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Application of Five Finger Hypnosis and Mozart Music Therapy Towards Reducing Pain Scale in Post-Surgery Ca-Mammae Patients

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ABSTRACT

Background: Breast cancer is a malignant tumor in the breast that invades the area around the breast and spreads throughout the body. Breast cancer is the second largest cause of death worldwide, with 2.3 million deaths in 2022. Pain is one of the many impacts experienced after breast cancer surgery. One way to reduce this pain is by non-pharmacological means. Therefore, it is necessary to apply the non-pharmacological technique of 5-finger hypnosis and Mozart music therapy. **Purpose:** To determine the results of the application of 5-finger hypnosis and Mozart music therapy on reducing the pain scale in post-operative breast cancer patients in the Flamboyan of Dr. Moewardi Surakarta Hospital. **Method:** This research method is a descriptive case study to address problems in patient nursing care. The number of respondents was 2. **Results:** The study found that pain levels increased from before to after the application. The development was measured using the NRS score. **Conclusion:** Pain levels decreased in patients in the Flamboyan 5 before and after 5-finger hypnosis with Mozart music.
Keywords: Ca Mammae, Five Fingers Hypnosis, Pain, Mozart

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1. INTRODUCTION

Breast cancer or carcinoma mammae is a malignant tumor in the breast that invades surrounding areas and spreads throughout the body. Globally, breast cancer causes the highest mortality rate among women, with its epidemiology spreading uncontrollably and evenly across countries, both internationally and domestically (Pasaribu & Sumarni, 2023). Breast cancer is a condition where cells have lost control over the apoptosis process, leading to abnormal, rapid, and uncontrolled growth within breast tissue (Sugeng & Hidayat, 2023). It remains a significant threat to women's health. Although optimal treatments are now available, the fight against breast cancer is

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not always successful. This is partly due to insufficient awareness among women regarding breast cancer prevention and early detection methods (Sipayung et al., 2022).

Cancer is the second leading cause of death worldwide. In 2022, approximately 2.3 million women were diagnosed with breast cancer globally, resulting in 670,000 deaths. Breast cancer occurs in every country worldwide among women of all ages following puberty, though incidence rates tend to increase later in life (WHO, 2024). Health systems in low- and middle-income countries still lag in preparedness to manage this burden. The global prevalence of breast cancer reached 2,261,419 cases, making it the most common type of cancer among women. The incidence rate is estimated to be 88% higher in developing countries compared to developed ones (55.9 vs. 29.7 per 100,000, respectively), with a mortality rate of 17%. Incidence rates of this disease are expected to continue rising worldwide (WHO, 2024).

In Indonesia, breast cancer accounts for the highest number of new cancer cases, with 68,858 cases or 16.6% of the total 396,914 new cancer cases reported nationwide. More than 22,000 deaths have been recorded, showing an increase in incidence to 1.79 per 1,000 population (Ministry of Health of the Republic of Indonesia, 2022). Central Java Province has the highest prevalence of breast cancer at 0.7%, with 11,511 recorded cases. Based on target population data, the largest estimated number of breast cancer patients is found in Central Java among the 34 provinces in Indonesia. Central Java ranks first, with an absolute estimate of 11,511 patients, accounting for 0.7% of physician-diagnosed breast cancer cases (Ratnasari & Aisyah, 2023). The number of patients with oncological conditions treated at Dr. Moewardi General Hospital is increasing each year. Nearly 70% of these patients are diagnosed at advanced stages. According to the top 10 diseases recorded at Dr. Moewardi General Hospital over the past three years, the average annual number of oncology cases was 14,070, accounting for 65% of the total top 10 cases.

