

Managing Stress During Self-Isolation Using Mind Healing Technique Therapy

Chyрил Futuhana Ahmad^{1*}, Husnul Qodim².

¹ UIN Sunan Gunung Djati Bandung, Indonesia; email: futuhanachyрил@gmail.com

² UIN Sunan Gunung Djati Bandung, Indonesia; email: husnulqodim@uinsgd.ac.id

* Correspondence

Received: 2022-06-10; Accepted: 2022-07-02; Published: 2022-07-27

Abstract: At the end of 2019, the world community was shocked by the findings from the Chinese health authorities of pneumonia or pneumonia caused by a new virus variant called SARS-Cov-2 or Covid-19. The case was first discovered in Wuhan province. This virus spreads fast, and on February 2, 2020, the first case outside China was found in the Philippines. With such a fast spread, the World Health Organization WHO later declared that the Covid-19 virus was a pandemic on March 9, 2020. In Indonesia itself, the first case of Covid-19 was found on March 2, 2020. Since then, other cases have started to appear in Indonesia. Even the highest cases, several regions touched 33,772 cases, to be exact, in July 2021. Seeing this condition, President Joko Widodo then issued a government regulation on Large-Scale Social Restrictions (PSBB). In addition, those infected with the Covid-19 virus must self-isolate for at least 14 days. The policy, of course, also has a negative impact on a person, such as feelings of alienation, loneliness, anxiety, and stress. There are quite a several studies that examine the relationship between self-isolation and a person's stress level. This paper tries to find out how Mind Healing Technique therapy can help someone manage stress while doing self-isolation. The method used in this research is qualitative, where data is obtained through library research and interviews as data reinforcement for this research. As a result, this study shows that Mind Healing Technique therapy can help a person cope with stress during self-isolation, so it can be concluded that Mind Healing Technique techniques can be used to manage stress, especially during self-isolation.

Keyword: Covid-19; Stress; Self-isolation, Mind Healing Technique.

1. Introduction

At the end of 2019, the world was shocked by discovering a new virus named SARS-CoV-2 or Covid-19. Chinese health authorities first discovered the virus following reports that one of the residents contracted pneumonia or unusual pneumonia in an animal trading area in Wuhan province, China (Ciotti et al., 2020; Hairunisa & Amalia, 2020; Jiloha, 2020; Shi et al., 2020; Susilo et al., 2020; WHO, 2020; Wiersinga, Rhodes, Cheng, Peacock, & Prescott, 2020). So far, several studies have found that bats are considered the leading cause of transmission of this SARS-CoV-2 virus (Shi et al., 2020).

In addition, the transmission of the virus from human to human also occurs rapidly. Studies by (CDC, 2021b) and (Lotfi, Hamblin, & Rezaei, 2020) show that the spread of the Covid-19 virus can occur through droplets or body fluids that come out when coughing or sneezing. The symptoms that usually arise about five days after being infected with perceived disturbances such as cough, fever, and disturbances (Wiersinga & Prescott, 2020).

As of this writing, there are at least 341 million confirmed cases of COVID-19, with the death toll reaching 5.5 million worldwide (WHO, 2022). (Abdullah, 2020; van Empel, Mulyanto, & Wiratama, 2020) estimates that the first Covid-19 case in Indonesia will occur on March 2, 2020. It was strongly suspected that the Covid-19 virus entered Indonesia through a 31-year-old foreigner from Japan and a mother. Sixty-five years old, although a team of experts from the University of Indonesia said that this virus had entered Indonesia in the third week of January (Tim detikcom, 2020).

The Covid-19 pandemic is, of course, not only detrimental to the health aspect, more than that, quite many other aspects of life have been disrupted, such as education, economy, society and culture (Aji, 2020; Kumar & Nayar, 2020; Olivia, Gibson, & Nasrudin, 2020). Seeing these conditions, the government of the Republic of Indonesia, through the president and the ministry of health, issued several regulations such as KEPPRES No. 12 of 2020 concerning the determination of non-natural national disasters and Minister of Health Regulation No. 9 of 2020 concerning large-scale social restrictions (PSBB) (Agustino & Wicaksana, 2020; Setiati & Azwar, 2020). The regulation is also widely applied in other countries, following instructions from the WHO regarding procedures for controlling the spread of the Covid-19 virus, which requires restrictions on community mobility.

