



The Effect Of Hypnotherapy On Post Traumatic Stress Disorder (PTSD) Decrease In Women Of Sexual Abuse In Tasikmalaya 2019

Kharisma Nurul Fazrianti Rusman¹, Wiwin Mintarsih², Nita Nurvita³

^{1,2,3}Poltekkes Kemenkes RI Tasikmalaya
Email : kharismanfazrianti@gmail.com

Abstrak

Pelecehan seksual dapat menimbulkan efek trauma yang mendalam pada korban terutama perempuan. Efek trauma yang dialami korban pelecehan seksual merupakan sindrom kecemasan labilitas outonomik dari pengalaman yang amat pedih baik fisik maupun emosi yang disebut Post Traumatik Stress Disorder atau PTSD. Salah satu terapi untuk PTSD adalah hypnotherapy. Hypnotherapy merupakan salah satu jenis terapi komplementer/non konvensional dimana pasien dibimbing untuk melakukan relaksasi dalam dan secara alamiah gerbang pikiran bawah sadar seseorang akan terbuka, sehingga pasien cenderung lebih mudah untuk menerima sugesti penyembuhan yang diberikan. Tujuan penelitian ini untuk mengetahui pengaruh hypnotherapy terhadap Post Traumatik Stres Disorder (PTSD) pada perempuan korban pelecehan seksual di Kota Tasikmalaya Tahun 2019. Penelitian ini menggunakan desain eksperimen kasus tunggal (single case experimental design) dengan paradigma A-B-Follow up. A adalah pengukuran baseline, B adalah pengukuran setelah pemberian terapi dan follow up adalah pengukuran akhir. Penelitian ini melibatkan 4 subjek dengan kriteria perempuan korban pelecehan seksual di Kota Tasikmalaya. Penelitian ini dilakukan di wilayah Kota Tasikmalaya pada bulan Januari-Maret 2019. Dalam penelitian ini, teknik pengumpulan data yang utama menggunakan skala IES-R, data yang diperoleh adalah data kuantitatif. Selanjutnya untuk memperkuat dan mengecek validitas data hasil skala tersebut, maka dapat dilengkapi dengan kuisisioner, observasi atau wawancara kepada responden yang telah memberikan angket tersebut Analisis data dalam penelitian ini menggunakan analisis kuantitatif berupa penjelasan grafik penelitian dan analisis kualitatif berupa hasil dari observasi dan wawancara selama penelitian. Hasil dari penelitian ini didapatkan bahwa tingkat PTSD perempuan korban pelecehan seksual sebelum dilakukan hypnotherapy berada pada kategori tinggi dan sedang. Sedangkan setelah dilakukan hypnotherapy berada pada kategori sedang dan rendah. Hal ini menunjukkan bahwa terdapat pengaruh hypnotherapy terhadap tingkat PTSD perempuan korban pelecehan seksual.

Kata Kunci : hypnotherapy, PTSD, perempuan korban pelecehan seksual

Abstract

Sexual abuse can have a profound trauma effect on victims, especially women. The effect of trauma experienced by victims of sexual abuse is an autonomic liability anxiety syndrome from a very painful experience both physically and emotionally called Post Traumatic Stress Disorder or PTSD. One therapy for PTSD is hypnotherapy. Hypnotherapy is one kind of complementary /nonconventional therapy where patients are guided to relax in and naturally. The gate of someone's subconscious mind will be open, thus patients tend to be easier to accept healing suggestions given. The purpose of this study is to determine the effect of hypnotherapy on Post Traumatic Stress Disorder (PTSD) in women victims of sexual abuse 2019 in Tasikmalaya. This study used a single-case experimental design

within the A-B-Follow paradigm. A is a baseline measurement, and B is a measurement after administration of therapy and follow-up is the final measurement. This study involved four subjects with the criteria of women who were victims of sexual abuse in Tasikmalaya. In this study, the main data collection techniques using the IES-R scale, the data obtained are quantitative. Furthermore, to strengthen and check the validity of the scale data, it can be completed with questionnaires, observations or interviews with respondents who have provided the questionnaire Data analysis in this study uses quantitative analysis in the form of an explanatory graph of research and qualitative analysis in the form of observations and interviews during the study. The results of this study found that the level of PTSD women who were sexually abused before hypnotherapy was in the high and medium category. While hypnotherapy was in the medium and low category. Hence, there is an effect of hypnotherapy on the level of PTSD women victims of sexual abuse.

