

***Application of 5 Finger Hypnosis Therapy and Murrotal Al-Qur'an to Reduce Anxiety in Patients Congestive Heart Failure (CHF) In Melati Room 2B
RSUD Dr. Soekardjo, Tasikmalaya City***

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Abstract

CHF is a condition where the heart is unable to pump enough blood to supply nutrients and oxygen to the body's tissues. Heart failure patients will experience significant psychological impacts such as excessive anxiety, depression, sleep disorders, or excessive sensitivity, resulting in a decrease in quality of life. The aim of this scientific work is to provide an overview of the application of 5-finger hypnosis therapy and Murot al Al-Qur'an to CHF patients to reduce signs and symptoms of anxiety. The method used in this scientific paper is quantitative in the form of a case study approach that explores nursing problems, especially anxiety in patients with heart failure. The data collection techniques used were interviews, observation and physical examination as well as the HARS scale assessment which was used to determine the anxiety scores for the two subjects. The results obtained by both respondents experienced severe anxiety problems so they were given implementation in the form of 5 Finger hypnosis therapy and murrotal Al-Qur'an with a duration of 30 minutes for 3 days with an intensity of once a day. The conclusion is that both respondents experienced a decrease in anxiety after the intervention, but there was a difference in the decrease in anxiety scores between the two respondents. According to the HARS scale, the reduction in anxiety scores was better for respondent 1 because the severity of the disease suffered by the two respondents was different. Respondent 2 has a history of hypertension and diabetes mellitus since three years ago and is obese and has a decrease in intelligence in the form of memory loss, but in respondent 1 there is none. It is hoped that the problem of nursing anxiety in CHF patients will be given more attention because it not only impacts the physical condition but also disrupts the psychological condition, thus affecting the healing process.

Keyword: Anxiety, CHF, 5 Finger Hypnosis, Murot al Therapy

INTRODUCTION

Congestive heart failure (CHF) is one of the major health problems in the world, including in Indonesia. CHF is a condition in which the heart is unable to pump blood effectively to meet the metabolic needs of the body, both during activity and rest (Smeltzer & Bare, 2018). Based on WHO data in 2020, cardiovascular disease is ranked the first cause of death in the world with a death rate of around 17 million people every year. It is estimated that the number of people with heart failure will increase to 23.6 million by 2030 (AHA, 2019). Southeast Asia is the region with the highest cases of heart failure, including Indonesia.

In Indonesia, heart disease is the second leading cause of death after stroke (SRS, 2019). Patients with heart failure in Indonesia tend to be younger than in developed countries. The prevalence of CHF increases every year, with the number of cases reaching around 2.7 million (Riskseddas, 2018). In West Java Province, CHF cases are the highest recorded, including in Tasikmalaya City which is the third highest for non-communicable diseases, with 208 cases of heart failure in 2018 (Tasikmalaya City Health Office, 2018). At RSUD Dr. Soekardjo Tasikmalaya, CHF is among the top two most treated diseases (Medical Records of RSUD Dr. Soekardjo).

In addition to causing physical problems, CHF also has a psychological impact, especially anxiety. Anxiety in CHF patients can

be caused by shortness of breath, cost of treatment, fear of death, and uncertainty in the healing process (Fitriyani, 2015). This anxiety can reduce quality of life and patient compliance with treatment (De Jong et al., 2011). Therefore, there is a need for appropriate management to reduce anxiety, including through non-pharmacological therapy.

Non-pharmacological therapies such as 5-finger hypnosis and Qur'anic murotal have been shown to be effective in reducing anxiety levels. 5-finger hypnosis therapy works through sensory stimulation and reinforcement of positive thoughts that are carried out gradually through finger touch (Pardede et al., 2020). Meanwhile, Qur'anic murotal therapy can provide calm through rhythms and sound waves that stimulate delta waves in the brain, giving rise to a relaxing effect (Lestari, 2015). Several studies have shown a significant reduction in anxiety levels after intervention with both therapies (Febtrina & Malfasari, 2018; Saleh, 2018).

RESEARCH METHODS

This study uses a quantitative approach with a case study method that aims to explore the nursing problem of anxiety in patients with Congestive Heart Failure (CHF). The research subjects consisted of two CHF patients who were treated in Melati Room 2B at Dr. Soekardjo Tasikmalaya Hospital. Data collection techniques include interviews,

observation, physical examination, and measurement of anxiety levels using the Hamilton Anxiety Rating Scale (HARS) instrument.

The interventions provided were 5-finger hypnosis therapy and Qur'anic murotal, each for 30 minutes per session, with a frequency of once per day for three consecutive days. Evaluation was carried out by comparing HARS scores before and after the intervention to assess the effectiveness of therapy on reducing anxiety.

RESULT AND DISCUSSION

Table 1. Respondent Characteristic

Characteristic Respondent	Respondent	
	1	2
Initial patient	Tn. A	Tn. H
Age	57 year	48 year
Gender	Male	Female
Education	High school	High school
Occupation	self-employed	driver
marital status	Merried	Meried
Medical diagnosis	CHF	CHF

Table 1 shows that both respondents were male, married and had completed high school. Mr. A is 57 years old, works as a self-employed person. While Mr. Mr. H is 48 years old, works as a driver. Both respondents were diagnosed with Congestive Heart Failure (CHF).

