

Decreased The Anxiety Scale of Hemodialysis Patients with The Autogenic Relaxation

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Abstract. Chronic Kidney Disease (CKD) is a decrease in the function of the kidney organs so that they are unable to filter the body's electrolyte ureum, maintain the balance of body fluids, and chemicals. One of the management of patients with CKD is doing hemodialysis. CKD patients under going hemodialysis will have effect for physiological, psychological, and social influences. Lifestyles change during hemodialysis, besides that normal life is disturbed resulting in feelings loss. This results in psychological problems in CKD patients and results are a depression, anxiety, and stress. The purpose of this study was to determine the effect of autogenic relaxation therapy on anxiety levels of CKD patients on hemodialysis. The design of this research is a quantitative study with a quasi-experimental design, the approach used is the pre test and post test without control group. Respondents of this study were CKD patients on hemodialysis at X Hospital Pekanbaru. The samples are 15 respondents in the autogenic therapy intervention group. Statistical test using the Wilcoxon Test. The results of statistical tests in the intervention group showed the effectiveness of autogenic therapy on reducing anxiety levels with p value <0.05. Based on the research above, the recommendation of this study, that in patients with CKD, nursing interventions of choice by nurses in hemodialysis patients can be carried out, non-pharmacological with autogenic therapy, that can reduce the anxiety level to increase comfort during hemodialysis.

Keywords: CKD, Hemodialysis, Anxiety, Autogenic Relaxation Therapy

1 Introduction

Chronic Kidney Disease (CKD) is a disease in which the function of the kidney organs has decreased so that it is unable to work at all in terms of filtering the body's electrolyte disposal, maintaining the balance of body fluids and chemicals such as sodium and potassium in the blood or urine production (Daniswara, S., 2015). The kidneys are the most important organs for human survival. Kidney function, among others, as a regulator of the volume and composition of the blood, the formation of cell blood red, regulating the amount of liquid electrolyte concentration in the extra cells, helps maintain the balance of acid-base, regulator of pressure of blood as well as spending foreign components (Utami, G. A, Bayhakki, Zurmeli, 2015).

According to the *World Health Organization* (2015) the incidence of CKD is increasing from year to year, the number of patients with failing kidneys in the year 2015 reached 2.2 million people. CKD disease in countries developing has been reached 73,000 people and is the third largest disease in the world by number 350,000 (Utami, G. A, Bayhakki, Zurmeli, 2015). According to the WHO (2017) reported that patients with failing kidneys Chronic has increased

from the previous year, the global incidence of failed kidneys Chronic more than 500 million people and are dependent with undergoing dialysis (hemodialysis) is 1.5 million people.

From the data Indonesian Renal Registry, a patient recently who undergo hemodialysis in Indonesia in 2015 some 21 050 increase in the year 2016 reached 25 446, in 2017 rose again to 30,831 patients a new (Saputri, R., Rahayu, D. A., & Semarang, U. M, 2019). Indonesia in the year 2018 patients with failing kidneys chronic increased by 19.3% (Wahyuningsih, S. A, 2020).

Treatment of patients with CKD can be given two therapies, namely conservative and replacement therapy. Conservative therapy is therapy with regulating protein intake, which aims to slow further kidney damage. Replacement therapy in the form of dialysis and kidney transplantation. Methods are most much done is hemodialysis (Daniswara, S., 2015)

According to the Health Office (2012) West Sumatra is in position 123 of 33 provinces with a prevalence of 33.27% figure incidence of asthma. According to the Department of Health Kota Padang (2016) for diseases of the respiratory tract section below, asthma occupies position 4 of 7 types of diseases that occur throughout the year 2016 with a number of events as many as 1,779 cases (773 cases in men and 1006 cases in women).

Hemodialysis is a process used in patients in a state of acute pain and require treatment dialysis short term or patients with diseases of kidney -stage end of which require long jangkaka therapy or permanent (Makrufah, I., 2019). Hemodialysis requires a time that is not a moment to once therapy, thus making the patient feel saturated, especially if basically he does not accept the state of the disease from the start and not be able to perform activities of daily normal.

Disorders of psychological which exist in the form of, stress, depression, upset, shocked, scared, sad, bored, broke up, and feel into the load keluarga.serta cause anxiety. (Saputri, R., Rahayu, DA, & Semarang, U. M, 2019). Patients CKD can overcome the condition of the psychological is to perform the techniques that exist, to make

The patient is more relaxed, such as deep breath relaxation techniques, 5 finger hypnosis techniques, mural techniques, aromatherapy techniques, music therapy and autogenic relaxation techniques. According potter and perry, 2010 in the journal Ekarini, NLP, Krisanty, P., & Suratun, S, 2018 of various techniques such therapy autogenic more effectively relieve anxiety, because relaxation autogenic is the type psiofasiologikal of psychotherapy basis by using the self-suggestion, which can lower the rate of heart and pressure of blood are high, menurunan muscle tension and reduce stress symptoms in individuals who experience various situations (such complications).

