The Effect Of Progressive Muscle Relaxation On Nurse's Anxiety Level During Covid-19 Pandemic

Nurul Fatimah bakri[1], Nurlina[2], Hariyanti Haris[3], Asri[4]*

S1 Nursing Study, Stikes Panrita Husada Bulukumba, Indonesia[1]

Psychiatric Nursing, Stikes Panrita Husada Bulukumba, Indonesia[2]

Management Nursing, Stikes Panrita Husada Bulukumba, Indonesia[3]

Community Nursing, Stikes Panrita Husada Bulukumba, Indonesia[4]

Corresponding Autor : nurlinapanrita@gmail.com

ABSTRACT

The COVID-19 virus has become a worldwide pandemic. Nurses who work on the front lines to treat patients due to the COVID-19 outbreak, may be exposed to the virus. This can certainly make nurses have more workloads and will be vulnerable to experiencing psychological problems in the form of anxiety. One of the non-pharmacological actions that can be taken to reduce anxiety is by doing progressive muscle relaxation, because progressive relaxation techniques can focus on a muscle activity by identifying tense muscles and then reducing tension by doing relaxation techniques to get a relaxed feeling. Knowing the effect of progressive muscle relaxation on the anxiety level of nurses during the covid-19 pandemic in the emergency room and jasmine at H.A.Sultan Hospital dg. radja of Bulukumba. Methods This research uses a pre-experimental design using a one group pre post design. The sample of this study was 31 respondents who were taken by the Simple Random Sampling method. The DASS 42 questionnaire was used to assess the level of anxiety. Data analysis in this study used the T one sample statistical test. The results of the analysis used one sample T test with a level of confidence ($\alpha = 0.05$). Based on the results of this test, the p value is 0.000, thus p < (0.000 < 0.05), then Ho is rejected and Ha is accepted. The conclusion of this study is that there is an effect of progressive muscle relaxation therapy on anxiety levels in nurses during the covid-19 pandemic in the emergency room and jasmine at H.A.Sultan Hospital dg. Radja Bulukumba and it is hoped that nurses will always be able to overcome the anxiety they experience.

Keywords : Anxiety, Progressive Muscle Relaxation

INTRODUCTION

COVID-19, which initially only occurred in China, then spread to almost all countries in the world, including Indonesia. Based on data on the incidence of COVID-19 worldwide on November 25, 2020, 60,250,141 cases of people infected with Covid-19 have reached. Based on data on the incidence of COVID-19 worldwide on November 25, 2020, it has reached 60,250,141 cases of people infected with Covid-19, the United States is ranked first with a number of events of 12,958,805 then followed by India which ranks second. with a total of 9,225,045 cases, while in Indonesia alone, the

number of confirmed cases has reached 511,836 cases (Indonesian Covid-19 Handling Task Force, 2020; World Heath Organization, 2020). In Indonesia alone, the number of confirmed cases has reached 511,836 cases (Indonesian Covid-19 Handling Task Force, 2020; World Heath Organization, 2020). In Bulukumba Regency in 2020 there are 67 people, at the beginning of 2021 there are 16 people (Pemprov. Sulsel., 2020)

Health workers, such as nurses, can be said to work at the forefront to treat patients due to the COVID-19 outbreak, so that health workers may be exposed to the virus (World Health Organization, 2020). Even though they have used protective equipment and precautions, nurses can still be at risk of being contaminated with COVID-19 (Aksoy & Koçak, 2020). This of course can make nurses as health workers have more workloads and will be vulnerable to experiencing psychological problems in the form of anxiety. Another thing that can cause anxiety in nurses is in dealing with patients who do not say all the complaints they feel during the examination, and patients/families who do not comply with the health protocol.

The causes of anxiety can be stress, physical conditions such as diabetes or diseases such as depression, genetics, while generalized anxiety disorders such as environmental factors, violence in children, and substance abuse (Etni et al., 2020).

One of the non-pharmacological actions that can be taken to reduce anxiety is to perform progressive muscle relaxation, because progressive relaxation techniques can focus on a muscle activity by identifying tense muscles and then reducing tension by performing relaxation techniques to get a feeling of relaxation (Suharno & Gita, 2019).

Preliminary study conducted by researchers at RSUD H.A.Sultan Dg. Radja Bulukumba, it was found that some nurses experienced anxiety during the covid-19 pandemic. and found data on 42 nurses who were positive for COVID-19 in 2020-2021 at the H.A. Hospital. Sultan Dg. Radja Bulukumba, 4 nurses of whom are male and 38 are female. The results of filling out the DASS 42 questionnaire on 10 nurses, showed that 7 nurses experienced severe anxiety and 3 experienced mild anxiety. Therefore, the authors are interested in examining the effect of progressive muscle relaxation on the anxiety level of nurses during the pandemic at Hospital H.A Sultan Dg. Radja Bulukumba covid-19.

MATERIALS AND METHODS

This study used a quantitative design with a pre-experimental method with a one group pre post design design, which was carried out from August to September

2021(Safruddin, Asri, 2022). The population in this study were nurses who experienced anxiety totaling 31 people. Sampling using Simple Random Sampling technique. The research instrument in this study was the DASS 42 anxiety questionnaire to collect data on the independent variable, namely the level of anxiety. Bivariate data analysis using One Sample T Test.

