



The Effect of Spirizomacare Therapy on Anxiety Level in Hypertension Patients

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Abstract. In hypertensive patients who experience anxiety, their blood pressure will increase which causes them to be more susceptible to complications of hypertension, so it is important to pay attention to mental health conditions in hypertensive patients. Purpose: to determine the effectiveness of Spirizomacare on anxiety levels in patients with hypertension and as a preliminary study for a form of activity that can reduce anxiety levels in patients with hypertension. Methods: This research design uses pre-experimental research with one group pretest-posttest research design, 2 times. The research location is the Grogol Health Center. The study was conducted in June-September 2022. The method of selecting the research sample was using a purposive sampling method using 30 respondents. Techniques of data analysis using univariate and bivariate analysis with paired T-test. The results showed that there was an effect of spirizomacare therapy on the level of anxiety in hypertensive patients, with a p-value of $0.000 < 0.05$. Conclusion: The spiritual remembrance approach is carried out with the concept of changing the anxiety caused by the fear of death. In this study, it was found that there was a decrease in the level of anxiety in hypertensive patients at the Grogol Health Center. Suggestion: For nursing management as a reference to overcome anxiety levels in hypertensive patients and provide health education to all patients about controlling anxiety. So it is hoped that there will be no severe anxiety in patients with hypertension.

Keywords: Hypertension · Anxiety · Spirizomacare Therapy

1 Introduction

According to the WHO survey (2013) worldwide, as many as 1 billion people suffer from high blood pressure and by 2025 it is estimated that it will increase to 1.5 billion people. The prevalence of hypertension in developing countries including Indonesia reaches 65.74% or 65 million sufferers [1]. The highest prevalence of hypertension is in women (36.85%) and men (31.34%) [2]. Data from the Regional Health Office of North Sulawesi Province (2018) hypertension is ranked 2nd in 10 diseases based on STP-based Puskesmas in North Sulawesi Province in 2017 with a total of 35,955 people. In 2018 71 people were suffering from hypertension in West Jakarta social institutions [3]. The prevalence rate of hypertension in the population aged over 18 years according to

the City/Regency in Banten Province in 2016 the City of South Tangerang became the highest prevalence of 97.70%, the second was occupied by Tangerang Regency as much as 41.16%, and the third City of Cilegon as much as 34.62% [4].

Treatment of hypertension in general consists of two kinds, namely pharmacological (with medical drugs) and non-pharmacological (without medical drugs). Pharmacological treatment can be in the form of giving antihypertensive drugs to lower blood pressure, while with treatment without drugs, one of them is by increasing good coping and controlling anxiety. Coping is an individual's effort to cope with psychological stress. If coping with hypertension sufferers is not good, it will cause anxiety, fear, pain, and stress which can lead to sympathetic stimulation thereby increasing blood pressure, cardiac output, and peripheral frequency [5]. Coping is considered successful if it can lower blood pressure, heart rate, pulse, and respiratory system [6].

Some factors cannot be controlled in hypertension, including age, gender, and genetics, while those that can be controlled are anxiety, stress, lack of activity, smoking, alcohol consumption, obesity, and excessive salt consumption [7]. High blood pressure if not controlled can cause complications in other organs, and complications in the heart, namely myocardial infarction, congestive heart failure, and coronary heart disease. Complications in the brain include the incidence of stroke and hypertensive encephalopathy. Renal complications include chronic renal failure, and eye complications can lead to hypertensive retinopathy [8]. One of the problems with hypertension is the emergence of psychological disorders such as anxiety. There are two symptoms of anxiety, namely physiological symptoms, and psychological symptoms. Physiological symptoms such as rapid heartbeat, headache, irregular digestion, no appetite, insomnia, shortness of breath, sweating profusely, and cold fingertips. Psychological symptoms such as feelings of worry, fear, inability to concentrate, lack of confidence, restlessness, and confusion [9]. Anxiety occurs as a response to something that has happened in the past or will happen in the future. The greater the perceived threat, the greater the anxiety that occurs. Individual anxiety responses vary, namely adaptive responses that respond to anxiety with a strong motivation that can trigger productive problem solving, and maladaptive responses, namely anxiety that does not help solve existing problems, it will even worsen the situation [10]. In hypertensive patients who experience anxiety, their blood pressure will increase which causes them to be more susceptible to hypertension complications, so it is important to pay attention to mental health conditions in hypertensive patients [11].

