



APPLICATION OF SELF HYPNOSIS THERAPY TO WEIGHT LOST IN SCHOOL AGE CHILDREN IN RT 06/ RW 02 KELURAHAN MAKASAR TIMUR JAKARTA

Nourmayansa Vidya Anggraini¹, Indah Cahyasari², Diah Ratnawati³, & Ritanti

Program Study of Nursing, Faculty of Health, Universitas Pembangunan Nasional Veteran Jakarta, Depok, West Java, Indonesia

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CONTACT

Nourmayansa Vidya Anggraini
nourmayansa@upnvj.ac.id
Program Study of Nursing,
Faculty of Health, Universitas
Pembangunan Nasional Veteran
Jakarta, Depok, West Java,
Indonesia

ABSTRACT

Introduction: Obesity is one of the health problems that must be handled properly because it can affect individuals of all ages, from children to adults. Obesity occurs in school-age children because it can interfere with the health and body image of the child. Some interventions are believed to help lose weight in school-age children who are obese. Self Hypnosis therapy is one intervention that has been proven to be able to lose weight. The application of nursing care aims to determine the effectiveness of Self Hypnosis therapy on weight loss in school-age children who are obese.

Method: This research design used a descriptive case study. This intervention was given to two children in RT 06 / RW 02 and was carried out 2 times a week and was carried out for 3 weeks. The research instrument used self-hypnosis therapy SOPs, assessment sheets containing measurements of height and weight then calculated BMI of school-aged children and classified according to WHO.

Results: The results of the implementation for 3 weeks showed that there was a 15 respondents weight loss and 7 respondents did not lose weight. Obtained a p value of 0.001 with a correlation coefficient of 0.682.

Conclusion: The intervention of self hypnosis therapy can affect weight loss of school-age children. Community nurses are expected to use self hypnosis therapy intervention as an intervention to lose weight in school-age children with obesity.

Keywords: *obesity; school age children; self hypnosis*

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INTRODUCTION

Obesity is a condition where there is accumulation of fat in the body which can be known by using the body mass index (BMI), namely by comparing body weight with height (Junita, 2016). Obesity has occurred since infants, toddlers, school-age children, adolescents, and will persist into adulthood. If both parents have a history of obesity, then about 80% of their children will also be obese, but if both parents do not have a history of obesity, the prevalence will drop to 14%.

The world's population will continue to grow day by day. The number of people who are

overweight will also increase. This also occurs in children, the incidence of weight gain increases in children. If this is not prevented and treated as early as possible, children who are overweight will continue to grow into adults who are also obese in the future. This condition will be a high risk to the child's health later (Junita, 2016).

Based on data from the WHO, in 2015, there were 43 million children under five who were overweight. Nearly 35 million children are also overweight in developing countries. The remaining about 8 million are in developed countries. China with the most populous population can not be separated from the

problem of being overweight. Children in China are also getting fatter (Junita, 2016)

Based on data from Riskesdas 2012, the problem of overweight tends to occur in school-age children (6-12 years), pre-teens (13-15 years). At school age it reaches 14%, while for children aged 15 and over it reaches 19.1%. This figure is quite high, so it needs special attention from all parties. There is no data on the number of children with obesity in Makassar Village, but for Rt 06/Rw 02 in 2017 of approximately 200 school-age children there are 24 people who are overweight. This data comes from the selection of local RT cadres.

The problem of obesity in children is a complex problem. Many factors can support the incidence of obesity. One of the factors of being overweight is heredity, another factor that supports it is during the current pandemic. This distance learning period makes children less active outside the home. Children cannot do physical activities such as exercising outside the home. Lack of these activities can lead to obesity and can interfere with the physical health of children. The occurrence of obesity can also be obtained with changes in diet and lifestyle. This can happen along with changing times that require children to snack outside the home. Such a lifestyle that makes children potentially obese.

Obese patients need treatment and prevention so that children with obesity rates can decrease. Nursing is a professional health service. Nursing science is able to provide care to individuals, families, and communities who are healthy or sick as an ideal workforce to help reduce obesity problems in the family. As a health care provider, community nursing can work directly to help individuals and families achieve a state of health from being overweight. Interventions that can be applied as community nursing must have many benefits and are easy for everyone to do. One of the interventions that can be done to reduce the degree of obesity in individuals in the family is self-hypnosis complementary therapy.

