



EFFICACY OF HYPNOTIC GUIDED IMAGERY (HGI) TOWARDS PEOPLE WITH DEPRESSION

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Abstract. *It is well known that people with depressive illnesses are not very satisfied with their lives. Life satisfaction is crucial and serves as a barometer for a nation's development. There is a need to reduce depression's symptoms in such ways so that the burden can be reduced. An intervention called Hypnotic Guided Imagery (HGI) was purposed to address this problem. The purpose of this study is to evaluate the efficacy of HGI as a psychotherapy substitute for patients with depressive disorders. This study employs an experimental methodology and a control group with a pretest-posttest design. Participants included up to 10 Indonesians who were depressed and were split into experimental and control groups. As a pre-test and post-test, the PANAS-X and PHQ-9 were given to the participants. HGI has been shown to lessen depressive symptoms, according to data analysis ($p = 0.159$; $p > 0.05$). Additionally, HGI can boost happy feelings while lowering negative emotions and perceptions of life's challenges.*

Keywords: depression, hypnotic guided imagery,