Breast cancer treatment depends heavily on the type, location, and stage of the cancer. One of the treatment options for breast cancer patients is chemotherapy. Chemotherapy involves the use of specific drugs to kill cancer cells. Side effects depend on the dosage received, duration of treatment, and the patient's general health condition. Common side effects include nausea, vomiting, fatigue, anemia, diarrhea, hair loss, infection, infertility, menopause, and weight changes. Post-operative

patients often complain of pain at the surgical site. Severe and uncontrolled post-operative pain can interfere with daily activities and cause discomfort, potentially affecting sleep requirements. Any condition that causes pain and physical discomfort can lead to sleep disturbances in patients (Syukri, Azizah, and Desiana, 2023). Surgical procedures may result in several complications, including skin damage, body image disturbance, high risk of infection, sepsis, and pain. Pain, being a highly subjective unpleasant sensation, is best described and assessed only by the person experiencing it. Sensory complaints such as aches, soreness, or throbbing can be considered forms of pain. Pain serves as an important indicator of physiological or tissue-related disturbances (Yanti & Susanto, 2022).

Pain is an emotional experience characterized by unpleasant sensations. One non-pharmacological method for managing pain is through five-finger hypnosis therapy. Five-finger hypnosis can distract clients through provided suggestions, allowing them to forget their pain (Azzahra, Pramono, and Daryani, 2024). One factor influencing pain perception is attention—increased focus correlates with increased pain, while distraction efforts reduce pain response. This can increase individual tolerance to pain, especially when pain occurs only during the distraction period, such as music listening (Aulya, Seroja, and Widowati, 2022).

Music therapy has positive effects on pain relief as it activates cells in the limbic system and autonomic nervous system. The human brain consists of two hemispheres—the right and left. The right hemisphere is responsible for appreciating music, while the left hemisphere processes frequency and intensity, whether in music or speech. Classical Mozart music, in particular, has been shown to calm individuals, reduce anxiety levels, and alleviate pain (Saputri, Mutmainna, and Irmayani, 2023). Besides classical Mozart music, another effective method for reducing pain is five-finger hypnosis.

Five-finger hypnosis is a non-medical intervention that induces relaxation and reduces tension caused by pain and stress. Its principle involves calming the mind, relaxing muscles, and regulating breathing to elicit a relaxation response (Adiningtya & Prasetyorini, 2024). Research has proven that five-finger hypnosis can effectively reduce pain intensity, evidenced by patients' improved ability to cope with pain using this technique. Patients often report feeling more relaxed and experiencing reduced pain after undergoing this therapy (Harisandy et al.,

2023). Thus, hypnosis utilizes the psychological state of patients to alter pain perception into a more comfortable sensation. Hypnosis distracts clients through verbal suggestions, helping them forget their pain. Hypnotherapy influences the anterior cingulate cortex (ACC), which in turn affects the affective processing of pain (Halim & Khayati, 2020).

A preliminary study conducted in February 2025 at Flamboyan 5 ward revealed that there were 10 post-operative breast cancer patients between January and February 2025. Therefore, the researcher is interested in studying breast cancer cases, focusing on the implementation of five-finger hypnosis and Mozart music therapy to reduce post-operative pain in breast cancer patients.

2. METHODS

This study employed a descriptive case study design. The research involved comprehensive data collection from various sources, including patient assessment, identification of nursing diagnoses, planning interventions, implementing care, and evaluating outcomes.

The subjects of this study were two post-operative breast cancer patients who received five-finger hypnosis therapy and Mozart classical music intervention. The sample consisted of post-operative breast cancer patients undergoing treatment at Flamboyan 5 Ward of Dr. Moewardi General Hospital in Surakarta. Inclusion criteria included patients diagnosed with post-operative breast cancer who voluntarily agreed to participate, while exclusion criteria encompassed patients with comorbidities or impaired consciousness.

The cases selected involved two female patients experiencing acute post-operative pain following breast surgery. Patient D, aged 71, reported sharp pain localized on the left side of her body after undergoing right breast surgery due to a lump. Her vital signs post-surgery were stable (BP: 130/86 mmHg, HR: 98 bpm, RR: 20 per minute, Temp: 36.7°C, SpO_2: 98%). She was receiving intravenous Ringer's Lactate at 20 drops per minute and pharmacological therapy, including ketorolac every 8 hours and ampicillin sulbactam every 12 hours. Patient S, aged 55, also experienced acute pain following right breast surgery. Her vital signs were similarly stable (BP: 135/75 mmHg, HR: 98 bpm, RR: 20 per minute, Temp: 36.7°C, SpO_2: 99%). She was receiving normal saline infusion and medication, including ketorolac every 8 hours, metamizole every 8 hours, and ondansetron every 8 hours. Pain intensity was measured using the

Numeric Rating Scale (NRS), ranging from 0 (no pain) to 10 (severe pain).

