



LITERATURE REVIEW: THE EFFECT OF MINDFULNESS THERAPY ON REDUCING ANXIETY LEVELS IN THE ELDERLY

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ABSTRACT

Anxiety. one of the nursing therapies that can be used to reduce anxiety in the elderly is mindfulness therapy. mindfulness is an intervention practice that largely focuses on non-judgmental awareness of current conditions. objective: to determine the effectiveness of mindfulness therapy in reducing anxiety levels in the elderly. method: the research method used in this research is a literature review. each stage of study selection carried out by researchers uses the prisma flow diagram. results: based on the literature review that has been carried out, all types of mindfulness therapy interventions are considered to be able to reduce anxiety levels in the elderly. conclusion: anxiety problems are one of the problems experienced by the elderly. a mindfulness therapy intervention is considered to be able to reduce anxiety levels in the elderly.

Keywords: anxiety; elderly; mindfulness therapy

First Received 28 June 2024	Revised 18 July 2024	Accepted 30 July 2024
Final Proof Received 10 August 2024	Published 01 December 2024	
How to cite (in APA style) Dhani, A. R., & Sudaryanto, A. (2024). Literature Review: The Effect of Mindfulness Therapy on Reducing Anxiety Levels in The Elderly. Indonesian Journal of Global Health Research, 6(6), 4021-4028. https://doi.org/10.37287/ijghr.v6i6.3984 .		

INTRODUCTION

Aging is one of the final cycles in human life. Individuals who experience aging are generally called elderly and have several special characteristics, such as the transformation of body functions both physically and psychologically over time (Irianti, 2022). Aging causes older people to become more susceptible to general health problems and mental health. One of the psychosocial problems when entering old age is anxiety. Anxiety is a disturbance in a person's feelings that is identified as a serious and prolonged feeling of fear or worry. Usually, someone who is anxious does not experience problems in assessing reality; the personality is still intact or does not experience normal personality cracks. Anxiety is caused by excessive thinking about a problem that a person is facing (Suciana et al., 2020). Anxiety that is not treated immediately can have an impact on social and environmental situations, as well as allowing other psychological disorders to occur (Dauri et al., 2024) Elderly people have a higher chance of experiencing anxiety disorders. Anxiety in the elderly is a level of response to a condition that causes accompanying symptoms both physiologically and psychologically. The anxiety experienced by the elderly tends to be a feeling of unclear worry, which is related to feelings of uncertainty and helplessness regarding a condition. It is said to be a condition because it does not have a specific object (Nurrohmah, 2022).

According to the Ministry of Health, 2013 (Alhawari & Ayu Pratiwi, 2021), the prevalence of depression in Indonesia is based on the results of basic health research reports, stating that the prevalence of elderly aged 55-64 years who experience depression is 15.9%, elderly aged 65-74 years is 23, 2%, and elderly people over 75 years old at 33.7%. Anxiety can place great demands on the elderly, and if the elderly cannot adapt, illness can occur. Anxiety can cause an increase in blood pressure, which, if persistent, will lead to hypertension, increased blood sugar levels, and increased cholesterol levels. Apart from that, anxiety also has an impact on emotional conditions so that a person will be easily agitated, mood or mood changes frequently, easily/quickly angry, irritable, and prolonged anxiety can cause a person to become anxious and depressed. To avoid the negative impact of anxiety, good anxiety management is needed (Husna & Ariningtyas, 2020).

Actions to overcome anxiety can be done in two ways, namely pharmacological and non-pharmacological. Non-pharmacological therapy can be carried out with several nursing interventions, including progressive relaxation, breathing relaxation, meditation, visualization, and self-hypnosis. This nursing intervention is carried out to make the patient feel comfortable and relaxed and can reduce the patient's fear and anxiety (Wijayanti et al., 2021). One of the nursing therapies that can be done to reduce anxiety in the elderly is mindfulness therapy. Mindfulness is an intervention practice that largely focuses on non-judgmental awareness of current conditions. Mindfulness requires individuals to be able to focus on internal experiences such as their own breath and body, as well as external experiences such as sounds and tastes that occur in the moment (Godara et al., 2021). Individuals with a mindful condition demonstrate the psychological ability to remain willing to be present with their experiences with a non-judgmental or accepting attitude, fostering a warm and friendly attitude, openness, and curiosity. Mindfulness therapy has the ability to reduce anxiety in the elderly. When individuals are in a mindful state, they can increase their focus on enjoying emotions from time to time without manipulation. Here and now, a mindful state will bring the elderly into emotional stability, which will ultimately have a direct impact on reducing anxiety (Sanjiwani, 2023). Based on several phenomena that have been described, researchers are interested in conducting a literature review related to the effectiveness of mindfulness therapy in reducing anxiety levels in the elderly.

