

The Effectiveness of Progressive Muscle Relaxation and Five-Finger Hypnotherapy (HP Major) in Reducing Depression Levels in Patients with Mental Disorders

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Kata Kunci: Relaksasi Otot Progresif, Hipnoterapi Lima Jari, Depresi, Pasien Gangguan Jiwa	Gangguan mental melibatkan gangguan pada pikiran, perilaku, dan emosi seseorang. Jika tidak diobati, gangguan mental seperti depresi dapat menjadi masalah serius. Studi ini bertujuan untuk mengevaluasi efektivitas relaksasi otot progresif dan hipnoterapi lima jari dalam mengurangi tingkat depresi pada individu dengan gangguan mental. Penelitian ini menggunakan desain pra-eksperimental (desain dua kelompok pra-tes dan pasca-tes) dengan 52 peserta yang dipilih melalui sampling berurutan. Intervensi dilakukan empat kali selama satu minggu. Tingkat depresi diukur sebelum dan setelah intervensi menggunakan Beck Depression Inventory II. Analisis data dilakukan menggunakan Uji Wilcoxon dan Uji Mann Whitney. Uji Wilcoxon menunjukkan efek yang signifikan untuk terapi relaksasi otot progresif ($p = 0.003$) dan hipnoterapi lima jari ($p = 0.000$). Uji Mann Whitney menunjukkan tidak ada perbedaan signifikan dalam efektivitas antara kedua terapi, dengan nilai $p = 0.274$ ($p > 0.05$). Kedua terapi efektif dalam mengurangi tingkat depresi pada pasien dengan gangguan mental. Kesimpulannya, hipnoterapi lima jari terbukti lebih efektif dalam mengurangi depresi dibandingkan terapi relaksasi otot progresif pada individu dengan gangguan mental.
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Page: 490-500	Mental disorders involve disturbances in a person's thoughts, behaviors, and emotions. If left untreated, mental disorders, such as depression, can become a serious issue. This study aimed to evaluate the effectiveness of progressive muscle relaxation and five-finger hypnotherapy in reducing depression levels among individuals with mental disorders. The research used a Pre-Experimental design (Two group pre-test and post-test design) with 52 participants selected through Consecutive Sampling. The interventions were conducted four times over the course of one week. Depression levels were measured before and after the intervention using the Beck Depression Inventory II. Data analysis was performed using the Wilcoxon Test and the Mann Whitney Test. The Wilcoxon Test revealed a significant effect for both progressive muscle relaxation therapy ($p = 0.003$) and five-finger hypnotherapy ($p = 0.000$). The Mann Whitney Test showed no significant difference in the effectiveness between the two therapies, with a p-value of 0.274 ($p > 0.05$). Both therapies were effective in reducing depression levels among patients with mental disorders. In conclusion, five-finger hypnotherapy proved to be more effective in reducing depression compared to progressive muscle relaxation therapy in individuals with mental disorders

Introduction

Mental disorders, hereinafter abbreviated as ODGJ, are people who experience disorders in thought, behavior, and feelings which are interpreted as a set of symptoms and meaningful behavioral changes, and can cause suffering and obstacles for the person so that they cannot be productive economically or socially (Mane et al., 2022). Mental disorders are the most common disorders experienced by a person and are a serious problem if not treated appropriately, including depression (Prayitno et al., 2022). Depression is a disturbance of feelings (affect) that can occur repeatedly characterized by sadness, loss of passion, disturbance of appetite, feeling tired easily, and usually having poor concentration so that the patient's activities will be disturbed when they have experienced signs and symptoms of depression. Depression can affect anyone regardless of gender or age (Fitrianti et al., 2024)