Keywords: *hypnotherapy, PTSD, victims of sexual abuse women*

Article info:

Article submitted on August 15, 2019

Articles revised on October 10, 2019

Articles received on November 12, 2019

DOI: [http://dx.doi.org/10.21927/jnki.2019.7\(3\).153-160](http://dx.doi.org/10.21927/jnki.2019.7(3).153-160)

INTRODUCTION

Violence is very common in everyday life both in the family, community, and peers. Among the Indonesian human cartilage into victims of violent crime are women. So much crime and violence affecting women, both in terms of murder, rape, assault in addition to what has been mentioned above. Women are particularly vulnerable to becoming victims of crime (victims of crime) in the field of ethics (Sumera, 2013). Sexual harassment can have a profound trauma effect on the victim. Victims of sexual abuse can experience stress due to traumatic experiences during the incident. Stress disorder experienced by victims of sexual harassment is an anxiety syndrome of outgoing lability, emotional impatience, and flashbacks from very painful experiences both physically and emotionally that go beyond the limits of endurance of ordinary people called Post Traumatic Stress Disorder or PTSD.

There are two treatment options can be given to people with Post Traumatic Stress Disorder (PTSD), namely the psychological therapy and pharmacology. Some of the psychotherapy

for PTSD among trauma-focused cognitive-behavioral therapy (TFCBT) and eye-movement desensitization and reprocessing (EMDR), stress management, and other therapies, including supportive therapy, psychodynamic therapy, and hypnotherapy (15).

One way to overcome PTSD with the non-pharmacology method is hypnotherapy. Hypnotherapy can be defined as a method in which the patient is guided for relaxation, where after a state of relaxation in this is achieved then naturally the gates of the subconscious mind someone will open wide, so that the concerned tend to be easier to accept the suggestion of healing given (15). As the results of research and Aat Bayu Hendriyanto Sriati (2011) there was a decrease in stress levels before and after do hypnotherapy. Decreased levels of stress evident in the percentage of normal stress levels after hypnotherapy as many as 16 respondents (53.33%) of respondents 0 (0%) at normal stress levels prior to hypnotherapy. Research on hypnotherapy on PTSD levels has been examined, namely David Spiegel with Hypnosis in the Treatment of Victims of Sexual Abuse

in 2015 at Stanford University. In Indonesia research on hypnotherapy is associated with labor pain and no one has examined the post-traumatic stress disorder. The purpose of this research is to get the effect of hypnotherapy on the level of Post Traumatic Stress Disorders (PTSD) in women with sexual violence victims in Tasikmalaya.

MATERIALS AND METHODS

The method used is a single case experimental design (single case experimental design) with the paradigm of AB-Follow up. This research was conducted in the city of Tasikmalaya in January-March 2019. The sample in this study using purposive sampling techniques and sample amounted to 4 people with the sample criteria were women victims of rape at the time of the study experienced symptoms of Post Traumatic Stress Disorders (PTSD) and have lasted for more than 3 months (chronic) and was discovered in 2018 and is willing to become respondents. In this study, primary data collection techniques using the IES-R scale, data were obtained on quantitative data. Furthermore, to strengthen and check the validity of the data outcome scale, it can be equipped with a questionnaire, observations or interviews with respondents who have given the questionnaire (20). Giving hypnotherapy conducted 1 week for 3 weeks with treatment time for 90 minutes. Analysis of the data in this study using quantitative analysis in the form of a graphical form of research and qualitative analysis of the results of observations and interviews during the study.

