The Potential Hypnotherapy to Reduce Frequency of Enuresis in Children Preschool on Baturraden

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Abstract– The anal phase is the phase where children learn together with the environment and family about toilet training. Enuresis is a common problem in children that not being able to control the habit bedwetting although it has passed the anal phase. The solution’s problem of enuresis in children is hypnotherapy. Hypnotherapy is an order to create new thinking by controlling stressor that there is a after knowing the nature and thoughts to create common habit (healthy mind) a new one. Children are the good hypnosis object. This is because children do not have many analyses of questions about situation of life. The purpose of this research is to prove that hypnotherapy can reduce the frequency of enuresis in children preschool on Baturraden and can give the right applications hypnotherapy to children preschool on Baturraden. This study has a quasi-experimental research design. The intervention group is 16 respondents that consisted of Pertiwi 1 Kindergarten and Pertiwi 2 Kindergarten Rempoah, Baturraden, Purwokerto. Techniques of data collection in this study were to interview and fill enuresis frequency tables were filled out by parent respondents. An interview frequency of enuresis conducted in early research. While the table frequency of enuresis filled by parent respondents during the research. The results of the study showed that the average frequency of enuresis in before being given therapy is 3.31 and after being given therapy is 1.94. Statistical analysis using a paired t-test and P value of this study is 0.009. There are significant differences between the frequency of enuresis before and after hypnotherapy in Children Preschool on Baturraden.

Keywords—hypnotherapy for children; quantitative; quasi-experimental research; frequency of enuresis

I. INTRODUCTION

Enuresis or bedwetting is a condition of the child who spending urine is not realized by a bladder control that should already be done in previous development. The children should be able to control her bladder after passing their anal phase. The anal phase is the phase where children learn together with the environment and family about toilet training. Enuresis is a common problem in children that not being able to control the habit bedwetting although it has passed the anal phase. One way to overcome the problems of enuresis in children is hypnotherapy.

Hypnotherapy is an order to create new thinking by controlling stressor that there is a after knowing the nature and thoughts to create common habit (healthy mind) a new one [1]. Developments of Hypnotherapy on Baturraden are quite good. People consider positive about this hypnotherapy, example is the public response to the hypnotherapy for circumcision technique in Baturraden were good. Hypnotherapy is also very acceptable to children, especially preschool. It cause the child is a good hypnosis object [2]. The hypnotherapy will be simple applied to children than an adult because children do not have a lot of questions about the state of analysis is going on. The length of time will be given this hypnotherapy is for 21 days. This is because children need a long time to change their bad habits. In addition, the consideration within 21 days is also based on the theory "behavior change". This theory stated that the 21 days will be divided into 3 stages of memory formation which can alter the mind and body to make a new habit [3].
II. PURPOSE

The purposes of this research are
A. To prove that hypnotherapy can reduce the frequency of enuresis in children preschool on Baturaden.
B. To can give the right applications hypnotherapy to children preschool on Baturaden.

III. METHOD

This study has a quasi-experimental research design, which was compared before and after treatment in the group. The intervention group is 16 respondents that consisted of Pertiwi 1 Kindergarten and Pertiwi 2 Kindergarten Rempoah, Baturaden, Purwokerto. Techniques of hypnotherapy that were given to respondent are games, ABCCBAA metaphor, and storytelling. Hypnotherapy was given to respondent for 21 days. Techniques of data collection in this study were to interview and fill enuresis frequency tables were filled out by parent respondents. An interview frequency of enuresis conducted in early research. While the table frequency of enuresis filled by parents respondents during the research.

IV. RESULT

A. An Overview of Research

This study that has the purpose to prove hypnotherapy can reduce the frequency of enuresis and to provide appropriate hypnotherapy applications for reduction in the frequency of enuresis in children in the preschool age Baturaden have done the research team since April 22nd 2013 to May 24rd 2013 in Pertiwi 1 and 2 Kindergarten, Rempoah, Baturaden. In that period, the researcher found 16 respondents.

B. Age Characteristics of Respondents

Characteristics of the respondent’s age group are children with preschool age or 4-6 years with enuresis problems in Pertiwi 1 and 2 Kindergarten Rempoah, Baturaden. Characteristics of the respondent’s age can be seen ditabel.

<table>
<thead>
<tr>
<th>TABLE I. AGE CHARACTERISTICS OF RESPONDENTS</th>
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</thead>
<tbody>
<tr>
<td>Age(Years)</td>
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<tr>
<td>Age of Respondents in Pertiwi 1 and 2 Kindergarten, Rempoah, Baturaden</td>
</tr>
</tbody>
</table>

C. The Frequency of Enuresis in Before and After Given Hypnotherapy

Results of the study showed that the average frequency of enuresis in before being given treatment at 3.31 and after therapy is given by 1.94. Here are diagrams that showed comparison average frequency of enuresis for research.

![Frequency of Enuresis](image)

Fig. 1. Comparison of Mean Frequency of Enuresis Respondent During Research

Statistical analysis using a paired t – test with P value 0.009 is obtained.

<table>
<thead>
<tr>
<th>TABLE III. DIFFERENCE OF FREQUENCY ENURESIS BEFORE AND AFTER HYPNOTHERAPY</th>
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<tbody>
<tr>
<td>Frequency of Enuresis Before and After Hypnotherapy Given.</td>
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<td>---------------------------------------------------------------</td>
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<tr>
<td>Frequency of Enuresis Before and After Hypnotherapy</td>
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From Table 2, it was found that the average difference in the frequency of enuresis in before and after hypnotherapy is at 0.584 and the P value is 0.009 or less than 1.05.

V. DISCUSSIONS

A. Age Characteristics of Respondents

In this study, the average ages of respondents were 5.938 years. Preschool is the child at 4-6 years [4]. At preschool age occurred some developments; the one is located on the psychosexual development of locomotion or preschool phallic phase [5]. At an average age of respondents, 5-6 years, should be refused if the child wants to urination in the wrong place. At the age of respondents, 98.5% of children are able to control her bladder completely [6]. This happens because the toilet training period should occur pre anal - muscular (1-3 years) or the toddler period.

B. The Frequency of Enuresis in Before and After Given Hypnotherapy

The frequency of enuresis in before being given treatment at 3.31 and after therapy given is 1.94. In the first week after the therapy given at an average frequency of enuresis is at 2.56 and the second week is at 2.63. Then there is decrease in the frequency of respondent’s enuresis after being given hypnotherapy for 3 weeks.

In the second week after the start given hypnotherapy occurred an average increase in enuresis. In general, clients
divided into 3 parts, namely hard to in hypnotherapy as much as 5%, it is easy to in hypnotherapy as much as 85%, and easy to in hypnotherapy as much as 10% [7]. Difficulty and ease in administration hypnotherapy clients depend on one's belief. To generate a client trust takes time. While in the first and the third week after the start given hypnotherapy is decline. Hypnotherapy significantly decrease occurred in the third week. This is caused by changing the concept of a person is influenced many of the subconscious mind. The influence of the subconscious mind is 9 times more powerful than the conscious mind [8]. This is the reason when a person wants to change often consciously but difficult. Subconscious mind will dominate the brain when contrary to the conscious mind [8]. Increasingly being given hypnotherapy, then the new habit that is cultivated under conscious respondents will be stronger.

VI. CONCLUSION
There are significant differences between the frequency of enuresis before and after hypnotherapy in respondents that consist of Pertiwi 1 and 2 Kindergarten Rempoah, Batuuraed, Banyumas.

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