

Application of Spiritual Guided Imagery Relaxation Technique to Reduce Anxiety in Patients with Chronic Renal Failure: Case Study

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ABSTRACT

Patients with chronic kidney failure say that they are worried because they see the tubes flowing blood, the costs that must be incurred each time they undergo therapy, worry because invasive procedures will be carried out and uncertainty about recovery. The purpose of this case study is to carry out nursing care for patients with Chronic Kidney Failure Patients with anxiety nursing problems in the Inpatient Room of Achmad Yani Surabaya Islamic Hospital. This type of research uses qualitative methods with a case study approach. The subjects used were 1 Chronic Kidney Failure patient who underwent inpatient care with nursing problems for 3 interventions (1 time a day for 10-15 minutes) with data collection methods including assessment, determining diagnoses, making interventions, implementation and evaluation. The results of the case study of the Application of Spiritual Guided Imagery Relaxation Techniques in Patients with Chronic Kidney Failure in the Inpatient Room of the Achmad Yani Surabaya Islamic Hospital with anxiety nursing problems for 3 times. After carrying out 3 x nursing interventions in Chronic Kidney Failure patients, anxiety nursing problems can be resolved, the patient experiences changes from initially the patient has an anxiety score of 80 (severe anxiety) to 40 (not anxious). Spiritual Guided Imagery Relaxation Therapy is effective in reducing anxiety so that it can be used as an alternative to reduce anxiety in Chronic Kidney Failure patients and for ward nurses to be able to implement independent actions by implementing quick response actions so that patients can achieve optimal action.

Keywords: Spiritual, Guided Imagery, Anxiety, Chronic Kidney Failure

BACKGROUND

Someone who has a chronic illness is very susceptible to experiencing anxiety due to the disease they are experiencing. One of the chronic diseases is patients with chronic kidney failure who undergo hemodialysis therapy. Many things have changed in patients with chronic kidney failure, including managing their diet, exercise, controlling blood sugar, urea, creatinine and the use of kidney function replacement therapy (Nursalam et al., 2020). Patients with chronic kidney failure, both new patients and old patients, mostly feel anxious when they are about to undergo hemodialysis therapy. They also report heart palpitations, nausea, tremors, nervousness, unable to concentrate, and feel uncomfortable. Based on these signs it can be seen that the patient is experiencing anxiety. Patients with chronic kidney failure say that they are worried because they see the tubes flowing blood, the costs that must be incurred each time they undergo therapy, they are worried because invasive procedures will be carried out and the uncertainty about recovery (Hasanah & Inayati, 2021).

The prevalence of chronic kidney failure sufferers in the world every year is 661,648 people, so this is a global health threat (Nursalam et al., 2020). Basic Health Research Data from the Ministry of Health of the Republic of Indonesia in 2018 states that in Indonesia there are 9.8% of patients with chronic kidney failure who experience anxiety. Study results (Novitasari, 2022) in the Province of East Java stated that there was a level of severe anxiety of 35.50% in patients with chronic kidney failure. Based on the results of a preliminary study with interviews with chronic kidney failure patients using the Zung-Self Rating Anxiety Scale questionnaire at the hemodialysis unit of the Islamic Hospital Surabaya A. Yani in August 2022, out of 10 chronic kidney failure patients undergoing new and old hemodialysis therapy, 4 of them experienced anxiety



severe and 3 experienced moderate anxiety because of the disease they were experiencing and because of the process of hemodialysis performed on the patient (Primary Data, 2022).

Patients with chronic kidney failure who are hospitalized before undergoing hemodialysis will experience anxiety caused by various stressors, including the experience of pain at the puncture site when starting hemodialysis, financial problems, difficulties in maintaining job problems, disappearing sexual drive, depression due to chronic illness and fear. against death (Mahyuvi, 2021). In kidney failure patients who have been hospitalized frequently the anxiety level is lighter, in contrast to kidney failure patients who are hospitalized for the first time will experience higher anxiety, this is because the longer a person undergoes therapy, the person will be more adaptive to therapy performed (Sinay, 2019).

Changes in psychological responses that are felt can be seen from physical conditions and changes in behavior, including patients always feel confused, feel insecure, dependent and become passive individuals. Some of the patients undergoing dialysis therapy never return to activities or work as before they underwent hemodialysis. Patients often experience problems including loss of job, income, freedom, decreased life expectancy and sexual function so that it can cause anger and will lead to a condition of anxiety as a result of the systemic disease that precedes it (Alfikrie et al., 2020).

