

EFFECTIVENESS OF POSITIVE AFFIRMATION IN REDUCING ANXIETY IN PRE-OPERATING PATIENTS AT KUDUS GENERAL HOSPITAL

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ABSTRACT

Background: Successful surgery is dependent on preoperative preparation. An intervention that may help patients to be mentally prepared for the surgery is providing positive affirmation. This study aimed to determine effectiveness of positive affirmation in reducing anxiety in pre-operating patients at Kudus General Hospital.

Subjects and Method: This was a quasi-experiment with one group pre-test and post-test design, conducted at Kudus General Hospital, Kudus, Central Java. A total of 47 preoperative patients were selected for this study. The dependent variable was anxiety. The independent variable was positive affirmation. The mean difference of anxiety before and after affirmation was tested by paired t-test.

Results: The differences in anxiety before (Mean= 23.32; SD= 2.82) and after (Mean= 23.13; SD= 3.13) positive affirmation was statistically non-significant ($p= 0.659$).

Conclusion: Positive affirmation is not effective to lessen anxiety in preoperative patients.

Keywords: anxiety, positive affirmation, preoperative patient.

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BACKGROUND

In certain individuals, anxiety is something that is considered normal, because it may be used to the situation and experienced in various life response ranges. However, in some individuals who experience a decline in health, the presence of anxiety will actually worsen their situation, especially during surgery and anesthesia. In this regard, there are special challenges for nurses as professionals in the management of individuals who experience anxiety and prevent situations that make their situation worse (Hilman, 2008).

Regarding the stressor during surgery with anesthesia, it is very

important to make the body always in a relaxed state by providing positive emotional stimuli to the brain. Various therapies have been known to provide a positive stimulus to the brain, such as meditation, yoga, music therapy and positive affirmations. It is necessary to take an action to strengthen preoperative patients so that they are able to face surgery, namely through positive affirmations. Affirmation relaxation is a combination of deep breath relaxation and positive statements (affirmations) (Cholifah et al., 2017).

Affirmations are self-reinforcement through short positive sentences that include something we want. The purpose of these positive affirmations

is to program our subconscious mind (Kristiana, 2012), as well as influence the subconscious mind so that patients can do what they are told (Sukesih & Siswanti, 2017) and to deal with various kinds of anxiety, have positive expectations, You can focus on your strengths, don't judge things with negative tendencies, and stay away from feelings of regret and frustration (Rafie, 2021).

Based on this phenomenon, researchers are interested in conducting research with the title of differences in anxiety levels in preoperative patients before and after positive affirmations in Cempaka Room I Regional General Hospital, Kudus Regency.

SUBJECTS AND METHOD

1. Study Design

This was a quasi-experimental study with one group pre-test and post-test, which was conducted at the Kudus Regional General Hospital, Kudus, Central Java.

2. Population and Sample

A sample of 47 preoperative patients was selected by accidental sampling.

3. Study Variables

The independent variable is anxiety. The dependent variable is positive affirmation.

4. Operational Definition of the Variables

Anxiety is a condition that motivates

Table 1. Overview of preoperative patient anxiety levels before and after positive affirmations

Level of anxiety	N	Mean	SD	Median	Min.	Max.
Before	47	23.32	2.82	23.00	19	29
After	47	23.13	3.13	23.00	15	29

2. Bivariate Results

There was a difference in the patient's level of anxiety before (Mean= 23.32;

individuals to do something. Anxiety is a common event faced by anyone when they will face something important, including patients who will undergo surgery.

Positive Affirmations (Personal Suggestions) are a medium or means to influence the subconscious mind (Judge, 2021).

5. Instrument

The research instrument in collecting data on each variable is using a questionnaire. For affirmations use the Workbook Positive affirmation exercises. Meanwhile, to measure the level of anxiety the author uses the standardized Hamilton Rating Scale for anxiety (HRSA) (Saryono, 2008).

