THE EFFECT OF PROGRESSIVE RELAXATION TECHNIQUES ON ANXIETY LEVELS IN SCHIZOPHRENIC PATIENTS

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ABSTRACT

Schizophrenia is a disease that affects the brain and causes strange thoughts, perceptions, emotions, movements and behaviors . Schizophrenia is not a single disorder but is a syndrome with many causes. In Indonesia, the number of patients suffering from schizophrenia is around 6.7% with the highest prevalence in Bali (11.1%), the Special Region of Yogyakarta (10.4%), West Sumatra (9.1%) and South Sulawesi (8.8%).). The purpose of this study was to determine the effect of relaxation techniques on the level of anxiety in Schizophrenic patients. This type of research is pre-experimental with a one-group pre-test and post-test design. The population in this study were patients suffering from schizophrenia with a total sample of 10 people in 2019. The sampling technique used was purposive sampling technique . The results of the study using the Wilcoxon signed rank test , obtained a value of $(p = 0.003) < (\alpha = 0.05)$, this means that there is a significant influence between progressive relaxation techniques on anxiety levels in schizophrenic patients in the work area of Karuwisi Health Center Makassar City. The conclusion of this study is that there is an effect of progressive relaxation techniques on anxiety levels in schizophrenia patients in the work area of Karuwisi Health Center Makassar City. It is hoped that from the results of this study, progressive relaxation therapy can be applied and improved as an exercise to reduce patient anxiety.

Keywords: anxiety; progressive relaxation; schizophrenia

INTRODUCTION

Mental disorders are descriptions of syndromes with a variety of causes. Much is not known with certainty and the course of the disease is not always chronic. In general, it is characterized by fundamental deviations, characteristics of thought and perception, and the presence of inappropriate or blunted affect (Yusuf Ah, 2015) . *Schizophrenia* is a mental disorder characterized by very basic deviations and differences from thoughts, accompanied by inappropriate emotional expressions. In patients schizophrenia shows withdrawn, anxious, isolated and unruly behavior, so that it will affect the client's mental status. (Sutejo, 2017).

Data from the *WHO,* the problem of mental health disorders around the world has indeed become a very serious problem. WHO estimates that there are about 450 million people in the world who experience mental disorders. Globally there are about 35 million people who have depression, 60 million people with bipolar disorder, 47.5 million people with dementia and 21 million people with schizophrenia (*World Health Organization* , 2015) , Data from *the American Psychiatric Association (APA)* , states that 1 % of the world's population suffers from schizophrenia and 75% of people with schizophrenia can occur at the age of 16-25 years. General population studies show that the lifetime prevalence rates for schizophrenia and bipolar disorder range from 0.1% to 3% for schizophrenia and from 0.2% to 1.6% for bipolar disorder and there are no significant gender differences. (*World Health Organization* , 2015) . The cause of *schizophrenia* is not a single disorder but is a syndrome with many variations and many causes consisting of biological, psychological, social and environmental. (Hawari, 2011) based on initial data obtained at the Karuwisi Health Center, Makassar City, as many as 26 people

experienced psychiatric disorders consisting of diagnoses of schizophrenia, epilepsy, anxiety, somatic disorders, depression and found only 17 people suffering from schizophrenia in 2018. (Record Medical, 2018) .

The usual treatment for schizophrenic patients is *behavior therapy*. One form of behavioral therapy is relaxation techniques. Relaxation is an attempt to relax tension, first physically, which in turn results in a relaxation of mental tension. (Wiramihardja, 2004) A relaxation technique that is often used to reduce muscle tension and anxiety is progressive relaxation. Relaxation Progressive relaxation is a relaxation technique that combines deep breathing exercises and a series of contractions and relaxations of certain muscles. The provision of progressive relaxation techniques aims to improve the ability to cope with stress, and reduce muscle tension and anxiety which if the anxiety is not immediately addressed it will result in the emergence of negative emotions towards certain problems and in daily activities. (Kustanti & Widodo, 2008) .