RESULTS AND DISCUSSION

This research has been conducted in the city of Tasikmalaya with old research started from January to March 2019. The sample in this study amounted to 4. The results are as follows:

Hypnotherapy Effect Analysis On The Level Post Traumatic Stress Disorders (PTSD) 2019

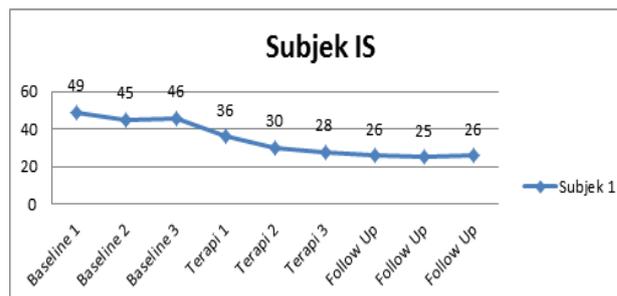


Figure 1. Scale Score Results Impact of Event Scale (IES) Subject 1 (IS)

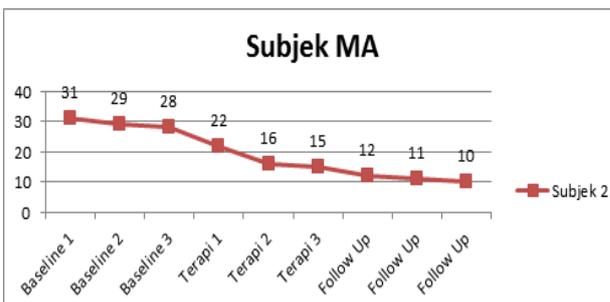


Figure 2. Scale Score Results Impact of Event Scale (IES) Subject 2 (MA)

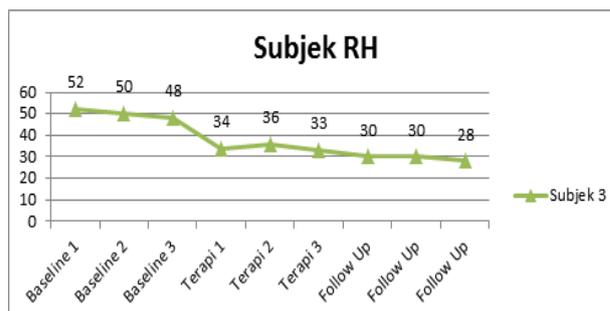


Figure 3. Scale Score Results Impact of Event Scale (IES) Subject 3 (RH)

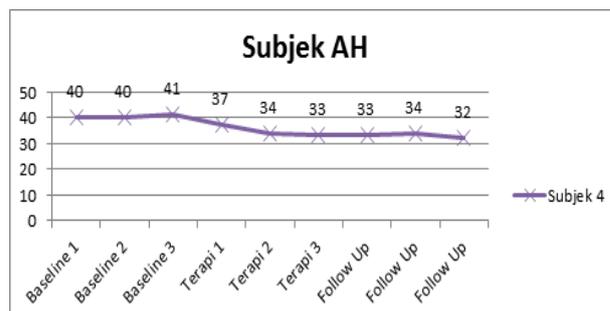


Figure 4. Scale Score Results Impact of Event Scale (IES) Subject 4 (AH)

In more detail seemed that the results showed a decrease in the symptoms in each session of therapy. At baseline sessions three

subjects experiencing post-traumatic stress that is quite high. Post-traumatic stress on the subject of RH higher than the IS subject, the subject, and the subject AH MA. It is possible because the subject is new RH experienced incidences of sexual violence and are victims of sexual abuse and the perpetrators have not been caught, the subject of the IS and AH had undergone the trial process, while the subject of MA is long enough to have a case of occurrence of sexual violence that tend to the level of post-traumatic stress is on the level being.

Based on this research, known levels of Post Traumatic Stress Disorders (PTSD) subjects who had been included in the category of medium and high fall into the category of being even lighter. The subject became more assured and confident since the therapy. Subjects were initially low self-esteem, hopelessness, anxiety, and fear of being more quiet and comfortable, and more eager to live good daily activities at school or in the home environment and the foundation. Subject no longer feel hurt and angry when dealing with environmental insult or mock subject conditions

The results of the therapy session can generally survive and can be seen on the graph follow-up where the symptoms of PTSD at follow-up session is lower than the baseline sessions and therapy sessions. Although the subject of AH there is an increase compared to the last therapy session, in general, the symptoms of PTSD can be lowered after therapy than before therapy. Hypnotherapy research to find out if there is a decrease in PTSD symptoms in women victims of sexual abuse or not and this study proves that there is a decrease in PTSD symptoms in women victims of sexual abuse.

