

## **ABSTRACT**

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Title : The Effect of Hypnotherapy and Physical Activity on  
Anxiety Disorders in Phase C Students at SDN Pondok  
Kelapa 05 Pagi”*

*The anxiety levels of Phase C students at SDN Pondok Kelapa 05 Pagi show a concerning condition, with an average pre-test score above 64. This situation requires effective and contextual interventions in the school environment. The combination of physical activity and hypnotherapy is suspected to be able to significantly reduce anxiety in students.*

*This study aimed to analyze the effectiveness of a combined intervention of hypnotherapy and physical activity compared to a single physical activity intervention in reducing anxiety levels, as well as to analyze the role of gender and duration of gadget use as influencing factors.*

*This quasi-experimental study involved 64 students divided into an intervention group (n=31) and a control group (n=33). The intervention group received a combination of physical activity and hypnotherapy interventions, while the control group received only the physical activity intervention. The research instrument used the SCAS (Spence Children's Anxiety Scale) questionnaire administered at pre-test and post-test. Data were analyzed using descriptive, bivariate, and multivariate (logistic regression) statistical tests.*

*Descriptively, the intervention group experienced a greater reduction in anxiety scores (6.97 points) than the control group (2.70 points). Bivariate analysis confirmed this difference in effectiveness was significant (p=0.01). However, multivariate analysis showed that after being controlled, gender was the only significant factor, where male students had a 3.2 times higher chance of experiencing reduced anxiety (OR=3.182; p=0.043). The effect of the combined intervention became statistically insignificant (p=0.439), and the duration of gadget use also had no significant effect.*

*The combined intervention of hypnotherapy and physical activity is recommended as a superior approach based on its success in descriptive and bivariate analysis for producing a greater reduction in anxiety. To optimize its effectiveness, the hypnotherapy protocol needs to be developed with more adequate intensity and duration, and adjusted to response differences based on gender. Physical activity remains reliable as an effective basic intervention, but the addition of hypnotherapy provides promising added value for more complex anxiety cases.*

*Keywords: Childhood anxiety, physical activity, hypnotherapy, school mental health, elementary school.*