

THE INFLUENCE OF GUIDED IMAGERY TECHNIQUE WITH SAPE DAYAK MUSIC AUDIO ON ANXIETY LEVELS OF PATIENTS UNDERGOING HEMODIALYSIS THERAPY AT DORIS SYLVANUS HOSPITAL OF PALANGKA RAYA

¹Syam'ani

Health Polytechnic of Palangka Raya

syam_ani@polkesraya.ac.id

Abstract

Purpose: This study aims to identify the effect of guided imagery techniques with sape Dayak music audio media on the anxiety level of patients undergoing hemodialysis at Doris Sylvanus Palangkaraya hospital of Palangka Raya.

Methodology: The design used in this study uses a research design: "ONE GROUP PRE-TEST-POST-TEST DESIGN". In this study, the population was patients with chronic kidney failure who underwent hemodialysis therapy at dr. Doris Sylvanus Hospital Palangka Raya. The sampling technique in this study used a purposive sampling technique that met the inclusion criteria, namely as many as 34 people.

Findings: The results showed that at α 5% there was a significant change in the average respondent's anxiety level before and after being given an intervention in the form of guided imagery relaxation therapy with sape Dayak music as media (p value $0.000 < \alpha 0.005$).

Limitation: The open/public hemodialysis service room (1 room for 14 beds and hemodialysis equipment) makes it a bit difficult for researchers to intervene, because in ideal conditions this therapy would be better if it was carried out in a special room that provides tranquility so that the therapeutic communication process becomes the point important in cognitive therapy can be achieved.

Contribution: Guided imagery technique with audio media of Sape Dayak music is proven to be able to reduce the anxiety of patients undergoing hemodialysis therapy at Dr. Doris Sylvanus P. Raya Hospital and can be recommended as a therapy in overcoming anxiety experienced by patients.

Keywords: *Guided Imagery, Sape Dayak, Anxiety*

1. Introduction

Replacement therapy such as hemodialysis and kidney transplantation is often followed by psychological problems that can have an impact on the course of the disease (Margono, 2001). Psychological disorders found in patients with kidney failure undergoing hemodialysis therapy include depression, marital relations and sexual function, and non-compliance with diet and medication. Another psychological problem that often occurs in patients undergoing hemodialysis is anxiety. Anxiety is confusion, fear of something that will happen with no clear cause associated with feelings of uncertainty and helplessness. Anxiety is an emotional response to a non-specific object that is subjectively experienced and combined interpersonally (Stuart, 2009).

Anxiety in chronic kidney failure clients who are undergoing hemodialysis therapy require good and appropriate nursing interventions, one of which is through guided imagery therapy. Guided imagery is a process that uses the power of the mind to move the body to heal itself and maintain health or relax through communication within the body involving all senses including touch, smell, sight, and hearing (Potter & Perry, 2005). Guided imagery therapy is a relaxation method to imagine or imagine places and events associated with a pleasant sense of relaxation (Kaplan & Sadock, 2010). Based on the description above, the author is interested in researching "The Effect of Guided Imagery Techniques with Sape Dayak Music Audio Media on Anxiety Levels of Patients Undergoing Hemodialysis Therapy at Dr. Doris Sylvanus Hospital Palangka Raya".

2. Literature review and hypotheses development

Anxiety is a manifestation of various mixed emotional processes that occur when people are experiencing feelings of pressure and inner conflict or conflict. There are aspects that are conscious of anxiety such as fear, helplessness, surprise, guilt, or being threatened, as well as aspects that occur outside of awareness and cannot avoid these unpleasant feelings (Jatman, 2000). The emergence of kidney failure has always been a frightening specter, moreover until now efforts to cure it have not satisfied many people, even though various methods have been tried (Suwandi, 2002). Patients with end-stage chronic kidney disease suffer from serious and fatal disease, they only hope to live through dialysis. They must also adapt to the self-limitation of dialysis and must learn to live with chronic illness and possible death threats. This situation is a psychosocial stressor in patients with end-stage CRF which can have an impact on psychiatric disorders, such as anxiety, depression and insomnia (Siregar, 2002).

The attachment of end-stage CRF patients to HD machines for their survival will result in continuing psychological impacts. Psychological reactions that are closely related to HD therapy are fear and anxiety responses, depression, suicidal tendencies, social dysfunction, and psychosexual problems (Suwandi, 2002). Psychological factors that accompany CRF patients are related to the frequency of clients undergoing regular HD and intra-dialysis complications, such as hypotension, muscle spasms, nausea, vomiting, headaches and fever. Meanwhile, the factors associated with anxiety in CRF

patients undergoing hemodialysis include duration of therapy, frequency, and the presence of complications during HD (Margono, 2001).

