

## Decreasing the Level of Depression in Adolescent Girls through Self Hypnosis at SMPN 3 Abiansema

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### ABSTRACT

Adolescence is a crucial period of social and emotional development that affects mental well-being. However, many adolescents experience emotional disorders, such as anxiety and depression. Based on WHO data (2021), around 2.8% of adolescents aged 15-19 years experience depression, with a higher incidence in girls. Various factors, such as academic pressure, hormonal changes, and social and family problems, are often the main triggers of depression in adolescent girls. If not handled properly, this condition can have a negative impact on development and quality of life. This community service method begins with Socialization, Pretest, Lecture plus Method, Demonstration and role play self-hypnosis method, and posttest on the 7th day on 75 adolescent girls at SMPN 3 Abiansema. This community service shows that self-hypnosis contributes to reducing depression in adolescent girls. Research using the Wilcoxon Signed-Rank Test showed a decrease in depression levels after self-hypnosis therapy ( $p = 0.013$ ). Although several studies support its effectiveness, more scientific evidence is needed to confirm its clinical benefits. However, self-hypnosis has the potential to be an alternative strategy that can help young women cope with depression and improve mental health.

**Keywords:** Adolescent Girls, Depression, Mental Health, Self-Hypnosis

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### INTRODUCTION

Adolescence is an important period for developing social and emotional habits essential for mental well-being. These include adopting healthy sleep patterns, exercising regularly, developing coping, problem-solving, and interpersonal skills, and learning to manage emotions. Emotional disorders are common among adolescents. An estimated 3.6% of 10-14 year olds and 4.6% of 15-19 year olds have anxiety disorders. Depression is estimated to occur in 1.1% of adolescents aged 10-14 years, and 2.8% of adolescents aged 15-19 years. Depression and anxiety share some of the same symptoms, including rapid and unpredictable mood swings (World Health Organization (WHO), 2021).

Several studies have shown that adolescent girls are more prone to depression than adolescent

boys. One study found that of the adolescents who experienced depressive symptoms, 86.5% were female, which is higher than the findings of previous national surveys. (Candrarukmi et al., 2025). Depression is a mood disorder characterized by feelings of deep sadness, loss of interest in activities that are usually enjoyed, and sleep and eating pattern disturbances. In adolescent girls, depression often occurs due to academic pressure, hormonal changes, and social and family issues. Depression that is not treated properly can have a negative impact on the development and quality of life of adolescents (Desi et al., 2020; Putri et al., 2022).

Self-hypnosis can be used to overcome depression in adolescent girls. Self-hypnosis is a relaxation technique in which individuals provide positive suggestions to themselves to achieve a relaxed and calm state. This technique can help reduce depression symptoms by lowering stress levels and increasing self-control. Clinical hypnosis works by providing self-directed therapeutic suggestions to stimulate the imagination and strengthen the connection between the mind and body, thereby having a positive impact on physical and emotional health (Jiwantoro et al., 2020; Mulyadi et al., 2023). Mind-body therapy aims to balance the autonomic nervous system (ANS) by stimulating its parasympathetic part. This helps reduce the body's reaction to stress triggered by the sympathetic part of the ANS. In addition, it plays a role in regulating the hypothalamic-pituitary-adrenal axis, which is one of the major systems in the body's stress response. By reducing stress on the mind and body, it can help control or even reverse the development of stress-induced diseases. Research shows that the mind and body are always communicating through various pathways, including the nervous system, hormones, brain chemicals, the immune system, and energy in the body (Sawni & Breuner, 2017).

According to a multicenter randomized controlled trial conducted by Fisch et al. (2020), participants who attended a group hypnotherapy program to reduce stress and improve coping skills experienced reduced levels of psychological stress. This decrease was measured using a visual analog scale, Stress Scale, and depression scale. In addition, the participants showed improved quality of life compared to the control group. However, as many as 85% of randomized clinical trials on hypnotherapy for depression have a high risk of bias. Meanwhile, recent research by Souza et al. (2024) stated that there is not yet strong enough evidence to show that hypnosis-based interventions can effectively reduce the severity of depression.

Hypnotherapy has been shown to be effective in reducing stress, which is a triggering factor for depression. A literature review showed that various hypnotherapy techniques, including self-hypnosis, can reduce stress levels and decrease anxiety, fatigue, and depression in adolescents (Aflahatiufus et al., 2022). Thus, self-hypnosis can be an effective intervention for reducing depression in adolescent girls, helping them better face the challenges of adolescence. The purpose of this community service is to increase the coverage of productive age services, especially in adolescent girls, increase their knowledge of adolescent girls about mental health and its impact, and increase knowledge and skills on how to prevent mental health problems, one of which is depression in adolescent girls.

