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# The Influence of Spiritual Guided Imaginary on Anxiety to Hemodialysis Patients in The Syarifah Ambami Ratu Ebu Bangkalan Regional General Hospital.

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## The Influence of Spiritual Guided Imagery on Anxiety to Hemodialysis Patients in The Syarifah Ambami Ratu Ebu Bangkalan Regional General Hospital

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**Abstract:** Chronic kidney failure is an abnormality or damage to the structure and progressive and irreversible kidney function that must undergo hemodialysis to improve their life sustainability. Most hemodialysis patients experience anxiety because they have to undergo hemodialysis therapy for the rest of their lives. This study aims to determine the effect of spiritual guided imagery on anxiety in hemodialysis patients at Syarifah Ambami Ratu Ebu Bangkalan Hospital. The research design used in this study was Quasy-Experimental with a pre and post test control group design approach. The sample in this study were 44 respondents, 22 intervention groups and 22 control groups, using the Simple Samples technique of Random Random Sampling. The technique used was the lottery technique. Data was collected using a questionnaire. The analysis was carried out using a Manova test with a 95% confidence interval ( $\alpha = 0.05$ ). The results of statistical tests using the Manova test showed that there was an influence of spiritual guided imagery on anxiety in hemodialysis patients with p value = 0.000. Hemodialysis patients who experience anxiety can be given non-pharmacological therapy in the form of spiritual guided imagery because it has been proven to reduce anxiety and this therapy is easy to apply.

**Keywords :** Spiritual, guided imagery, anxiety, hemodialysis

### 1. Introduction

Chronic kidney disease is a state of structural or kidney function abnormality that lasts more than three months (PERNEFRI, 2012). Chronic Kidney Failure (CRF) is often diagnosed at an advanced stage caused by progressive and irreversible damage to kidney function. Patients with chronic kidney failure undergo hemodialysis to improve their survival. Most patients undergoing hemodialysis experience anxiety as a result of the diagnosis of chronic kidney failure depending on a lifetime dialysis machine which results in negative understanding and perception of the prognosis of the disease. Anxiety also occurs because the client fails to adapt to the existing stressors, causing anxiety or concern about the process of death and loss of hope (Hidayati, Herawati, 2012).

The prevalence of chronic kidney failure is increasing, according to the World Health Organization (WHO) in (Ratnawati, 2014) the incidence of kidney failure in the world globally is more than 500 million people and those who have to live with hemodialysis are around 1.5 million people. Based on data from the Indonesian Renal Registry (2017), new patients undergoing hemodialysis therapy were around 30,831, patients were active around 77,892, patients who were not active were around 1,753 and died of 4,021 patients while in East Java there were 4,828 new patients. Patients who undergo Hemodialysis are patients with a diagnosis of Chronic Kidney Failure (89%). The study by (Zuhriastuti, 2012) shows that patients with Chronic Kidney Failure who undergo hemodialysis are only 13.7% whose response to stress is in acceptance. Most of the responses to stress are anger as many as 16 people (31.4%), there is even a denial of 14 people (27.5%) who still deny their condition.

Based on the results of interviews conducted to the Head of the Hemodialysis Room, most of the patients felt anxious about the process of hemodialysis which must be carried out for 2-3 times each week, in addition the patient also said that daily activities were reduced, the patient could not act as before. The interview conducted on November 20, 2018 with 5 patients undergoing the hemodialysis process said they felt anxious / worried about their illness, irritable, easy to cry, sometimes difficult to sleep. Based on the results of the study (Jangkep, 2015) showed that of the 40 respondents who

underwent hemodialysis who experienced a mild level of anxiety as many as 8 respondents (25.8%), moderate anxiety levels 23 respondents (57.5%) and severe anxiety levels 9 respondents (22.5%). Anxiety experienced by patients with chronic renal failure undergoing hemodialysis results from damage to kidney function. These problems arise until the end of the patient's life. Physical stressors that affect various dimensions of a patient's life include bio, psycho, socio and spiritual. Perceived physical weakness such as nausea, vomiting, pain, muscle weakness, edema are clinical manifestations of patients undergoing HD. Powerlessness and lack of patient acceptance are psychological factors that can cause patients to experience stress, anxiety and even depression According to Ratnawati (2010) in Safitri (2013).

