

Reducing Anxiety in Patients Undergoing Hemodialysis with Spiritual Mindfulness Based on Breathing Exercise

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ABSTRACT

Background: Patients with chronic kidney failure say that they are anxious because they see the tubes flowing blood, costs that must be incurred each time undergoing therapy, anxiety because invasive procedures will be carried out, and uncertainty about recovery.

Purpose: The purpose of this study was to analyze the Spiritual Mindfulness Based on Breathing Exercise on the anxiety of patients on Hemodialysis.

Method: The research design uses a quasi-experiment with a pre and posts group design control. The population of all chronic kidney failure patients at selected tertiary hospital Vellore is 70 people. The sample size is 32 respondents. The sampling technique is purposive sampling. The intervention group was given Spiritual Mindfulness Based on Breathing Exercises and the control group was given intervention according to hospital standards. Analysis used the Wilcoxon with a significant value of $\alpha < 0.05$.

Results: the anxiety level p-value of 0.000 in the intervention group and the control group p-value of 0.109 which means there is an effect of Spiritual Mindfulness Based on Breathing Exercises on patient anxiety on Hemodialysis.

Conclusion: Spiritual Mindfulness Based on Breathing Exercise is effective in reducing anxiety in chronic kidney failure patients undergoing hemodialysis and the technique is easy to perform.

INTRODUCTION:

Somebody who experiences an ongoing infection is inclined to encountering nervousness, one of which is a patient with constant kidney disappointment who is going through Hemodialysis treatment. Patients with ongoing kidney disappointment experience many changes in their lives, beginning from dealing with their eating routine, work out, controlling glucose, urea, creatinine, and renal capability substitution treatment (Nursalam et al., 2020). Patients with constant kidney disappointment look restless when they are going to go through hemodialysis, both new patients and most old patients. They additionally say that their heart is beating, queasiness, quakes, anxiety, incapable to think, and feeling awkward (Tanoto and Zaenal B., 2022). From these signs, it very well may be seen that the patient is encountering tension. The patient said that he was concerned on the grounds that he saw the blood coursing through the cylinders, the costs that must be brought about each time he went through treatment, the tension that an obtrusive strategy would take, and the vulnerability of recuperation (Mahyuv, 2021).

The rate of constant kidney disappointment on the planet is 661,648 individuals which is a danger to worldwide wellbeing. Concentrate on Results (Anisah and Maliya, 2021) As numerous as 48.6% of Hemodialysis patients experience tension issues. In light of clinical record information of patients with persistent kidney disappointment going through Hemodialysis treatment at the St. Johns Medical clinic from July to September 2022 adding up to 2168 visits. In light of the aftereffects of meetings with persistent kidney disappointment patients utilizing the Zung-Self Rating Nervousness Scale at the Hemodialysis Unit of the St. Johns Clinic

in October 2022, out of 10 constant kidney disappointment patients going through new and old Hemodialysis treatment, 4 of them encountered extreme uneasiness and 3 encountering moderate tension in view of the illness experienced and as a result of the Hemodialysis strategy performed on the patient. Tension experienced by people can be brought about by dangers to actual honesty and dangers to the respectability of body frameworks. Dangers to actual respectability are connected with diminished capacity to do exercises of everyday living. In the interim, dangers to the uprightness of the body's frameworks include harm to one's character, confidence, and coordinated social capabilities (Mahyuv and Hasina, 2021). Nervousness that isn't dealt with can prompt silly way of behaving, struggle, noncompliance, dread, powerlessness to do everyday exercises, and apprehension about (Dewanti and Supratman, 2020).

Treatment of tension should be possible by controlling pharmacological treatment/drugs or non-pharmacological intercessions. Taking into account the complexities and secondary effects brought about by the utilization of medications in tension treatment, non-pharmacological mediation techniques were decided to decrease uneasiness in constant kidney disappointment patients going through hemodialysis treatment (Sitoresmi et al., 2020). Otherworldliness is one method for limiting uneasiness which goes about as a positive mental variable (liberated from pressure and nervousness) through the utilitarian limbic framework which can prompt positive strategies for dealing with stress. Otherworldliness can fundamentally help patients in adjusting to changes brought about by constant kidney sickness. Otherworldly intercession is accepted to decrease nervousness ideally on the grounds that it very well may be done freely, whenever and anyplace, isn't costly, and is non-poisonous. This is upheld by

research (Alfikrie et al., 2020) which expresses that profound breathing can lessen uneasiness in constant kidney disappointment patients. It is additionally upheld (Wiyono and Prayogae, 2021) which expresses that profound breathing can lessen tension in ongoing kidney disappointment patients. Medical caretakers can involve it as a boost to decrease uneasiness, through breathing unwinding by giving up to God (care). Care can be deciphered as a singular's capacity to be completely mindful of where one is, where one is, and what one is doing, and not blow up to what's going on around him by giving up to God. As a work to boost give up to God or Profound Care in constant kidney disappointment patients media breathing unwinding (Hoge et al., 2015).