## **METHODS**

The first stage carried out is the stage of identifying problems and needs of partners, where in partners there are 3 main problems (all female students have experienced mental health disorders such as anxiety and stress, if not handled properly this can result in depression in adolescents, have never received therapy to overcome mental health disorders, as well as the lack of knowledge and skills of female adolescents about mental health and non-pharmacological therapy in reducing mental health problems), namely adolescent girls at SMP N 3 Abiansema who have experienced anxiety and stress in November 2023, amounting to 100%, there has never been treatment related to mental health problems, lack of knowledge

and skills of adolescent girls about mental health and non-pharmacological therapies in reducing mental health problems, one of which is Self Hypnosis. These three problems require solutions that are in accordance with the literature study and the scientific application of the proposers, both the chairman and the members. The solution provided is self-hypnosis in adolescent girls to reduce anxiety, stress, and depression. The development method to be implemented is a series of systematically arranged stages. The following is an overview of the partners.

This service was performed in the area of SMP Negeri 3 Abiansema. The tools and materials used included CD relaxation music, speakers, a laptop, a yoga mat, a pen, paper, and a notebook.

### **Systematic Implementation of Empowerment**

Giving Self Hypnosis to adolescent girls at SMPN 3 Abiansema which will be carried out is a series of stages that are arranged systematically, the following are the stages of activity

a. Socialization

At this stage, all training participants are presented, and the information provided is the activity plan, targets and objectives, and expertise of the proposing team.

b. Implementation methods are provided as follows:

1) Pretest

All seventh grade adolescent girls at SMPN 3 Abiansema were given a pre-test using the Depression Anxiety Stress Scale 42 (DASS 42) questionnaire.

2) Lecture plus method

This method is based on motivating young women to be more focused on listening to information because the implementation team fully controls the training room. At the end of the discussion, the team provides an opportunity for young women to ask questions about what they do not understand according to the learning that has been given.

3) Demonstration and role play method

In this method, the implementation team demonstrated how to perform self-hypnosis with props that had been prepared, and then the young women applied according to the instructions of the implementation team.

4) Problem solving method (Problem Based Learning)

This method discusses information related to mental health problems that are often experienced by adolescents, and then discusses solutions to problems related to these cases, as well as suggesting and monitoring the implementation of self-hypnosis in each adolescent girl for seven days through a WhatsApp group.

5) Posttest

After 7 days of self-hypnosis intervention, all seventh grade adolescent girls at SMPN 3 Abiansema were given a posttest using the Depression Anxiety Stress Scale 42 (DASS 42) questionnaire.

## **RESULTS**

### **Implementation stage**

The implementation of community service begins with giving the DASS 42 questionnaire on May 19, 2024, then carrying out PKM to SMP N 3 Abiansema by providing material related to mental health, providing Self Hypnosis, and providing Self Hypnosis Guide Recordings to adolescent girls to listen to and apply every time they wake up, and before bed for 3 consecutive days. The post-test was conducted by administering the DASS 42 questionnaire again.

Monitoring was conducted through a WhatsApp group. The number of participants was 75 young women

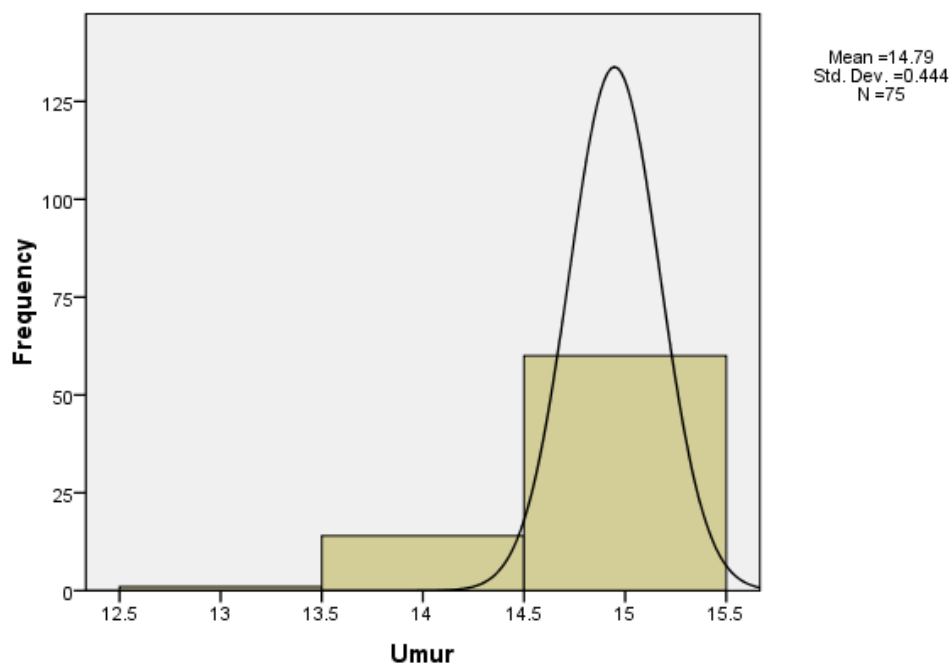
# 1. Evaluation and Response of Adolescent Girls

Evaluation conducted on May 23, 2024

Image 1. Implementation of community service by providing self hypnosis at SMP N 3 Abiansema



Image 2. Characteristics of adolescent girls based on age at SMP N 3 Abiansema



Based on the picture above, the age of adolescent girls in this community service activity is in the range of 13-15 years, with an average age of 14.79 years.

