



DISTRACTION GUIDED IMAGERY TECHNIQUE TO REDUCE ANXIETY LEVELS IN ELDERLY WITH HYPERTENSION

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ABSTRACT

Elderly is an aging process with increasing individual age characterized by a decrease in the function of organs such as the brain, heart, liver and kidneys and increased loss of active body tissue in the form of body muscles. The decline in organ function in the elderly is due to a decrease in the number and ability of body cells, so that the ability of body tissues to maintain normal function disappears, so they cannot defend against infection and repair damage suffered (Fatmah, 2010). The purpose of this study was to identify the Guidance Imagery Distraction Technique on Reducing Anxiety Levels in Elderly People with Hypertension in Rt 010 / Rw 005 Lenteng Agung South Jakarta Year 2023. This type of research uses a quantitative type research design with a research design using pre-experiment. The population in the study was elderly with hypertension as many as 39 people in RT 010 / RW 05 Lenteng Agung. The sample technique used was purposive sampling and data analysis using paired sample t-test. The results of this study indicate that after being given guided imagery techniques, the majority experienced a decrease in anxiety levels, namely mild anxiety as many as 11 elderly people (73.3%) and respondents who experienced moderate anxiety as many as 4 elderly people (46.7%). Anxiety in elderly people with hypertension in RT 010 In RT 010 / RW 05 Lenteng Agung before being given the Guided Imagery distraction technique, the majority experienced severe anxiety. Anxiety in the elderly with hypertension in RT 010 / RW 05 Lenteng Agung before being given the Guided Imagery distraction technique, the majority experienced mild anxiety. There is an effect of Guidance Imagery distraction techniques on reducing anxiety levels in the elderly with hypertension in RT 010 / Rw 005 Lenteng Agung, South Jakarta in 2023.

Keywords: distraction technique; guided imagery

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INTRODUCTION

Elderly is a condition that occurs in every human being. Growing old is a process that everyone experiences. The organs of the elderly will experience a decline due to the reduction in the number and ability of body cells, so that the body's ability to maintain the body's health is reduced. Normal functions disappear, and cannot survive infection and repair the damage suffered (Fatmah, 2010). Hypertension is closely related to lifestyle and dietary factors. Lifestyle is very influential on the form of behavior or habits of a person that has a positive or negative influence on health. Anxiety is the only psychological factor that affects hypertension. This is supported by the opinion of Anwar (2012) that in many people anxiety can increase blood pressure. Basically, anxiety is in the form of complaints and symptoms that are psychological and physical in nature. This disorder is often experienced by

individuals over the age of 60 and affects more women than men. The anxiety disorder that many elderly people experience is generalized anxiety.

The prevalence of hypertension according to the latest statistics (WHO, 2016) states that there are 24.7% of the population of Southeast Asia and 23.3% of the population of Indonesia and worldwide about one billion people suffer from hypertension and two-thirds are in developing countries with low to moderate income. Some of the factors that cause hypertension include obesity, smoking, alcohol, physical activity, and stress or anxiety in patients. This lack of knowledge of elderly hypertensive patients continues to be a bad habit in terms of hypertension treatment. The elderly continue to consume excess salt, the habit of drinking coffee is an example of how the wrong habits are still applied. The consequences of hypertension when complications occur are realized when there are organ disorders such as impaired coronary heart function, kidney function, impaired cognitive function / stroke. This disease is the mouth of various degenerative diseases that can lead to death. In addition to causing high mortality rates, hypertension also has an impact on the cost of treatment and care that must be borne by sufferers. It should also be remembered that hypertension also has an impact on reducing quality of life.

If a person has high blood pressure and does not get regular treatment and control, then this will lead the patient into serious cases and even death. Persistent high blood pressure causes the heart to work extra hard, eventually resulting in damage to the blood vessels of the heart, kidneys, brain and eyes (Wolff, 2006). Anxiety and habits that are still inappropriate in elderly hypertension can affect elderly motivation in treatment. Anxiety is something that happens to almost everyone at a certain time in their life. Anxiety is a normal reaction to a very stressful situation in a person's life and therefore lasts not long. It is important to remember that anxiety can present on its own or combine with other symptoms of various emotional disorders. Anxiety can have an effect on one's work if it occurs frequently. It is important to remember that anxiety can arise on its own or combine with other symptoms of various emotional disorders. (Ramlah S, 2003).

