

## Anxiety Levels In Patients Pre-Operative Ca. Mamae Can Be Lowered With Finger-Holding Relaxation Techniques

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### Introduction

Breast Cancer (*Carcinoma mammae*) is a malignant neoplasm disease that is the origin of parenchyma. Breast cancer is a condition in which cells have lost control and normal mechanisms have deteriorated, resulting in abnormal growth and occurs very quickly uncontrollably which generally attacks the breast area.<sup>1</sup>

Based on GLOBOCAN (*Global Burden of Cancer*) data, the *International Agency for Research on Cancer* (IARC) said that in 2013 there were 13 million recent cases of cancer and there were about 7.8 million deaths caused by cancer worldwide. This result can be estimated in the next two decades that the prevalence of cancer will increase to about 13 million to 20 million.<sup>2</sup>

### Abstract

**Introduction:** Breast cancer is one type of cancer in which cancer cells will first appear in the breast tissue area and surrounding areas. Health problems such as cancer are widespread and are the leading cause of death worldwide.

**Purpose:** To find out the Effect of Finger-Holding Relaxation Techniques On Decreased Anxiety Levels In Ca Mamae Pre-Operation Patients. Research

**Method:** The design used is "Quasi experimental one group pre test post test" with the intervention of finger-holding relaxation techniques. The population in this study was all patients with anxiety at Dr. Mintohardjo Hospital. The sample in this study was as many as 30 people. Sampling using Purposive sampling technique. Instruments using questionnaire sheets. Finger-holding therapy questionnaire conducted to 30 respondents of hypertensive patients. The test used is the Wiloxon test.

**Result:** The results of the study obtained a value of p value 0.000

**Conclusion:** There is an effect of finger-holding relaxation techniques on decreased anxiety levels in patients pre-operation ca mamae

**Keywords:** relaxation therapy, fingertips, anxiety.

Based on data from WHO in 2019, around 26 million and 17 million of them died from cancer. Meanwhile, according to the *Global Burden of Cancer*, 2018 the prevalence rate of cancer in Indonesia is 126.2 per 100,000 population. With such a large number, Indonesia is in the fore position with the largest number in Southeast Asia and occupies the 22 position in Asia. The highest incidence rate in males was lung cancer at 19.4 per 100,000 population with an average death rate of 10.9 per 100,000 population. Followed by liver cancer with an incidence of 12.4 per 100,000 population, and an average death rate of 7.6 per 100,000 population. Some people still think that cancer creates a very big life crisis.<sup>3</sup>

Based on the results of the Basic Health Research (RISKESDAS) in 2017, the prevalence of cancer in Indonesia has almost touched 1.80 per 1000 population, up from 1.5 per 1000 population in 2015. The results of this study also place that the highest number is in Yogyakarta with a total of about 4.68 per 1000 population, which is then at the bottom, namely West Sumatra Province around 3.01 per 100 population and finally in Gorontalo around 2.57 per 1000 population.<sup>4</sup>

Based on the results of research conducted by Muhammad Saddam and Wahyuningsih in 2019, it shows that from a total sample of 35 respondents, 11 people (31.4%) with treatment experience are at risk of having high anxiety levels, as many as 11 people (31.4%) with treatment experience are at risk of having high levels of anxiety. anxiety level is moderate, and there is 1 person with treatment experience not at risk of having high anxiety levels, and as many as 7 people (20.0%) with treatment experience are not at risk of having moderate anxiety levels, and 5 people (14.3%) with treatment experience are not at risk of having high levels of anxiety low anxiety.<sup>5</sup> Anxiety can also be perceived as a feeling that is hurried and not relaxed due to the discomfort that comes from fear which is then responded to by the body. This feeling becomes a response as a signaling awareness that a warning about the danger is coming and strengthens the individual to take action against the threat.<sup>6</sup> The response of a reaction for each cancer patient varies from one to another depending on the coping pattern of each person. The resulting responses vary widely, such as anxiety, fear, feelings of grief, sadness, and even shock which results in withdrawal which affects changes in *body image* and death.<sup>7</sup>

The results of the research conducted by Suwanto stated that about half of all respondents said they did not know and were very afraid when they heard all kinds of surgical procedures that were going to be experienced, starting from the various equipment used, the operating room, and the team of doctors who played a role in the surgical procedure experienced a sufficient level of anxiety. heavy when compared with respondents who have undergone surgical procedures. This is due to a lack of information and a lack of knowledge so that a person will experience psychological disorders which are the cause of the core stressor of anxiety which results in an imbalance of the *Adrenocorticotrophic hormone* (ACTH) and affects the nervous system.<sup>8</sup>