METHOD

The research method used in this research is a literature review. Literature reviews are descriptions of theories, findings and other research materials obtained from reference materials to serve as a basis for research activities. Literature reviews contain reviews, summaries and the author's thoughts about several library sources (articles, books, slides, information from the internet, etc.) about the topic being discussed. Library sources in this research were obtained from internet sources via the Google Scholar, PubMed and Science Direct pages from 2019 to 2024, both from Indonesia and other countries that use English and/or Indonesian. Searching for articles or journals uses keywords and Boolean operators (AND, OR NOT or AND NOT) which are used to expand or specify searches, making it easier to determine which articles or journals to use. The keywords used in searching for this study article were anxiety, mindfulness therapy, elderly or elder. The author conducted a literature search through three website sources and obtained a total of 1158 articles, then selected using several criteria such as suitability of title, language and year of publication, obtaining 152 articles, and continued with manual selection with several criteria such as article abstract, and suitability of background, aim, method, and the result was 12. After that the author selected again based on several components such as population, intervention, and

outcome in the full text and obtained 7 articles. Each stage of study selection was carried out by 6 researchers using the PRISMA flow diagram.

The researcher has identified 5 articles related to interventions to improve self-management in HIV/AIDS patients. Based on this identification, the results obtained in the form of interventions used to improve self-management in HIV/AIDS patients include self-management applications, spiritual counseling, and prayer therapy. The interventions used are proven to improve self-management in HIV/AIDS patients.

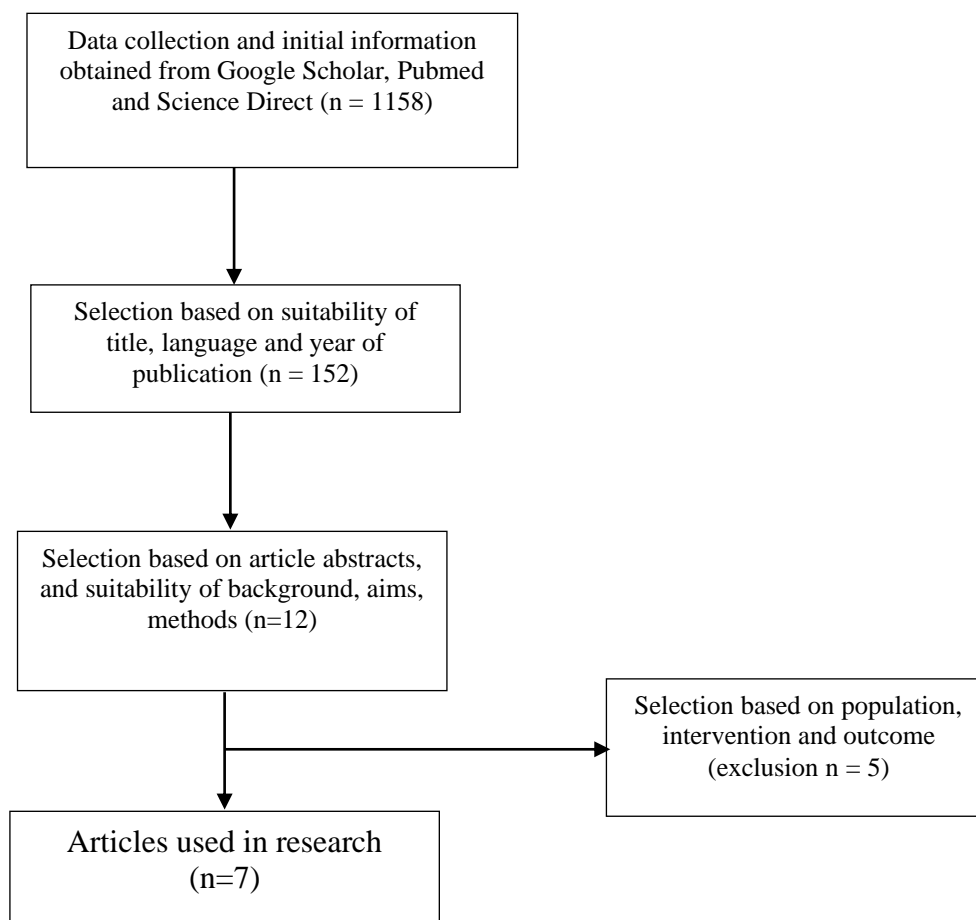


Figure 1. Flow diagram of the concept under study

RESULTS

The seven articles that will be analyzed will first be assessed using the Joanna Briggs Institute 2017 tools as follows:

