therapies that can provide a relaxation effect and reduce tension due to pain and stress (Wahyudi, 2019). The basic principle of applying 5-finger hypnosis is to help calm the mind, reduce tension and relax muscles, and regulate breathing patterns so that the body's relaxation response is achieved (Dewi, 2018)

The application of 5-finger hypnosis relaxation is carried out by inviting patients to focus their thoughts on 5 aspects with the medium of 5 fingers. Touch one finger at a time and focus on positive thoughts while managing the breath as relaxed as possible, so that the

patient's focus on the pain will be distracted. 5-finger hypnosis is performed by directing individuals to enter the subconscious through the guidance of the presenter or trainer. Participants were guided to meditate and focus on self-reflection by imagining themselves in good health, achieving achievements or successes, being with loved ones, and being in a place that gives the most comfort and fun (Dewi et al., 2021)

The researcher's assumption is the application of the 5-finger hypnosis relaxation technique in post-surgery fracture patients in helping to reduce pain. This is because 5-finger hypnosis relaxation helps distract the patient from being fixated on pain and helps the patient to relax thereby lowering hormones that trigger pain such as the hormone cortisol.

The success of this therapy is influenced by various supporting factors. One of the main factors is the establishment of effective cooperation between the presenter or caregiver and the patient, so that a relationship of mutual trust and good communication is created during the therapy process. In addition, a supportive, calm, and conducive environment also plays an important role in supporting the effectiveness of therapy. The low-distraction environment helps participants to concentrate more easily, direct attention inward, and follow each instruction optimally. With good collaboration and a comfortable atmosphere, participants will be more focused and able to undergo therapy optimally so that the goal of relaxation and improvement of psychological conditions can be achieved.

CONCLUSION

Conclusion:

1. The 5-finger hypnosis relaxation technique is effective in reducing pain intensity in post-surgery fracture patients, both in the elderly and children. This therapy works by shifting the focus away from pain, regulating breathing, and creating a relaxation response so that tension and physiological response to pain are reduced.
2. The success of therapy is influenced by good cooperation between nurses and patients and a calm and conducive environment. This support helps patients focus more on undergoing therapy so that pain reduction can be achieved optimally.

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