Qualitative research conducted by Nugroho in 2004 identified patients with kidney failure undergoing hemodialysis experiencing anxiety caused by injections of local anesthetic drugs, insertion and removal of needles, as well as complications that may arise during hemodialysis. While the factors that cause anxiety are worries about losing a job so that they cannot pay for hemodialysis, worrying about losing assets to pay fees, disrupting biological integrity such as body image, complications that arise, and feeling very heavy thinking about continuing hemodialysis costs (Nugroho, 2004). Junait's research in 2003 showed that kidney failure patients undergoing hemodialysis mostly experienced anxiety with varying levels, ranging from 13% mild anxiety, 50% moderate, 20% severe, and 3% panic (Junait, 2003).

End-stage CRF patients undergoing HD also experience several adaptation stages, including the honey moon period, this period starts from the first week of HD to six months, where the patient still receives dependency on the HD machine and still has self-confidence and appreciation. The period of disenchantment-discouragement (disappointment-despair) begins after six months to twelve months of HD therapy, this is often marked by changes in behavior due to stress. The long term adaptation period occurs after one year of undergoing HD, usually the patient begins to accept the limitations, weaknesses and complications of dialysis (Margono, 2001).

Snyder and Lindquist (2002) define guided imagery as imagination guidance as an intervention of the human mind and body using the power of imagination to gain physical, emotional and spiritual affect. While other experts argue that guided imagery is a technique that uses individual imagination with directed imagination to reduce stress (Patrica and Kalsum, 2012). Guided imagery can be categorized as mind-body medicine therapy by Bedford (2012) by combining guided imagery with mind meditation as a cross-modal adaptation. Guided imagery uses the power of the mind to move the body to heal itself and maintain health or relax through communication in the body involving all senses including touch, smell, sight and hearing (Potter & Perry, 2005). Guided imagery techniques

are used to manage coping by imagining or imagining something that starts with a relaxation process in general, namely asking clients to slowly close their eyes and focus on their breaths, clients are encouraged to relax, empty their minds and fill their minds with images to create peace. and calm (Smeltzer & Bare, 2008).

Sampe or sape is a musical instrument that serves to express feelings, both feelings of joy, love, longing, and even a sense of sorrow (Apokayan in Amoris, 2015). Sape is a musical instrument or instrument originating from the Dayak Kenyah and Kayan tribes who have a very important role in the life of the Dayak Kenyah tribe and have a deep philosophy. In every event or traditional ceremony, this musical instrument is always played. Sape is also one of the musical instruments used to express mood. Usually several people will gather and play sape while telling stories about their experiences. Usually each individual has his own memories and when someone plays sape, the resulting taste will be very different from other sape players (Amoris, 2015). Until now, Dayak elders still believe in the belief in sape's luck, for example when sape is played in a traditional ceremony. When the sound of the sape is heard, all the people will be silent, then you can hear the faint chanting of prayers or mantras that are recited together. In an atmosphere like this, it is not uncommon for some of them to be possessed by spirits or ancestral spirits. Sape is also played at folk festivals or gawai padai events, until it is played to accompany graceful dances.

Along with the development of the times, the sape then not only functions as a musical instrument to express feelings, but the sape is also often played together with other musical instruments. In this study, sape music was used as background music used in guided imagery relaxation techniques, to find out how it affects the anxiety level of patients undergoing hemodialysis at RSUD Dr. Doris Sylvanus Palangka Raya.

3. Research methodology

This research uses quantitative research with Quasi Experiment design. Quasi-experimental research is a study that tests an intervention on a group of subjects with or without a comparison group, but it is not randomized to include subjects in the treatment or control groups. The design used is one group

pre-test and post-test design, which is a design that treats one group without comparison. The effectiveness of the treatment was assessed by comparing the value of the pre-test with the post-test.

The research design of one group pre-test and post-test design is a design that is commonly used in research, where the purpose of this study is to determine the effect of guided imagery therapy on the patient's anxiety level.

This research was conducted in the period January - December 2019 (research schedule attached) and data collection and implementation of research interventions lasted for approximately six months, starting from the development of proposals to improvements and preparation of research results reports. As for the place of research, Moleong (2010) suggests several things that need to be considered in determining the place of research, namely by studying substantive theory and exploring the focus and formulation of research problems to determine whether there is conformity with the reality in the field, and also taking into account geographical limitations and practical aspects such as time, cost and effort. This research took place in the Hemodialysis room at RSUD Dr. Doris Sylvanus Palangka Raya.