In 2021 (WHO) *World Health Organization* stated that depression is estimated to increase with the number of depression as many as 280,000,000 people worldwide, Indonesia being one of the countries included in the region. The incidence of depression in Indonesia in 2013, shows with the symptoms of depression symptoms for the age of 15 years and above of 6% of the total population of Indonesia and in 2018 the incidence of depression in Indonesia shows with the symptoms of depression symptoms for the age of 15 years and above of 6.1% of the total Indonesian population has increased by 0.1% (Risksdas 2018) Prevalence of depression in East Java 2017 Depression in East Java as much as 6.1% with symptoms of depression symptoms for ages 15 years and above and in 2018 as much as 6.5% showing symptoms of depression symptoms for ages 15 years and above increased in 2018 by 1,250,507 cases (4.5%) of people with depression for ages 15 and above Meanwhile, based on data from the Lamongan Regency Health Office in 2023, there are 2,535 patients (110.5%) of people with mental disorders (ODGJ), including people with depression in Lamongan Regency (Dinkes Lamongan, 2023)

The causative factors of depression cannot be known for sure but a number of factors have been found that affect it, including divided into 2, namely the first predisposing factor including genetic factors, aggression theory turning on oneself, theory of loss of objects, personality theory, cognitive model, model of helplessness, behavioral model and biological model while the second factor of precipitation including biological factors, Psychological and sociocultural

factors (Gerjen et al., 2020). The impact of depression can last for a long time or even recurrent and can affect a person's ability to carry out daily activities. Depression can worsen and last longer if not treated appropriately, in severe cases, depression triggers the sufferer to self-harm and cause suicidal thoughts (Rusitah, 2022)

Management strategies that can be carried out in overcoming and preventing depression are divided into pharmacological and non-pharmacological, for pharmacological management can be done with the use of antidepressant drugs, among others *Selective serotonin reuptake inhibitor* (SSRI), *Tricyclic Antidepressant* (TCA), *Serotonin/Norepinephrine reuptake inhibitor* (SNRI), *Antidepressant Triazolopiridine*, *Antidepressant Tetrasiklik*, *Mono amine oxidase inhibitor* (MAOI) (Nurfahnum, 2022) Non-pharmacological management, namely treatment that does not involve the use of drugs, including progressive muscle relaxation and five-finger hypnotherapy. Progressive muscle relaxation is a systematic technique to achieve a state of relaxation method applied through the application of progressive methods with gradual and continuous exercises on skeletal muscles by tensing and relaxing them which can restore the feeling of muscles so that the muscles become relaxed. The feeling of relaxation will be passed on to the hypothalamus to produce *Corticotropin Releasing Hormone* (CRH) This hormone activates the anterior pituitary to secrete enkephalin and endorphins which act as neurotransmitters that affect mood to be relaxed and happy (Satuhu et al., 2023). 5-finger hypnosis therapy Five-finger hypnosis therapy is a type of relaxation or therapy that focuses on the relaxation process that uses the power of the mind by moving the body to heal one's own condition and maintain health or senses including smell, touch, sight, and hearing so as to create a more relaxed, comfortable, and calm state of mind (Pinilih et al., 2020)

In the research conducted (Nasution 2018), The Effect of Progressive Muscle Relaxation Therapy on Depression Scores was found that before the intervention was carried out The rates of mild depression (67%), moderate depression (23%) and severe depression (10%) after the intervention were averaged the level of depression became the level of mild depression (30%), moderate depression (10%) and major depression (0%) so that it can be concluded that there was a decrease in the level of depression before and after the intervention Progressive and Conscious Muscle Relaxation (Nuriffa & Warsono 2023), 5-Finger Hypnotherapy for depression showed that the average depression rate of the group given five-finger hypnotherapy

before the intervention was 30% (mild depression) after the intervention the average level of depression was 18% (depression limit), so it can be concluded that there was a decrease in the level of depression before and after the five-finger hypnotherapy intervention.

Based on an initial survey by the chairman of the Berkah Bersinar Abadi Foundation of Lamongan Regency which was carried out on June 1, 2024, the total number of patients with mental disorders was 200 patients, and there were several patients with depression, but the number of patients with mental disorders that I interviewed was 10 patients with depression (4 patients with mild depression, 3 patients with moderate depression and 3 patients with high depression) so there are still many patients with mental disorders who experience depression.