Hypnosis is a state of mind that is intentionally carried out by a hypnotist whose suggestions can be accepted by the subject (Roswendi & Sunarsi, 2020). Hypnosis

procedures are commonly used to provide support to the subject. When the subject is led by another person (hypnotist) to respond to suggestions to change perceptions, sensations, emotions, thoughts and behavior (Roswendi & Sunarsi, 2020). Self Hypnosis is an action to regulate procedures on their own volition. If the subject responds to the suggestion, it means that hypnosis has been successfully carried out.

Research conducted by Maria Tarisia Rini in (2020) showed that obese adolescents in adolescents who underwent complementary self-hypnosis therapy could experience significant weight loss. The results of the study showed that 15 respondents (68.2%) experienced weight loss and 7 respondents (31.8%) did not lose weight (Rini, 2020). Other studies have also shown that self hypnosis can also help you lose weight.

Research conducted by Darmawati (2017) shows that hypnosis therapy can be applied in the nursing care process for fostered families with the main goal of changing healthy lifestyle behaviors that will achieve ideal body weight for children and families with overweight problems. Hypnosis therapy approach is carried out to provide positive suggestions to children regarding the ideal body and a healthy lifestyle. The application of hypnosis therapy can be used as an innovation for puskesmas nurses who will carry out home visits so that they can control the incidence of obesity in school-age children in the surrounding environment (Darmawati, 2017).

Based on the results of interviews by a number of RT 06 cadres in November 2021, data obtained that there are still many school-age children who are obese. The results of these interviews obtained approximately 24 school-age children who are overweight. This shows that there is a need for direct intervention to patients to reduce obesity rates in the environment. Based on the results of the preliminary study, the authors decided to make respondents as intervention respondents. From the results of the preliminary study, the author also got one family name that would become the author's family managed, namely the family of Mr. S.

The author chose Mr. S's family to be a managed family for several reasons. In Mr. S's family, health problems were one of the reasons for choosing this family. Easy communication with nurses and the family's desire to become a healthy family also makes it easier for nurses to provide nursing care. Every family meeting is always enthusiastic and very cooperative and also the family is able to welcome the nurses well. So far, the family has complained about the lack of information, so that the family is still lacking in implementing healthy living. Mr. S's family also has a high desire to live a healthy life. Therefore, the nurse decided to assist in implementing family nursing care in accordance with the abilities and knowledge possessed by the nurse, starting with establishing a diagnosis in Mr. S's family.

The results of the description described above regarding obesity in school-age children in a family, the authors have set an intervention to lose weight. Research has shown that self-hypnosis therapy is ideal for family practice. According to a preliminary study that has been carried out that the area of RT 06 Kelurahan Makasar is a community area that has obesity sufferers in school-age children, the authors decided to carry out an implementation in the form of reaches 14%, while for children aged 15 and over it reaches 19.1%. This figure is quite high, so it needs special attention from all parties. There is no data on the number of children with obesity in Makassar Village, but for Rt 06/Rw 02 in 2017 of approximately 200 school-age children there are 24 people who are overweight. This data comes from the selection of local RT cadres.

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decided to carry out an implementation in the form of "Application of Self Hypnosis Therapy for Weight Loss in School Age Children in RT 06 / RW 02 Kelurahan Makassar, East Jakarta.

METHOD

The research design used a descriptive case study. The research instrument used self-hypnosis therapy SOPs, assessment sheets containing measurements of height and weight then calculated BMI of school-aged children and classified according to WHO.

The data that has been found during the assessment are grouped and analyzed, then develop a nursing plan or nursing intervention and carry out the implementation and evaluation of nursing in managed patients and resumes. The Self Hypnosis innovation intervention was carried out for 3 weeks with 6 meetings with a duration of \pm 30 minutes. Researchers also monitored the patient's body condition before, during and after self-hypnosis and took measurements of the child's weight before and after self-hypnosis at each meeting 2 times a week, which was a total of 6 measurements.

RESULTS

Nursing problems found in Mr. S's family, especially An A and Mr.'s family. B especially An F has the same diagnosis, namely obesity. The general goal of obesity intervention can be overcome which is characterized by weight loss and improvement of body mass index (BMI).

The innovation intervention carried out on school-age children with obesity who lived in RT 006 RW 02 Makasar Village was in the form of Self Hypnosis. The number of patients in this study who received the Self Hypnosis innovation intervention, namely two people (An. A as managed patient and An. F as resume patient), both patients received the same intervention.

