



The Effect of Audio Spiritual Relaxation Towards Reducing Anxiety in Pre Op Sectio Caesarea Patients at Dian Husada Mojokerto Hospital

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ABSTRACT

Ignorance about surgery and the impact after surgery is one of the causes of a lot of anxiety in preoperative patients. This anxiety is shown through physiological, emotional, and cognitive symptoms. One of the psychotherapy that can be done to overcome anxiety in preoperative patients is with a religious spiritual approach, namely through audio spiritual relaxation. The purpose of this study was to determine the effect of audio spiritual relaxation on reducing anxiety in preoperative cesarean section patients at Dian Husada Hospital, Mojokerto. The type of research used is pre-experimental research with one group pretest-posttest design. The population in this study were all patients with preoperative cesarean section at Dian Husada Hospital Mojokerto as many as 13 respondents. The independent variable in this study was audio spiritual relaxation. The dependent variable in this study is anxiety. The instrument used in this study was a questionnaire. The data analysis technique used is the Wilcoxon Signed Rank Test using the SPSS program. The results of this study indicate that before being given audio spiritual relaxation there were 4 respondents (30.8%) who experienced moderate anxiety and 9 respondents (69.2%) who experienced severe anxiety. Meanwhile, after being given audio spiritual relaxation there were 8 respondents (61.5%) who experienced mild anxiety and 5 respondents (38.5%) who experienced moderate anxiety with statistical test results showing sig. 0.001. From these results it can be concluded that there is an effect of audio spiritual relaxation on reducing anxiety in preoperative SC patients at Dian Husada Hospital, Mojokerto. Seeing the results of this study, it is necessary to have audio spiritual relaxation as psychotherapy in overcoming anxiety in preoperative SC patients.

Keywords: anxiety; preoperative SC; audio spiritual relaxation

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INTRODUCTION

Preoperative nursing begins when the decision for surgical intervention is made and ends when the patient is sent to the operating table.¹ Preoperative patients often have a disturbed feeling that arises due to health services that only vital sign and the lack of communication between health services and preoperative patients.² The patient who is going to perform the operation should have both mental and emotional readiness for a smooth operation. Smooth or not the operation process will definitely cause pain during surgery. Spiritualization will provide an understanding of interpersonal connectedness (with oneself), interpersonal (with others), and transpersonal (with the invisible, God or the highest).³ Health services at Dian Husada Hospital Mojokerto have not implemented audio spiritual relaxation to overcome anxiety in preoperative patients. Based on the results of interviews conducted by researchers with the head of the Dahlia room at Dian Husada Hospital on June 23, 2020, data was obtained that there were still many preoperative cesarean section patients who experienced anxiety and anxiety in dealing with SC surgery.

According to the World Health Organization (WHO), in 2016 in the United States there were 35,593 surgical patients who were treated and there were 2,473 patients (7%) who experienced anxiety.⁴ In Indonesia, almost 57.5% of patients experience preoperative anxiety.⁵ Meanwhile, according to Maisyaroh et al, in Indonesia there are 15% of fracture patients who experience psychological stress in the form of anxiety.⁶ Based on the results of observations made by researchers on June 23, 2020 in the Dahlia Room, Dian Husada Hospital, Mojokerto, it was found that out of 10 patients there were 7 patients who experienced anxiety before entering the operating room.

Ignorance about surgery and the impact after surgery is one of the causes of a lot of anxiety in preoperative patients. The anxiety experienced will affect the operation. Anxiety in preoperative patients will cause patients to be irritable, irritated, and restless. Anxiety is one of the most common emotional problems and causes serious psychological impacts in preoperative patients. The impact that can be caused to preoperative patients who experience anxiety include increased pulse and respiration rates, fatigue, and can even affect the patient's condition. This condition can cause the muscles of the body to tighten, so that the muscles become stiff, hard, and difficult to expand. In addition, unstable emotions will also increase pain. Ahead of surgery, patients need calm so that the operation process goes smoothly without any obstacles. If the patient is calm in the face of surgery, the operation can run smoothly.

One of the efforts that can be done to reduce anxiety levels in preoperative patients is to provide relaxation therapy that can be done by deep breathing, listening to classical music, or by spiritual relaxation such as provide a religious approach, provide guidance on the implementation of spiritual relaxation prayers, and provide knowledge about the benefits of spiritual healing. This can be done by establishing cooperation between health workers, patients, and patients' families. Based on the above

background, the authors wanted to know the effect of audio spiritual relaxation on reducing anxiety in preoperative SC patients in Dahlia Room, Dian Husada Hospital, Mojokerto.

METHODS

In this study, the research design used was pre-experimental with a one group pretest-posttest design that revealed a causal relationship by involving one group of subjects. The subject group was observed before the intervention, then observed again after the intervention was given.⁷ Measurements made before the experiment (P1) are called pre-test. In this study, the pre-test aims to observe the anxiety of preoperative patients before giving treatment (X). The treatment given is in the form of audio spiritual relaxation. After being given audio spiritual relaxation, the researcher observed the preoperative patient's anxiety again (P2) which was called post-test.

