

# The Effect of Relaxation Therapy on Reducing Mothers' Anxiety Levels in Children with ISPA at the Birem Bayeun Community Health Center

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**Abstract:-** Cute Respiratory Infections (ARI) begin with heat accompanied by heat accompanied by one or more symptoms, throat, runny nose, dry or phlegm cough. The prevalence of ARI is calculated in the last 1 month, the five provinces with the highest ARI are East Nusa Tenggara (41.7%), Papua (31.1%), Aceh (30.0%), West Nusa Tenggara (28.3%), and East Java (28.3%). In Riskesdas 2007, East Nusa Tenggara was also the highest province with ARI. The prevalence period of ISPA in Indonesia according to Riskesdas 2013 as much as (25.0%) is not much different from 2007 as much (25.5%) (Riskesdas, 2013). This study aims to determine the effect of relaxation therapy on reducing maternal anxiety levels in children with ARI at Birem Bayeun Community Health Center. The study design was a quasi-experimental one-group pretest-posttest. This study uses primary data that is processed in univariate and bivariate. Data is presented in the form of frequency distribution tables, cross tables, and narratives. The instrument used in this study is a questionnaire developed based on research variables. The number of samples in this study was 15 respondents with probability sampling techniques (purposive sampling). The results of this study indicate that of the 15 respondents before being given relaxation therapy the majority experienced severe anxiety as many as 10 respondents (66.7%) and after being given relaxation therapy the majority did not experience anxiety as much as 7 respondents (46.7%). The results of this study also concluded that there was an effect of relaxation therapy on reducing maternal anxiety levels in children with ARI at Birem Bayeun Health Center with a p-value of 0.000. Researchers suggest that respondents add insight and knowledge about child care with ARI so that mothers can care for children with ARI and overcome anxiety.

**Keywords:-** *Ispa, Anxiety, Relaxation Therapy.*

## I. INTRODUCTION

Toddlers are a group that has an immune system that is still vulnerable to various diseases. Acute respiratory infections (ARI) are a health problem in developing and developed countries. This is due to the still high morbidity and mortality rates due to ISPA (Prabu, 2012).

The morbidity and mortality rate for toddlers is still very high, one of the causes of the high mortality rate and morbidity rate for toddlers is ISPA. ISPA is an infectious disease caused by bacteria or viruses, more common in children under five years of age (toddlers). Children who suffer from ISPA if they do not receive treatment can die (Prabu, 2010). Under-five mortality is one of the parameters of a country's level of welfare. Most causes of under-five deaths can be prevented, one of which is by implementing integrated management of sick toddlers (IMCI) at the basic service level.

WHO (World Health Organization) 2011 reported that IMCI is a cost-effective intervention to overcome diarrhea, measles, malaria, malnutrition, and often a combination of these conditions (Ministry of Health of the Republic of Indonesia, 2012).

Acute Respiratory Infection (ARI) begins with fever accompanied by one or more symptoms, throat, runny nose, dry cough, or phlegm. The prevalence of ISPA was calculated in the last 1 month, the five provinces with the highest ISPA were East Nusa Tenggara (41.7%), Papua (31.1%), Aceh (30.0%), West Nusa Tenggara (28.3%), and East Java (28.3%). In 2007 Riskesdas, East Nusa Tenggara was also the province with the highest ISPA. The period of prevalence of ISPA in Indonesia according to Riskesdas 2013 was (25.0%) not much different from 2007 which was (25.5%) (Riskesdas, 2013).

In 2015, infant mortality in Aceh Province was caused by the respiratory tract (11%) when viewed by the district/city in Aceh, East Aceh district was in the lowest position, namely number 10. Meanwhile, ISPA is a disease that is suffered by many, especially in infants and toddlers, namely aged 1-4 years is 25.8%, based on the health profile of East Aceh district, Birem Bayeun sub-district ranks third

in the incidence of ISPA, namely 30% (Aceh Health Office Profile, 2013).