Research conducted by Puji et al stated that finger grip relaxation can reduce anxiety in preoperative Cesaria section patients.<sup>9</sup> Sasmito's research, explained that finger grip relaxation techniques are very useful and have a significant effect on reducing anxiety in preoperative patients because finger grip relaxation is a relaxation technique that is very simple and easy to do. Grasping the fingers along with controlling the breath can reduce physical and emotional tension because gripping the fingers will warm the points of entry and exit of energy in the meridians (energy channels) associated with the organs in the body located on the fingers. Finger grasping relaxation can control and restore emotions that will relax the body. When the body is relaxed, the tension in the muscles is reduced which in turn reduces anxiety.<sup>10</sup>

Based on a preliminary study conducted on 10 patients *Ca Mamae has currently scheduled for* breast cancer surgery in the room RSAL Dr. Mintohardjo found 6 of them experienced fear and anxiety about their recovery. Before the surgery, they looked pale, rest, less and tense. When asked, they had never received preoperative relaxation techniques. Management for dealing with anxiety usually uses a holistic approach in the form of physical, psychological, social, and spiritual therapy. Management to reduce preoperative anxiety can be done is by using finger grasping relaxation techniques. Therefore, the researcher wanted to identify the effect of the finger grip relaxation technique on reducing anxiety levels in preoperative patients *ca mammae*. The purpose of this study was to determine the effect of finger grip relaxation techniques on reducing anxiety levels in preoperative patients *Ca mammae*.

## Method

This research used a *Quasi-experimental group pre-test post-test* with finger grip relaxation technique intervention. The population in this study were all patients with anxiety at RSAL Dr. Mintohardjo. The number study population from January to June was 53 patients. The sample in this study was 30 people. Sampling using a *purposive sampling technique*. This research was conducted at RSAL dr. Mintohardjo was conducted from January to March 2020. The instrument uses a questionnaire sheet. A finger handheld therapy questionnaire was conducted on 30 hypertension patient respondents. The test used is the test, *Wilcoxon*. This research has passed the ethics test on the stick ethics commission with the number: 1801 / Sket / Ka-Dept / RE / STIKIM / VIII / 20220.

## Results

**Table 1.** Frequency Distribution of Respondents' Characteristics by Age and Education (N=30)

| variable         | Intervention | Percentage | Anxiety Levels |       |
|------------------|--------------|------------|----------------|-------|
|                  | N.           | %          | before         | after |
| woman            | 30           | 100        | 37.50          | 26.20 |
| <b>age</b>       |              |            |                |       |
| <40 years        | 13           | 43,3       | 37.46          | 29.69 |
| ≥ 40 years old   | 17           | 56,7       | 37.53          | 23.53 |
| <b>education</b> |              |            |                |       |
| Junior           | 8            | 26,7       | 38.62          | 24.87 |
| Sma              | 18           | 60.0       | 36.50          | 28.00 |
| Pt.              | 4            | 13,3       | 39.75          | 20.75 |

Based on table 1, shows that there were 30 female respondents (100%) with an average value of 37.50 anxiety levels before the intervention and after the intervention decreased an average of 26.20. In the age distribution <40 years as many as 13 (43.3%) with an average value of 37.46 anxiety level before the intervention and after the intervention, there was a significant decrease in the average level of anxiety 29.69. In the age distribution ≥ 40 years as many as 17 (56.7%) with an average value of 37.53 anxiety level before the intervention and after the intervention there was a significant decrease in the average level of anxiety 23.53. In the distribution of junior high school education as much as 8 (26.7%) with an average value of 38.62 anxiety level before the intervention and 24.87 after the intervention. In the distribution of high school education as much as 18 (60.0%) with an average score of 36.50 anxiety levels before the intervention and 28.00 after the intervention. In the distribution of PT education as much as 4 (13.3%) with an average value of 39.75 anxiety level before the intervention and 39.75 after the intervention.

**Table 2.** Differences in The Effect of Finger-Holding Relaxation Techniques on Anxiety Levels (N=30)

| Variable  | N. | Mean  | Sd    | Z value | P-value |
|---|----|-------|-------|---------|---------|
| Anxiety Levels Before Finger-Holding Relaxation | 30 | 37.50 | 6.191 | -4.290  | 0,000   |
| Anxiety Levels After Finger-Holding Relaxation  | 30 | 26.20 | 6.990 |         |         |

Based on table 2, shows the effect of finger grip relaxation techniques on the level of anxiety in preoperative ca mammae patients at RSAL DR Mintohardjo with finger grip relaxation technique *p-value* of 0.000, which means that there are or decrease anxiety levels in preoperative *ca mammae patients*

## Discussion

### Characteristics of Respondents

Based on the results of research that has been conducted, the female gender is as much as 30 (100%) with an average value of 37.50 anxiety levels before the intervention and after the intervention

has decreased an average of 26.20. This shows that there is a decrease in anxiety levels based on gender. Sufficient experience to create stress can sensitize both factors, both biological and psychological systems to deal with stress in the future. A study conducted by Maryam and Kurniawan A stated that the gender factor can significantly affect the patient's level of anxiety, in this study, it was also stated that the female gender is more at risk of experiencing anxiety than the male gender.<sup>11</sup>