6. Data Analysis

This study used the Shaparowik data normality test and the paired t-test to determine the differences in the anxiety levels of preoperative patients before and after positive affirmations.

RESULTS

The description of the anxiety level of patients in Ruan Cempaka I general hospital, Kudus, before being given positive affirmations (Mean= 23.32; SD = 2.82) was lower than after giving positive affirmations (Mean = 23.13; SD = 3.13) (Table 1).

SD= 2.82) and after (Mean= 23.13; SD= 3.13) positive affirmation, but this result was not statistically

significant ($p = 0.659$) (Table 2).

Table 2. Differences in anxiety levels of preoperative patients before & after Positive Affirmations

Level of anxiety	N	Mean	SD	p
Before	47	23.32	2.82	0.659
After	47	23.13	3.13	

DISCUSSION

The level of anxiety of preoperative patients before positive affirmations seen from the results of research conducted by researchers showed that almost all preoperative patients experienced anxiety, both mild to moderate levels of anxiety.

At first most of the patients expressed their fear of the surgery that would be undertaken. This fear can be generated from various reasons, for example: fear of pain, fear of something happening to him (Majid et al., 2021). However, that fear gradually became a motivation for a high desire to immediately get out of the suffering that had been experienced so far. This situation can be proven that the anxiety that occurs in most preoperative patients in the Cempaka I room seems to gradually recover by itself even without intervention from the nurse. However, this anxiety will reappear when the D-day of the operation program is approaching. This condition can be seen when the patient looks tense, often urinates even if asked the patient still says he is not afraid.

The level of anxiety of preoperative patients after positive affirmations. Based on the results of research conducted by researchers that preoperative patients who experience anxiety. After the positive affirmation action was taken, there was no significant difference, it could be seen

that the level of anxiety was mild to moderate. As described above, preoperative patient anxiety arises in a fluctuating manner where at the time it was decided the surgical program the patient looked tense, afraid and so on.

Differences in anxiety levels of pre-operative patients before and after positive affirmations. Judging from the notion of affirmation is a technique that is able to move the waves of the human mind according to the needs and suggestions needed. An affirmation that is spoken should be done when a person reaches a state of hypnosis, namely a condition when a person easily accepts suggestions and suggestions. If the affirmation is not carried out under hypnosis, the affirmation spoken is only informational, has no effect (Judge, 2021).

One of the failures in positive affirmations was because the patient was less active in consistently practicing vibrational dhikr stabilization therapy at home (Kusumastuti et al., 2017). In doing other people's subconscious programming requires continuous practice. NLP (Neuro Linguistic Programming) practitioners say that a habit or practice that is done for 21 days will become a reality or reality. While the time to program other people's subconscious is right before bed at night, the secret to successful programming of other people's subconscious mind is to

continue to do it every day without breaking for 21 days or according to needs (Judge, 2021).

Based on the analysis using the Paired-t-test statistical test, it was found that from 47 subjects whose level of anxiety was measured both before and after positive affirmation, the results of t count t table were 0.444, then H_0 was accepted and H_a was rejected, which means there was no difference in the patient's anxiety level. preoperative before and after positive affirmation in Cempaka Room I of Kudus Regional General Hospital with a very strong significance level of 0.659. These results are also clearly seen in the results of the anxiety level assessment that the authors have described above.

This study concluded that positive affirmations were not effective in reducing anxiety in preoperative patients. Or there is no difference in the anxiety level of preoperative patients before and after positive affirmations due to technique & time. The technique in question is that affirmations will work well only when the patient is in a state of hypnosis and high imagination. Meanwhile, to achieve all of this requires a calm, safe and comfortable condition.

AUTHORS CONTRIBUTION

The first researcher as the lead researcher coordinates the implementation of the research, takes care of internal and external licensing and provides interventions to patients in the hospital. The second researcher is in charge of analyzing research data, compiling manuscripts for research.

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CONFLICT OF INTEREST

There is no conflict of interest in this study.

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