In Indonesia, the policy implementation began in the DKI Jakarta area on April 10, 2020, followed by other areas throughout Indonesia (Wijaya, 2020). However, along with the implementation of the policy, experts later found that the application of social restrictions can trigger new problems, namely threats to a person's mental health. Studies conducted by (Torales, O'Higgins, Castaldelli-Maia, & Ventriglio, 2020) and (Pfefferbaum & North, 2020) found that situations during a pandemic make a person more susceptible to experiencing emotional or psychological disorders. Some of the symptoms that are usually shown include stress, anxiety, insomnia, and even depression. Jiloha through her study of the Covid-19 pandemic, emphasized that a pandemic is not just a medical phenomenon; pandemics also have implications for almost every aspect of a person's life; stigma, xenophobia, and stress are some of the consequences that arise from this situation (Jiloha, 2020).

The implementation of quarantine policies and self-isolation are also strongly suspected to be the most dominant factors for the emergence of mental health disorders such as stress during the Covid-19 pandemic (Perry, 2020). This policy is believed to provide an unfavourable experience for someone with the emergence of feelings of restraint, boredom, and alienation, which will affect psychological conditions (Rehman & Ahmad, 2020). Brooks stated that at least four stressors or causes for a person to experience stress during self-isolation, namely, duration of self-isolation, excessive fear of being infected with a virus, frustration and boredom, and inadequate information (Brooks et al., 2020).

Thus, it is necessary to have the right solution to help manage stress for those in self-isolation or quarantine. Mind Healing Technique is a therapeutic technique that can be an alternative to help manage stress during self-isolation. Mind Healing Technique is a psychotherapy innovation discovered by Ahmad Jais Alsambasy in 2016 and later developed by experts in the discipline of psychotherapy (Fikra, Naan, & Gojali, 2021).

Mind Healing Technique (MHT) is a healing technique based on the human ability to do mind programming. The mind programming ability is used to generate mind energy which can then affect the body's condition to be better (MHT Center, 2019) besides that basically, this therapy is an application of quantum physics theory which believes that, in fact energy and matter are exist in this interconnected universe (Fikra et al., 2021).

On this basis, the authors were interested in assessing Mind Healing Technique therapy, an incredibly remote therapy method applied to someone who is feeling stressed while doing self-isolation. However, in this study, the authors limit the formulation of the problem to two research questions. First, how stress can occur during the Covid-19 pandemic. Second, the Mind Healing Technique process in managing stress during self-isolation.

In carrying out this research, the authors collaborate with professional MHT therapists to achieve the expected results. The respondents who participated in this study were six people doing self-isolation with feelings of stress in the form of stress, for the age range of the respondents themselves was 19-31 years. This research is expected to be a medium for implementing studies of Sufism and

psychotherapy disciplines; besides that, this research is expected to be a solution for stress management, especially during self-isolation during the Covid-19 pandemic.

Many studies on stress management during the Covid-19 pandemic have been carried out. Nilamadhab, in one of his writings, stated that there are at least three simple stress coping techniques that can be applied, especially during self-isolation, including by always keeping the mind in order to keep hoping for the best, keeping it productive even at home, and the last one is by always implementing values. -religious values in daily activities (Nilamadhab, Brajaballav, & Shreyan, 2021).

The CDC (CDC, 2021a) also provides guidelines for reducing stress levels while self-isolating. First, for a moment, stop following the news about Covid-19. By taking a break from information about Covid-19, we will have time to reflect or contemplate the pandemic conditions and have good planning in dealing with it. Second, stay connected with other people, be it family, friends, co-workers, or even virtually. Keeping in touch with other people can keep us from feeling lonely and stressed. Third, maintain body condition by exercising, getting enough sleep, maintaining food intake, and following preventive measures by participating in the vaccination program.

Meanwhile, Polizzi (Polizzi, Lynn, & Perry, 2020) recommends behavioural activation techniques to eliminate emotional disturbances. He also adds that the Love-Kindness Meditation technique effectively increases positive emotions. Polizzi believes that this technique can overcome various disorders psychologically so that a person will be better prepared to face uncertain situations such as the Covid-19 pandemic.