Data were collected through interviews, physical examinations, and medical records review. The study was conducted at Flamboyan 5 Ward of Dr. Moewardi General Hospital in February 2025, with each intervention session lasting approximately 10–15 minutes. Data management began during fieldwork and continued until all information was gathered. Collected data were analyzed by presenting facts, comparing them with existing theories, and formulating interpretations. Data collection involved observation and documentation, transcribed into narrative reports covering patient assessment, diagnosis, planning, implementation, and evaluation. Data presentation included tables, charts, or narratives, ensuring respondent anonymity by concealing personal identities. Conclusions were drawn by comparing the findings with previous studies and theoretical frameworks on health behavior.

Ethical considerations were strictly observed throughout the research process. Informed consent was obtained from all participants prior to the study, guaranteeing voluntary participation. Anonymity was maintained by using codes instead of real names. The confidentiality of all collected information was ensured, with only selected data disclosed in the final report. Truthfulness was upheld by providing accurate, transparent information about the study's purpose, nature, and potential effects. Justice was practiced by treating all participants fairly without harming any party.

3. RESULTS

Description of the Research Location

Dr. Moewardi General Hospital provides specialized services, including integrated heart care (cardiology polyclinic, ICVCU, cardiac HCU, cardiac ward, cardiac catheterization lab, and pacemaker clinic) and comprehensive cancer care. The integrated cancer service is located in the Tulip Building and includes radiotherapy (conventional simulator, cobalt-60 teletherapy unit, brachytherapy afterloader) and chemotherapy.

Flamboyan 5 Ward is an inpatient care unit within the Flamboyan installation, providing Class III medical and surgical care. It consists of one wing divided into PP1 and PP2, with a total capacity of 32 beds. The ward includes one nursing station, a pantry, and a head nurse's room. During data collection, both patients (Mrs. D and Mrs.S) complained of post-operative pain following breast cancer surgery.

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Implementation Results

The case study was conducted on two respondents in Flamboyan 5 Ward at Dr. Moewardi General Hospital, Surakarta. Both patients received information regarding five-finger hypnosis relaxation therapy and Mozart classical music therapy, and they signed informed consent forms agreeing to participate in the study. The five-finger hypnosis and Mozart music interventions were implemented from the first day post-breast cancer surgery until the third day of hospitalization. The researcher accompanied each patient for 15 minutes daily, applying both therapies and assessing pain intensity using the Numeric Rating Scale (NRS) to evaluate pain reduction.

Below is a summary of the results obtained from the two respondents who received five-finger hypnosis and Mozart music therapy following breast cancer surgery in Flamboyan 5 Ward at Dr. Moewardi General Hospital, Surakarta.

Table 1. Pain Intensity Before Five-Finger Hypnosis and Mozart Music Therapy

Name	Score	Pain Intensity
Mrs. D	6	Moderate
Mrs. S	5	Moderate

Based on the table 1, before the intervention, Mrs. D experienced moderate pain with a score of 6, while Mrs. S also reported moderate pain with a score of 5.

Table 2. Pain Intensity After Five-Finger Hypnosis and Mozart Music Therapy

Day	Patient 1 After	Patient 2 After
1	5	4
2	4	3
3	3	2

Table 2 shows a gradual decrease in pain intensity from the first to the third day after receiving five-finger hypnosis and Mozart music therapy. By the end of the intervention, Mrs. D reported a pain score of 3, and Mrs. S reported a pain score of 2, indicating a noticeable reduction in pai

Table 3. Final Comparison Between the Two Respondents

Name	Before	After	Difference
Ny.D	6	3	3
Ny.S	5	2	3

Table 3 shows that both respondents experienced a significant decrease in pain scores. For Mrs. D, the pain level decreased from 6 to 3, a 3-point difference. Similarly, Mrs. S experienced a drop from 5 to 2, also showing a 3-point reduction. This

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indicates that the combined application of five-finger hypnosis and Mozart music therapy effectively reduced post-operative pain in both patients.