Anxiety and depression can affect the decline in cognitive function which can then worsen daily activities, nutrition, and the ability to work (Foji et al., 2015). One of the health treatments according to The National Center for Complementary and Integrative Health reports that the ten most common complementary health approaches among adults are natural products; breathe deeply; yoga; chiropractic; meditation; massage; special diet; homeopathy; progressive relaxation; and guided imagery (Clarke, 2016).

Recent studies show that concentration in mental images and positive thinking can have a positive effect on a person's mood (Apostolo, 2009). Guided Imagery is a mind-body technique that uses mental images to promote relaxation and feeling healthy. This can range from visualization and direct image-based advice and story telling, based on the perspective that the mind and body are interrelated and can have bilateral interactions (N Jallo, 2014). In guided imagination, the brain is activated to imagine an event in a positive and proactive way before it becomes an actual individual experience. In other words, patients are guided to develop the desired image mentally and focus the imagination to feel, see, hear, and smell the event like a real event (Bedfort, 2012)

Spiritual healing is a healing process that is carried out by a spiritual approach or a way to neutralize and dissolve mental patterns that contain disease disorders, physical and mental conditions, which aim to foster excitement, security, peace of mind, and guidance for cancer patients. from God Almighty (Achir Yani, 2012). So, Spiritual Guided Imagery is a meditation behavior technique / guided direction that takes a spiritual approach and believes that healing is given with the permission of God Almighty (Allah SWT). This is supported by research conducted by Patimah (2015) which shows that there are differences in the average level of anxiety before and after spiritual intervention with a value of  $p = 0.000$  which means there is a positive effect of dhikr relaxation on anxiety of CRF patients undergoing hemodialysis.

## **2. Research Methodology**

The research design used in this study was **Quasy-Experimental with a pre and post test control** group design approach. The sample in this study were 44 respondents, 22 intervention groups and 22 control groups, using the Simple Samples technique of Random Random Sampling. The technique used was the lottery technique. Data was collected using a questionnaire.

The sample consists of parts that can be used as research subjects through sampling (Nursalam, 2016). In this case the sampling was carried out at Syarifah Ambami Ratu Ebu Bangkalan Hospital. The **inclusion and exclusion criteria** are as follows:

### **a. Inclusion Criteria:**

- 1) Willing to be a respondent
- 2) Can hear
- 3) Islamic religion
- 4) The patient is conscious (Compos Mentis)
- 5) Age 30-65 years

### **b. Exclusion Criteria**

- 1) The patient is in a critical condition
- 2) Stop when the activity takes place

In the intervention group 4 guided spiritual guided interventions were given but before the intervention was given the respondent measured the level of anxiety and at the end also measured the level of anxiety using the HARS questionnaire. Where in the questionnaire there are 14 items, namely: feelings of anxiety, tension, fear, sleep disorders, intelligence disorders, feelings of depression,

sensory and motoric symptoms, cardiovascular symptoms, respiratory symptoms, gastrointestinal symptoms, urogenital symptoms, autonomic symptoms and behavior. to assess the respondent's anxiety level. Analysis was carried out using a manova test with a 95% confidence interval ( $\alpha = 0.05$ ) and to determine the level of anxiety before and after being given spiritual guided imagery using a paired t test.

### 3. Result and Discussion

**Table 1.1** Analysis of anxiety before and after being given spiritual guided imagery in the intervention group and the control group

		N	Mean	SD	SE	95%CI		t	p value
						Lower	Upper		
Intervensi	Sebelum	22	20.32	6.12	1.30	3.16	4.75	10.39	.000
	Sesudah	22	16.36	5.52	1.18				
Kontrol	Sebelum	22	21.32	6.21	1.32	-.510	.601	.170	.866
	Sesudah	22	21.27	6.45	1.37				

The results of the analysis in table 1.1 show a decrease in the average anxiety at the intervention group of 3.96 while in the control group only 0.5. While the Standard Deviation in the intervention group decreased by 0.6 while in the control group there was an increase of 0.24. Based on the paired t-test obtained p value  $<0.05$  in the intervention group and in the control group the value of  $p > 0.05$ . This shows that spiritual guided imagery has an effect on decreasing anxiety in the intervention group.

