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THE EFFECTIVENESS OF BENSON RELAXATION THERAPY AND GUIDED IMAGERY THERAPY ON ANXIETY OF PRE-OPERATIVE SECTIO CAESAREA PATIENTS AT THE REGIONAL GENERAL HOSPITAL IN 2024

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Abstract

Anxiety that occurs before Sectio Caesarea surgery is a natural thing, arising from facing something that has been or has never been experienced before. Therefore, an action is needed that can reduce the patient's anxiety level. Benson relaxation and Guided imagery therapy are two therapeutic non-pharmacological therapeutic measures that can be used to reduce the patient anxiety levels. This study aims to determine the effectiveness of Benson relaxation and Guided imagery therapy on anxiety of pre-operative Sectio Caesarea patients at The Regional General Hospital. This study was conducted from February to March 2024 at Ajibarang Regional Hospital with the population in this study being all pre-operation sectio casaera patients at Ajibarang Regional Hospital, Ajibarang, Central Java. This study used a quantitative method, with a cross-sectional design. The sample in the study was 32 respondents who were taken by purposive sampling and then divided into two intervention groups with 16 respondents each for each intervention group. The data collection in this study is in the form of observations, interviews, and questionnaires. Data analysis using Paired sample t-test. The results showed that there was a significant effect between Benson relaxation therapy and Guided imagery therapy on the anxiety levels in pre-operative Sectio Caesarea patients ($p<0.001$).

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INTRODUCTION

Childbirth is a natural process for a mother, where the results of conception (fetus and placenta) are expelled through the birth canal or in other ways either with or without assistance1. Childbirth can occur in two ways, namely normal and abnormal childbirth. Abnormal labor is a labor that occurs through a surgical procedure such as a cesarean section(2). Sectio caesarea is a delivery procedure in which the birth of a fetus is carried out through the abdominal route (laparotomy) which requires an incision into the uterus (hysterotomy)3. Sectio caesarean section (cesarean section) is one of the major surgical procedures that certainly has a high risk to the patient. The Caesarean section is performed to reduce the risk of childbirth due to several abnormal medical indications such as birth complications, transverse/breech fetal position, bleeding, eclampsia, premature rupture of membranes, long partus, cord twisting, placenta previa, placenta lagging, hypertension, and others[4].

The caesarean section, which is a major surgical procedure, sometimes affects the patient's psychology and often causes anxiety disorders. Anxiety disorders in preoperative patients are a response issued as part of self-anticipatory actions to things that are considered a threat to life roles, body integrity, or even life itself[5]. His research stated that many preoperative clients of Sectio Caesarean experienced anxiety disorders, fear of in and

discomfort[6]. Paien seems to be more emotional in undergoing treatment and treatment, especially those related to urogenicity. A high level of anxiety will interfere with the course of treatment for patients, especially preoperative patients.

Anxiety in preoperative caesarean section patients that is not addressed immediately can lead to disruption of the treatment measures to be performed such as postoperative delay, postoperative pain, decreased immune system against infection, increased use of analgesics after surgery, length of recovery time and even baby blues syndrome[7]. The anxiety rate of preoperative patients is still very high, which hinders the procedure and increases the risk after childbirth. One of the studies at Kertosono Hospital showed that many preoperative patients experienced anxiety to the level of panic so that it had an impact on the delivery process8. The study showed that patients with anxiety disorders had a high risk of postpartum complications. This shows that special measures are needed to reduce the anxiety level of pre-sectio caesarean surgery patients. Based on the results of a preliminary study conducted on November 2024 at Ajibarang Hospital by looking at the results of medical records, it was found that the patients who underwent sectio cesarean operation in the last month in November were approximately 50 patients. Then the researcher conducted a preliminary study directly to 5 pre-operative sectio cesarean patients in the wardroom using a questionnaire, it was found that patients felt anxious before elective surgery as many as 1 patient (20%), patients said it was difficult to sleep as many as 1 patient (20%), often urinate 1 patient (20%) and always asked to be accompanied by 2 patients (40%). Efforts that can be made to reduce the patient's anxiety level are to provide relaxation therapy measures, such as Benson relaxation and guided imagery.

Relaxation therapy is one of the non-pharmacological methods that can be used to overcome anxiety[9]. Meanwhile, guided imagery therapy is a method that utilizes the individual's imagination in a directed way to reduce stress levels. The application of guide imagery has a use as a behavioral intervention that aims to overcome anxiety, stress, and pain problems[10]. Previous research has shown that there is a significant difference between the level of anxiety of patients before and after the Benson relaxation intervention is given[11]. The results of the study showed that the average respondent after being given Benson relaxation therapy experienced a decrease in anxiety levels[12].