4. DISCUSSION

Pain Intensity Before Implementation of Five-Finger Hypnosis and Mozart Music Therapy for Post-Operative Pain Reduction in Breast Cancer Patients

Based on Table 1, the pain scale before administering five-finger hypnosis and Mozart music therapy on the first day for Patient 1 was level 5, which decreased to level 4 on the second day and further to level 3 on the third day. Pain experienced by breast cancer patients can be caused by both physical and non-physical factors, which may lead to discomfort and a decrease in activity levels. The pain felt by breast cancer patients is usually either acute or chronic in nature. Post-operative pain appears as a common symptom following breast cancer surgery. This type of pain can compromise patient comfort after surgery due to tissue damage. Post-operative pain can be assessed through facial expressions or directly expressed by the patient (Yanti & Susanto, 2022).

According to the researcher's observation based on respondents' characteristics such as age, gender, and surgical history it was assumed that younger respondents in late adolescence tend to have more unstable emotions, making it harder for them to manage the pain they experience compared to older individuals who may have undergone similar surgeries previously (Lutfitawaliyah, 2023).

This study aligns with Nurmawati et al. (2024), who noted that six hours post-surgery, when analgesic effects are no longer optimal, implementing relaxation techniques, such as finger hypnosis, is highly recommended, especially during the drug's half-life or when pharmacological effects begin to wane. Their findings support the effectiveness of finger-holding relaxation techniques in influencing pain perception.

Pain Intensity After Implementation of Five-Finger Hypnosis and Mozart Music Therapy for Post-Operative Pain Reduction in Breast Cancer Patients

Based on Table 2, after receiving five-finger hypnosis and Mozart music therapy, the pain level in both patients decreased to mild intensity. Mrs. D reported a pain score of 3, while Mrs. S reported a score of 2. By the third day, the pain intensity had significantly decreased. Initially, patients experienced pain during movement, but after receiving the interventions, they reported feeling more comfortable and

relaxed. These results are consistent with those of Harisandy et al. (2023), who showed that five-finger hypnosis significantly reduces pain scores. On average, patients experienced a 1-point reduction in pain scores after the intervention and demonstrated improved independent ability to cope with pain using this technique. This was evident from the patients' self-reports of feeling relaxed and experiencing less pain.

Hypnosis is a non-pharmacological pain management technique that helps place patients in a relaxed state, stimulating the brain to release neurotransmitters such as enkephalins and endorphins. Endorphins help improve mood and alter an individual's perception of pain. Through suggestions provided during hypnosis, patients' attention is diverted, helping them forget the pain they are experiencing (Halim & Khayati, 2020).

According to Nazira et al. (2024), listening to classical Mozart music can induce calmness and stabilize emotional states. Stable emotional states support relaxation, thereby reducing post-operative pain. Listening to classical music is also a form of distraction technique used to reduce pain intensity. Classical Mozart music interventions have been shown to effectively lower pain scores in post-operative breast cancer patients, with an average reduction of 3 points across a sample of five participants. This is because listening to classical music induces calmness and comfort, stimulates alpha-wave activity, and leads to a relaxed state and reduced perceived pain. Research indicates that combining music and art therapy is more effective in reducing pain in breast cancer patients than standard analgesics alone (Kada et al., 2020).

Final Comparison Between the Two Respondents: Effectiveness of Five-Finger Hypnosis and Mozart Music Therapy in Reducing Post-Operative Pain in Breast Cancer Patients

Based on Table 3, there was a difference in pain intensity between the two respondents after undergoing five-finger hypnosis and Mozart classical music therapy over three consecutive days. Both patients showed a decrease in their pain scores: Patient 1's pain level dropped from 6 to 3 (a 3-point decrease), and Patient 2's pain level dropped from 5 to 2 (also a 3-point decrease). A reduction in blood pressure was also observed in both respondents.