In this study, the population was all patients undergoing hemodialysis therapy in the Hemodialysis Room of RSUD Dr. Doris Sylvanus Palangka Raya. The sampling technique in this study used a consecutive sampling technique of 34 people who met the inclusion criteria, namely: patients with chronic kidney failure, undergoing hemodialysis therapy at RSUD dr. Doris Sylvanus Palangka Raya, aged 16-60 years, and willing to be examined and signed a consent letter.

4. Results and discussions

Data was collected through the distribution of anxiety questionnaires to prospective respondents, namely CKD patients undergoing hemodialysis at dr. Doris Sylvanus Palangka Raya. Researchers conducted research after obtaining permission from RSUD Dr. Doris Sylvanus Palangka Raya, then the researcher approached the Head of the Hemodialysis Room and explained the aims and objectives of the research. After getting permission from the Head of the Room to conduct research, the researcher then took the initial data on the level of anxiety after previously giving an explanation to the prospective respondents about the aims and objectives of the study.

The results of statistical tests using the dependent sample t-Test (Paired t-Test) showed that there was a difference in the average level of anxiety of respondents before and after the intervention, namely before the intervention was 41.94 and after the intervention was 38.00. This shows that the level of anxiety after being given guided imagery therapy with Sape Dayak audio media decreased significantly by 3.94 with p value = 0.000 (α 0.05). Based on the results of these statistical tests, it can be concluded that at 5% there is a significant difference in the average level of anxiety before and after being given intervention in the form of guided imagery therapy with sape Dayak audio media (p value $0.000 < 0.005$).

Table 1	Variable	N	Mean	SD	SE	t	p value	Differences in before and after
anxiety levels intervention	Anxiety level							
	a. Before	34	41,94	8,41	1,44	8,066	0,000	
	b. After	34	38,00	7,45	1,27			
	Difference		3,94					

Anxiety is an emotional experience and is a response that occurs when a person faces pressure or events that threaten his life (Slamet, 2001). In this study, it was found that patients undergoing hemodialysis experienced anxiety ranging from mild to moderate. The presence of anxiety in patients in this study is supported by qualitative research conducted by Nugroho in 2004 at Telogorejo Hospital, Semarang, which reported that all patients undergoing hemodialysis experienced anxiety. This situation is in accordance with the literature that anxiety generally occurs in patients with chronic kidney failure because this disease is perceived as a threat. Patients undergoing hemodialysis really expect to live from the hemodialysis machine and must adapt to the restrictions, learn from

living with chronic illnesses and possible death threats (Siregar, 2002). Besides that, chronic kidney failure causes many changes in the body's systems, and this causes psychological problems, especially since until now efforts to cure it have not satisfied many people, even though various methods have been tried (Suwandi, 2002). This situation is supported by the literature that anxiety can be caused by threats to a person's integrity, including impending physiological incapacity, or decreased capacity to carry out activities of daily living, and threats to a person's self-system that can harm identity, self-esteem, and social functioning. integrated within a person (Stuart, 2009).

In this study, it was found that the majority of respondents who experienced anxiety had a high school education level (50%). This condition may be a factor that contributes to the emergence of anxiety in patients undergoing hemodialysis. This is supported by previous research by Junait (2003) which found a relationship between education and socioeconomic status with anxiety in terminal kidney failure patients undergoing hemodialysis. According to the literature, a low level of education and economic status will cause the person to easily experience anxiety. The level of education of a person or individual will affect the ability to think, the higher the level of education, the easier it is to think rationally and capture new information, including in describing new problems (Stuart, 2009).

The results of this study indicate that before the intervention, the majority of patients experienced moderate anxiety with an average anxiety score of 41.94. These results are similar to the results of a previous study conducted by Junait (2003), which reported that most patients undergoing hemodialysis experienced moderate anxiety (50%), then severe anxiety (20%), and mild anxiety (13%). According to Margono (2001), in patients with chronic kidney failure undergoing hemodialysis, anxiety is also influenced by the length of time undergoing hemodialysis. Almost all respondents in this study were still undergoing hemodialysis in the range of 0 – 5 years, which allowed the patients to adapt. According to the literature, patients with end-stage chronic kidney failure undergoing hemodialysis experience several stages of adaptation, including the honey moon period. This period starts from the first week of hemodialysis to six months, where the patient is still dependent on the hemodialysis machine, and still has self-confidence and respect (Margono, 2001).