Fikra (Fikra et al., 2021) conducted a study on Mind Healing Technique therapy titled "Mind Healing Technique Therapy Remote Method for Overcoming Menstrual Pain. This study uses MHT with distance therapy techniques to help cure pain during menstruation in female students of MAN 2 Padang Panjang. A similar study was also conducted by Afifah (Afifah, 2019) with the title "Self Healing Through Mind Healing Techniques to Overcome Stress". This research uses self-healing techniques or healing performed by individuals on themselves. The results of his research show that there is a reduction in stress levels in clients, which makes them feel much more relaxed.

From several studies that have been conducted, the author finds that studies on stress management during self-isolation and Mind Healing Technique therapy have been widely carried out. However, studies that combine the two have never been carried out. So that this research is considered capable of completing studies related to stress management and MHT.

This research uses descriptive qualitative research, where research emphasises descriptive data that is then processed by conducting analysis. These data were obtained from respondents in the form of writing or verbally. In its implementation, the author is assisted by professional therapists so that the research carried out runs objectively. In this study, the authors also used two data sources, namely primary and secondary. Primary data were obtained from interviews with respondents who felt stressed while doing self-isolation. While secondary sources are obtained from reading sources such as books and research journals.

The data obtained is then processed, analyzed, and then poured into a descriptive description by passing through stages such as sorting data, classifying data, compiling information, observing the results of observations, and then presenting verified data by concluding.

2. Research Results

2.1. Stress

2.1.1. Understanding Stress

Etymologically stress refers to the word "destresse" in classical English, which is also taken from the Latin "stringere" which means to pull firmly. Then in 1926, the term stress was agreed upon as anything that disturbs the balance of the body when this term was used by the disciplines of biology and psychology (Grace, 2015).

If we refer to Lazarus's measuring tools and stress coping models, stress is defined as a result of an imbalance between desires and available resources (Lazarus, 1993 in Wadhwa, 2017). Lazarus also divides the process of stress into two parts. First primary assessment. This is the stage where a person will consider whether the current situation is following what he expects to determine whether the condition is a threat or an opportunity. The second is the coping mechanism or adjustment. After collecting information related to the situation he is facing, a person will then make adjustments (coping mechanisms) to the situation or stimulus.

Meanwhile, Hans Selye (1975) defines stress more generally. He said that stress is the body's response is not clear to a specific condition. The definition is based on his study of stress. Selye found that stress is not related to emotional impulses caused by tension in the nerves (Hans Selye in Fink, 2017).

However, stress is a natural response that occurs when a person is faced with particular environments and conditions like threatening self-safety. In other words, stress is an internal or external disturbance that can disrupt the homeostasis of the body's balance system due to the inability to deal with the stimulus (Mcintosh & Horowitz, 2017; Shahsavarani, Abadi, & Kalkhoran, 2015).

2.1.2. Stress Mechanism

Many experts have carried out studies on the mechanism or process of stress, especially on the negative impact that stress may have on a person's health and well-being. Chrousos found that stress is closely related to the homeostatic state in a person's body (Chrousos, 2009). In simple terms, homeostasis is a condition in which our body is balanced or stable, both physically and psychologically. When stressed, stressors will disrupt the homeostatic system through the central nervous system and some peripheral nerves.

A similar study was also conducted by Harvard Medical School, stating that stress affects one part of the brain. When faced with certain situations, the senses we have will capture information and then send it to the amygdala, where it is determined and determined whether the situation is threatening or not. When a person feels threatened or stressed, the amygdala signals distress to the hypothalamus. The hypothalamus itself functions as a control centre that will communicate with all parts of the body to provide the proper response to the threat it faces.

In addition, the hypothalamus will also activate the hormone adrenaline, which affects changes in a person's physiological conditions such as a faster heartbeat, blood pressure, and drastically increased breath flow. All of these changes occur quickly, even before the visual function of the brain works, so it is not uncommon for someone to react immediately without first thinking about the consequences of their actions (Harvard Medical School, 2020).

2.2. Self-Isolation

2.2.1. Understanding Self-Isolation

Self-isolation is an attempt by someone who has tested positive for the virus to stay at home to minimize the spread (NHS UK, 2022). In line with this understanding, quarantine is defined as the act of separating humans or animals to prevent the spread of disease (Chatterjee & Chauhan, 2020). However, the term isolation emphasizes more those who are infected, while quarantine is a limitation on the mobility of people who may also be infected with the virus unknowingly or without them feeling symptoms (Brooks et al., 2020; HHS-USA, 2022; Suppawittaya, Yiemphat, & Yasri, 2020).