Observations subject before Do Hypnotherapy

The results of the observation of the subject of three meetings in a row, in general, the subject was or save some emotions (negative), both

to the subject, others or of a crime scene that had happened to her. The subject deeply felt negative emotions and quite disturbing life. The observation also found some subjects often squinting, sitting with a rather rigid position. Occasionally the subject of laughter, but appear less formal off so impressed. The subject facial expression seemed friendly, often smiling but seemed a bit forced.

Thus, in all three meetings before the hypnotherapy levels of Post Traumatic Stress Disorders (PTSD) subjects are in conditions of high, medium needs to be addressed

Interview Results Subject Prior to Do Hypnotherapy

The interviews conducted to obtain data on the experience of violence experienced by the subject so that researchers can determine the level of Post Traumatic Stress Disorders (PTSD) experienced by the subject. The questions submitted written beforehand in interview guidelines. Questions presented singly and directly answered by the subject in question. These questions amounted to around 3 main questions, which leads to the impression, experience, physical condition and emotional after experiencing incidences of sexual violence which relate to (1) experience sexual violence, (2) physical condition and body after being sexually assaulted, (3) the occurrence of emotions after experiencing sexual violence. The following are the results of interviews with sources.

The question posed to the speakers, namely, "Can you tell us how you first experience the occurrence of sexual violence? Or how the beginning you had incidences of sexual violence?" "The answer given by the subject speaker IS is as follows. "The first time I was forced to have sexual intercourse by the father is when I grade 1 SMP. I never dared to talk to anyone about this. Because of the pressure and torment gave by my father ". From the results of these interviews

showed that the subjects were forced to have sexual intercourse with his father

Questions posed to the resource on the physical condition and body after experiencing sexual violence is "What do you feel in your body after physical and sexual violence?". Answer submitted by speakers is as follows: "I feel tired, I want to quit but can not. I also fear there is anything with my body. I also sometimes difficult to sleep, kept imagining shadows. Sometimes dizziness. "The interview results indicate that the effects are felt by the subject after being sexually assaulted both the effects of the physical condition and body as well as psychological casualties.

Questions posed to the resource on the form of emotions after experiencing incidences of sexual violence namely, "The shape of emotions like how you feel after an incident of sexual violence?" The answer given by speakers is as follows: "I feel angry because of the evil of the fathers do should not be done, there must revenge. I also feel frustrated and afraid that if there is something with myself. I am also ashamed of the behavior of the father's own ".The answers to such sources indicate that speakers keep negative emotions within him.

Observations And Follow Up Subject After Do Hypnotherapy

Observations carried out on the subject after receiving the intervention treatment using hypnotherapy. This observation activity carried out utilizing direct observation of the subject to obtain quality data PTSD after hypnotherapy implemented. Observation activities carried out a number three times after the intervention. Follow-up was also conducted one week after the last intervention. Observation and follow up on the subject during the four sessions in a row, in general subjects feel better and calm, the whole subject is more able to control himself and his emotions. Through relaxation techniques, hypnotherapy subjects were also

more confident than before and feel the power of words and positive feelings. The whole subject feels himself fitter and lighter in feeling calmer and after the therapy session is complete subject may be more stable in terms of emotion. from observation, results were also obtained several subjects have been more comfortable and more open to researchers and others. Occasional subject already impressed laugh so familiar. The expression of the subject's face also seemed friendly and easier.

Subject After Interview Results Do Hypnotherapy

The interviews conducted to obtain data on hypnotherapy experience that felt by the subject so that researchers can tell the Post Traumatic Stress Disorders (PTSD) experienced by subjects after hypnotherapy. The questions submitted written beforehand in interview guidelines. Questions presented singly and directly answered by the subject in question. These questions amounted to around 2 main questions, which leads to the impression, experience, physical and emotional condition after executing hypnotherapy are related to (1) the conditions and feelings after hypnotherapy (2) the benefits of hypnotherapy. The following are the results of interviews with sources.