This study found that the majority of patients (55.9%) who underwent hemodialysis were more than 46 years old, which allowed the patients to be more mature, accustomed and experienced in

responding to emerging anxiety. This is supported by expert opinion that someone who has a younger age is more likely to experience anxiety disorders than someone who is older (Varcarolis, 2000). In addition, mature individuals, namely individuals who have personality maturity, will be more resistant to experiencing disturbances due to stressors.

Guided imagery therapy is one form of psychotherapy that can be given to CKD patients undergoing hemodialysis, because guided imagery as an intervention through the guidance of the imagination of the human mind and body, uses the power of imagination to get physical, emotional and spiritual effects when the patient undergoes a series of complex procedures. , so that the patient is expected to become more relaxed and his mind can be distracted from negative things.

The results of this study indicate that after intervention in the form of guided imagery therapy with Sape Dayak audio media, there was a decrease in anxiety levels from moderate to mild anxiety with an average anxiety level score of 38.00. This is in accordance with what was stated by Carter (2006) that guided imagery can be applied to relax muscles and change negative emotions so as to help reduce stress levels, causes and symptoms that accompany stress/anxiety. CKD patients undergoing hemodialysis therapy have feelings of shame, inferiority and helplessness due to physical weakness that makes them dependent on this dialysis therapy. More complex problems occur because financial problems and poor prognosis of CKD disease which can lead to death make the anxiety of CKD patients will get worse and prolonged (chronic). This is what causes CKD patients to always have negative thoughts about themselves, their abilities and their future. By giving guided imagery therapy, it is hoped that the negative thoughts of CKD patients can become more positive thoughts about themselves at this time and the abilities they still have so that CKD patients can live the rest of their lives more productively and with quality.

This research uses guided imagery technique with audio media of Sape Dayak music. This is done by researchers because remembering that Sape Dayak music has always been used in various traditional ceremonies and also medical rituals. Sape is a musical instrument or instrument originating from the Dayak Kenyah and Kayan tribes who have a very important role in the life of the Dayak Kenyah tribe and have a deep philosophy. In every event or traditional ceremony, this musical instrument is always played. Sape is also one of the musical instruments used to express

mood. Usually several people will gather and play sape while telling stories about their experiences. Usually each individual has his own memories and when someone plays sape, the resulting taste will be very different from other sape players (Amoris, 2015). The Dayak Kenyah have practiced healing diseases through Sape music since ancient times. According to Miku Loyang, one of the sape players from the Sarawak smoke river, said that when healing by rowing, the sape must be played (Amoris, 2015).

The benefits of calming music and being able to create a relaxed atmosphere were combined by researchers with guided imagery techniques that guided respondents to reduce the anxiety they experienced. The results of statistical tests in this study using the dependent sample t-Test (Paired t-Test) showed that the level of anxiety of respondents after being given guided imagery therapy with Sape Dayak audio media decreased significantly by 3.94 with p value = 0.000 ($\alpha 0,05$). Based on the results of these statistical tests, it can be concluded that at 5% there is a significant change in the average level of anxiety of respondents before and after being given an intervention in the form of cognitive therapy (p value $0.000 < 0.005$). The results of this statistical analysis are in line with those stated by Purnama (2015), that guided imagery relaxation techniques can be used to reduce anxiety by imagining a situation or series of pleasant experiences that are guided by involving the senses, which in this case optimizes the sense of hearing (audio).) accompanied by Sape Dayak music.

5. Conclusion

Based on the results of statistical tests using the dependent test sample t-Test (Paired t-Test) shows that there is a difference in the average level of anxiety of respondents before and after the intervention in the form of guided imagery relaxation techniques with audio media of sape Dayak music, namely before the intervention was 41 ,94 and after intervention was 38.00. This shows that the level of anxiety after being given guided imagery relaxation therapy with Sape Dayak music audio media has decreased significantly by 3.94 with p value = 0.000 ($\alpha 0.05$). Based on the results of these statistical tests, it can be concluded that at 5% there is a significant difference in the average level of anxiety before and after being given an intervention in the form of guided imagery relaxation therapy with sape Dayak audio media (p value $0.000 < 0.005$).

The intervention has been shown to be able to reduce the anxiety level of chronic kidney failure patients undergoing hemodialysis at the BLUD General Hospital, dr. Doris Sylvanus Palangka Raya.

Limitation and study forward

The open/public hemodialysis service room (1 room for 14 beds and hemodialysis equipment) makes it a bit difficult for researchers to intervene, because in ideal conditions this therapy would be better if it was carried out in a special room that provides tranquility so that the therapeutic communication process becomes the point important in cognitive therapy can be achieved.

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