Based on data obtained from the Birem Bayeun Health Center, East Aceh district, the number of toddlers suffering from ISPA from January to December 2017 was 81 cases of toddlers with ISPA. Of the 200 ISPA sufferers who came for treatment at the Birem Bayeun Health Center (PKM Birem Bayeun, 2017). In 2018, from January to December, data was obtained from the Birem Bayeun Community Health Center with 99 ISPA cases under five.

In the author's preliminary survey with 6 mothers who were waiting for their children to seek treatment at the Birem Bayeun Community Health Center, the author conducted observational interviews from the author's observations, seeing that the mothers were panicked and nervous and also said that their children were coughing in the middle of the night, making it difficult to sleep, restless, and difficult to eat. Mothers don't know what to do to care for their children who suffer from ISPA. Maternal anxiety is an important problem that requires attention and nursing intervention because the mother's emotional state will affect her child. Anxiety measures to overcome anxious mothers can be done by teaching mothers relaxation therapy, such as muscle, breathing, and imagery relaxation (Kozier, Erb, Berman & Snyder, 2010).

Relaxation therapy is a technique based on the belief that the body responds to anxiety that stimulates the mind due to pain or disease conditions. Relaxation techniques can reduce physiological tension.

Based on the above, the author is interested in researching "The Effect of Relaxation Therapy on Reducing Mothers' Anxiety Levels in Children with ISPA at the Birem Bayeun Community Health Center".

## II. METHOD

This research is quasi-experimental research using a one-group pretest-posttest design, where in this design there is no comparison group (control) but at least a first observation (pretest) has been carried out which allows researchers to test changes that occur after the experiment (posttest). (Sugiyono, 2016).

## III. RESULTS

Research conducted at the Birem Bayeun Community Health Center on patients with mothers and children suffering from ARI before and after relaxation therapy, data obtained from interviews with respondents obtained the following results:

### A. Univariate Analysis

#### ➤ Mother's Anxiety Level Before Relaxation Therapy

**Table 1 Frequency Distribution of Mother's Anxiety Levels in Children with ARI Before Relaxation Therapy at the Birem Bayeun Community Health Center 2019**

| No            | Anxiety Levels Before Relaxation Therapy | Frequency (f) | Percentage (%) |
|---------------|--|---------------|----------------|
| 1             | No Anxiety                               | 0             | 0              |
| 2             | Mild Anxiety                             | 0             | 0              |
| 3             | Moderate Anxiety                         | 5             | 33.3           |
| 4             | Severe Anxiety                           | 10            | 66.7           |
| <b>Amount</b> |  | <b>15</b>     | <b>100</b>     |

Source: Primary Data (Processed in 2019)

Based on the table above, the research results show that of the 15 respondents before being given relaxation therapy, the majority experienced severe anxiety, 10 respondents (66.7%).

#### ➤ Mother's Anxiety Level After Relaxation Therapy

**Table 2 Frequency Distribution of Mother's Anxiety Levels in Children with ARI After Relaxation Therapy at the Birem Bayeun Community Health Center 2019**

| No            | Anxiety Levels After Relaxation Therapy | Frequency (f) | Percentage (%) |
|---------------|---|---------------|----------------|
| 1             | No Anxiety                              | 7             | 46.7           |
| 2             | Mild Anxiety                            | 5             | 33.3           |
| 3             | Moderate Anxiety                        | 3             | 20             |
| 4             | Severe Anxiety                          | 0             | 0              |
| <b>Amount</b> |   | <b>15</b>     | <b>100</b>     |

Source: Primary Data (Processed in 2019)

Based on the table above, the research results show that of the 15 respondents after being given relaxation therapy, the majority did not experience anxiety, 7 respondents (46.7%) and the minority experienced moderate anxiety, 3 respondents (20%).