Method

The method in the study used in this study is a quantitative method with a Pre-Experiment Two Group Pretest-Posttest Design. This research was conducted at the Berkas Bersinar Abadi Foundation, Lamongan Regency. The population in this study is all patients with mental disorders with depression at the Berkas Bersinar Abadi Foundation, Lamongan Regency. The sample used in this study was 52 patients. The sampling technique of this study uses *the Consecutive Sampling technique* in accordance with the inclusion and exclusion criteria that have been determined by the researcher. Inclusion criteria include: Patients with mental disorders with depression at the Lamongan Regency Eternal Shining Archive Foundation, Patients who are willing to be respondents in this study. As for the exclusion criteria, among others: Patients with mental disorders with depression who have other complaints (Social isolation, hallucinations, delusions) and Patients who are not willing to be respondents in this study. The data collection instrument used in this study used the BDI II questionnaire. The data listed in the questionnaire sheet are the patient's initials, age and gender.

Research Results

Table 1 Characteristics of Respondents

Karater Studies	Frequency	Presentase (%)
Gender		
Man	26	50%
Woman	26	50%
Age		
20-30 years	25	48,1%
31-40 years old	16	30,8%
41-50 years old	11	21,2%

Table 1 is obtained from the results of the characteristics of respondents based on gender, namely men and women are the same as 26 people each with a percentage of 50%, age is dominated between 20-30 years old as many as 25 people with a prevalence of 48.1%.

Table 2 Levels of Depression Before Treatment

Depression Rate	Progressive Muscle Relaxation Group		Five-Finger Hypnotherapy Group	
	Frequency (n)	Presentase (%)	Frequency (n)	Presentase (%)
Minimal Depression	3	11,5%	4	15,4%
Mild Depression	8	30,8%	9	34,6%
Moderate Depression	11	42,3%	7	26,9%
Major Depression	4	15,4%	6	23,1%
Total	26	100	26	100

Based on table 2, the results of the level of depression before being given progressive muscle relaxation therapy were mostly moderate depression, 11 people with a pre-emption of 42.3% and most of the five-finger hypnotherapy group was mostly mild depression 9 people with a pre-emption of 34.6%.

Table 3 Levels of Depression After Treatment

Depression Rate	Progressive Muscle Relaxation Group		Five-Finger Hypnotherapy Group	
	Frequency (n)	Presentase (%)	Frequency (n)	Presentase (%)
Minimal Depression	8	30,8%	8	30,8%
Mild Depression	8	30,8%	15	57,7%
Moderate Depression	8	30,8%	1	3,8%
Major Depression	2	7,7%	2	7,7%
Total	26	100	26	100

Based on table 3, the results of the level of depression after being given progressive muscle relaxation therapy were mostly minimal, mild and moderate depression of 8 people each with a prevalence of 30.8% and most of the five-finger hypnotherapy group was mostly mild depression of 15 people with a prevalence of 57.7%.

Table 4 *Wilcoxon Test* Results of the Progressive Muscle Relaxation Group

Progressive Muscle Relaxation Group	N	Mean	SD	P Value
Pre-Test	26	2.62	0.898	0.003
Post-Test	26	2.15	0.967	

Based on table 4 of the results of the *Wilcoxon* statistical test, it can be concluded that the *p value* of $0.003 < 0.05$ shows that there is an effect in the administration of progressive muscle relaxation therapy on reducing the level of depression in patients with mental disorders

Table 5 *Wilcoxon Test* Results of the Five-Finger Hypnotherapy Group

Five-Finger Hypnotherapy Group	N	Mean	SD	P Value
Pre-Test	26	2.58	1.027	0.000
Post-Test	26	1.88	0.816	

Based on table 5 of *the results of Wilcoxon's* statistical test , it can be concluded that the *p value* of $0.000 < 0.05$ shows that there is an effect of giving five-finger hypnotherapy on reducing the level of depression in patients with mental disorders

Table 6 *Mann-Whitney Test Results*

Group	Mean	Mean Rank	Sum Of Ranks	P Value
Progressive Muscle Relaxation	2.15	28.65	745.00	0.274
Five-Finger Hypnotherapy	1.88	24.35	24.35	

Based on table 6 of the results *of the Mann-Whitney Test* showing a *P Value* of $0.274 > 0.05$, it can be concluded that there is no significant difference between the progressive muscle relaxation group and five-finger hypnotherapy (equally effective), but judging from the average rating value, the amount in the progressive muscle relaxation group is slightly higher than that of five-finger hypnotherapy.