Relaxation Autogenic it itself is a relaxation short that form a sentence or word brief that can make the mind becomes quiet, and comes from the individuals themselves, such as "I'm quiet and comfortable" and "I can do this".Relaksasi this can be done by imagining yourself in a relaxed state, focus on heart rate and breath regulation, so that vital signs can be normal and can be controlled (Saputri, R., Rahayu, DA, & Semarang, U. M, 2019).

The results of the study Saputri, R., Rahayu, DA, and Semarang, U. M (2019) are statistically no effective therapy autogenic in reducing anxiety in patients with CKD who undergo hemodialysis. From the research results of Arsa, P.S. A., 2018 the provision of RIMA therapy (autogenic relaxation, movement, and affirmation) on the anxiety value of ESRD (End Stage Renal Disease) patients which was carried out for seven days showed significant results which meant that there was an effect of RIMA therapy. This research is in accordance with that conducted by (Nelson, Adamek, and Kleiber, 2017) which states that therapy autogenic can be significantly lowered the value of anxiety. Another study by (Lim and Kim, 2014) also states that autogenic therapy can reduce anxiety, autogenic therapy can inhibit the work of the sympathetic nervous system so that excess hormones will decrease and reach a balance point.

When the initial research conducted at Rumah Sakit X in Pekanbaru are conducted through interviews with the number 15 the patients CKD who undergo hemodialysis obtained by 9 patients with the impact of problems experienced kondisipsikologis less well, said to feel anxious and worried about the current conditions, easily offended, do not wait, often experience disturbances of sleep, not able to work so it was not able to meet the financial, frightened and yet ready to face death. The mean average patient deal with a sense of anxiety prior to using therapy murottal, music therapy and relaxation breath in, but patients say the feeling of anxiety that arise kembali. So, the purpose of this study was done to determine the effectiveness of therapy autogenic on the condition of psychological CKD patients who undergo hemodialysis.

2 Methods

Type of this research is quantitative with the design of experiments quasi (quasi experimental). Models were used in this study is the pre test and post test without control group. Which aims to determine the effect of therapeutic relaxation autogenic to the level of anxiety in patients with CKD who undergo hemodialisa. Populasi this research is the whole patient CKD ambulatory path that undergo hemodialysis in space Hemodialysis Rumah Sakit X Pekanbaru many as 60 people.

The sampling technique in research this is the technique of purposive sampling, which is a method of determination of the respondent to be used as a sample based on the criteria for certain, with the number of samples as much as 24 people with Inclusion and Exclusion criteria.

The data are used in research this is the data primer. Data primer obtained from subjek research by using kuisionermengenai level of anxiety given kepada respondents after treatment relaxation autogenic on respondents, the questionnaire was given when the *pre-test* and *post-test*.

3 Results

The results of the study of CKD patients who underwent hemodialysis before (post test) were carried out autogenic relaxation therapy, the distribution of respondents' anxiety levels in CKD patients in the pre- test measurement found more than half of the respondents as many as 11 people (73.3%) were in the category of mild anxiety and moderate anxiety 4 people (26.7%).

The results of the study after (pre-test) were given autogenic relaxation therapy, the distribution of respondents' anxiety levels in CKD patients after autogenic relaxation therapy was carried out in the post-test measurement, it was found that more than half of the respondents as many as 12 people (80.0%) were in the category of not anxious, mild anxiety 2 people (13.3%), and 1 person was anxious (6.7%).

The results of the study are presented in the form of univariate and bivariate analyzes were previously performed data processing with statistical tests using a computer. The complete research results are discussed as follows.