RESULTS

Table 1. Distribution of Respondents Based on Gender, Age, Education, and Room for Anxiety Nurses

Characteristics	Frequency (n)	Percentage (%)
Gender		
Women	28	90.3
Man	3	9.7
Age		
23-30	20	64.4
31-40	11	35.5
Education Level		
DIII	11	35.5
Ns	20	65.5
Room		
Emergency Room	20	64.5
Jasmine	11	35.5
Total	**31**	**100.0**

Table 1 shows the results of the research on the distribution of respondents by gender in the Emergency Room and Melati Room at H.A Sultan Hospital Dg. Radja Bulukumba indicated that most of the respondents (90.3%) were female. The distribution of respondents based on the average age of respondents in the Emergency Room and Melati Room in H.A Sultan Hospital Dg. Radja Bulukumba is in the age range of 23-30 years, the lowest age is 23 years and the highest is 40 years. The distribution of respondents based on the level of education of nurses in the emergency room and Melati room at H.A Sultan Hospital Dg. Radja Bulukumba showed that most of the respondents (65.5%) with an education level of Nurses.

The distribution of respondents based on the type of room for nurses in the emergency room and Melati room in H.A Sultan Dg. Radja Bulukumba showed that most of the respondents (64.5%) came from the emergency room.

Table 2. Characteristics of Respondents' Anxiety Before Being Given Muscle Relaxation Techniques

Characteristics	Frequency (n)	Percentage (%)
Normal (0-7)	0	0
Light (8-9)	0	0
Medium (10-14)	6	19.4
Weight (15-19)	25	80.6
Total	31	100.0

The results of the distribution of respondents based on the level of anxiety in nurses before being given progressive muscle relaxation techniques in the emergency room and Melati room at H.A Sultan Hospital Dg. Radja Bulukumba showed that the level of severe anxiety in nurses was 25 people with a percentage of 80.6%

Table 3. Characteristics of Respondents' Anxiety After Being Given Muscle Relaxation Techniques

Characteristics	Frequency (n)	Percentage (%)
Normal (0-7)	0	0
Light (8-9)	0	0
Medium (8-9)	11	35.5
Weinght (10-14)	20	64.5
Total	31	100.0

In table 3 the results of the distribution of respondents based on the level of anxiety in nurses after being given progressive muscle relaxation techniques in the emergency room and Melati room at H.A Sultan Hospital Dg. Radja Bulukumba showed that the level of severe anxiety in nurses 20 (64.5%)

Table 4. Results of Analysis of the Effect of Giving Relaxation Techniques on Nurse Anxiety Levels

Variabel	N	Mean	Min.	Max.	P
Anxiety Levels before Intervention	31	16	3	4	
					0,000
Anxiety Levels after Intervention	31	10	2	3	

Based on table 4 shows that the average (mean) anxiety of nurses before the intervention is 16 and after the intervention has decreased by 10. This study is in line with research conducted by Saputri (2016) about the effect of progressive muscle relaxation on anxiety levels for primrigidal mothers in the third trimester at the puskesmas after being given the intervention of progressive muscle relaxation techniques, respondents who experienced mild anxiety, as many as 24 respondents (70.6%), moderate anxiety 9 respondents (26.5%), severe anxiety 1 respondent (2.9%).

DISCUSSION

Muscle relaxation or progressive relaxation is a method that consists of stretching and relaxing a group of muscles and focusing on feeling relaxed. Thus, after doing this muscle relaxation, it can reduce muscles, reduce headaches, insomnia and can be done to reduce anxiety levels (Solehati and Kosasih, 2015). knowledge and training are needed to improve self-management skills (Asri, n.d.).

One of the self-management based on the sympathetic and parasympathetic nervous system. When a person experiences anxiety, the work is more dominant, namely the sympathetic nervous system, while when a person is relaxed, the parasympathetic nervous system works. Sympathetic and parasympathetic nerves that work opposite where when the muscles are relaxed can normalize the functions of the body's organs. In addition, this progressive muscle relaxation movement stimulates the release of endorphins that give the body a sense of happiness and comfort. This hormone can function as a natural sedative produced in the brain and spinal cord. Endorphins work to bind to receptors in the limbic system, the limbic system is the part of the brain that is busy with moods and emotions. After a person does relaxation, it can help the body relax, thereby improving various aspects of physical health (Akbar and Afriyanti, 2014).

Researchers prove that after the progressive muscle relaxation technique changes occur. nurses experienced a change from severe and moderate anxiety to moderate and mild anxiety. The statistical test using the T One Sample test showed the results of the p value = $0.000 < = 0.05$ so it was accepted, which means that there is an effect of progressive muscle relaxation techniques on anxiety in nurses in the emergency room and Melati RSUD H.A Sultan dg Radja, Bulukumba Regency.

The results of this study are in line with the results of the study by Lestari et al., (2021) with the title "The effect of giving progressive muscle relaxation therapy on the

anxiety level of nurses in dealing with hemodialysis patients during the covid-19 pandemic", with the result that there are differences in the anxiety levels of preoperative patients with the provision of progressive relaxation therapy with a significance level obtained a value of $=0.002$ ($\rho<0.05$).

Based on the description above, the researcher assumes that there is an effect of progressive muscle relaxation techniques on changes in anxiety levels in nurses in the emergency room and Melati in RSUD H.A Sultan dg Radja, Bulukumba Regency. This is in accordance with the theory that progressive muscle relaxation techniques can reduce anxiety levels in a person because progressive muscle relaxation techniques have a calming and relaxing effect on the body. So that the use of progressive muscle relaxation techniques can be applied because it is easy to do, this relaxation only involves the muscle system without the need for other tools and can be done when in a state of rest, namely while watching TV or sitting in a chair, so it is easy to do anytime.

CONCLUSIONS

There is an effect of progressive muscle relaxation on the level of anxiety in nurses with p-value = 0.000 ($\alpha <0.05$) And it is hoped that readers can use this research as additional insight into actions to reduce anxiety levels during the pandemic

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