

## ABSTRACT

### **THE EFFECT OF SPIRITUAL DEEP BREATHING EXERCISE TOWARDS ANXIETY AND OXYGEN SATURATION (SaO<sub>2</sub>) ON COVID-19 PATIENTS**

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**Introduction.** Problems that arise in COVID-19 patients include deep anxiety due to fear of pain, experiencing death, loss of personal independence, loss of role function resulting in physiological changes, namely a decrease in Oxygen Saturation. **Material&Methods.** Quasy experimental research design with Pretest-Posttest Control Group Design. The population of all COVID-19 patients at the Surabaya A. Yani Islamic Hospital is 187 people. The sample size is 34 respondents, the sampling technique is purposive sampling. The intervention group was given Spiritual Deep Breathing Exercise for 15-20 minutes and the control group was given standard intervention for 1 week. The variables studied were anxiety and oxygen saturation. The analysis used the Wilcoxon Signed Rank Test for pre and post treatment, as well as the Mann-Whitney test to determine the difference between the intervention group and the control group, with a significant value of < 0.05.

**Results.** Anxiety analysis results using the Wilcoxon Signed Rank Test, p value 0.000 in the intervention group and p value 0.197 in the control group. The results of the Oxygen Saturation analysis using the Wilcoxon Signed Rank Test, p value 0.001 in the intervention group and p value 0.655 in the control group. The results of the analysis using Mann-Whitney obtained an p value of 0.000 for anxiety and an oxygen saturation value of p value of 0.000 between the intervention group and the control group. **Discussion.** The Spiritual Deep Breathing Exercise theory is effective in reducing anxiety and stabilizing the value of Oxygen Saturation in COVID-19 patients, and this technique is easy to do, so it can be applied as a nursing intervention in isolation rooms for the development of nursing science in hospitals.

**Keywords:** Spiritual, Deep Breathing Ecerxise, COVID-19, Anxiety Oxygen Saturation