

ABSTRAK

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Pengaruh Terapi Hipnotis Lima Jari Terhadap *Self Esteem* dan *Self Efficacy* Pada Remaja

Latar belakang: *Self esteem* dan *self efficacy* cenderung menurun pada remaja awal dikarenakan masa pubertas terjadi perubahan secara mendadak disemua aspek fisik yang disebabkan faktor hormonal, sekaligus masa pencarian jati diri. Semakin tinggi *self esteem* seseorang maka semakin tinggi pula *self efficacy* orang tersebut. Hipnotis lima jari adalah salah satu bentuk *self hypnosis* yang dapat menghasilkan tingkat relaksasi tinggi dengan berimajinasi dan membangun kalimat positif terhadap diri sendiri sehingga diharapkan dapat meningkatkan *self esteem* dan *self efficacy*.

Tujuan: Penelitian ini untuk mengetahui pengaruh terapi hipnotis lima jari terhadap *self esteem* dan *self efficacy* pada remaja.

Sampel: Penelitian ini melibatkan siswa kelas VII berjumlah 22 responden di SMP N 1 Kesesi Kabupaten Pekalongan yang diperoleh dengan menggunakan *purposive sampling*.

Metode: Penelitian ini adalah penelitian kuantitatif dengan desain *pre experimental one group pre-test & post-test design*. Alat ukur menggunakan kuesioner skala *self esteem* dan *self efficacy*. Analisa data menggunakan Uji *T-test dependent*.

Hasil: Hasil penelitian ini menunjukkan bahwa ada pengaruh terapi hipnotis lima jari terhadap *self esteem* dan *self efficacy* pada remaja dengan *p value* 0,000.

Simpulan: Penelitian ini diharapkan dapat menjadi referensi pihak sekolah untuk meningkatkan *self esteem* dan *self efficacy* siswa melalui pemberian terapi hipnotis lima jari secara mandiri.

Kata kunci : Hipnotis Lima Jari, Remaja, *Self Efficacy*, *Self Esteem*

ABSTRACT

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The Effects of Five Finger Hypnosis Therapy on Self-Esteem and Self-Efficacy in Adolescents

The Background: Self-esteem and self-efficacy tend to decrease in early adolescence because there is a sudden change in all physical aspects caused by hormonal factors during puberty, as well as a period of self-discovery. When a person has a high self-esteem, there is more possibility of the person to have a high self-efficacy. Five-finger hypnosis is a form of self-hypnosis that can produce a high level of relaxation by imagining and building positive sentences about oneself. Therefore, the therapy is expected to be able to increase self-esteem and self-efficacy.

The Objective: This study was to determine the effects of five-finger hypnosis therapy on self-esteem and self-efficacy in adolescents.

The Sample: This study involved 22 students in grade VII of SMP N 1 Kesesi, Pekalongan Regency, which was obtained using purposive sampling.

The Method: This research was a quantitative study with a pre-experimental group pre-test & post-test design. The instruments used were a self-esteem and self-efficacy scale questionnaire. The analysis of the data used the dependent T-test.

The Result: The results of this study indicated that there was an effect of five finger hypnosis therapy on self-esteem and self-efficacy in adolescents with a p value of 0.000.

The Conclusion: This research is expected to be a reference for the school to improve students' self-esteem and self-efficacy through the five-finger hypnosis therapy independently.

Keywords: *Five Finger Hypnosis, Teenagers, Self-Efficacy, Self-Esteem*