Based on research studies (Alfikrie et al., 2020) mentioned that new or old patients with chronic kidney failure are very susceptible to suffering from psychological disorders of anxiety and fear when going to undergo hemodialysis. Anxiety experienced by individuals can be caused by threats to physical integrity and threats to the integrity of body systems. Threats to physical integrity are related to decreased ability to carry out activities of daily living. Meanwhile, threats to the integrity of body systems involve damage to one's identity, self-esteem, and integrated social functioning (Stuart, 2014). Anxiety that does not get handled properly can lead to irrational behavior, conflict, disobedience, fear, inability to carry out daily activities and fear of death (Dewanti & Supratman, 2020).

Anxiety treatment can be done by administering pharmacological therapy/drugs or non-pharmacological interventions. Considering the complications and side effects caused by the use of drugs in anxiety therapy, non-pharmacological intervention methods were chosen to reduce anxiety in chronic kidney failure patients undergoing hemodialysis therapy (Sitoresmi et al., 2020). Based on evidence-based practice (EBP) there are many ways we can do to reduce anxiety and stress in patients with chronic kidney failure, including: distraction relaxation, deep breathing relaxation, progressive muscle relaxation, music therapy, guided imagery, spiritual relaxation and so on (Rokhyati et al., 2019).

Spiritual Guided Imagery is a way to minimize anxiety which acts as a positive psychological factor (free from stress and anxiety) through the functional limbic system which can lead to positive coping mechanisms (Shaddri et al., 2018). Guided Imagery can significantly assist patients in adapting to changes caused by chronic kidney disease. Spiritual Guided Imagery intervention is believed to reduce anxiety optimally because it can be carried out independently, anytime and anywhere, inexpensive and non-toxic (Susanti et al., 2022). The relationship between humans and the Creator is the first element in spirituality. Getting closer to God is the most frequently used coping strategy by patients to deal with anxiety in chronic kidney failure patients (Beizae et al., 2018). This is supported by research Alfikrie et al., (2020) which states that relaxation can reduce anxiety in chronic kidney failure patients. Overcoming anxiety can be done by means of pharmacological therapy/drugs or non-pharmacological interventions. Considering the complications and



side effects caused by the use of drugs in stress therapy, non-pharmacological interventions were chosen to reduce the stress level of Chronic Kidney Failure patients (Sitoresmi et al., 2020).

METHODS

The research design used was a case study design. This case study is a study to explore the Analysis of Nursing Care in Chronic Kidney Failure Patients with Guided Imagery Spiritual Relaxation Techniques to Overcome Anxiety in the Inpatient Room of AchmadYani Islamic Hospital Surabaya. The research was conducted on November 25-28 2022. Providing Guided Imagery Spiritual Relaxation to Overcome Anxiety in Patients with Chronic Kidney Failure in the Inpatient Room of the Islamic Hospital Surabaya A. Yani.

RESULTS AND DISCUSSION

1. Assessment

The study was carried out on November 25 2022 at the Inpatient Room of the Achmad Yani Surabaya Islamic Hospital. When asked by the nurse about his current complaint, Mr. H said that he was afraid and worried about his illness, which until now has not healed. Chronic kidney failure patients have been undergoing routine hemodialysis therapy for 3 years at the A. Yani Surabaya Islamic Hospital and are currently undergoing inpatient treatment. When the nurse filled in the Anxiety score using the Zung Self-Rating Anxiety Scale (SAS/SRAS) questionnaire, the result was 80 with criteria (severe anxiety) in TTV patients: Blood Pressure: 180/101 mmHg, N: 98 X/minute, RR : 21 X/minute , Temperature : 36,6 °C , SpO2 : 99%. The patient appears anxious, confused, agitated and worried.

When asked, the patient did not understand chronic kidney failure in detail, causing anxiety in the patient. In addition, the disease suffered by patients often results in the emergence of psychosocial problems, namely feelings of worry or anxiety, body image disturbances, low self-esteem disorders, helplessness and hopelessness (Mulia et al., 2017). Patients who are sentenced to suffer from chronic kidney failure are faced not only with a small possibility of life, but also with prolonged physical and psychological suffering. According to the researchers, based on the data obtained from the results of the study, it was explained that the feeling of anxiety or anxiety arises because the patient feels afraid and worried about his illness that will not go away so that the patient undergoes inpatient treatment at the hospital and must undergo hemodialysis therapy throughout his life.