According to (Blackburn & Davidson, in Annisa, 2016) explains the factors that cause anxiety, such as the knowledge a person has about the situation he feels, whether the situation is threatening or not, and knowledge about one's ability to control oneself (such as the situation and focus on the problem). Music therapy, distraction, and hypnosis are non-pharmacological approaches that can be used to reduce anxiety (Slater, Cornelissen, & Fabrizi, 2010). One of the efforts to reduce anxiety with a preventive approach that can be done is to provide generalist therapy to control the anxiety experienced by clients, such as deep breathing techniques, distraction, five-finger hypnosis and spiritual approaches and taking medication (Sulistyarini, 2014). The role of nurses in dealing with clients with psychosocial problems in anxiety patients is to provide support. According to Stuart (2016), a form of non-pharmacological management that can be done to reduce anxiety is the five-finger hypnosis relaxation intervention.

Five-finger hypnosis itself is a form of self hypnosis that can cause high relaxation effects so that it will reduce tension, stress, and pain from one's mind. Patients who perform hypnosis on themselves by exploring and being grateful for the current situation, imagining the closest loved ones, increasing self-confidence by imagining the feeling when praised by others and thinking of pleasant experiences such as imagining the road to a preferred place in the subconscious threshold or in a relaxed state by moving their fingers on command (Rizkiya & Susanti, 2018). This method is very easy to do, does not require a long time and is cheap

because it does not require special tools or materials for the implementation of therapy. This method only requires concentration and awareness from the individual to do it (Keliat, 2014). The purpose of this study was to determine the effect of Guidance Imagery distraction technique on reducing anxiety levels in the elderly with hypertension in Rt 010 / RW 005 Lenteng Agung South Jakarta.

METHOD

The research used is a type of quantitative research with a pre-experimental research design, this research design is not yet an actual study (Nursalam, 2008). Research with pre-experiment is a design that does not have a control group (comparison), but conducts the first examination (observation) in the form of a pre-test that allows researchers to test changes after the experiment (Setiadi, 2007). Researchers used a one-group pre-post-test design approach to show a causal relationship by including a subject group. The results were conducted in RT 010 / RW 05 Lenteng Agung. This study uses a quantitative type research design with a research design using pre-experiment. The study population was 39 elderly people suffering from hypertension in RT 010 / RW 05 Lenteng Agung with details that met the inclusion criteria of 15 people, which did not meet the inclusion of 24 people. With sampling based on gender, namely 9 women and 6 men. The sample in this study amounted to 15 people.

RESULTS

Univariate Analysis

Univariate analysis is carried out to show or describe the nature of each variable studied. In the analysis of this study, data can be categorized can be described by numbers or total values from the presentation of data for each data sample.

Table 1.
Gender of Respondents (n=15)

Gender	f	%
Women	9	60.0
Male	6	40.0

The results of the gender score, there are women with a frequency of 9 people (60.0%) and men as many as 6 people (40.0%) with a total of 15 residents in RT 010 / RW Lenteng Agung from the results obtained there are more women than men. Anxiety before being given the Guided Imagery distraction technique on anxiety levels in elderly people with hypertension in RT 010 / RW 05 Lenteng Agung Identifying the anxiety level of respondents before being given the Guided Imagery distraction technique To measure the level of anxiety in respondents using the HARS anxiety questionnaire, the results obtained are as follows:

Table 2.
Anxiety levels of respondents before being given the guided distraction technique (n=15)

Anxiety Level	f	%
Lightweight	2	13,3
Save	5	33,3
Weight	8	53,3

Table 2 shows the results of the anxiety level score before guided imagery was given to 15 residents with hypertension in RT 010/RW 05 Lenteng Agung. The anxiety level of respondents before being given the guided imagery distraction technique, the majority experienced a severe anxiety level as many as 8 people (53.3%).

Anxiety level after being given Guided Imagery distraction techniques on anxiety levels in elderly people with hypertension in RT 010 / RW 05 Lenteng Agung Identify how the results obtained on the level of anxiety experienced by respondents after being given the Guided imagery distraction technique. The HARS anxiety level questionnaire is a questionnaire used in measuring anxiety levels, the results obtained are as follows

Table 3.

Anxiety levels of respondents having been given guided imagery (n=15)

Level Anxiety	f	%
Lightweight	11	73,3
Save	4	26,7

Table 3 shows the results of the anxiety level score after being given guided imagery distraction techniques in the elderly. The majority of respondents' anxiety levels after being given guided imagery treatment experienced a decrease in anxiety levels, namely mild anxiety as many as 11 elderly people (73.3%) and respondents who experienced moderate anxiety as many as 4 elderly people (46.7%).