RESULT AND DISCUSSION

Based on the research, the results obtained:

Distribution of Research Results Frequency Table

Number.	Variable	Total	
		n	%
1	Age		
	< 20 Years old	5	38,4
	20-35 Years old	4	30,8
	> 35 Years old	4	30,8
	Total	13	100
2	Operation History		
	First Time	10	76,9
	> 1	3	23,1
	Total	13	100
3	Frequency Distribution of Preoperative Patient Anxiety Before Giving Spiritual Relaxation Audio		
	No Anxiety	0	0
	Mild Anxiety	0	0
	Moderete Anxiety	4	30,8
	Severe Anxiety	9	69,2
	Very Severe Anxiety	0	0
	Total	13	100
	Frequency Distribution of Preoperative Patient Anxiety After Giving Spiritual Relaxation Audio		
	No Anxiety	0	0
	Mild Anxiety	8	61,5
	Moderete Anxiety	5	38,5
	Severe Anxiety	0	0
	Very Severe Anxiety	0	0
	Total	13	100

Based on the table above, it was found that before the audio spiritual relaxation was given there were 4 respondents (30.8%) who experienced moderate anxiety and 9 respondents (69.2%) who

experienced severe anxiety. Meanwhile, after being given audio spiritual relaxation, there were 8 respondents (61.5%) who experienced mild anxiety and 5 respondents (38.5%) who experienced moderate anxiety. The results of statistical tests using the Wilcoxon Signed Rank Test statistical test showed $\text{sig. } 0.001 < (0.05)$ then H_0 is rejected and H_1 is accepted, which means that there is an effect of audio spiritual relaxation on reducing anxiety in preoperative SC patients at Dian Husada Hospital, Mojokerto.

Respondents' Anxiety Before Being Given Spiritual Relaxation Audio

The results of the study regarding the distribution of anxiety in preoperative SC patients at Dian Husada Hospital Mojokerto before being given audio spiritual relaxation based on table 4.6 were patients with moderate anxiety levels as many as 4 people (30.8%) and patients with severe anxiety levels as many as 9 people (69, 2%). From table 4.6, it can be concluded that most of the respondents' anxiety before being given audio spiritual relaxation was in the category of severe anxiety as many as 9 respondents (69.2%).

Anxiety is a feeling of discomfort or fear accompanied by an autonomic response (the cause is often non-specific or unknown to each individual). This is caused by threatening situations that cause individual powerlessness.⁸ According to Stuart, there are four levels of anxiety that can be experienced by individuals, namely mild anxiety, moderate anxiety, severe anxiety, and panic.⁹ The level of anxiety can be influenced by external factors and internal factors. External factors are factors that come from outside the individual, which consist of threats to physical integrity (illness, physical trauma, and surgery to be performed) and threats to the self system. While internal factors are factors that come from within the individual, which consists of age, gender, level of knowledge, personality type, as well as the environment and situation. In general, psychological disorders can be experienced by women and men equally. However, the ability and resilience in dealing with anxiety and coping mechanisms are broadly higher in males. Therefore, women have a higher level of anxiety than men. Age is also closely related to a person's level of development and ability to cope with stress. Someone who has a younger age is more prone to anxiety disorders. Knowledge is also one of the factors that affect a person's anxiety. With the knowledge possessed, it will help someone in perceiving something, so that someone can reduce the feelings of anxiety they experience. This knowledge itself is usually obtained from information obtained and experiences that have been passed by individuals.¹⁰

According to the researchers, anxiety in preoperative SC patients at Dian Husada Hospital Mojokerto before being given audio spiritual relaxation was mostly in the category of severe anxiety caused by age, education, and surgery history. In this study, all respondents were female. Women tend to experience higher levels of anxiety than men because women are more sensitive to their emotions,

which in turn will affect their feelings of anxiety. In addition, women are also more prone to experiencing anxiety due to the influence of the hormone oxytocin, estrogen, and sex hormones whose levels are higher than men. Age is one of the factors that can affect anxiety. At an older age, a person will have both physical and mental maturity and experience in solving problems so that they are able to suppress the anxiety they feel. In this study, almost half of the respondents were less than 20 years old, where that age fell into the category of late adolescence. At this age, individuals will experience anxiety more often because this age is a productive age, so individuals still think about things such as fear of not being able to return to their activities after surgery. In this study, almost half of the respondents also had an elementary and junior high school education. A low level of education will affect the knowledge and thinking abilities of individuals, so that individuals will find it difficult to think rationally and capture new information. This will have an impact on the individual's coping patterns in dealing with anxiety. In addition, almost all of the respondents also had their first operation, thus increasing the respondent's anxiety about the impact after the operation.

Respondents' Anxiety After Being Given Spiritual Relaxation Audio

The results of the study regarding the distribution of anxiety in preoperative SC patients at Dian Husada Hospital Mojokerto after being given audio spiritual relaxation based on the table above were 8 patients with mild anxiety levels (61.5%) and 5 patients with moderate anxiety levels (38,5%). From the table, it can be concluded that most of the respondents' anxiety after being given audio spiritual relaxation was in the category of mild anxiety as many as 8 respondents (61.5%).