3.1 Characteristics of Respondents

Table 1. Frequency Distribution of CKD Patient Respondents in New XPekan Hospital in 2020 (n = 15)

Variable	Respondents (n = 15)	
	f	%
Age		
21-30 years	213.3	
31-40 years	213.3	
41-50 years	533.3	
51-60 years	640.0	
Type Sex		
Man	746.7	
Women	853.3	
Old HD		
<1 month	960.0	
1 month	640.0	
Education		
SD	426.7	
Junior High	426.7	
High school	320.0	
Diploma III	16,7	
Profession		
Does not work	16,7	
IRT	426.7	
entrepreneur	640.0	

Based on table 1, it can be illustrated that the age distribution of respondents was found that almost half of the respondents as many as 6 people (40.0%) were aged 50-60 years. Distribution types of sex of respondents found Most of the respondents as many as 8 people (53.3%) were women. Distribution longer respondents hemodialysis are found mostly large respondents were 9 people (60.0%) is HD < than 1 month. Distribution of education of respondents found most large respondents as many as 4 people (26.7%) are SD and SMP. Frequency distribution the occupation of the respondents found almost half of the respondents were 6 people (40.0%) are self-employed.

Table 2. Analysis of the Effect of Pre-test and Post-test Anxiety Levels Before and After Treatment of Autogenic Relaxation Therapy on CKD Patients at RSX Pekanbaru, 2020

Variabel	n	p value
Pre test	15	0,001
Post test	15	

3.2 Analisa Bivariat

Tabel 3 Frequency Distribution of CKD Patient Respondents Based on Anxiety Levels Pre test and Post test Before and After Treatment of Autogenic Relaxation Therapy at X Hospital Pekanbaru in 2020(n = 15)

Variabel	<i>Pre</i>		<i>Post test</i>	
	<i>test</i>			
	f	%	f	%
Tingkat Kecemasan				
Responden(n=15)				
TidakCemas	0	0,0	12	80,0
KecemasanRingan	1	73,3	2	13,3
KecemasanSedang	4	26,7	1	6,7
KecemasanBerat	0	0,0	0	0,0

Based on table 3, it can be illustrated that the distribution of respondents' anxiety levels in CKD patients in the pretest measurement was found that more than half of the respondents as many as 11 people (73.3%) were in the mild anxiety category. The distribution of the respondents' anxiety level in CKD patients after autogenic relaxation therapy was carried out in the posttest measurement, it was found that more than half of the respondents as many as 12 people (80.0%) were in the not anxious category.

Based on table 2 of the Wilcoxon test results, it was found that the p- value = 0.001 (p-value <0.05). By thus be concluded that the therapy relaxation autogenic effect on the level of anxiety patients with CKD with hemodialysis.

4 Discussion

4.1 Anxiety Level Before being given Autogenic Therapy

The results of the study of CKD patients who underwent hemodialysis before (posttest) were carried out by autogenic relaxation therapy, the distribution of respondents' anxiety levels in CKD patients in the pretest measurement was found that more than half of the respondents were 11 people (73.3%) were in the category of mild anxiety and moderate anxiety 4 people (26.7%).

From the results of Lestari's research, A. 2017, anxiety based on the Zung Self Rating Anxiety Scale (ZSAS) questionnaire shows that the anxiety level of chronic kidney failure respondents who underwent hemodialysis at Wates Hospital was mostly in the mild anxiety category as many as 32 people (42.4%). The results of this study are also in accordance with Tanvir (2013) which shows that most chronic kidney failure patients undergoing hemodialysis experience mild levels of anxiety. Someone is suffering anxiety disorder when the person is unable to cope with the stressor he is facing. This condition can occur clinically and persist and last for at least 1 month.

This is in line with the research of Saputri, R., Rahayu, D. A., & Semarang,

U. M (2019) which shows the condition of anxiety before the intervention group most experienced many anxious normal 19, Anxious Lightweight 10, Worried Medium 14, Heavy Anxious 5 people, and most low experiencing anxiety is very severe that four patients with CKD

who undergo Hemodialysis. This indicates CKD patients undergoing hemodialysis are still many who experience anxiety.

According to Lester, A., 2017, Relationships action hemodialysis with the level of anxiety the patient lies on a cycle / old patient perform actions hemodialysis, patients who commit acts of hemodialysis one times the level of anxiety being, whereas patients who commit acts of hemodialysis two times the level of anxiety is mild or even old patient live action hemodialysis then the level of anxiety is reduced due to the patients already reached the stage of accepted (receiving) against the implementation of the hemodialysis (Rahman, 2013).