Bivariate Analysis

Bivariate analysis was conducted to determine the correlation between the independent variable or independent variable (Guided Imagery) and the dependent variable or related variable (anxiety level). However, before bivariate analysis is conducted, a normality test must first be conducted to determine whether the data is normally distributed or not.

Shapiro - Wilk Normality Test

The normality test used in this study was the Shapiro-Wilk test, because the respondents in this study amounted to less than 50 samples (<50 samples) (Dahlan, 2003). The normality test results obtained are:

Table 4.

Shapiro-Wilk test results (n=12)

Variables	Shapiro-Wilk		
	Statistics	Df	Says
Pre-Test	173	15	0,266
Pre-Test	175	15	0,445

Table 4 reveals the results of the Shapiro-Wilk normality test with the results obtained, namely for the pre-test variable value of 0.0266 and for the post-test variable value of 0.445 where the sig value in the Shapiro-Wilk normality test is more than 0.05. This proves that the data before and after the guidance image distraction technique is normally distributed ($p > 0.05$). That is, if the sig value > 0.05 in the pre-test and post-test, then H_0 (negative hypothesis) is rejected and H_a (positive hypothesis) is accepted.

Results and Differences in Average Anxiety Level Scores of Final Year Nursing Students in Pre-Test and Post-Test Bivariate analysis used in this study is to determine and determine the correlation between two variables, namely before and after Guided Imagery is given to the level of anxiety in the elderly with hypertension in RT 010 / RW 05 Lenteng Agung. That is;

Table 5.
Difference in Average Anxiety Level Score of Elderly with Hypertension at Pre-Test and Post-Test (n=15)

Variables	Median Std	Admiration	Maximum-Minimum	R Value
Pre-Test	19	1.699	15-25	0,000
Post-Test	13	1.187	10-20	

Table 5 shows the results of the average score of anxiety levels between pre-test and post- test using paired test analysis sample t-test with the results obtained, namely there is a significance of 0.000 ($P < 0.05$) which means that there is an effect of giving Guided Imagery on reducing anxiety levels in elderly respondents with hypertension in RT 010 / RW 05 Lenteng Agung. Therefore, it can be concluded that "there is a difference in anxiety levels between before and after being given guided imagery treatment on the level of anxiety experienced by elderly people with hypertension in RT 010 / RW 05 Lenteng Agung."

DISCUSSION

The results obtained will be interpreted by combining theory and related research results. The limitations of the study will be explained by showing the comparison between the process when conducting research with the ideal target that must be achieved. Anxiety level before being given Guided Imagery Distraction Technique Based on the results of the study above, it shows that the elderly with hypertension before being given Guided Imagery the majority have severe anxiety. This research is in line with research conducted by MaFront Mulia (2021) Based on the results of the study, the two subjects obtained the results of the level of anxiety before guided imagery in Mrs. S experienced severe anxiety with a score of 29, Mrs. M experienced moderate anxiety with a score of 27. Patients who experience anxiety can be overcome with the five-finger hypnosis technique.

Anxiety according to Basri & Lingga (2019), is a reaction to threatening danger and can be experienced by anyone. Hawari (2011) states that anxiety is a natural disorder characterized by deep and sustained feelings of fear or worry, behavior can be disrupted but is still within normal limits. Anxiety is an emotional response in which a person feels fear of an unclear source of threat (Solehati & Kosasih, 2015). According to the Anxiety and Depression Association of American (ADAA, 2014), it is estimated that 1 in 25 British people experience anxiety, and this occurs between the ages of 35-55 years with more female sufferers than male sufferers (Basri & Lingga, 2019). According to researchers, there is a decrease in anxiety after being given guided imagery distraction therapy, because guided imagery has become a standard therapy to reduce anxiety and provide relaxation in adults or children, it can also reduce chronic pain and lower blood pressure. This has also been proven by several studies that have proven it