2. Nursing diagnoses

The results of the anamnesis and patient interviews during the assessment of the authors established the main nursing diagnoses of anxiety related to the threat of the current status. Nursing diagnoses that often occur in patients with chronic kidney failure include excess fluid volume, anxiety, pain, activity intolerance, less nutrition than body requirements, impaired skin integrity, and disturbed sleep patterns (Smeltzer & Bare, 2014).

The enforcement of this nursing diagnosis is based on the analysis of the data obtained by the author, namely subjective data where the patient says he is worried and afraid of his illness, stabbing during dialysis. The objective data obtained from the patient (Tn.H) looks anxious and worried, the patient and family also do not understand in detail about chronic kidney disease. BP: 180/101 mmHg, N: 98 x/minute, Temperature: 36,6°C, RR: 20x/minute, SpO2: 99%, Anxiety score: 80 (severe anxiety) which is caused due to several things such as experienced due to patients are worried when they are hospitalized and imagine seeing the blood flowing tubes, the costs that must be incurred every time they undergo therapy, worry because they will be stabbed, and uncertainty in living life.



3. Nursing Intervention

The intervention given to Mr. H is measuring the patient's vital signs including blood pressure, temperature, pulse and respiration. Identify when levels of anxiety or anxiety change (eg conditions, time of day, stressor), identify decision-making skills, monitor signs of anxiety (verbal and non-verbal), create a therapeutic environment to foster confidence, use a calm and reassuring approach, motivate identify situations that trigger anxiety, discuss realistic planning of upcoming events and practice Spiritual Guided Imagery therapeutic techniques.

Based on the Indonesian Nursing Intervention Standards, patients with anxiety nursing problems, the intervention given is anxiety reduction, namely identifying decision-making abilities, monitoring signs of anxiety (verbal and non-verbal), creating a therapeutic atmosphere to foster trust, using a calm and reassuring approach, identifying motivation situations that trigger anxiety, discuss realistic planning of upcoming events and practice relaxation therapy techniques (Tim Pokja SIKI DPP PPNI, 2018).

According to the researchers, the Spiritual Guided Imagery intervention that has been carried out on patients has been carried out according to theory. Namely by teaching relaxation techniques using the Spiritual Guided Imagery method can help patients reduce anxiety or anxiety. The Spiritual Guided Imagery technique must be carried out correctly in accordance with existing standard operating procedures. If this technique is carried out correctly, the reduction in anxiety levels can be fulfilled according to the expected outcome criteria.

4. Nursing Implementation

At the time of implementation, Mr. H was given therapy according to the intervention, namely the provision of Spiritual Guided Imagery therapy. Prior to implementing Spiritual Guided Imagery therapy, two sheets were provided, namely informed consent paper and blank paper to record the results of changes in the patient's anxiety level using the Zung Self-Rating Anxiety Scale (SAS/SRAS) questionnaire. In controlling the intervention given was guided by the researcher and given for 3 days, 1 intervention per day for 15-20 minutes by a nurse.

The results of the implementation of Guided Imagery therapy interventions in patients were found in patients (Mr. H) who looked anxious and worried, patients and their families also did not understand in detail about chronic kidney disease. BP: 180/101 mmHg, N: 98 x/minute, Temperature: 36,6°C, RR: 20x/minute, SpO₂: 99%, Anxiety score: 80 (severe anxiety) which is caused due to several things such as experienced due to patients are worried when they are hospitalized and imagine seeing the blood flowing tubes, the costs that must be incurred every time they undergo therapy, worry because they will be stabbed, and uncertainty in living life. The patient experienced a change in anxiety score, which initially the patient had an Anxiety score of 80 (severe anxiety) to 40 (not anxious), this also makes the patient calmer and no longer worried about the disease he is currently suffering from. Application of implementation by providing education in accordance with the roles of nurses by using leaflet media in the form of material on the meaning of Chronic Kidney Failure, the causes of Chronic Kidney Failure, the signs and symptoms of Chronic Kidney Failure, the meaning of Spiritual Guided Imagery relaxation therapy, the benefits of Spiritual Guided Imagery therapy, before and after being given Spiritual Guided Imagery therapy therapy for clients will carry out an anxiety assessment and observe the patient's condition.