Table 1.
The JBI critical appraisal tools

Citation	Criteria											Results
	1	2	3	4	5	6	7	8	9	10	11	
Resti Pratiwi (2023)	v		v			v	v	v	v		v	7/11 = 63.6 %
Kusnul Efa Herfita dkk (2022)	v	v		v	v	v	v			v	v	9/11 = 81.8%
Nazira dkk (2020)	v		v	v			v	v	v	v	v	8/11 = 72,7 %
Althafi dkk (2022)	v	v	v	v	v			v		v	v	8/11 = 72,7 %
Tran et al (2023)	v		v			v	v	v	v		v	7/11 = 63.6 %
Kwon et al (2021)	v	v	v	v	v			v	v	v		8/11 = 72,7 %
Thomas R et al (2020)	v	v	v	v	v			v		v	v	8/11 = 72,7 %

Table 2.
Research Results

No	Author	Year	Methode, Sample	Intervention	Results
1.	Resti Pratiwi, Maryatun	2023	Quantitatively using a quasi-experiment design with a pre- and post-test without control design, the sample taken was 33 respondents.	Islamic Spiritual Mindfulness Therapy	The results of statistical tests on respondents show a pvalue of 0.000 <math><0x7E> 0.05</math>, thus indicating There is a significant influence of Islamic spiritual mindfulness therapy.
2.	Kusnul Efa Herfita, Maryatun , Alfina Hidayah.	2022	This research uses a pretest and posttest without control design. The total sample was 30 hypertensive elderly people.	Islamic Spiritual Mindfulness Therapy	The research results showed that there was a significant influence on the Islamic spiritual mindfulness intervention with a decrease in anxiety in hypertensive elderly.
3.	Nazira, Rahma Yurliani, Elvi Andriani Yusuf, Dina Nazriani	2020	Quantitative research with correlational research type. Participants in this research were 150 elderly people.	Mindfulness Therapy	In this study, it was proven that mindfulness has a negative relationship with anxiety about facing death in elderly people in nursing homes, which means that the higher the mindfulness, the lower the anxiety facing death felt by elderly people; conversely, the lower the mindfulness, the higher the anxiety about facing death in elderly people in nursing homes. decrepit. The results of the research show that mindfulness and anxiety about facing death have a correlation strength that is quite significant, with a correlation coefficient of .57 and p.001.
4.	Althafi Hilmanisa Indriadi, Athifa Meriza Salsabila, Hikmatul Wazkia, Khairina Dwi Rivani, Mihalani Angelina Putri	2022	This research used descriptive qualitative methods, a sample of 9 elderly people who visited the Ulak Karang Selatan Community Health Center	Mindfulness psychoeducati on	The results of this research, it was found that elderly people who experienced the nest nest phase felt acceptance of the conditions they were experiencing, received social support from fellow elderly people and to reduce feelings of loneliness, these elderly people filled their free time with activities that were positive and beneficial for the elderly.
5.	Tran, Todd, et al	2023	Experimental research uses a randomized controlled trial (RCT) technique. The sample was 27 elderly people aged 60 years	Occupational Therapist-Led Mindfulness Training Program	There was a significant increase in anxiety for the intervention group compared with the WLC group at post-intervention; Time-2 (mean Difference = 3.90; CI = 0.04-7.75; p = 0.04) with a large effect size (d = 0.80).
6.	Kwon, C. Y., Chung, S. Y., & Kim, J. W	2021	Preliminary review, sample used Sixteen articles with twelve clinical studies	Mindfulness meditation	Sixteen articles with twelve clinical studies were included in this review. MM Program generally offered once a week for eight weeks with a duration of between 60 and 90 minutes per intervention. The main reason for participant dropout was poor

No	Author	Year	Method, Sample	Intervention	Results
					adherence to the program caused by schedule conflicts, physical illness, or changes of mind. The results of the program were positive or mixed, but the level of awareness among participants increased.
7.	Thomas, R., Chur-Hansen, A., & Turner, M	2020	Systematic review, using a sample of 10 international journals	Mindfulness - based cognitive therapy	Of the ten pieces of literature examined, nine met the eligibility criteria and had sufficient methodological quality to be included in the review. These nine studies included five mixed-methods studies, one non-controlled quasi-experimental study, one waitlist-controlled quasi-experimental study, a collection of five single case reports, and a randomized controlled trial.

DISCUSSION

Anxiety management is an effort to overcome disturbing anxiety, but this does not mean eliminating anxiety but rather reducing it so that it does not create obstacles for someone in living their life. Actions to overcome anxiety can be done in two ways, namely pharmacological and non-pharmacological. Non-pharmacological therapy can be carried out with several nursing interventions, including progressive relaxation, breathing relaxation, meditation, visualization, and self-hypnosis. This nursing intervention is carried out to make the patient feel comfortable and relaxed and can reduce the patient's fear and anxiety (Wijayanti et al., 2021). One of the nursing therapies that can be done to reduce anxiety in the elderly is mindfulness therapy. In line with research (Triyono et al., 2018) that anxiety can be reduced with pharmacological therapy and psychotherapy. Alternative techniques that can be used to reduce a person's anxiety include yoga, aromatherapy, relaxation through massage, and mind therapy. Anxiety can affect a person's condition starting from a person's mental and physical condition, so it needs to be handled appropriately.