Giving Self Hypnosis was followed by health education given to Mr. S's family and Mr. B's family about obesity including understanding, causes, signs/characteristics, impact of obesity and how to calculate BMI in adolescents and their classification. The results of the implementation show that An A and An F are able to re-explain the meaning, causes, signs /

characteristics, the impact of obesity and how to calculate BMI in adolescents and their classification.

The innovation intervention given is in the form of Self Hypnosis. Interventions were carried out on managed patients and resume patients. Self Hypnosis intervention begins with providing education to patients related to the understanding, benefits, training provisions, and steps for Self Hypnosis. Self hypnosis is a type of exercise that can be done without using any

equipment and relying on the subconscious. Self hypnosis is the most radical form of relaxation first aid that can be used to gain mental control over stress (Smith et al., 2017).

Self Hypnosis therapy includes closing the eyes for 5 seconds, then relaxing the body parts, self programming, and closing along with deep breath relaxation. Done for 3 weeks. The Self Hypnosis intervention was performed on An A and An F for 3 weeks with 6 meetings.

Table 1 Distribution of Self Hypnosis Intervention Evaluation on Managed Clients

Meeting	1	2	3	4	5	6
Weight before intervention	60 kg	59,8kg	59,6 kg	59 kg	58,8 kg	58,6kg
Weight after intervention	60 kg	59,7 kg	59,5 kg	59 kg	58,5 kg	58,4 kg

Source: Researcher Data (2022)

Table 1 shows the distribution of self-hypnosis intervention evaluations on managed clients, namely An.A. The table shows that An.A's weight before performing the Self Hypnosis intervention was 60 Kg. At the intervention of the first meeting on Monday, November 22, 2021. An.A said that he did not have any complaints and was happy because he would do therapy together with the author. Then body weight was measured before the intervention and it was found that An.A's weight was 60 kg. Self-hypnosis therapy is followed by the client calmly and cooperatively. Therapy is carried out for 20 minutes. An A said the body felt calm after doing the therapy. The result of body weight after doing therapy is still 60kg. After the intervention, An A said that he was happy and felt that his mind and body were calmer.

The second meeting will be on Friday, November 26, 2021. Implementation carried out in the living room with conducive conditions. In the orientation phase, An.A said that she did not have any complaints.what and feel happy because they will do therapy together with the author. Then body weight measurements were taken before the intervention and it was found that An.A's weight was 59.8 kg. Self-hypnosis therapy is followed by the client calmly and cooperatively. Therapy is carried out for 20 minutes. An A said the body felt calm after doing

the therapy. The result of body weight after doing therapy was still 59.7 kg and continued at the third meeting.

The third meeting was on Tuesday, November 30, 2021. During the orientation phase, An A said that he was still enthusiastic about losing weight. Then body weight measurements were taken before the intervention and it was found that An.A's weight was 59.6 kg. Self hypnosis therapy is followed by the client calmly and conducive. Therapy is carried out for 20 minutes. An A said the body felt calm after doing the therapy. The result of body weight after doing therapy is still 59.5 kg. After doing therapy, An A will use self-suggestion more often to start living a healthy life.

The fourth meeting was on Saturday, December 4, 2021. The implementation was carried out in the client's room because the condition of the house was being held by the client's mother. An A said that her weight was getting lower after doing therapy, An A could suggest herself to maintain a healthy lifestyle. Measurement of body weight before intervention and it was found that An.A's weight was 59 kg. Self hypnosis therapy is followed by the client calmly and conducive. Therapy is carried out for 20 minutes. An A said the body felt calm after doing the therapy. The result of body weight after doing therapy is still 59kg. An

A is much more able to control himself to suggest himself.

The fifth meeting was on Tuesday, December 7, 2021. At this meeting, An A was doing daily exams but it did not break An A's enthusiasm for therapy. Measurement of body weight before intervention and it was found that An.A's weight was 58.8 kg. Self hypnosis therapy is followed by the client calmly and conducive. Therapy is carried out for 20 minutes. An A said the body felt calm after doing the therapy. The result of weight loss after doing therapy was 58.5 kg. An A was happy and excited to see the progress of her weight which was going down even if only little by little.

The sixth meeting is the last meeting on Saturday, December 11, 2021. An A still looks enthusiastic and says he always suggests himself

if he wants to eat junk food. An A looked calm and cheerful. Measurement of body weight before intervention and it was found that An.A's weight was 58.6 kg. Self hypnosis therapy is followed by the client calmly and conducive. Therapy is carried out for 20 minutes. An A said the body felt calm after doing the therapy. The result of body weight after doing therapy was 58.4 kg.