Based on the results of the research above, it proves that there is a change in the anxiety of patients with chronic kidney failure before and after being given Spiritual Guided Imagery relaxation. The above is supported by Ninuk's research which states that there is an effect of Spiritual Guided Imagery to reduce the anxiety of hemodialysis patients. Also supported by research (Hasanah & Inayati, 2021) who stated that patients with chronic kidney failure undergoing hemodialysis showed a significant decrease in anxiety levels after guided imagery relaxation. Spirituality is one way to minimize stress which acts as a positive psychological factor (free from stress and anxiety) through the functional limbic system which can lead to positive coping mechanisms. (Wisnusakti, 2018). Spirituality can significantly assist patients in adapting to changes caused by chronic kidney disease. Spiritual intervention is believed to be able to reduce stress optimally because it can be carried out independently, anytime and anywhere, is not expensive and is non-toxic (Yusuf et al., 2020). The relationship between humans and the Creator is the first element in spirituality. Getting closer to God is a coping strategy most often used by patients to deal with stress in chronic kidney failure patients.

The nurses in this study used it as a stimulus to reduce anxiety through the Spiritual Guided Imagery method. The Spiritual Guided Imagery technique is an easy technique to do. Spiritual Guided Imagery is a technique used to imagine oneself as the main subject where the mind gets or receives positive affirmations and the body is in a relaxed state while saying in the heart motivational sentences, gratitude and submission to God Almighty (Allah SWT) and making attention focusing strategies to deal with cognitive problems and reactivate the power of thought to reduce emotional distress done within 10-15. In addition, this technique can be done independently or guided by health workers and families. (Otaghi et al., 2016).

The Spiritual Guided Imagery that is carried out will stimulate the brain area, namely the prefrontal cortex which is the center of emotion regulation and judgment to instruct emotional reactions which then the body will respond in a way that feels accepting and non-judgemental, while the hippocampus and amygdala are in addition to areas for regulating emotions as well as areas of openness, blackout, and reinforcement that will provide instructions to be more open so that individuals are able to release themselves in awareness, refrain from internal reactivity and are able to increase self-acceptance so as to reduce stress, not only physically, psycho-socially healthy but also physically healthy. spiritual (Vijayanti, 2019). Humans as whole beings respond to conditions that occur due to health problems, and have coping mechanisms to adapt to environmental changes, so that individuals always interact using positive and negative coping. (Ningsih et al., 2018). According to the researchers, during the Spiritual Guided Imagery process, patients with chronic kidney failure will feel calm, increase levels and compassion for themselves, there is an attachment to spirituality, increased awareness of health and self-care and surrender to God Almighty so that the patient's stress level decreases and even becomes not stressed or normal.

5. Nursing Evaluation

The last nursing evaluation was carried out after the 3rd intervention, and in this scientific paper the author will discuss the evaluation of nursing actions for nursing interventions with anxiety problems in Mr.H. Evaluation on day 1 by providing education regarding Spiritual Guided Imagery therapy obtained an Anxiety score of 62 (moderate anxiety). Patients are advised to continue to carry out the same intervention, namely by doing Spiritual Benson Relaxation therapy on the 2nd day continuously. During the evaluation on day 3, the Anxiety score dropped to 40 (not anxious). The results of monitoring vital signs obtained blood pressure data of 140/78 mmHg, temperature of 36.6 degrees Celsius, pulse 80 x/min and RR 20 x/min. Evaluation is the final stage of the nursing process which is a systematic and planned comparison between the observed end results and the goals or outcome criteria set at the planning stage. Evaluation is carried out continuously



by involving patients and other health workers. According to the researchers, at the final evaluation the patient experienced a significant decrease in anxiety levels from the 2nd and 3rd day.

CONCLUSION

1. Based on the results of case studies obtained from the application of Spiritual Guided Imagery Relaxation using B1-B6 and Anxiety measurements using the SAS/SRAS Score
2. The priority nursing diagnosis that appears in Mr.H is anxiety
3. Interventions are given to address anxiety nursing problems by observing, therapeutic, educational and applying Spiritual Guided Imagery Relaxation.
4. The implementation is carried out in Chronic Kidney Failure patients who are hospitalized by applying Spiritual Guided Imagery Relaxation therapy which is given for 15 minutes in one meeting. Meetings given to clients are 3 meetings. Before and after being given Spiritual Guided Imagery Relaxation therapy, an anxiety assessment and observation of the patient's general condition were carried out.
5. The results of the implementation evaluation by comparing the patient's condition before and after the Spiritual Guided Imagery therapy was carried out on the client for 3 meetings, there was a significant decrease in anxiety, from a score of 80 down to 40.

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