**Table 1.** Results of pre and post test of depression of adolescent girls at SMP N 3 Abiansema

Depression	Pre test			Post test		
	Frequency	Percent	Mean	Frequency	Percent	Mean
Normal	62	84	9.2	68	90.7	7.0
Mild	2	2.7		1	1.3	
Medium	6	8.0		4	5.3	
Heavy	4	5.3		2	2.7	
Total	75	100		75	100	

Based on the table above, the results of the pre-test depression of adolescent girls have decreased; it can be seen that the normal number of 62 people increased to 68 adolescent girls, while those who experienced severe depression decreased from four to two. The average score before the intervention was 9.2, and after the intervention, it decreased by an average of 7, both of which indicated depression within the normal range.

**Table 2.** Results of Analysis using Wilcoxon Signed-Rank Test, on depression of adolescent girls at SMP N 3 Abiansema

	Post Test Depresi - Pre Test Depresi
Z	-2.483 <sup>a</sup>
Asymp. Sig. (2-tailed)	.013

Based on the table above, the depression Z value is -2.483a and the depression P-value is <0.05, which means that there is a difference in the level of depression before and after self-hypnosis.

## DISCUSSION

The results of research conducted using the Wilcoxon signed-rank test showed a decrease in depression levels before and after self-hypnosis therapy, with a mean value of 9.2 to 7.0, p-value 0.013. Therefore, it can be concluded that self-hypnosis therapy reduces depression in adolescent girls.

Self-hypnosis is a self-administered process in which a person uses cognitive techniques and suggestions to change his/her perception, behavior, sensation, thought, or emotion. Most studies have shown that hypnotherapy is effective in reducing symptoms of depression, and some studies have found that hypnotherapy has advantages over antidepressant treatment in terms of overall health and vitality (Wan et al., 2024).

Hypnosis can serve as an effective self-therapy technique or as an efficient, flexible, and cost-effective adjunctive method for medical personnel to help overcome various psychological and medical conditions, enhance individual resilience, and optimize human potential (Lynn et al., 2019). In addition, hypnosis has been shown to reduce anxiety, both as a single intervention and in combination with other therapeutic methods (Valentine et al., 2019).

In the context of adolescent treatment, clinical hypnosis is an important complementary technique for maintaining the balance between the mind and body. This technique uses self-directed therapeutic suggestions to stimulate the imagination and strengthen the connection between the mind and body, thereby contributing to improved emotional and physical well-being (Pachaiappan et al., 2023). Research has also shown that conscious self-hypnosis (MSH) and resilience training (RT) can reduce the stress levels of individuals (Latt et al., 2024).

Hypnotic induction helps to increase internal focus and readiness to receive suggestions by using calming imagery, creating a safe and comfortable mental state to increase awareness during therapy sessions. In addition, hypnotic suggestions containing mindfulness principles,



such as focusing on the present moment and non-judgmental acceptance, work synergistically to enhance the individual's ability to concentrate and relax without incurring self-criticism. This relaxation continues through a combination of hypnotic imagination, deep suggestion, and openness to the concept of mindfulness. Mindfulness-based hypnotherapy has shown potential as an effective method for reducing stress (Olendzki et al., 2020).

In a multicenter randomized controlled trial, Fisch et al. (2020) found that participants in the hypnotherapy group for stress reduction and improved coping experienced reduced levels of psychological stress, as measured using the visual analog scale, Stress Scale, and depression scale. In addition, they showed improved quality of life compared to the control group. However, as many as 85% of randomized clinical trials related to hypnotherapy for depression have a high risk of bias. Meanwhile, research by (Souza et al., 2024) stated that there is not yet strong enough evidence to support the effectiveness of hypnosis-based interventions in reducing the severity of depression.

The available scientific evidence is still of low quality; therefore, hypnosis cannot yet be recommended as a clinical intervention for patients with depression in real-world practice (Souza et al., 2024). However, some studies have shown that cognitive hypnotherapy provides better results in reducing the levels of depression, anxiety, and feelings of hopelessness compared to cognitive behavioral therapy (Karrasch et al., 2022; Wan et al., 2024).

## CONCLUSION

1. Community service was carried out on May 20-23, 2024, attended by 75 young women at SMP N 3 Abiansema. The evaluation related to community service was conducted on June 23, 2024.
2. The average result of depression before and after the intervention decreased, with a mean value of depression before the intervention of 9.2, decreasing to 7. Thus, it can be concluded that the provision of self-hypnosis reduces the level of depression in adolescent girls at SMP N 3 Abiansema.
3. The results of the analysis using the Wilcoxon test obtained a p-value of depression  $<0.05$ , which means that there is a difference in the level of depression before and after giving self-hypnosis.

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