Based on the background of the above problem, the researcher wants to find out the effectiveness of Benson relaxation therapy and guided imagery therapy on the anxiety level of preoperative cesarean section patients at the Ajibarang Regional General Hospital.

METHOD

This study uses a quantitative method, with a cross sectional design. Quantitative research is a method that uses numerical information or explanations that can be calculated and examined. This study was conducted from February to March 2024 at Ajibarang Regional Hospital with the population in this study being all pre-operation sectio casaera patients at Ajibarang Regional Hospital, Ajibarang, Central Java. The sample in the study was 32 respondents who were taken by purposive sampling and then divided into two intervention groups with 16 respondents each for each intervention group. The division of groups is carried out to obtain relevant and accurate data in according with the intervention provided. The data collection in this study is in the form of observations, interviews, and questionnaires. Observations were conducted to document the implementation of Benson relaxation therapy and guided imagery therapy, focusing on behavior patterns and responses during the therapies. In-depth interviews were conducted with paticipants from each intervention group to explore their experiences, emotions, and perspectives regarding the therapies. Questionnnaires complemented the data by gathering detailed responses from participants about the effectiveness and their impressions of the therapies. These methods aim to provide comprehensive and in-depth data on the effectiveness of both therapy types. The data analysis used in this study is a paired sample t test. Before the paired t test is carried

out, the data will be tested for normality. The normality test uses the Shapiro-wilk test.

data is normally distributed, a t-test will be carried out, the data is not normally distributed, a non-parametric test will be carried out.

RESULTS AND DISCUSSION

Normality test with Shapiro-wilk test

Table 1 The results of the normality test of questionnaire data using the Shapiro-wilk testin both intervention groups

Tested Data	Sig	α	Information
Before Benson relaxation therapy	0,498	0,05	normal
After Benson relaxation therapy	0,617	0,05	normal
Before guided imagery therapy	0,737	0,05	normal
After guided imagery therapy	0,294	0,05	normal

Based on Table 1, the significance values obtained for all the data utilized in the analysis exceed the predetermined alpha threshold of 0.05. This statistical outcome suggests that the dataset does not exhibit any significant deviation from normality, thereby reinforcing the assumption that the data follows a normal distribution pattern. Since normality is a fundamental prerequisite for numerous statistical methods, confirming this characteristic ensures that subsequent analyses, interpretations, and hypothesis testing can be conducted with greater accuracy and reliability. By establishing the normal distribution of the data, researchers can confidently apply parametric tests and other statistical procedures that rely on this assumption, thereby enhancing the credibility and robustness of the study's findings.

Frequency of respondent characteristics

Table 2 Frequency distribution of characteristics

Characteristic	Frequency (n=32)	%
Age		
Late Teens	17	53,13
Early Adulthood	13	40,62
Late Adulthood	2	6,25
Operating Experience		
Ever	7	21,87
Never	25	78,13
Education		
Primary School	5	15,625
Junior High School	5	15,625
Senior High School	22	68,75

The respondents in this study will be analyzed based on their characteristics to support the research data being collected. This study will examine respondent characteristics such as age, experience, and education. These characteristics are selected because they often have an interrelated influence on the anxiety levels of patients undergoing preoperative cesarean section procedures. The table of respondent characteristics can be seen in Table 2.

Based on the table 2, the data distributed showed that 32 respondents consisted of 17 respondents (53.13%) with the late adolescence age group (17 – 25 years old), 25 respondents (78.13%) had just performed surgery for the first time. Characteristics based on education level were obtained 22 respondents (66.75%) were high school graduates.

Respondents' Anxiety Levels Before Being Given Benson Relaxation Therapy and Guide Imagery Therapy

The benson relaxation therapy group as well as those in the guided imagery therapy group underwent an initial assessment of their anxiety levels. This evaluation was conducted using a standardized pretest questionnaire designed to measure their baseline anxiety before the intervention. By administering this pretest, researchers aimed to establish a reference point that would enable them to assess the effectiveness of the respective therapies in reducing anxiety levels over time. The average score of anxiety level before therapy in the Benson relaxation therapy group was 38.75, while in the guide imagery therapy group got an average score of 41.69. These results indicate that all respondents had a tendency to have a severe level of anxiety before performing sectio casaera surgery. Severe anxiety can result in quite serious symptoms in patients and can affect the condition of the patient who will have surgery[13]. Patients with severe anxiety levels will also experience increased respiratory and pulse rates as well as changes in blood pressure[14]. In addition to physical changes, patients also experience psychological changes so that they feel uncertain, helpless, restless, worried, and restless15. The respondents' highest anxiety score in the

Benson relaxation therapy group was 49 while the lowest anxiety score was 29. It was recorded that 10 respondents (62.50%) experienced severe anxiety and 6 respondents (37.50) experienced panic. Meanwhile, in
the guide imagery therapy group, the highest anxiety score was 32 and the lowest anxiety score was 21. It was recorded that 8 respondents (50%) experienced severe anxiety and 8 respondents (50%) experienced panic.