Therapy to overcome anxiety can be in the form of pharmacological and non-pharmacological. Pharmacologically the client can be given anxiolytic drugs such as benzodiazepines, but side effects can occur such as difficulty concentrating, decreased visual function, impaired mobility, and Activity of Daily Living (ADL) due to hyperactivity, long-term amnesia, and decreased cognitive function. Non-pharmacologically nurses must develop non-pharmacological interventions that are non-invasive, inexpensive, easy to use, can be done anywhere and anytime, natural and safe, and free from chemical side effects. Spirizomacare (spiritual remembrance aroma care) is a model of spiritual intervention (spiritual care) that combines remembrance with aromatherapy to overcome anxiety. Zikr is combined with aromatherapy because aromatherapy accelerates the perception process by influencing cognitive changes. Perception of an aroma,

for example, the rancid smell of blood is perceived as death, the scent of frankincense can be perceived as a religious ritual, as well as the refreshing scent of lavender or roses which will have a relaxing effect, increase coping and reduce anxiety [12]. The mechanism of action of Spiriziomacare is that remembrance through auditory stimulation is transmitted to the temporal lobe (God spot) and sent to the prefrontal cortex, while aromatherapy through biological signals from receptor cells (olfactory bulb) in the nose when inhaled is transmitted through the olfactory nerves to the limbic system in a complex ring, Cerebral cortex. The body’s response will change perception, improve cognition, and increase spirit and mood as perceptual stress [13].

2 Methods

The type of research used/ namely pre-experimental research with one group pretest-posttest design, which provides spirizomacare therapy to reduce anxiety in hypertensive patients 1 time/day for 3 days in the intervention. The study was conducted by observing the decrease in the anxiety of hypertensive patients before (pretest) and after (posttest). In this design, a test is carried out twice a day to measure the level of anxiety, namely before being given treatment and after being given treatment. The selection of subjects in this study was carried out by purposive sampling, namely the sampling technique of data sources with certain considerations, namely specializing in subjects who experienced a phenomenon under study or occurred where this study did not aim to generalize [14]. The selection of research subjects was not forced but based on the willingness of the research subjects to become research subjects. The sampling technique is a source of data by specializing in subjects who experience the phenomenon or event under study. The determination of the number of samples in this study is based on the Federer formula, which is the formula commonly used to determine the number of subjects (replication) of experimental research [15]. Based on the Federer formula, the number of samples in this study is r 15 or in other words, a minimum of 15 respondents is needed, but in this study, the researchers used 30 respondents. The research subjects were selected based on the following characteristics: 1) Willing to participate in the study, 2) Respondents who suffer from hypertension, 3) Aged 17–60 years, 4) Muslim, and 5) No hearing loss.

3 Results

3.1 Bivariate Analysis in this Study Used the Paired-Simple T-Test

Based on the results of the study in Table 1, it shows that the average value of the level of anxiety before is obtained the mean value is 3.70 and after being given spirizomacare 2.60. The statistical results show that the value (P Value) is $0.000 < 0.05$, it can be

Table 1. Anxiety level.

Variable	Part	Mean	SD	P Value
Anxiety Level	Pre Test	3,70	,466	0,000
	Post Test	2,60	,498	

concluded that there is a significant difference before and after being given Spirizomacare on the level of anxiety in hypertensive patients.