Discussion

Effects Before the administration of progressive muscle relaxation and five-finger hypnotherapy

Based on the results of the study, it was obtained that before being given progressive muscle relaxation, respondents had a level of depression of at least 3 people with a pretrial (11.5%), mild depression of 8 people with a percentage (30.8%), moderate depression of 11 people with a pretrial (42.3%) and severe depression of 4 people with a percentage (15.4%). Meanwhile, based on the results of the study before being given five-finger hypnotherapy, the respondents had a minimum level of depression of 8 people with a percentage (30.8%), mild depression of 8 people with a percentage (30.8%), moderate depression of 8 people with a percentage (30.8%) and severe depression of 2 people with a percentage (7.7%).

Progressive Relaxation Therapy is a process to relax muscles that are under tension or relax the muscles of the body and mind to achieve a comfortable condition and provide instructions in the form of movements from head to foot that are systematically arranged to train the muscles to relax. The muscles trained include the muscles of the arms, hands, shoulders, neck, face, abdomen, and legs. Loosening of the muscles of the body that are tense into *relax* (relax) will create an atmosphere of calm and comfortable feelings (Suhermi & Asnaniar, 2020).

The five-finger hypnosis technique is a form of self-hypnosis situation diversion that can have a relaxation effect, so that it will reduce anxiety, tension, and stress from a person's mind which can affect breathing, heart rate, pulse, blood pressure, reduce muscle tension, strengthen memory of hormone production that can trigger anxiety, and regulate hormones related to stress (Pratama et al., 2020).

According to (Nuriffa & Warsono 2023), Five-finger hypnotherapy is a type of relaxation or therapy that focuses on the process of reducing stress and depression self-hypnosis. Five-finger hypnosis therapy is beneficial for addressing the client's anxiety, stress, and depression conditions because the imaginative process in directionally guided therapy can create a vision that is accepted by the entire senses, creating a more relaxed, comfortable, and calm state of mind. Five-finger hypnosis is a relaxation process that uses the power of the mind by moving the body to heal one's own condition and maintain health or the senses including smell, touch, sight, and hearing. Five-finger hypnosis is a form of self-hypnosis that can have a relaxation effect, so that it can reduce tension and stress from the client's mind. Five-finger hypnosis affects the client's limbic system so that it affects the release of hormones that trigger the appearance of symptoms of depression and stress.

Effects After Progressive Muscle Relaxation and Five-Finger Hypnotherapy

The analysis of this research in the progressive muscle relaxation group showed a *P value* of 0.003 ($p < 0.05$) while for five-finger hypnotherapy it showed a *P value* of 0.001 ($p < 0.05$) which means that there is an influence on reducing the level of depression in patients with mental disorders. After being given intervention, patients in the group who received progressive muscle relaxation showed the results of Depression at least 8 percent (30.8%), Mild Depression 8 percent (30.8%), Moderate Depression 8 percent (30.8%) and Severe Depression 2 percent (7.7%). This shows that there is an increase in the average percentage of depression rates in patients with mental disorders after being given progressive muscle relaxation. Meanwhile, five-finger hypnotherapy showed the results of Depression at least 8 percent (30.8%), Mild Depression 15 percent (57.7%), Moderate Depression 1 percent (3.8%) and Severe Depression 2 percent (7.7%). This shows that there is an increase in the average percentage of depression levels in patients with mental disorders after being given five-finger hypnotherapy.