The provision of therapy in the Benson relaxation therapy group and the guide imagery therapy group was carried out in stages to the respondents by paying attention to the patient's condition and needs. After the next action was taken, a posttest was given to the level of anxiety of patients in each intervention group. The Benson relaxation therapy group consisting of 16 respondents was then given Benson therapy actions. Benson relaxation therapy was chosen because it is easy to do and provides significant results in reducing the patient's anxiety level. The posttest given after the Benson therapy treatment obtained the results of the average distribution of the patient's anxiety level score of 24.75 which is classified as moderate anxiety. A total of 13 respondents (81.25%) experienced moderate anxiety with an anxiety scale of 21 – 27 while 3 respondents (18.75) experienced severe anxiety with an anxiety score between 28 – 41. Based on the results of treatment in the Benson relaxation therapy group, it was found that the average distribution of respondents' anxiety levels decreased from 38.75 to 24.75.

The data obtained in the guide imagery therapy group showed similar results to the Benson relaxation therapy group. After the guide imagery therapy was carried out to the respondents, a posttest was carried out on the respondent's level of safety. The results of the average distribution of anxiety scores in the guide imagery therapy group were 28.44 with severe anxiety criteria. The highest score of anxiety level after taking action was 32 and the lowest anxiety score was 25 with 6 respondents (37.50%) experiencing moderate anxiety and 10 respondents (62.50%) experiencing severe anxiety.

Benson relaxation therapy and guided imagery therapy have an effect on the anxiety level of preoperative patients of sectio casaera

Table 3 Distribution of the everage frequency of anxiety of respondents before and after intervention

Intervention Groups	Mean	SD	t	df	Mr (2-tailed)
Group 1	14,43	3,119	15,65	18,51	<0.001
Group 2	14,12	2,277	20,94	24,82	<0.001

The data obtained by the researcher has been distributed normally. The results of the normality test using Shapiro-wilk showed that all the data obtained in this study were normally distributed. Normally distributed data can then be tested in pairs, namely the paired sample t test. The results of the paired sample t test can be seen in table 3.

Table 4 Results of paired sample t test of patients' anxiety levels before in each intervention group

Intervention Groups	Mean	Median	SD	Min	Max
Before therapy					
Benso relaxation	38,75	40,00	4,933	29	49
Guided imagery	41,69	41,50	2,822	21	32
After therapy					
Benso relaxation	24,75	24,00	2,490	29	49
Guided imagery	28,44	28,00	2,934	21	32

The results of the paired t test in the Benson relaxation therapy group obtained a Sig value (2-tailed) of <0.001. Based on table 4, in the Benson relaxation therapy group with a Sig (2-tailed) value of <0.001 < 0.05, it can be concluded that there is a significant influence between Benson therapy and the anxiety level of sectio casaera surgery clients at Ajibarang Hospital. How Benson relaxation therapy works is by slowing down the activity of the sympathetic nerves which can reduce oxygen consumption in the body which then the muscles will become more relaxed so that it gives a feeling of calm and comfort. Benson therapy involves the patient's confidence factor to create an internal environment and help achieve a better state of health[16].

When Benson relaxation therapy is performed, the parasympathetic system dominates so that the patient becomes more comfortable and can then overcome

mental symptoms such as anxiety[17]. Briefly, Benson relaxation therapy is performed based on the patient's own beliefs so that it can reduce their anxiety levels. In this case, the patient's beliefs are the key to the success of Benson relaxation therapy. Benson relaxation therapy that is performed properly and correctly will provide a therapeutic effect and reduce the patient's anxiety levels[18]. The implementation of Benson relaxation therapy must be carried out in accordance with the existing standard operating procedures and carried out by experts in their fields. Inappropriate giving will certainly produce less than optimal results as well.

Then in the guide imagery therapy group, the sig value (2-tailed) was < 0.001. In accordance with the prerequisites of the paired sample t test that has been determined, that with a Sig (2-tailed) value of <0.001 < 0.05, it can be concluded that there is a significant influence between guide imagery therapy and the anxiety level of the client of sectio casaera surgery at Ajibarang Hospital.