### B. Bivariate Analysis

**Table 3 The Effect of Relaxation Therapy on Decline Mother's Anxiety in Children with ISPA at the Birem Bayeun Community Health Center 2019**

| Relaxation Therapy | Paired Differences |                 |                | t     | df | P     |
|--------------------|--------------------|-----------------|----------------|-------|----|-------|
|                    | Mean               | Mean Difference | Std. Deviation |       |    |       |
| Before             | 26.53              | 16,733          | 6,278          | 6,344 | 14 | 0,000 |
| After              | 9.80               |                 | 7,063          |       |    |       |

Based on the table above, shows that there is a difference in the mean anxiety score before and after relaxation therapy, namely the mean anxiety score before preparation is 26.53, while the mean anxiety score after relaxation therapy is 9.80 with a mean difference of 16.733. Based on the results of the statistical analysis of the dependent T-Test test, a p-value of 0.000 (<0.05) was obtained, this shows that there is an effect of relaxation therapy on reducing the level of maternal anxiety in children with ISPA at the Birem Bayeun Community Health Center.

#### IV. DISCUSSION

##### A. *Mother's Anxiety Level Before Relaxation Therapy*

The research results found that of the 15 respondents before being given relaxation therapy, the majority experienced severe anxiety, 10 respondents (66.7%), this was because the patient felt anxious about their child's illness.

The results of this research are in line with research conducted by Siswoyo (2016), regarding relaxation therapy reducing family anxiety in caring for family members suffering from ISPA, which concluded that the majority of anxiety levels before relaxation therapy were at severe anxiety at 56.3%.

The results of this study are not in line with research conducted by Rondowunu (2014), regarding the relationship between relaxation techniques and anxiety levels in mothers and children experiencing ISPA at the Manado Community Health Center (BKM), which concluded that the majority of mothers experienced moderate anxiety at 55.8 %.

Research conducted by Magburd (2013) states that the anxiety felt by mothers of children suffering from ISPA will affect the patient's mental state, thereby determining the success of treatment actions and the subsequent healing process.

According to Direja (2013), anxiety is an unclear and widespread worry that is related to feelings of uncertainty and helplessness and anxiety often appears in new environments so anxiety factors will be experienced when professional nursing program students carry out nursing practice in hospitals.

Researchers assume that most mothers who have children with ISPA experience severe anxiety before being given relaxation techniques, this is because most respondents have a low level of education, this is felt because they have to care for children with ISPA and undergo treatment, this anxiety can affect their mental health so that can cause stress and affect the patient's recovery. Anxiety itself is influenced by various factors including knowledge, if anxiety lasts for a long time and continuously it will cause tension which will hinder the further recovery process. The anxiety experienced by mothers is caused by a series of treatment processes, they feel anxious and afraid that their child will reject the series of treatments.

##### B. *Mother's Anxiety Level After Relaxation Therapy*

The research results showed that of the 15 respondents after being given relaxation therapy, the majority did not experience anxiety, 7 respondents (46.7%), and the minority experienced moderate anxiety, 3 respondents (20%). The information that researchers obtained in the field was that the majority of patients felt more comfortable after receiving relaxation therapy.

The results of this research are in line with research conducted by Siswoyo (2016), regarding relaxation therapy reducing family anxiety in caring for family members suffering from ISPA, which concluded that most anxiety levels decreased after using relaxation techniques. The results of this research are also in line with research conducted by Rondowunu (2014), regarding the effect of relaxation therapy on anxiety levels in mothers who have children with ISPA at the Manado Community Eye Health Center (BKMM), which concluded that the majority of mothers experienced severe anxiety.

Illness anxiety is an anticipatory response to an experience that the patient may perceive as a threat to his or her role in life, bodily integrity, or even life itself. Patients facing the treatment process are surrounded by fears of the unknown, death, anxiety, worries about lost work time, and responsibilities to support the family (Brunner & Suddarth, 2012).

Researchers assume that most patients do not experience anxiety after being given relaxation techniques, this is because clients already know how to prepare, process, and care for children with ARI. When measuring the level of anxiety after being given relaxation therapy, it was found that the level of anxiety had decreased, but the anxiety felt previously was a normal form of behavior considering that most mothers felt worried about their child's condition.

##### C. *The Effect of Relaxation Therapy on Mothers' Anxiety Levels in Children with ARI*

The results of the interview found that there was a difference in the mean anxiety score before and after relaxation therapy, namely the mean anxiety score before preparation was 26.53 while the mean anxiety score after relaxation therapy was 9.80. Based on the results of the statistical analysis of the dependent T-Test test, a p-value of 0.000 (<0.05) was obtained, this shows that there is an effect of relaxation therapy on reducing the level of maternal anxiety in children with ISPA at the Birem Bayeun Community Health Center.