The question posed to the speakers, namely, "How are you feeling after the condition and do hypnotherapy?". Answer given resource is as follows: "The conditions and the feeling I get better, I feel relaxed my heart was calm, peaceful continues thoughts and feelings I felt good." The results of these interviews showed that subjects felt better than ever, quieter, patient, comfortable and confident. After doing a hypnotherapy session, the subject feels himself fitter and lighter in feeling and feel calmer

Questions posed to the speakers about the benefits of hypnotherapy that is, "In your opinion, are there any benefits of hypnotherapy for

you?" The answer given resource is as follows: "Hypnotherapy is very helping me change myself getting better and distancing attitudes that bad that I first natural. I would change the attitude to be better. I felt strongly to undergo ideals, to go to school until graduation, I think that with hypnotherapy was very nice to think about the future and my goals and to boast of the family ".The results of these interviews indicate that the subject was getting great benefits from doing hypnotherapy that can make the subject more confident.

The results of the above study as a whole following the purpose of implementation of this hypnotherapy, namely to steer the subject reached the highest stage of consciousness (trance) of the condition itself so that it can act appropriately to achieve a cure.

Level of Post Traumatic Stress Disorders (PTSD) can be reduced because during the process that occurs hypnotherapy is enabled by the parasympathetic nervous system so that the subject becomes very relaxed and comfortable. This is very helpful because the subject will stay relaxed, even though phobias or trauma being handled. The parasympathetic nervous system resulting in heart rate slows, blood pressure down, and the instinctual response of the condition of rest. Respons parasympathetic causes someone to be more quiet and comfortable. All it aims to save energy body (4).

Effect of Hypnotherapy To Decrease Post Traumatic Stress Disorders (PTSD)

When the process of hypnosis that happens is the parasympathetic nervous system activation so that the subject becomes very relaxed and comfortable. It is very useful in therapy for the subject will stay relaxed, even though phobias or trauma being handled. There are two nervous systems, namely the autonomic nervous system and the central nervous system. The autonomic nervous system regulates internal systems, which

are generally outside the control of movement in the conscious mind. Included in the control of the autonomic nervous system, among others are the heartbeat, digestive system, and the activity of the gland. The central nervous system regulates motor responses to sensory impressions through the brain and the nerves in the spine.

Both the nervous system, the sympathetic and parasympathetic, can not be active simultaneously. With hypnotherapy, cognitive signals to the brain through sensory, auditory and visual. They were neither an emergency signal, after reaching the thalamus and then to the sensory cortex without piracy, continues to the transitional cortex for cognitive control processes. Furthermore, projected to the hippocampus to be stored as a memory, but it is partially projected signals to the amygdala and other relevant organs to be expressed to the outside. The cognitive signals can stop the flow of piracy emergency signals from the cortex to the amygdala and from the amygdala to the hypothalamus. With so the signal coming from the provision of psychotherapy after reaching the cortex to the process of cognition,

Based on the research that has been done, shows that there is the influence of hypnotherapy on the level of Post Traumatic Stress Disorders (PTSD) as evidenced by the level of scale IES decreased during therapy and follow-up compared to before therapy, but it is also a statement of the respondents who stated a better after the treatment, so that hypnotherapy may lower levels of Post Traumatic Stress Disorders (PTSD) in women victims of sexual abuse in Tasikmalaya 2019.

CONCLUSIONS AND RECOMMENDATIONS

Before given hypnotherapy 3 subjects had levels of Post Traumatic Stress Disorders (PTSD) with high category and after being given hypnotherapy, 3 subjects have a level of Post Traumatic Stress Disorders (PTSD) in

the medium category. While the first subjects have high levels of Post Traumatic Stress Disorders (PTSD) with category and after being given the subject hypnotherapy has a degree of Post Traumatic Stress Disorders (PTSD) with a lower category. There is the influence of hypnotherapy to decreased levels of Post Traumatic Stress Disorders (PTSD) female victims of sexual abuse. There is a recommendation for clients that can increase knowledge about non-pharmacological therapy techniques in reducing trauma, one of which is by doing hypnotherapy. And a recommendation for health workers are can provide health education to clients by introducing non-pharmacological therapy techniques to reduce PTSD in women victims of sexual harassment and provide reproductive health care specifically about sexual education and hypnotherapy

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