Pain in breast cancer patients often occurs when cancer cells grow larger, ulcers develop, or bone metastases occur. Pain is a subjective phenomenon, resulting from a combination of physical and non-

physical factors. It may originate from various body parts or result from treatments such as surgery or radiotherapy. The pain experienced by breast cancer patients arises from direct effects on affected organs and soft tissues (Sari & Sari, 2023).

This finding supports Harisandy et al. (2023), who found a clear impact of five-finger hypnosis on pain scores, with an average decrease of 1-point post-intervention. According to Lutfitawaliyah (2023), there was a 3-point decrease in pain scores before and after a combined intervention of finger-hold therapy and Mozart classical music therapy. Wilcoxon test results showed a p-value of 0.000 ($p<0.05$), indicating a statistically significant effect of the combined intervention on pain scale reduction.

These findings are also supported by Astutik (2022), who explained that music affects individuals physically, psychosocially, emotionally, and spiritually. Music harmonizes basic vibrational patterns within the human body. These vibrations, closely related to the body's fundamental frequencies or base rhythms, can have profound healing effects on the body, mind, and spirit. They also trigger changes in emotions, organs, hormones, enzymes, cells, and even atoms within the body.

The study also aligns with Larasati and Hidayati (2022), who reported that after applying finger-holding relaxation techniques to two patients experiencing post-operative pain, pain intensity shifted from moderate to mild. Therefore, finger-holding relaxation is considered effective in reducing post-operative pain.

The reduction in pain scores in both respondents indicated steady progress over the three days. Each day, there was a one-point reduction in pain scores, showing the positive impact of daily 15-minute sessions of five-finger hypnosis and Mozart music therapy over three consecutive days. According to Taqiyah et al. (2023), the five-finger hypnosis relaxation technique generates impulses transmitted through non-nociceptive afferent nerve fibers. These fibers cause the "gate" to close, inhibiting or reducing pain signals reaching the cerebral cortex. Thus, the sensation of pain is modulated as the relaxation stimulus reaches the brain faster than the pain signal.

One limitation of this study is that the researcher could not monitor the patients continuously for 24 hours. As a result, patients performed the five-finger hypnosis and Mozart music therapy independently without direct supervision or guidance. Additionally, pharmacological therapy was administered to the post-

operative breast cancer patients in the form of ketorolac injections to reduce pain, meaning that these medical interventions might have also influenced the observed decrease in pain intensity.

5. CONCLUSION

Based on the implementation of five-finger hypnosis therapy to reduce pain intensity in both respondents, it can be concluded that prior to the intervention, both patients experienced moderate pain, with pain scores of 6 and 5, respectively. Following the administration of five-finger hypnosis combined with Mozart music therapy, there was a noticeable decrease in pain intensity, with both respondents reporting mild pain levels at scores of 3 and 2. A comparison of the final results showed a significant reduction in pain scores for both respondents after receiving the combined therapy, with a difference of 3 points observed in each case.

For healthcare professionals, the findings of this study are expected to serve as additional references in managing post-operative care for breast cancer patients, particularly those observed in Flamboyan 5 Ward at Dr. Moewardi General Hospital, Surakarta. For respondents or the general community, this research can provide valuable information to families and caregivers, offering insights into implementing five-finger hypnosis and Mozart music therapy as complementary approaches to managing post-operative pain in breast cancer patients.

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AUTHOR CONTRIBUTIONS

Substantial contributions to the conception, data collection, analysis, manuscript writing, and revision: Adinda Bella Maharani, Bagas Biyanzah Drajad Pamukhti, Isti Wulandari.

CONFLICT OF INTEREST

The authors declared no potential conflicts of interest with respect to the publication of this article.

DATA AVAILABILITY STATEMENT

The data are not publicly available due to privacy or ethical restrictions.

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