**APPLICATION OF 5 FINGER HYPOSIS THERAPY TO REDUCE ANXIETY IN HYPERTENSION PATIENTS AT DR. BRATANATA JAMBI**

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**ABSTRACT**

**Introduction**: Hypertension is a disorder of the blood vessels which results in the supply of oxygen in the blood being hampered to reach the body tissues that need it. A hypertensive sufferer may become anxious because hypertension tends to require relatively long treatment. One alternative form of psychotherapy that can be applied to hypertensive patients who experience anxiety is five-finger hypnosis, namely self-hypnosis which aims to program oneself, eliminate anxiety, by involving the pessympathetic nerve and will reduce the increase in heart function, respiration and blood pressure.

**Objective**: To describe the application of five finger hypnosis therapy to reduce anxiety in hypertensive patients at Dr. Bratanata Hospital, Jambi.

**Method**: This research method is descriptive with a study design to determine the application of five finger hypnosis therapy before and after therapy in hypertensive patients treated at Dr. Bratanata Jambi Hospital.

**Results**: The results of the case study showed that after being given five finger hypnosis therapy for 3 consecutive days, both participants who experienced mild and moderate anxiety decreased their anxiety level to no anxiety using the Hamilton Anxiety Rating Scale measuring instrument.

**Conclusion**: The results of the case study show that nursing action in the form of the five finger hypnosis technique can reduce anxiety in patients with hypertension.

**Sugesstion**: Can add insight and real experience in providing nursing care to hypertensive patients who experience anxiety at Dr. Bratanata Hospital Jambi, and can also be used as a reference in the library to increase the knowledge of Garuda Putih Jambi students.

**Keywords**: Five finger hypnosis, anxiety