From the results of research conducted by related researchers, it can be concluded that women are more likely to experience anxiety levels faster than men because of the different biological responses shown between men and women to respond than the stressors obtained. In the age characteristics, respondents <40 years were 13 (43.3%) with an average level of anxiety before the intervention 37.46 and after the intervention, there was a significant decrease in the average anxiety level of 29.69. In the age distribution  $\geq 40$  years as many as 17 (56.7%) with an average value of 37.53 anxiety level before the intervention and after the intervention there was a significant decrease in the average level of anxiety 23.53. The results of this study are in line with research conducted by Budiman. F et.al, which states that there is a relationship between age and level of anxiety. The prevalence rate of anxiety in preoperative patients is in the high category, as many as 83% of respondents from adolescents and the elderly experience anxiety from mild to severe.<sup>12</sup>

The results of research conducted by the relevant researchers concluded that the age and maturity of the individual will affect the ability of one's coping mechanisms so that individuals who are more mature difficult experience anxiety because people have a greater ability to adapt to anxiety than the age of minors. In the education characteristics of junior high school respondents as much as 8 (26.7%) with an average value of 38.62 anxiety level before the intervention and 24.87 after the intervention. In the distribution of high school education as much as 18 (60.0%) with an average score of 36.50 anxiety levels before the intervention and 28.00 after the intervention. In the distribution of PT education as much as 4 (13.3%) with an average value of 39.75 anxiety level before the intervention and 39.75 after the intervention. This is similar to research conducted by Jeniu, et al., 2017 that the higher a person's education level, the easier it is to receive information so that the more knowledge one has, the lower the level of anxiety. Stuart, GW, and Laraia, MT stated that the higher a person's education the easier it is to receive information, and in the end the more knowledge they will have. Conversely, if a person's education level is low, it will hinder the development of his behavior towards the acceptance of new information and knowledge.<sup>13</sup>

From the results of research conducted by related researchers, it can be concluded that a person's education level will affect the level of anxiety, because the more educated a person is, the easier it is to receive information and the easier it will be to adjust to something new.

### **Differences in the effect of anxiety levels**

finger grip relaxation techniques based on the results of the research that has been conducted, there are differences in the effect of finger grip relaxation techniques on anxiety levels with a p p-value 0.000. In this study, it was found that the average value of anxiety levels before the intervention was 37.50 and after the intervention was carried out there was a decrease in anxiety levels to 26.20. There is a decrease in the value of anxiety levels influenced by the intervention that has been done, namely the finger grip relaxation technique. This is in line with the research conducted by Asni Husaini, which showed that there was an effect between giving finger grip relaxation on reducing pain in postoperative appendectomy patients in the surgical room of the Ratu Zalecha Martapura Regional Hospital with a p-value of 0.000.<sup>14</sup> Relaxation techniques are among the most effective ways to reduce anxiety levels in preoperative patients. Finger grasp relaxation is a relaxation technique that is very simple and easy for anyone to do with the fingers and the flow of energy in our bodies. The finger grip technique is also called finger hold.<sup>15</sup>

The results of this study were also in line with those conducted by Tuning and Joelatin, there was an effect of finger grip relaxation on reducing 1st stage labor pain with a p-value of 0.004. Finger grasp relaxation is used to move inhibited energy smoothly. This type of finger grip relaxation is very easy for anyone to do, which is related to the fingers and the flow of energy in our bodies, when individuals perceive touch as a stimulus to relax, a relaxation response will emerge.<sup>16</sup> Finger grip relaxation technique is a relaxation therapy that can make the body calmer and more harmonious and can empower the body to overcome the disturbances that attack it.<sup>17</sup> Grasping the fingers while taking a deep breath can reduce or even heal physical or emotional tension, this finger grasping relaxation

technique will later be able to warm the energy entry and exit points in the meridians (energy pathways in the body) located on the fingers, so that later able to provide a stimulating effect spontaneously when the grip is done, then the stimulation will later flow to the brain, then proceed to the nerves in the organs that experience the grip, so that it is hoped that the blockage in the energy pathway will run smoothly.<sup>18</sup> From the results of research conducted by related researchers, it can be concluded that the exercise of finger grip relaxation techniques can affect the level of anxiety, this is evidenced by a decrease in the average level of anxiety before and after the finger grip relaxation technique.

### Conclusion

Based on the results of the research that has been carried out with the title of the effect of finger grip relaxation techniques on reducing anxiety levels in preoperative patients *ca mammae* it can be concluded as follows. There is an effect of finger-grip relaxation techniques on reducing anxiety levels in preoperative patients *mammae*. It is hoped that it can solve problems related to anxiety levels so that health workers can provide interventions to reduce anxiety levels in patients.

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