

## Differences in the Effectiveness of Hypnocircumcision and Free Needle Anesthesia on Children's Pain Levels During the Circumcision Process

Heri Saputro\*, Muhamad As'ad Efendy

*Institut Ilmu Kesehatan STRADA Indonesia, Kediri, Indonesia*

\* Correspondent Author: [nsherisaputro@gmail.com](mailto:nsherisaputro@gmail.com)

### ABSTRACT

This study aimed to compare the level of pain in children during the circumcision process between the hypnosis method and free needle anesthesia (anesthesia without a needle).

In the implementation of this study, the respondents (children) were divided into two groups, namely the group of children who were hypnotized and the group of children who used free needle anesthesia (anesthesia without a needle). researchers ranging from children aged 7-15 years), after which the data will be analyzed and concluded. The results of this study indicate that there are differences in pain levels with the hypnosis method and the free needle injection method with a sig value of  $0.00 < 0.05$  (Mann-Whitney U test). From the results of this study it was also found that hypnosis was more effective in overcoming pain in children during the circumcision process. It can be concluded that hypnosis is more effective than free needle injection.

**Keywords:** Hypnocircumcision, Free Needle Anesthesia, Child's Pain Level, Circumcision

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## BACKGROUND

Circumcision or better known as circumcision or circumcision is a scary thing for children. This is due to the past experiences of parents or previous people who were traumatized, so that the information has a negative impact and the assumption that circumcision is a painful and scary thing. There are many methods of reducing pain in various ways, both pharmacological (drugs) and non-pharmacological methods (Distraction, Hypnosis).

Hypnosis is a scientific method of pain transfer which is considered to be able to divert children's pain by giving positive suggestions, the implementation of hypnosis in the circumcision process (hypnosis) is believed to help eliminate child trauma, can eliminate children's pain perceptions, so that the circumcision/circumcision/circumcision process can run smoothly.

As for the use of pharmacological drugs, currently packaged neatly and child-friendly, still using painkillers (analgesics) but using a method that does not hurt the child, namely by using free needle anesthesia. With this method, anesthetics are administered topically without causing pain to the child.

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This type of research has never been done before. The research that is similar to this research is Yunita's thesis (2012) on the effect of hypnotherapy on pain after 1 hour after circumcision<sup>4</sup>. This study aims to compare the effectiveness of hypnosis (non-pharmacological) with Free Needle Anesthesia / Anesthesia without Syringes (Child Friendly Pharmacology) on the pain level of children undergoing the circumcision process. The urgency of this research is the traumatic effect of children due to pain which will have an impact on the child's psychology, its relation to the world of health, that health services are a scary and even painful place for children, therefore efforts are needed to eliminate these perceptions.

This study aims to compare the level of pain in children during the circumcision process between the hypnosis method and free needle anesthesia.

## METHODS

This research is a quasi-experimental research with a two post control test design approach. This study involved 30 respondents who were divided into 2 groups, namely the treatment group with hypnosis and the treatment group with free needle anesthesia. The data collected was then tabulated and entered into a statistical program using the Mann-Whitney U test. This research has also been tested for ethical clearance at the STRADA Indonesian Institute of Health Sciences.

## RESULTS

**Table 1. Difference in pain levels with the hypno circumcision method and the free needle Anesthesia method**

Test Statistics <sup>a</sup>	
	Pain
Mann-Whitney U	15.000
Wilcoxon W	135.000
Z	-4.498

Asymp. Sig. (2-tailed)	.000
Exact Sig. [2*(1-tailed Sig.)]	.000 <sup>b</sup>

a. Grouping Variable: intervention

b. Not corrected for ties.

Based on the table above the results showed that there was a difference in the level of pain with the hypnosis method and the free needle anesthesia method with a significance value of  $0.00 < 0.05$ . These results were obtained using the Mann-Whitney U statistical formula.

Table 2. Cross tabulation of pain level with hypno circumcision method and free needle Anesthesia method

		Ranks		
treatment		N	Mean Rank	Sum of Ranks
Pain	Neddle	15	22.00	330.00
	Injection			
	Hipnocircum	15	9.00	135.00
	Total	30		

Based on the table above, it can be concluded that the circumcision hypnotic technique is more effective in overcoming pain in children undergoing the circumcision process

## DISCUSSION

From the results of the study, it was found that hypnosis in the circumcision process was more effective in overcoming pain in children compared to free needle anesthesia with a significance value of  $0.00 < 0.05$ .

This is in accordance with Mujib's research (2016) which states that circumcision using hypnosis makes children more comfortable and relieves pain in the process of implementing circumcision. In children who experience high anxiety, it will deepen the level/perception of the child's pain, so that circumcision hypnosis is considered to be able to overcome the problems of the child.

Hypnosis is a science of communication, a person can only be hypnotized if he understands the meaning of your commands. So use the language your patient uses. Use simple and easy-to-understand language. Hypnosis is the art of persuasive communication, where the practitioner has enough knowledge and understanding of how the human mind works and how the mechanics of thought and action are so that practitioners know and understand when it is the right time to convey a message (suggestion) to the subject / person being spoken to. In another understanding, it is often said that this is part of the art of thinking where hypnosis practitioners have the knowledge and skills to process the subject's thoughts so that sentences or words are easier to accept, understand and even make clients feel like or even obliged to do without being criticized (Anam, 2010).

Hypnosis / hypnosis at this time began to be known among the people of Indonesia. Even the negative stigma that has been attached to everything related to the word "hypnosis" is slowly starting to change. Hypnotherapy can be used as a method of treating health problems. Hypnotherapy is a method of therapy using hypnosis/hypnosis. This method is

used for giving positive suggestions to clients. Hypnotherapy continues to develop and become a form of psychotherapy in the medical / nursing world. Hypnosis is a branch of science that has long developed in America, and is officially taught by various institutions and is open to anyone who wants to learn this science. The positive goals of hypnosis are numerous, including pain control. Here hypnosis is useful to reduce pain. Especially for the purpose of controlling pain or reducing pain or providing an anesthetic effect on the patient, hypnosis is very useful, especially considering the negative effects and also the high cost of pain-relieving medical drugs (especially anesthetics). However, the use of hypnosis as a pain reliever is still very, very rarely used, this is due to the lack of a health team who knows and is able to do hypnosis (Hakim, 2011).

The advantages of hypnosis in circumcision are that there are no side effects at all, it does not cause addiction, numbness and can still move normally, the patient remains fully conscious, but does not feel the slightest pain, there is no dose, the anesthetic can be removed instantly or can be extended without risk, through suggestions (words) delivered with certain techniques so that it can be accepted by the patient's subconscious mind.

However, there are several weaknesses in this hypnosis process, including the child still does not understand the language, so the child cannot be given suggestions, besides that if the child is not cooperative in following the suggestions given, then the child cannot be hypnotized. This is why in this study there were not many respondents, because some children lost of follow, children were not cooperative when given suggestions so that children could not enter hypnosis therapy.

## CONCLUSIONS

Based on the results and discussion, it can be concluded that the effectiveness of reducing pain in children during circumcision is to use hypnosis techniques, while anesthetic techniques that do not use needles (free needle injection) are only able to reduce pain and anxiety in children about phobias or children's fears of needles.

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