METHODS & MATERIALS

Quantitative research using a quasi-experimental with a pre-and post-test control group design. The Independent Variable is Spiritual Mindfulness Based on Breathing Exercises and the dependent variable is anxiety. The sampling technique used in this research is purposive sampling. The number of respondents in this study intervention group was 16 respondents and the control group was 16 respondents. Spiritual Mindfulness based on breathing relaxation which is done 2 interventions in 1 week before the patient undergoes Hemodialysis therapy. The research was conducted St. Johns Hospital, Vellore. The statistical test of the research results used the Wilcoxon test.

RESULTS

The research results obtained by the researchers are as follows:

Table 1. Distribution of respondents' age, gender, education, and occupation

Demographic Characteristics	Criteria	Experimental Group		Control Group	
		Frequency	Percentage	Frequency	Percentage
Gender	Male	9	55.3	10	62.5
	Female	7	44.7	06	37.5
Age	18-40 years	4	20.5	-	
	41-60 Years	9	60.2	15	93.5
	>60 Years	3	19.3	01	06.5
Education	Primary	1	1.0	4	25.0
	High School	8	53.0	8	50.0
	College	7	46.0	4	25.0
Employment	Working	6	37.5	3	18.75
	Not working	10	62.5	13	81.25

Based on table 1. The ages of the respondents in the intervention group and the control group fit the inclusion criteria, namely between 18 years and > 60 years. Most of the respondents in the intervention group (55.3%) were male and in the control group most (62.5%) are also male. Half of the education-level respondents in the intervention group (53.0%) were in high school and in the control group half of the education levels of respondents (50.0%) were also in high school. In the intervention group, most (62.5%) of the respondents did not work and in the control group, almost all (81.2%) of the respondents did not work.

Table 2. Distribution of special data analysis of anxiety in chronic kidney failure patients undergoing hemodialysis before and after being given Spiritual Mindfulness Based On Breathing Exercise in the intervention and control groups

	Pre	Post	
Intervention	-	-	15
Control	-	-	1

	Frequency (f)	%	Frequency (f)	%
Intervention				
Not Worried	-	-	15	93.8 %
Mild	1	6.3 %	1	6.2 %
Moderate	9	56.3 %	-	-
Severe	6	37.5 %	-	-
Total	16	100%	16	100%
Control				
Not Anxious	-	-	1	6.3 %
Mild	2	12.5 %	3	18.8 %
Moderate	8	50 %	9	56.3 %
Severe	6	%	3	18.8 %
Total	16	100%	16	100%

Analysis Wilcoxon Signed Ranks Test related to the anxiety of chronic kidney failure patients undergoing hemodialysis obtained p value = 0.000 in the intervention group and p value = 0.109 in the control group.

Based on table 2. shows that before being given Spiritual Mindfulness Based On 55.3 %) in the intervention group experienced moderate anxiety and after being given the intervention almost all (93.8%) were not anxious. In the control group, before being given the intervention, half of the respondents (50%) experienced moderate anxiety and after being given the intervention, moderate anxiety increased to the majority (56.3%).

Based on the results of statistical tests using the Wilcoxon Signed Ranks Test p value = 0.000 in the intervention group and the control group p value = 0.109, the hypothesis is accepted, meaning that there is an effect of Spiritual Mindfulness Based on Breathing Exercise on patient anxiety on Hemodialysis.

CONCLUSION

Before receiving Spiritual Mindfulness Based On Breathing Exercises, patients with chronic kidney failure in the intervention group reported moderate anxiety, and half of the respondents in the control group reported moderate anxiety as well. Following the implementation of Spiritual Mindfulness Based On Breathing Exercises, patients with chronic renal failure in the intervention group showed no anxiety, while the majority of patients in the control group showed moderate anxiety. On the basis of breathing exercises, there is a spiritual mindfulness program for hemodialysis patients' anxiety.

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