Table 2. Anxiety Scores Before Intervention

Criteria	Respondent 1	Respondent 2
Anxiety Score	28	30
Category	weight	weight

Table 2 shows that before the intervention, both respondents were in the severe anxiety category with a score of 28 for respondent 1 and 30 for respondent 2 respectively.

Tabel 3. Anxiety Scores After Intervation

Criteria	Respondent 1	Respondent 2
Anxiety score	18	22
Category	medium	medium

Table 3 shows that after the intervention, the score was 18 for respondent 1 and 22 for respondent 2. Both were in the moderate anxiety category.

Congestive heart failure (CHF) is a chronic condition characterized by the inability of the heart to pump blood optimally, leading to decreased tissue perfusion and fluid accumulation. In addition to physical manifestations, CHF patients also often experience psychological disorders, one of which is anxiety. Anxiety in CHF patients can be caused by various factors such as uncertainty of disease prognosis, dependence on others, and fear of death (Stuart, 2016). This condition can worsen patient compliance with treatment and have a negative impact on quality of life (De Jong et al., 2011).

Anxiety management in CHF patients can be done pharmacologically and non-

pharmacologically. One form of non-pharmacological therapy that is considered effective and easy to implement is five-finger hypnosis therapy and Qur'anic murotal. Five-finger hypnosis is a self-hypnosis technique that utilizes stimulation through touch on five fingers combined with positive suggestions to cause deep relaxation effects (Pardede et al., 2020). Meanwhile, Qur'anic murotal therapy uses the recitation of holy verses to calm the nervous system through the activation of delta brain waves that function to reduce sympathetic activity and create a more stable psychological state (Darmadi & Armiyati, 2019).

The results of this study indicate that the intervention of a combination of five-finger hypnosis and murotal Al-Qur'an is able to reduce the level of anxiety in both respondents. Respondent 1 experienced a decrease in the Hamilton Anxiety Rating Scale (HARS) score from 28 (severe anxiety category) to 24 (moderate anxiety category), while respondent 2 experienced a decrease from a score of 30 to 27, which also showed a shift from severe to moderate anxiety. This decrease in scores indicates the effectiveness of the intervention in helping to overcome the anxiety experienced by CHF patients.

Before the intervention, respondent 1 showed symptoms such as feelings of excessive anxiety, difficulty sleeping, muscle tension, confusion, restlessness, and pale facial expressions. After three days of

intervention, the patient stated that she felt calmer, slept more easily, and no longer showed conspicuous expressions of anxiety and confusion. The same thing happened to respondent 2, who before the intervention complained of a lot of thoughts, insomnia, decreased memory, and feeling depressed. After the intervention, the patient claimed to be more relaxed, able to sleep better, and appeared calmer emotionally and physically.

This finding is in line with research by Febtrina and Malfasari (2018) which shows that five-finger hypnosis therapy effectively reduces anxiety levels in heart failure patients. Similarly, research by Saleh et al. (2018) showed that Qur'anic murotal therapy was able to significantly reduce the anxiety level of patients with heart disease. These two therapies work synergistically in providing a calming effect on the central nervous system and increasing spiritual calm.

The greater reduction in anxiety scores in respondent 1 compared to respondent 2 is thought to be influenced by differences in clinical conditions. Respondent 2 has a history of hypertension, diabetes mellitus, and obesity, and has cognitive impairment in the form of memory loss. These comorbidities can worsen psychological conditions and slow down the response to therapy. This is supported by Smeltzer et al. (2010) who state that chronic hypertension can cause impaired brain perfusion, which ultimately impacts

cognitive function. In addition, obesity is also associated with an increased risk of stress and psychological disorders, especially when accompanied by metabolic disorders such as diabetes (Arrafi, 2020).

In addition to medical factors, age and occupation also determine the level of anxiety. Both respondents were in the age range of 40-60 years, which according to Anggraeni et al. (2022) included the pre-elderly age category with a high risk of experiencing psychological disorders due to social and physical burdens. Types of work such as drivers and self-employed people also have their own pressures, both due to economic demands and erratic working hours, which can trigger prolonged stress and anxiety.

The combination of five-finger hypnosis and Qur'anic murottal therapy in this study has shown significant benefits. This therapy works on various aspects-cognitive, emotional, and spiritual-thereby providing a comprehensive relaxation effect. This is reinforced by research by Chen et al. (2013) who found that relaxation techniques can lower blood pressure, stabilize heart rate, and increase comfort in patients with cardiac disorders.

CONCLUSIONS

This study showed that the results of measuring the fluency of breast milk production increased gradually. Before

the intervention, both clients obtained a The initial condition showed that both respondents experienced severe anxiety with HARS scores of 28 and 30 respectively. After being given the intervention of 5-finger hypnosis therapy and Qur'anic murottal for three days, there was a decrease in scores to 24 in respondent 1 and 27 in respondent 2, accompanied by a change in category to moderate anxiety, which reflected a positive response to the intervention.

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