The CDC also defines isolation as an attempt to separate infected people with COVID-19 from those who are not. People who are in isolation are required to stay at home. Furthermore, infected people are also recommended to use unique rooms such as rooms and masks when interacting with people at home. At least this isolation is carried out for five days after being declared infected with the virus (CDC, 2022).

2.2.2. Stress during Self-Isolation

Stress is a complaint that is often felt by most people when doing self-isolation. As previously explained, both self-isolation and quarantine have the same impact on a person's mental state (Jain, Bodicherla, Raza, & Sahu, 2020; Suppawittaya et al., 2020).

Ankit (Jain et al., 2020) found that self-isolation makes a person experience PTSD, which is often characterized by nightmares, self-blame, and the emergence of images of something repeatedly feared. In other words, severe trauma, and this finding is also strengthened with the study of Melissa C Alle regarding the relationship between independent isolation with symptoms of psychosis and cognition problems. As a result, it was found that some respondents had symptoms of psychosis while doing self-isolation (Allé & Berntsen, 2021).

In addition, Samantha (Brooks et al., 2020) revealed that several factors cause a person to experience stress during self-isolation. First is the duration of self-isolation. Duration is believed to affect a person's mental health condition significantly. Doing self-isolation for too long can cause mental health to be disturbed and even potentially make someone experience PTSD or stress. Second, boredom. Excessive saturation can affect a person's ability to carry out social interactions, and boredom for a long time causes a tendency to withdraw from others. Third, Inadequate information. Incomplete information leads a person to make speculations or unfavourable prejudices, which affect his mental health.

2.3. Mind Healing Technique

2.3.1. Mind Healing Technique Concept

The mind healing technique is a healing technique that develops the Human Consciousness theory in quantum physics. The Mind Healing Technique method utilizes the energy in the brain and the material elements in the interconnected universe. MHT is then used as a medium for doing mind programming. In doing mind programming, the MHT therapist will use special pins which will later be directed at a person's subconscious mind to change thought patterns or inappropriate actions with more positive mindsets and actions (Fikra et al., 2021).

In addition, MHT is also very closely related to studying the relationship between the mind and body. The study of the mind-body relationship has been widely studied by experts, especially in holistic medicine (Healthwise Staff, 2020; John Hopkins Medicine, n.d.; Menezes, 2020). Aggarwal (2017) in his book *Heal Your Body Cure Your Mind*, says that the relationship between mind and body can be found clearly in a person's emotional activity, where often emotions and even a person's behavior are influenced by activities that occur in the brain (Aggarwal, 2017).

In one of her articles, Jill Littrel also found that the mind can influence the process of a disease. These diseases include viral infections, cancer, autoimmune disorders, and AIDS (Littrell, 2008). Another study found that the brain, body, and genes can be stimulated to produce good hormones. The stimulation can be done by doing three things: Positive thinking, good intentions, and always being grateful. In addition, these three things can also make the cells in the body calmer and improve their work functions (Al-Sambasy, 2020).

2.3.2. Mind Healing Technique Descriptions

Mind Healing Technique is a healing technique that focuses more on optimizing the function of the human mind. Because the human mind is not limited by distance and time, this therapy can be applied whenever possible (Afifah, 2019). Budi M. Taftazani also explained that the latest science offers a paradigm regarding the mind as energy thus it is considered capable of healing when the cells in the body are disturbed (Sahmiatik, 2020).

In the Mind Healing Technique, both positive and negative thoughts influence a person's health condition. When someone has positive thoughts, he will activate genes that turn into positive energy in the body, which encourages someone to behave well. It is different with someone who has negative

thoughts. He tends to produce genes that turn into negative energy and encourage him to do bad things (Al-Sambasy, 2019a).

In its implementation, MHT has a series of processes divided into four stages: visualization, healing through prayer, remembrance, and relaxation (self-healing), shifting mindsets (Paradigm Shift), and applying positive pins. In addition, there is a scale used to measure the level of pain experienced by the client, which is described by numbers 0-10. The scale and the pins can be visualized as follows:

Scale	Category
0	Normal
1 - 3	Light
4 - 6	Moderate
7 - 9	Heavy
9,1 – 10	Extremely Heavy

Tabel. 1. Mind Healing Technique Scale

No	Pins
1	Relax-Calm-Peaceful (RTD)
2	Comfort-Enjoy-Happy (NSB)
3	Love-Kind-Dear (CKS)
4	Healthy- Healthy - Healthy (S3)
5	Healthy-Spirit-Prosperous-Forever-Anyone (S5)

Tabel 2. Pins used in Mind Healing Technique

Whereas the Mind Healing Tehnique general procedures is (Afifah, 2019).