**Table 1.2** Average Differences in Post Anxiety Level between Intervention and Control Groups in Hemodialysis Patients

Variabel	Kelompok	Mean	St. Dev	SE	p Value
Kecemasan	Intervensi	-3.95	1.79	.380	.000
	Kontrol	-.333	.577	.126	

Based on table 1.2 shows the average level of anxiety in the intervention group -3.95 with a standard deviation of 1.79, and in the control group the average level of anxiety -333 with standard deviation .577. The results of statistical tests using the independent t test obtained p value  $<\alpha$ , which means that there was a significant difference in the average level of anxiety in the intervention group who received spiritual guided imagery intervention with the control group who only got the action according to hospital standards.

**Table 1.3** Results of Analysis of Multivariate Analysis of Variant (MANOVA) anxiety.

Variabel	df	Mean Square	F	p
Kecemasan	1	72.78	40.53	.000

Based on Table 1.3, the results of the Multivariate Analysis of Variant (MANOVA) analysis showed that the value of p value for anxiety, which is .000, which means spiritual guided imagery is very influential in reducing anxiety in hemodialysis patients in Syarifah Ambami Ratu Ebu Bangkalan Hospital.

Based on the results of table 1.1, it shows that there was a decrease in anxiety in the intervention group while in the control group there was no decrease in anxiety and table 1.3 showed that there was an influence of spiritual guided imagery on anxiety in hemodialysis patients with sig .000 and mean square on anxiety 72.78.

Research that supports these results, among others, is carried out by (Armstrong et al., 2018), namely relaxation techniques, one of which is guided imagery can reduce anxiety. According to research conducted by (Heidarigorji, Heidari Gorji and Davanloo, 2014), there was a decrease in anxiety, pain and depression in hemodialysis patients after being given guided imagery in the intervention group.

Guided Imagery is one of the relaxation techniques so that the benefits of this technique are generally the same as the benefits of other relaxation techniques. Experts in guided imagery relaxation techniques argue that imagery is an effective healer. This technique can reduce pain, accelerate healing and help the body reduce various diseases such as depression, allergies and asthma (Priyanto, 2011). The combination of Spiritual and Guided imagery is expected to reduce problems in patients undergoing hemodialysis, including anxiety.

Guided imagery spiritual therapy is given to patients through sound recordings that will be heard through a headset. When listening to this therapy the waves will be transmitted through the ossicles in the middle third and through the cochlear fluid running towards the inner ear. Furthermore, cilia hair as a sensory receptor will change the vibration frequency into electrical vibrations and directly connected to the auditory nerve end. The auditory nerve will deliver this signal to the auditory cortex in the temporal lobe. Primary auditory cortex receives input and perceives it based on patient experience. Auditory perception works in the auditory center of the frontal lobe, which then sends signals to the thalamus and prefrontal cortex (PFC) so that it affects the patient's perception of being positive. Positive perceptions that affect the amygdala will be forwarded to the hypothalamus to produce Corticotropin Releasing Factor (CRF). Furthermore CRF stimulates the pituitary gland (hypophyse) to secrete endorphins as neurotransmitters that affect moods to become more relaxed.

When the body performs spiritual guided imagery correctly and regularly it will reduce oxygen consumption, respiratory frequency, heart frequency and muscle tension that occur in hemodialysis patients. This causes the body to be in high concentration so that it will stimulate the limbic system in the brain to stimulate the expenditure of gamma amino butyric acid (GABA), enkephalin and endorphins so that it creates a relaxing effect in hemodialysis patients which can reduce anxiety.

Based on the above discussion, it means that there is a spiritual guided imagery effect on reducing anxiety in hemodialysis patients.

#### **4. Conclusion**

Hemodialysis patients who experience anxiety can be given non-pharmacological therapy in the form of spiritual guided imagery because it has been proven to reduce anxiety and this therapy is easy to apply.

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