Mindfulness therapy is able to reduce anxiety in the elderly. When individuals are in a mindful state, they will be able to increase the elderly's focus on enjoying emotions from time to time without manipulation. Here and now, the mindful state will bring the elderly into emotional stability so that it directly has an effect on reducing anxiety. In addition, mindfulness intervention has several positive qualities that arise consciously, including: no judgment, no coercion, acceptance, awareness, trust, openness, gentleness, empathy, gratitude, and compassion. This will take the form of energy, clear thoughts, and happiness. The effect of mindfulness intervention is effective in reducing anxiety; this intervention can be accepted by culture and can be applied to groups or communities (Astuti, 2020). Mindful therapy has many positive effects on the emotions of the elderly, so this therapy can reduce the anxiety of the elderly. From the 7 articles reviewed, researchers found that before carrying out the mindfulness therapy intervention, the majority of respondents experienced moderate and mild levels of anxiety. After the mindfulness therapy intervention was carried out, the elderly's anxiety level was assessed to have decreased to a mild and normal stage. In line with a literature review conducted by (Sari et al., 2023), mindfulness meditation can help reduce anxiety and depression, as well as increase levels of consciousness, cognitive function and emotional memory. Based on research (Tiyara Safitri, Sri Sumarni, 2021) the use of MsiSIs-PreTy (Islamic Spiritual Mindfulness for Prenatal Anxiety) is effective for reducing anxiety

scores. Other research from (Rahmawati et al., 2021) found a significant influence from the use of Islamic spiritual mindfulness-based applications on reducing students' depression levels.

Theory (Rohmawati et al., 2020) explains that mindfulness intervention can inhibit sympathetic nerve activity which results in a decrease in oxygen consumption by the body and subsequently the body's muscles relax, giving rise to a feeling of calm and comfort. The feeling of relaxation will be transmitted to the hypothalamus to produce Corticotropin Releasing Factor (CRF) and Corticotropin Releasing Factor (CRF) activates the anterior pituitary to secrete enkephalins and endorphins which act as neurotransmitters that influence the mood to become relaxed and happy. In addition, the anterior pituitary secretion of Adrenocorticotrophic hormone (ACTH) decreases, then Adrenocorticotrophic hormone (ACTH) controls the adrenal cortex to control cortisol secretion. Decreased levels of Adrenocorticotrophic hormone (ACTH) and cortisol cause decreased anxiety, stress and tension which can ultimately reduce levels of depression. Apart from reducing anxiety, mindfulness therapy also has a good influence on the quality of life of the elderly, both in terms of physical and psychological health (Rejeki et al., 2023) Mindfulness therapy reduces anxiety by relaxing muscles through the hypothalamus, thereby creating calm in the elderly.

The anxiety experienced by the elderly in the literature review is caused by several internal and external problems, including loneliness, lack of attention, socio-economic conditions, suffering from certain diseases, fear of death, and fear of certain events. In line with research (Elliya & Arini Ariska Pratiwi, 2020) and (Sri Rahayu et al., 2023) that there are various changes in the elderly both physically and mentally, especially deterioration in various functions and abilities. Apart from that, the elderly have to face the loss of their personal role, social position, and separation from loved ones. As the age increases, the more health problems experienced by the elderly, apart from physical illnesses, the elderly also often experience mental problems such as loneliness, anxiety and depression. The increasing number of elderly populations means changes in family structure, the psychosocial value of elderly people having to live alone and living in institutions, this can result in elderly people feeling isolated, lonely and anxious.

From several reviews of the researched literature, several mindfulness therapy interventions were obtained, including psychoeducation, spiritual mindfulness, mindfulness meditation and the Occupational Therapist-Led Mindfulness Training Program. All of these interventions are considered effective in reducing anxiety levels in the elderly. This literature study has several weaknesses, including the data obtained is not optimal because it is limited to previous research, the data used is susceptible to bias because the research results obtained from several journals are not explained in their entirety, some studies do not mention how long the duration of the intervention is so researchers do not know how long the intervention can be effective in reducing anxiety levels and there are several studies that do not mention how much anxiety decreases after the intervention is carried out.

CONCLUSION

Anxiety problems are one of the problems that commonly occur during the transition period experienced by the elderly. Anxiety in the elderly occurs due to several problems, both internal and external, in their respective lives. Based on the literature review that has been carried out, all types of mindfulness therapy interventions are considered to be able to reduce anxiety levels in the elderly

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