No	Steps Taken By The Therapist
1	The client is asked to take a comfortable position.
2	The therapist asks about the client's complaints.
3	Terapis memandu klien untuk berdoa serta melafalkan niat "atas izin-Mu ya Allah, aku sembuh sekarang juga."
4	The therapist guides the client to pray and recite the intention "by your permission, O Allah, I am healed right now."
5	When the client is ready for a therapy session, the therapist then prays, at least reciting basmallah.

6	The therapist uses RTD+S3+N pin with the following conditions: relax = 2 minutes, Calm = 1 minute, and Peaceful = 2 minutes.
7	When finished, the client is asked to take a deep breath and then exhale thrice..
8	End the therapy session by giving thanks.

Tabel 3. Mind Healing Tehnique general procedures

2.3.3. Distance Therapy Using Mind Healing Technique

As explained in the previous section, the basis of the Mind Healing Technique is the theory of quantum physics. Quantum physics itself tries to study the 'behaviour' of an element down to the most fundamental stages, such as electrons and photons, which cover all things in the universe. One of the concepts in quantum physics that are pretty popular is entanglement which states that every object on this earth is connected. It can even be seen as a unified system even though the objects are very far apart (California Institute of Technology, 2022; Squires, 2021).

On this basis, Dr Budi M Taftazani then concludes that the concept of entanglement can be used for healing purposes such as distance therapy. However, he added that the implementation of distance therapy must refer to several existing indicators, such as distance and the number of clients who will be cured. These indicators significantly affect the success rate of distance therapy itself (Taftazani, 2020).

The study by Pagliaro also found that the healing effects of distance therapy for two individuals who are far apart are very likely to be felt. He added that this possibility had been studied in physics, namely the "non-local" theory, which allows for a transcendent interaction that is not influenced by space and time (Pagliaro, Parenti, & Adamo, 2018).

In practice, distance therapy using MHT has different procedures or methods from MHT techniques (Al-Sambasy, 2019b). The following is a remote therapy procedure using MHT (Fikra et al., 2021):

No	Therapeutic Procedures
1	The therapist makes an agreement with the client regarding the timing of the therapy session.
2	The therapist provides direction regarding the therapy session to be carried out via voice or video calls.
3	The client takes a comfortable position.
4	The therapist directs the client to do breathing.
5	The client is asked to imagine himself healed while reading the prayer, "O Allah, You are the Most Healer, heal me now with a healing that does not leave pain and scars", "O Allah, with Your permission I am healed now".
6	At that time, the therapist made the intention to do distance therapy while remembering the client's location.
7	The therapist asks the client's complaints using a predetermined scale.

8	The therapist directs the client to change his view of the pain suffered to 0 on a predetermined scale.
9	Make sure the client is in a very relaxed, focused, and resigned position..
10	The therapist begins to concentrate and pray.
11	During the therapy session, the therapist can continue or discontinue the call to maintain concentration.
12	The therapist starts therapy with positive RTD+S3+N pins (with a duration of 7-10 minutes)
13	The therapist gives a signal that the therapy session is over
14	The client was asked to do breathing exercises three times.
15	Client and therapist together give thanks to ending the therapy session.

Tabel 4. Mind Healing Technique Distance Therapy Procedures

2.4 Research Subjects Overviews

To get the desired therapeutic results, the therapist first asks for information. This information can include age, occupation, complaints felt, and the pain scale for these complaints. The following is a description of the client as well as the subject in this study.

Subjek	Gender (M/F)	Ages	Pain Scale
A	L	25	8
B	P	20	7
C	P	31	6
D	P	21	10
E	P	19	5

Tabel 5. Research Subjects Overviews

Based on the information in table 5. Subject A is a man aged 25 years. He experienced stress shortly after he tested positive for the Covid-19 virus. The subject felt that the result was a disgrace which people around him should not know. Another thing that made him depressed was when his boss asked him to return to work immediately, even though the client was self-isolating at that time. The stress experienced by the subject is 8 from the pain scale.