Guided imagery therapy focuses on the patient's breathing and the distraction of sounds that provide calmness to the patient. The relaxation technique of guided imagery works by causing the release of the hormone betaendorphin or often called the happiness hormone so that it can reduce feelings of stress or anxiety. Guided imagery therapy that focuses on the patient's subconscious by imagining a peaceful and calming atmosphere coupled with the help of relaxing music will lower their anxiety levels[19]. Guided imagery therapy can effectively reduce moderate to severe anxiety levels in preoperative patients. Guided imagery relaxation therapy carried out in a comfortable environment and maintained patient privacy coupled with correct focus and implementation can provide a feeling of comfort both physically and psychologically so that it can reduce anxiety levels[20]. Guided imagery therapy requires environmental conditions that support the patient's focus. Nurses need to pay attention and provide an environment that supports the implementation of this therapy. The implementation of therapy with unsupportive environmental conditions will have an impact on the results of therapy. One of the results of the study suggests that preoperative patients can be given guided imagery therapy to reduce their anxiety levels[21]. Other studies are also in line with this statement that patients with high levels of anxiety experience a decrease in anxiety levels after being given guided imagery therapy[22]. Guide imagery therapy has been widely implemented for patients with anxiety disorders, especially in patients who are going to carry out surgery. The administration of Benson relaxation therapy and guide imagery was carried out well so that it caused a decrease in anxiety levels in preoperative patients of sectio casaera. Research that has been conducted shows that providing relaxation therapy to pre-operative patients has a significant effect on reducing their anxiety levels23. The study showed that patients with high levels of anxiety experienced a decrease in anxiety so that they appeared more relaxed. The results of other studies also showed consistent results that the Benson relaxation therapy applied can reduce the level of anxiety of patients[24]. The decrease in anxiety levels can also be seen from changes in patient behavior in the treatment room. The results of the study showed that patients who were given no guided imagery therapy saw changes in behavior to become calmer and less mobile than before[25]. The study also stated that routine check-up by guard nurses got normal results. After being given Benson relaxation therapy and guided imagery therapy, respondents saw changes in patient behavior in the treatment room. Patients seem calmer and more relaxed in the treatment room. The patient appears to be sleeping and sitting in a comfortable position. The waiting patient's family says that the patient has now become sedentary and different than before. Nursing records in the treatment room also showed positive results. Examination of the respondents' vital signs after being given Benson relaxation therapy showed normal numbers and no anxiety complaints from the respondents.

Patients stated that the therapy they had just done gave them a feeling of comfort and calm. Research by Dwi[26] stated that the patient smiled a lot and seemed to enjoy

his treatment period. Patients in the study said that they were not too burdened by the disease they were suffering from so they could be calmer and more relaxed. The therapy provided has a significant impact on changes in respondents' behavior in the treatment room. This is in line with research conducted by Aisyah[13] showed that the administration of Benson relaxation therapy affected individual behavior afterwards. Patients with high levels of anxiety appear to be unsettled and often change their sitting position and occasionally walk around the treatment room area, in addition to anxiety on the patient's face. The uneasy behavior shown by the patient in the treatment room indicates that the patient is experiencing an anxiety disorder[27]. However, after being given Benson relaxation therapy, patients become calmer and more relaxed and spend more time resting in the treatment room. Looking at the changes in the positive behavior of the respondents and the results of statistical tests that have been carried out, it can be concluded that there is a significant influence of the application of Benson relaxation therapy and guided imagery therapy on the anxiety level of preoperative sectio casaera patients at Ajibarang Hospital.

CONCLUSION

Respondents' characteristics included age, surgical experience, education level and gender. The average distribution of respondents' anxiety scores before therapeutic action in group 1 was 38.75 and in group 2 was 41.69. The average distribution of respondents' anxiety scores after acting in group 1 was 24.75 and in group 2 was 28.44. The results of the paired sample t test analysis with a significance level of 5% in group 1 obtained a Sig(2-tailed) value of <0.001 < 0.05, so there was an effect of benzoin relaxation therapy on the anxiety level of preoperative patients of sectio casaera at Ajibarang Hospital. Then in group 2 got a Sig(2-tailed) value of <0.001 < 0.05, so there was an effect of guide imagery therapy on the anxiety level of preoperative patients of sectio casaera at Ajibarang Hospital. Based on the results obtained above, it can be concluded that there is an effect of Benson relaxation therapy and guided imagery therapy on anxiety levels in sectio cesarean surgery patients at Ajibarang Hospital. So, it can be said that Benson relaxation therapy and guided imagery therapy are effective in reducing the anxiety level of preoperative patients of sectio casaera, both based on differences in average distribution values and statistical tests.

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