Research conducted by Purwanintyas Lisa Dwi Ari and Arum Pratiwi on the effect of progressive relaxation on anxiety levels at the Surakarta Mental Hospital, showed that the level of anxiety in schizophrenic patients at RSJD Surakarta before treatment (*pre test)* in the experimental group was mostly mild (73 %) while in the control group most of them were also mild (80%). Meanwhile, the level of anxiety in schizophrenic patients after therapy (*post test*) in the experimental group was entirely mild and in the control group, most were still mild (87%). (Ari & Pratiwi, 2017) the results of research conducted by Anandita (2012) also stated that there were the effect of relaxation on anxiety levels in paranoid schizophrenic patients with a total of 18 respondents with a p value of 0.029 from the data above, the purpose of this study was to determine progressive relaxation techniques on anxiety levels in schizophrenic patients in the work area of the Karuwisi Health Center Makassar City.

METHOD
The type of research used in this research is *Pre Experimental research* with *One Group Pretest and Posttest* design which aims to see there is whether or not influence the technique of the effect of progressive relaxation techniques on reducing anxiety levels in *schizophrenic* patients by observing the research sample before being given treatment and then observing the sample again after being given treatment. This research was carried out in the Work Area Public health center Makassar City Karuwisi . This research was carried out from April 30 to May 30 2019. The population in this study were patients suffering from disease Schizophrenia in the Work Area Public health center Makassar City Karuwisi with the number of samples as many as 10 respondents. Sampling was carried out using a *purposive sampling technique* , namely: technique taking sample based on consideration researcher alone. Method data collection with use sheet observation. After the data is collected done inspection completeness then the data is processed and analyzed with use analysis bivariate for knowing influence independent variable on dependent variable with using statistical tests. After the data is collected, it is checked for completeness and then the data is processed and analyzed with use analysis bivariate for knowing influence independent variable to the dependent variable by using statistical tests .

RESULTS
Study this implemented in the Work Area Public health center Karuwisi Makassar city with total sample as many as 10 respondents. Type research used is study *Pre Experimental* with design *One Group Pretest and Posttest.*

Table 1.
Distribution of Characteristics of Respondents with Schizophrenia

Characteristics of Respondents	f	%
Gender		
Man	7	70.0
Woman	3	30.0
Age		
26-35 Years	5	50.0
36-45 Years	4	40.0
46-55 Years	1	10.0
Educational background		
finished elementary school	4	40.0
Not completed in primary school	6	60.0
Long Suffering		
10-15 Years	4	40.0
15-20 Years	5	50.0
>20 Years	1	10.0

Table 1 shows that the characteristics of respondents based on gender are the highest 7 people (70.0%), the highest age is 26-35 years as many as 5 people (50.0%), education history 6 people (60.0%) did not finish elementary school and the highest duration of suffering from schizophrenia was 15-20 years as many as 5 people (50.0%).

Table 2.
Distribution of Anxiety Levels in Prior Schizophrenic Patients Provision of Progressive Relaxation Therapy

Anxiety Level	f	%
Moderate anxiety	2	20.0
Severe anxiety	8	80.0

Table 2 shows that respondents with severe anxiety levels are 8 people (80.0%) and respondents with moderate anxiety levels are 2 people (20.0%).

Table 3.
Anxiety Level Distribution Patient Schizophrenia after Giving Therapy Relaxation Progressive

Anxiety Level	f	%
Mild anxiety	1	10.0
Moderate anxiety	9	90.0

Table 4.
Distribution of Anxiety Levels Before and After Administration Therapy Progressive Relaxation

Progressive Relaxation	Anxiety Level								p nilai value
	Mild anxiety		Moderate anxiety		Severe anxiety		Amount		
	f	%	f	%	f	%	f	%	
Pretest	0	0.0	2	20.0	8	80.0	10	100.0	0.003
Posttest	1	10.0	9	90.0	0	0.0	10	100.0	

Table 4 shows that before progressive relaxation therapy was carried out there were 8 respondents with severe anxiety levels (80.0%) and 2 respondents with moderate anxiety levels (20.0%). After doing progressive relaxation therapy, there were 9 respondents with moderate anxiety level (90.0%) and 1 respondent with mild anxiety level (10.0%). The results of the test using the *Wilcoxon Signed Rank Test* obtained a *p value* (0.003) < (0.05). So it can be concluded that there is a significant effect between progressive relaxation therapy on the anxiety level of schizophrenic patients before and after progressive relaxation therapy.