4 Discussion

The results of the study obtained a statistical value known that the value (P Value) as $0.000 < 0.05$, it can be concluded that there was a significant difference before and after being given Spirizomacare on the level of anxiety in patients in hypertension patients at the Grogol Health Center. This research is in line with that carried out by Rahmayanti (2018), the results of statistical tests with the Wilcoxon Signed Ranks Test obtained P-value results of $(0.001) > (0.05)$, this indicates H_a is accepted which means that spiritual support therapy has an influence on reducing anxiety levels in preoperative patients. This spiritual support therapy is a form of holistic nursing care. In the principle or implementation of spiritual support therapy, it shows caring behavior that can provide calm, and comfort for clients so that the therapeutic relationship between nurses and clients is closer. Spiritual support therapy is one of the complementary [16]. This is supported by research conducted by Supriani (2017), the results of the Wilcoxon Sign Rank Test were obtained, the value of $p = 0.000$ at the level of $p 0.05 (\leq 0.05)$. It means that there is a significant effect of the intervention given before the spiritual relaxation guidance is carried out. Respondents experience anxiety, worry, and doubt before surgery. Likewise, the process of anxiety, namely the stimulus is sent to the hypothalamus, stimulates the autonomic nervous system and neurotransmitters, the autonomic is hypersensitive and has an overreaction to sympathetic stimulation, and the respondent experiences anxiety [17]. In another study, according to Rokawie (2017), it was found that deep breathing relaxation therapy obtained an average anxiety index score of pre-abdominal surgery patients after deep breathing relaxation therapy obtained mean result of 49.56, which means that the average pre-abdominal surgery patients were categorized as having mild anxiety. And it can be concluded that there is a difference in the average anxiety index score before and after deep breathing relaxation therapy in patients with pre-abdominal surgery, with a p-value of (0.000) [18]. The same study was also conducted by Fatmawati (2016) with the title The Effect of Progressive Relaxation and Lavender Aromatherapy on Reducing Anxiety in Preoperative Patients. The research data were analyzed using the paired t-test, based on the results of the data it was known that there was a difference in the average pre-test and post-test anxiety with p-value = $0.001 (p < 0.05)$. The main content of lavender flowers is linalyl acetate and linalool, where linalool is the main active ingredient that plays a role in reducing anxiety. Lavender aromatherapy works to stimulate the olfactory nerve cells and affect the limbic system. The limbic system is the center of pain, pleasure, anger, fear, depression, and many other emotions. The hypothalamus, which acts as a relay and regulator, sends messages to the brain and other parts of the body. The message received is then converted into action in the form of the release of the hormones melatonin and serotonin which causes euphoria, relaxation or sedation [19]. The researcher assumes that spiritual therapy with relaxation and aromatherapy or spirizomacare has an effect on reducing anxiety whereas spiritual therapy needs nursing behavior from nurses and increases the stimulus to reduce anxiety levels.

5 Conclusions

Anxiety occurs as a response to something that has happened in the past or will happen in the future. The greater the perceived threat, the greater the anxiety that occurs. Individual anxiety responses vary, namely adaptive responses that respond to anxiety with as strong motivation that can trigger productive problem solving, and maladaptive responses, namely anxiety that does not help solve existing problems, it will make the situation worse. In hypertensive patients who experience anxiety, their blood pressure will increase which makes them more susceptible to complications of hypertension, so it is important to pay attention to mental health conditions in hypertensive patients. Spiriziomacare (spiritual remembrance aroma care) is a model of spiritual intervention (spiritual care) that combines remembrance with aromatherapy to overcome anxiety. The spiritual remembrance approach is carried out with the concept of changing the anxiety caused by the fear of death. In this study, it was found that there was an effect of spiriziomacare on the level of anxiety in hypertensive patients at the Grogol Health Center. It is recommended for nursing management as a reference to overcome the level of anxiety in hypertensive patients and provide health education to all patients about controlling anxiety. So it is hoped that there will be no severe anxiety in patients with hypertension.

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