4.2 Asthma Control Level *Pre test-Post test* in Asthma Patients in the Control Group

The results of the study after (pretest) were given autogenic relaxation therapy, the distribution of respondents' anxiety levels in CKD patients after autogenic relaxation therapy was carried out in the post test measurement, it was found that more than half of the respondents as many as 12 people (80.0%) were in the category not anxious, mild anxiety 2 people (13.3%), and were anxious/moderate 1 person (6.7%). This is in line with the research of Saputri, R., Rahayu, D. A., & Semarang,

U. M, 2019 where Anxious normal 37 people, Anxiety light 7 people, Worried were 6 people, Worried weight one person, Anxiety very heavy one person. The results of the research value of anxious groups of intervention are the influence that significantly between before and after given therapy autogenic. Scores anxious after autogenic therapy in group intervention has a range of value that is lower than the sebelum dilakukannya therapy autogenic. \

Based on research Wahyudi, J. T, Imardiani, Rosida, L. 2019 Having given autogenic relaxation therapy in patients Intensive Care Unit, anxiety down at 36.67 and the mean value obtained nilaistandar deviation of 17.254 with anxiety lowest 17 and anxiety top 70. With the result value mean before therapy relaxation autogenic 43,55 and the value of the standard deviation of 17.951 with anxiety lowest 20 and anxiety top 80. the principle that underlies the decrease anxiety by techniques autogenic relaxation therapy are waging the flow of blood and can stimulate hormone endorphins. When someone does autogenic relaxation, the beta-endorphins going out and captured by receptors in the hypothalamus and system limbic which serves to regulate anxiety and as a medicinal tranquilizer natural.

Relaxation autogenic also can improve the coping become more adaptive is to always express the problems that relate to health so as to get the treatment that is right. (Wijayanti, D. 2016)

According to the analysis and assumptions of researchers after being given most of the therapy respondents are in the not anxious category. That is because the effect of the relaxation autogenic to create CKD patients undergoing hemodialysis become relaxed, comfortable, quiet, and make things better. Not any more anxiety can be interpreted that already inability of a person are in overcoming anxiety that occur on her and was able to adjust themselves better.

4.3 Effect of Therapy Relaxation Autogenic Against Level Anxiety

Based on the results were obtained researchers found the effect of administration of therapeutic relaxation autogenic to decrease the level of anxiety in patients with CKD who undergo hemodialysis.

The study is in line with research conducted by Saputri, R., Rahayu, DA, and Semarang, U. M (2019) are statistically no effective therapy autogenic in reducing anxiety in patients with CKD who undergo hemodialysis. The results of the study menunjukkan bahwa results of correlation test of Wilcoxon in group intervention known p value of 0.000 < 0.05, which means

there is the effectiveness of autogenic therapy to decrease the level of anxiety in patients with CKD yangmenjalani hemodialysis.

Based on the research of Arsa, P. S.

A. (2018) The Wilcoxon test in the treatment group obtained a p-value of 0.00 ($p < 0.05$) which means that there is a difference between the post test and pre test in the treatment group. And this shows the effect of RIMA therapy (autogenic relaxation, movement and affirmation) therapy in ESRD patients undergoing hemodialysis.

Interventions were carried out 3 times, in the first week of 2 interventions, and second week 1x intervention. But the research results show a decrease in anxiety. From the results of interviews at respondents who live HD < 1 month and who underwent HD 1bulan, decrease anxiety this happens because of respondents apply this autogenic relaxation therapy at home as much as 2-3 times a day according the suggestion of researchers. According to the assumptions and analysis of the researchers, there was a decrease in anxiety after being given autogenic relaxation therapy. Although still there are patients who experience anxiety mild and moderate after therapy autogenic this, but things that also can be caused due to the mechanism of coping someone who is different in facing imasalah faced. Results of the study showed the technique of relaxation autogenic can decrease the level of anxiety. This shows that relaxation techniques autogenic can be used as one of the alternative therapy to overcome anxiety in patients with CKD who undergo hemodialysis.

5 Conclusions

Based on the research results, several conclusions can be made as follows:

- a. Characteristics of the age of the respondents found almost of half of the respondents as many as 6 people (40.0%) were in the age of 50-60 years. The distribution of respondents' gender was found that most of the respondents as many as 8 people (53.3%) were women. The long distribution of hemodialist respondents was found that most of the 9 respondents (60.0%) were HD < 1 month. The distribution of respondents' education found that most of the respondents were 4 people (26.7%) are SD and SMP. The frequency distribution of the respondents' work was found that almost half of the respondents as many as 6 people (40.0%) were self-employed.
- b. The distribution of respondents' anxiety levels in CKD patients in the pre-test measurement was found that more than half of the respondents as many as 11 people (73.3%) were in the mild anxiety category. The distribution of the respondents' anxiety level in CKD patients after autogenic relaxation therapy was carried out in the posttest measurement, it was found that more than half of the respondents as many as 12 people (80.0%) were in the not anxious category.
- c. Wilcoxon test results, obtained p value = 0.001 (p value < 0.05).

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