This progressive muscle relaxation therapy can be assumed by focusing on a muscle activity, by identifying the tense muscles and then lowering the tension by performing relaxation techniques that can make the feeling relaxed. This relaxed response is part of a general decline in cognitive, physiological, and behavioral stimulation. Relaxation can stimulate the appearance of beta blockers in peripheral nerves that can close sympathetic nerve nodes which are useful for reducing tension, lowering blood pressure, and can also reduce symptoms of anxiety and depression (Semarang et al., 2025). The administration of progressive muscle relaxation shows that this therapy overcomes depression with relaxation techniques using muscle relaxation methods progressive. Progressive muscle relaxation therapy is a therapy that focuses on muscle activity to reduce muscle tension by performing relaxation techniques to relax. This relaxation aims to calm the mind and release tension. Progressive muscle relaxation is a relaxation technique that is performed in a way that the patient tenses and relaxes the muscles sequentially and focuses attention on the difference in feelings experienced between when the muscles relax and when the muscles are tense. Progressive Muscle Relaxation is a relaxation therapy with the movement of tightening and relaxing the muscles on one part of the body at a time to provide a feeling of physical relaxation. The progressive tightening and relaxation of these muscle groups is carried out in succession. When performing PMR, the patient's attention is directed to distinguish the feelings experienced when muscle groups are relaxed and compared when the muscles are tense. (Mega Utami & Kusumawati, 2024).

Five-finger hypnosis therapy is self-hypnosis that can have a relaxation effect, so that it will reduce anxiety, tension, and stress from a person's mind which can affect breathing, heart rate, pulse, blood pressure, reduce muscle tension, strengthen memories of hormone release that can trigger anxiety, and regulate hormones related to stress and this therapy is done with diverting or imagining a person to imagine other desired conditions, such as being happy with a loved one, being in a beautiful place and hopefully decreasing the level of depression (Husain et al., 2024).

The Effectiveness of Progressive Muscle Relaxation and Five-Finger Hypnotherapy on Reducing Depression Levels in Patients with Mental Disorders

Analysis This study in the progressive muscle relaxation group and five-finger hypnotherapy showed a *P value* of 0.847 which means that there was no significant difference

between the progressive muscle relaxation group and five-finger hypnotherapy. In addition, it was stated that the average rating value and number rating value in the five-finger hypnotherapy group tended to be higher than the progressive muscle relaxation group. Based on the study, it was shown that the administration of progressive muscle relaxation therapy and five-finger hypnotherapy given to 52 respondents with a division of 2 groups in depressed patients reduced the level of depression in patients with mental disorders by being carried out regularly. From the above discussion, it can be concluded that progressive muscle relaxation and five-finger hypnotherapy are both effective in reducing depression. So of the 2 therapies they can both affect the reduction of depression levels, but the fact is that in this study five-finger hypnotherapy showed more effective results than progressive muscle relaxation therapy.

Conclusion

Based on the results of the study with a questionnaire on Depression at the Berkas Bersinar Abadi Foundation, Lamongan Regency, it was concluded that based on the Wilcoxon analysis test of progressive muscle relaxation, the result of a p-value of $0.003 < 0.05$ was obtained, while based on the analysis test of Wilcoxon five-finger hypnotherapy, the result of a p-value of $0.000 < 0.05$ was obtained, which can be concluded that the administration of progressive muscle relaxation and five-finger hypnotherapy was effective in reducing the level of depression at the Berkas Bersinar Abadi Foundation, Lamongan Regency. Based on the Mann Whitney test with a p-value of $0.847 > 0.05$, the results of the comparison between the progressive muscle relaxation group and five-finger hypnotherapy showed that there was no significant difference between the progressive muscle relaxation group and five-finger hypnotherapy (both effective) but judging from the average ranking value of the number in the five-finger hypnotherapy group was slightly higher than the progressive muscle relaxation group. This research is expected to can add insight and knowledge of nonpharmacological therapies to reduce depression rates to the Lamongan Regency Eternal Dream Archive Foundation in the application of progressive muscle relaxation therapy and five-finger hypnotherapy Based on the results of the research that has been obtained, it has been proven that the administration of progressive muscle relaxation and five-finger hypnotherapy is considered effective for reducing the level of depression in patients with mental disorders.

Therefore, the researcher suggested that the results of this study could be applied to lectures on the importance of using non-pharmacological therapies in the world of nursing. The researcher hopes that the foundation can be an educator and facilitator in informing that this therapy is effective to be applied to clients who are depressed.

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