Distribution of weight loss after doing self hypnosis therapy on An A. Significant weight loss at the fifth meeting was 0.3 kg. An A's weight before doing therapy and after doing therapy for 6 times experienced a weight loss of 1.6 kg. This weight loss resulted from the client's suggestions in order to maintain a healthy and regular diet, lifestyle and activities (Darmawati, 2017).

Table 2 Distribution of Self Hypnosis Intervention Evaluation on Resume Clients

Pertemuan	1	2	3	4	5	6
Weight before intervention	57 kg	56,8 kg	56,6 kg	56 kg	55,8 kg	55,7 kg
Weight after intervention	56,9 kg	56,6 kg	56,5 kg	55,9 kg	55,6 kg	54,9 kg

Source: Researcher Data (2022)

Table 2 shows the distribution of the evaluation of the self-hypnosis intervention on resume clients, namely An.F. In the first week of intervention, An.F's weight was 57 Kg and her height was 149 cm. The results of the calculation of BMI according to age based on WHO, BMI An.F reached 25.4. Based on these results, it can be concluded that An.F's status is in the obesity category. An F said that he sometimes eats three times a day, but An F also often eats fast food. An.F said he doesn't like vegetables. An.F's daily activities are not much because the school period is still online. From waking up to going back to sleep at night, An.F's average activities are online school, eating, worshipping and the rest is spent playing gadgets and watching tv. An.F said that he rarely exercised. In one month.

An.F admitted that he only did exercise once, namely jogging with his friends. An.F was given the same intervention as An.A, namely self-hypnosis therapy conducted twice a week and carried out for three weeks. An.F said he was happy after doing self hypnosis because he felt

he had positive suggestions to make his body healthier.

The table shows weight loss after doing self-hypnosis therapy. The most significant weight loss occurred at the sixth meeting, which was 0.8 kg. An F's body weight before and after therapy 2 times a week for 3 weeks decreased by 2.0 kg. This weight loss is because children become suggestive because if they continue to overeat and rarely exercise, the body will experience fat accumulation (Rini, 2020).

In both patients managed by the author, they have the same problem, namely obesity and provide the same therapy in the form of self-hypnosis therapy which refers to research (Rini, 2020) where the results of this study are 15 respondents experienced weight loss and 7 respondents did not lose weight. . Obtained a p value of 0.001 with a correlation coefficient of 0.682.

DISCUSSION

At the time before the intervention, the authors assessed the weight of the two children. The results of the measurement of An A's weight were 60 kg and An F 57 kg. Body weight was measured using an electronic scale. After that, self-hypnosis therapy was conducted six times for three weeks. Prior to therapy, the authors educate patients and families about this self-hypnosis therapy. The author explains that therapy is carried out for 30 minutes starting from relaxing the body to termination.

From the table above, the difference in weight between An A and An F is obtained, where the difference is 0.4 kg. This can be caused by the gender factor. Women who have more fat reserves, especially in the abdominal area, which is caused by a slower metabolism than men. This causes more fat to be burned to lose weight than men. (Lubis, 2020).

In addition to factors from gender, factors from puberty also cause differences in weight loss. In boys, puberty begins at the age of 12-16 years by being known by wet dreams (Hasnahwati, 2020). While women are marked by the first menstruation. Puberty is a period of rapid weight gain. Weight gain is caused by changes in the hormone Gonadotropin releasing hormone (GnRH) produced by the hypothalamus. During puberty, these hormones will continue to function and make the organs of the body mature. Meanwhile, during puberty, women's bodies will produce more fat, especially in the thighs, breasts, and hips (Sugiono, 2019).

There are many factors that influence weight loss in An A and An F, but these differences do not become an obstacle for self-hypnosis therapy as weight loss therapy for obese patients. Based on the above discussion, it can be concluded that self-hypnosis therapy is very influential for losing weight in school-age children.

CONCLUSION

The results of the implementation carried out on patients managed for 3 weeks with 6 meetings showed a significant weight loss of 1.6 kg in An A with body weight before

implementation of 60 kg and after implementation to 58.4 kg.

The results of the implementation carried out on resume patients for 3 weeks with 6 meetings showed a significant weight loss of 2.0 kg in An F, with body weight before implementation of 57 kg and after implementation of 54.9 kg.

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