

HANDLING STUDENT ANXIETY IN FACING TESTS USING METHOD HYPNOSIS

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ABSTRACT

Anxiety is a psychological condition characterized by excessive feelings of anxiety, fear, worry, or restlessness. Anxiety can affect students' performance in facing exams, both school exams and national exams. Anxiety can cause problems with students' concentration, memory, motivation and self-confidence. Therefore, efforts are needed to overcome students' anxiety in facing exams. One method that can be used is hypnosis. Hypnosis is a technique that uses suggestion to influence a person's thoughts, feelings and behavior. Hypnosis can help students to relax the body and mind, increase focus and concentration, change negative attitudes and beliefs, and raise student motivation and self-confidence. Hypnosis can be done independently (self hypnosis) or with the help of another person (hypnotherapist). Hypnosis can use various tools, such as music, pictures, or the five finger method. The five finger method is a hypnosis technique that uses five fingers as symbols to activate the positive resources within the student. Research shows that hypnosis can be effective in reducing student anxiety before exams and improving student learning outcomes.

Keywords: Anxiety, Testing, Hypnosis, Five Finger Method.