Spiritual relaxation is an effort to help provide solutions to someone's problems related to psychology or spirituality by relaxing the tense muscles in the body which is accompanied by suggestions related to religious values. This therapy is a combination of pure relaxation therapy accompanied by spiritual suggestions. So a person not only gets peace from a physical point of view, but also spiritually.¹¹ Spiritual relaxation can be in the form of prayer guidance, prayer, remembrance, and reading the Koran. Prayer therapy is used because prayer can help a person maintain his belief and restore his physical health.¹² Spiritual relaxation has many benefits for dealing with various physical and psychological problems such as thoughts, feelings, and behavior. In a state of relaxation, the human mindset will become more mature because the mind is in a calm state. In addition, relaxation can also reduce anxiety, reduce egocentric levels, reduce overall stress, achieve peace and high emotional balance, and can control oneself and focus attention so that individuals can take appropriate responses when in stressful situations.¹³ Audio spiritual relaxation given for 10-15 minutes can relax, so this therapy can be used as an effective therapy to reduce anxiety levels.¹⁴

According to the researchers, anxiety in preoperative SC patients at Dian Husada Hospital Mojokerto after being given audio spiritual relaxation was mostly in the category of mild anxiety because in this study using audio spiritual relaxation in the form of prayer by listening to verses and suras in the Quran that can improve individual coping mechanisms, so as to reduce stressors in overcoming the psychological problems of respondents. This is in accordance with the theory described above, where prayer therapy is used because prayer can help a person maintain his belief and restore his physical health and is useful for dealing with various physical and psychological problems such as thoughts, feelings, and behavior including reducing anxiety levels. The spiritual approach can also create a sense of optimism in the face of surgery so that respondents remain calm and constructive. In addition, the timing of audio therapy in this study is also in accordance with the theory, which is given for 10-15 minutes so that it can relax the patient, which in turn will be effective in reducing anxiety levels in preoperative section patients.

Analysis of the Effect of Audio Spiritual Relaxation on Anxiety Reduction in Preoperative Cesarean Patients

Based on table 4.8, it was found that before the audio spiritual relaxation was given there were 4 respondents (30.8%) who experienced moderate anxiety and 9 respondents (69.2%) who experienced severe anxiety. Meanwhile, after being given audio spiritual relaxation, there were 8 respondents (61.5%) who experienced mild anxiety and 5 respondents (38.5%) who experienced moderate anxiety. The results of statistical tests using the Wilcoxon Signed Rank Test statistical test showed sig. $0.001 < (0.05)$ then H_0 is rejected and H_1 is accepted, which means that there is an effect of audio spiritual relaxation on reducing anxiety in preoperative SC patients at Dian Husada Hospital, Mojokerto.

The results of this study are in line with research conducted by Abshor in the Sunan Drajat Room of RSI Sakinah, Mojokerto Regency with $p < 0.05$ (p value = 0.000) which means that there is a significant influence between spiritual relaxation guidance on anxiety in preoperative patients.¹⁵ Anxiety in patients who will undergo surgery is usually related to all kinds of foreign procedures that the patient must undergo and also threats to life safety due to surgical procedures and anesthetic actions.⁹ One of the efforts in nursing interventions that can be done to prevent anxiety is spiritual therapy. Spiritual therapy is an alternative treatment by means of a religious approach through prayer and remembrance which is an element of healing disease or as a deep psychotherapeutic, which aims to generate self-confidence and optimism which is the most important besides medicine and medical action.¹⁶ This research is also in line with the research conducted by Sawitri in Melati Room III, Dr. Soeradji Tirtonegoro Klaten who stated that there was an effect of psychospiritual therapy on anxiety levels in preoperative patients with p value = 0.000.¹⁷

According to the researcher, giving an intervention, namely audio spiritual relaxation to preoperative patients in this study, can reduce the respondent's anxiety level because it can provide a calmer and more relaxed feeling to the respondent and can reduce hormones related to stress and anxiety. In this study, audio spiritual relaxation was given by listening to the verses and suras contained in the Qur'an. Listening to the Qur'an will provide a series of health benefits such as reducing stress, increasing relaxation, and boosting the immune system for the person who listens, so that the Qur'an has a very amazing effect on both physical and psychological. In addition, audio therapy can also be used as a distraction or a distraction to reduce discomfort and anxiety in patients who are about to undergo surgery. This is in accordance with the theory that has been described above that spiritual therapy is an element of healing disease or as a deep psychotherapeutic, which aims to generate confidence and optimism which is the most important besides medicine and medical action.

CONCLUSION AND SUGGESTION

The anxiety of preoperative SC patients at Dian Husada Hospital Mojokerto before being given audio spiritual relaxation was mostly in the category of severe anxiety.

There is an effect of audio spiritual relaxation on reducing anxiety in preoperative SC patients at Dian Husada Hospital, Mojokerto.

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