Subject B is a 20-year-old woman. He felt almost all the symptoms of the Covid-19 virus that he felt at that time. His condition was exacerbated by feelings of stress because he was worried that he could transmit the disease to those around him. He also added that the stress was also caused by the confusion of information obtained from the internet regarding the COVID-19 pandemic. This even makes subject B often feel dizzy and restless, if it is included in the pain scale, it is at 7.

Subject C is also a 31-year-old woman. Subjects feel tremendous pressure while doing self-isolation. Besides feeling worried about having to self-isolate, the subject also felt tired because the illness had not yet healed even though he had made maximum efforts such as taking herbal medicines. The pain experienced by the client is on a scale of 6 before therapy.

Subject D is a 21-year-old woman. He tested positive for the Covid-19 virus after an antigen test was carried out. In addition to the positive results of Covid-19, the subject admitted that he felt pressured by other disorders such as a reddish colour on the body with extraordinary itching. The subject added that if on a scale the feeling of depression he experienced was at number 10.

Subject E is a 19-year-old female. He was under tremendous pressure because he had to self-isolate after he tested positive for the Covid-19 virus. In addition, the subject also felt stressed by his current situation which was more difficult for his parents because they had to spend a lot of money for the healing process such as paying rent for the subject to self-isolate plus productivity which also decreased, especially when carrying out online lectures, making the subject feel more depressed. If the scale of the stress he experiences is at number 5.

2.5. The Usage of Mind Healing Technique for Stress Management during Self-Isolation

In practice, Mind Healing Technique therapy uses a remote method that allows the therapist to perform healing without having to meet directly with the client. Remote therapy was chosen to reduce mobility as a government recommendation during the Covid-19 pandemic. The research subjects are spread over several West Java and Banten areas, such as Tangerang, Bandung, Purwakarta, and Garut..

In the preparation stage, the therapist first contacts the client to agree on a therapy time adjusted to the patient's willingness. After agreeing on a therapy time, the therapist begins a therapy session by first asking about the client's complaints. In addition to asking for complaints, the therapist also asks the client to convey his anxiety or feelings within himself and hopes or desires to be achieved after following the therapy process. This stage also acts as a catharsis for the client.

In the next stage, the therapist begins to focus his mind on what the client wants to achieve from the therapy session. After the therapist focuses his mind, then he will guide the client to take the most comfortable position while closing his eyes and praying that begins with the words "O Allah, You are the Most Healer, heal me now with healing that does not leave pain and scars", "O Allah, With Your permission, I am healed now". At this stage, the client and therapist focus on what they want to achieve from the therapy session, which is usually done through the process of imagining or imagining.

The therapist uses an RTD (relax, calm, peaceful) pin to make the client more relaxed and focused during the therapy session. Therapy in itself that is either relaxed, calm, or at peace with the patient is also a state of the moment. Then at the core stage, the therapist uses the RTD, CKS, S3, and NSB pins. During the therapy process, the research subjects decreased, especially in the previously felt stress. The results of the therapeutic process carried out can be seen in table 6 below.

Subject	Early Scale	Scale After Therapy			Amount of Drop
		Session 1	Session 2	Session 3	
A	8	5	4	1	7

B	7	5	4	2	5
C	6	5	2	-	4
D	10	8	5	3	7
E	5	5	4	3	2

Tabel 6. The pain scale after therapy session.

In addition, the subjects also felt different feelings after therapy. Subject A admitted that he felt his confidence returned after being in therapy if previously he felt embarrassed because of his condition affected by Covid-19. Subject B feels a more calm and peaceful self which is basically in line with what was stated by the founder of MHT, Ahmad Jaiz Alsambasy. According to him, using pins in MHT therapy can help change a bad feeling state for the better (Fikra et al., 2021). Subjects C, D and E felt more comfortable and relieved, especially when the therapist guided them to pray.

3. Conclusion

Stress management during self-isolation using Mind Healing Technique Therapy was carried out for as many as five people spread across several areas in West Java and Banten. A professional MHT therapist carries out the therapy. As a result, Mind Healing Technique therapy has a role in reducing the stress level of someone who is in self-isolation.

Several subjects said that they felt a change in their psychological condition. If previously the subject felt so depressed with the condition they were experiencing, they felt more comfortable, calm, and peaceful after the therapy. However, several factors also affect the success of therapy, such as the conduciveness of the subject's room, the ability to concentrate, and the therapist's readiness to carry out the therapy process.

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