Anxiety level after being given guided imagery distraction technique

This study shows that after being given guided imagery treatment, the majority experienced a decrease in anxiety levels, namely mild anxiety as many as 11 elderly (73.3%) and respondents who experienced moderate anxiety as many as 4 elderly (46.7%) The results of this study are in line with the results of other studies conducted by (Moh Saifudin, 2021) with Pre-Experimental Design with a one group pre test and post test design approach. The results showed that before treatment, 46.7% experienced moderate anxiety. After being treated 60% had no anxiety. The results of the Wilcoxon statistical analysis test showed that the Z value was -3885a with a significance of $p = 0.000$ ($p < 0.05$) so that H_0 was rejected H_1 . This means that there is an effect of guided imagery therapy on psychological anxiety in parents. According to (Johnson JY, 2005), guided imagery will provide a relaxing effect by reducing muscle tension so that pain will decrease. Patients who perform guided imagery are required to concentrate on the preferred imagination led by the nurse. This guided imagery is expected to increase relaxation in patients.

According to the researcher, the decrease in anxiety levels in respondents after being given Guided Imagery treatment because Guided Imagery can provide a relaxing effect by reducing muscle tension so that it can reduce blood pressure. A relaxed state will reduce physical and mental pathological conditions. Guided Imagery can evoke neuro-hormonal changes in the body that resemble changes that occur when an actual event occurs, not only that the elderly who have been taught the technique of doing guided imagery, they also do it independently in their respective homes so as to reduce the anxiety experienced by respondents. The Effect of Guided Imagery Distraction Techniques on the Level of Anxiety in Elderly Hypertension Based on the results of the average anxiety level score between the pre-test and post-test using paired test analysis sample t-test with the results obtained there is a significance of 0.000 (<0.05) which means that there is an effect of giving Guided Imagery on reducing anxiety levels in elderly respondents with hypertension in RT 010 / RW 05 Lenteng Agung. Therefore, it can be concluded that "there is a difference in anxiety levels between before and after being given guided imagery distraction techniques on the level of anxiety experienced by elderly people with hypertension in RT 010 / RW 05 Lenteng Agung."

This study is in line with research conducted by (Prima Trisna Aji 2022), with a pre-experimental design using the one group pretestposttest design method. The results showed that blood pressure in hypertensive patients before Guided Imagery therapy showed an average of 165.86 mmHg and an average diastolic blood pressure of 104.86 mmHg, after Guided Imagery therapy showed an average systolic pressure of 158.66 mmHg and an average diastolic pressure of 104.86 mmHg. The average diastolic pressure was 97.10 mmHg. The result of this study is the effect of Guided Imagery therapy on changes in blood pressure in hypertensive patients in the working area of Jayengan Health Center Surakarta. Guided Imagery therapy is able to provide a way to lower blood pressure as an alternative non-pharmacological measure in overcoming the problem of high blood pressure experienced by patients in the working area of Jayengan Health Center Surakarta.

According to (Rizkiya & Susanti, 2018) Five-finger hypnosis itself is a form of self hypnosis that can cause high relaxation effects so that it will reduce tension, stress, and pain from a person's mind. Patients who perform hypnosis on themselves by exploring and being grateful for the current situation, imagining the most loved people, increasing self-confidence by imagining feelings when praised by others and thinking about pleasant experiences such as imagining a trip to a favorite place on the verge of subconscious or in a relaxed state by moving their fingers on command. Guided imagery is a relaxation method for visualizing places and events associated with a pleasant sense of relaxation. The imagery allows the client to enter a state or experience of relaxation (Kaplan & Sadock, 2010). According to the researcher, guided imagery emphasizes that clients imagine things that are comfortable and relaxing. The use of guided imagery cannot focus attention on many things at one time therefore the client must imagine one very strong and pleasant imagination.

CONCLUSION

It can be concluded that guided imagery can reduce anxiety levels because guided imagery has the benefit of reducing pain, reducing symptoms of depression. By doing guided imagery distraction technique, the technique is to concentrate on certain objects, sounds, or experiences to calm the mind. Through this relaxation technique, you will be invited to reduce symptoms of stress and anxiety by thinking or imagining the place or situation you like best. So the researcher draws several conclusions from this study, namely anxiety of elderly people with hypertension in RT 010 / RW 05 Lenteng Agung before being given the Guided Imagery distraction technique, the majority experienced severe anxiety, anxiety of the elderly with

hypertension in RT 010 / RW 05 Lenteng Agung before being given the Guided Imagery distraction technique, the majority experienced mild anxiety and there is an effect of Guidance Imagery distraction techniques on reducing anxiety levels in the elderly with hypertension in Rt 010 / RW 005 Lenteng Agung South Jakarta in 2023.

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