The results of this research are in line with research conducted by Siswoyo (2016), regarding relaxation therapy reducing family anxiety in caring for family members suffering from ISPA, which concluded that there was a significant effect of relaxation therapy on the level of family anxiety in caring for family members suffering from ISPA.

The results of this research are in line with research conducted by Squwide (2016) stating that the technique of providing deep breathing relaxation therapy through

education is very much needed for mothers of children with ISPA to help reduce the level of anxiety they feel.

Research on patient anxiety has shown that psychological intervention is the most important part of the care of patients facing major problems. If identified, these problems can pose serious threats to patient care. In this communication problem, nurses need special time to ask and listen to the patient's fears, concerns, and beliefs regarding the patient's health and condition. Worry or anxiety about what will happen and be felt during treatment can be reduced with relaxation therapy. This anxiety can occur due to a lack of information and will be worse than the actual reality.

Maternal anxiety that is not treated immediately will cause physical impacts such as worsening somatic and cardiovascular symptoms as well as psychological impacts, namely patients with high levels of anxiety will not be able to concentrate and understand events during treatment and procedures, the mother's hopes for her child's recovery (Jong, 2009). One of the treatments for overcoming anxiety can be done pharmacologically by providing sedative and non-pharmacological therapy, one of which is by doing relaxation techniques. Relaxation techniques are a form of mental health nursing action by providing information and relaxation techniques.

Researchers assume that there is a difference between the patient's anxiety level before and after relaxation therapy, this is because relaxation therapy can be one form of mental health nursing action by providing information and relaxation techniques that can have an effect and reduce anxiety levels. Before the researcher provided relaxation techniques, the researcher chose material related to ISPA starting from the preparation phase, and implementation to the healing phase to prohibitions and things that should be avoided.

One action to reduce anxiety levels is to mentally prepare the client. One of the ways that mental preparation can be done is through health education. The nursing ability to listen actively to both verbal and nonverbal messages is critical to building a trusting relationship with the patient and family. Preoperative health education can help clients and families identify concerns they feel. The nurse can then plan nursing interventions and supportive care to reduce the client's anxiety level. Health education is essentially an activity to convey health messages to the community, groups, or individuals to gain knowledge about good health. So, it is hoped that this knowledge can influence behavior changes for the better.

Mothers' anxiety is an important problem that requires attention and nursing intervention because the mother's emotional state will affect her child. Anxiety measures to overcome anxious mothers can be done by teaching mothers about relaxation therapy, such as muscle, breathing, and imagery relaxation (Kozier, Erb, Berman & Snyder, 2010). Relaxation therapy is a technique based on the belief that the body responds to anxiety that stimulates the mind due to

pain or disease conditions. Relaxation techniques can reduce physiological tension.

## V. CONCLUSION

- The results of research on 15 respondents before being given relaxation therapy, the majority experienced severe anxiety, 10 respondents (66.7%).
- The results of research on 15 respondents after being given relaxation therapy, the majority did not experience anxiety, 7 respondents (46.7%).
- The results of bivariate analysis using the paired sample t-test found that there is an effect of relaxation therapy on reducing maternal anxiety levels in children with ISPA at the Birem Bayeun Community Health Center with a p-value of 0.000.

## SUGGESTION

- For respondents to increase their insight and knowledge regarding the care of children with ISPA so they can overcome their anxiety in children with ISPA.
- For educational institutions, it is hoped that they will add references regarding the effect of relaxation therapy on reducing maternal anxiety levels in children with ISPA which can be used as material for future research.
- The Research Land created a policy in the form of providing education for mothers of children with ISPA so that it was hoped that it could reduce maternal anxiety.
- To future researchers, pleaseThe results of this research can be used as a basis for further research, so future research is expected to develop research regardingThe effect of relaxation therapy on reducing maternal anxiety levels in children with ARI.

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