DISCUSSION
Characteristics of Respondents
The results showed that the majority of respondents who participated in this study were female with a total of 3 respondents (30.0%) and male sex with a total of 7 respondents (70.0%). Patients with schizophrenia are more common in men than women. This is because women have a somewhat protective estrogen hormone so that the tendency for schizophrenia is longer or begins at the age of 20 years and over. But in boys, this disease can strike at the age of 17-18 years, making it difficult for them to complete secondary education and depriving them of opportunities to have skills. This is what causes schizophrenic patients to be found in males more than females (Kusumawardhani, 2017). The results of the analysis of this study also show that the most age groupings are at the age of 26-35 years as many as 5 people (50.0%).

This is in accordance with data from the *American Psychiatric Association (APA)* which states that the majority (75 percent) of people with schizophrenia begin to occur in their teens and early adulthood. This is because the stage of adolescence and early adulthood is filled with stressors so that the patient's condition is often realized too late by his family and environment (Shochib, 2006). Based on the education history, the results of the research analysis show that the distribution of the respondents' educational history is low (not completing elementary school) with the number of respondents being 6 people (60.0%). According to Sadirman (2002) said that a person's level of education affects the opportunity to obtain information about disease management. A good level of education helps a person in responding to a stimulus given to him. Based on the long-suffering grouping, the results of the research analysis show that the long-suffering grouping is more in 15-20 years with a total of respondents 5 people (50.0%) and the least is in the grouping > 20 years with the number of respondents as much as 1 person (10.0%).

Effect of Progressive Relaxation Techniques on Anxiety Levels in Schizophrenic Patients
One of the objectives of this study was to determine the level of anxiety in *schizophrenia patients* in the Karuwisi Public Health Center, Makassar City. Anxiety is a mood disorder characterized by deep and ongoing fear or worry, does not experience disturbances in assessing reality, personality is still intact, behavior can be disturbed but is still within normal limits (Rochmawati, 2015). The results of the analysis showed that before the therapy was given, the respondent's level of anxiety consisted of moderate anxiety and severe anxiety. In moderate anxiety there are 2 respondents (20.0%) and in severe anxiety the number of respondents as many as 8 people (80.0%). According to Fajriati in 2013 said that anxiety if not overcome will cause the patient to respond negatively so that it will affect healing and if anxiety continues to increase it can interfere with individual daily tasks and functions. The existence of varying levels of anxiety is caused by several factors such as a history of low education, and long suffering from schizophrenia, most of the patients have experienced mental disorders for more than 5 years and some even 20 years.

This is because if one of the symptoms of schizophrenia, namely anxiety, appears, the action taken is only by giving drugs. Meanwhile, almost all of the respondents before being given therapy said that they were tired of taking medicine while their illness was not cured. This statement is reinforced by research conducted by Rawatahun 2018 who said that treatment for schizophrenia symptoms takes a long time. The longer the patient suffers from schizophrenia, the less the patient is obedient to his treatment. (Swamp, 2018). The usual treatment for schizophrenic patients is *behavior therapy.* One form of behavioral therapy is relaxation techniques. Relaxation technique that is often used to reduce muscle tension and anxiety is progressive relaxation (Setyoadi, 2011). Of the 10 respondents after giving progressive relaxation techniques there is a decrease in the level of anxiety.

The results of the analysis showed that the distribution of anxiety levels after being given progressive relaxation therapy consisted of mild anxiety and moderate anxiety. In mild anxiety, the number of respondents is 1 person (10.0%) and in moderate anxiety the number of respondents is 9 people (90.0%). The decrease in different levels of anxiety is caused by several factors such as the patient's condition, the environment, and the presence of supporting individuals (family support). Although there was a significant decrease in anxiety levels, in this study there were 8 respondents who experienced drop out. This is because some respondents did not fully participate in the activities so that the expected results were not effective. Testing of the effect of progressive relaxation techniques on anxiety levels in schizophrenic patients was carried out using the *Wilcoxon Signed Rank Test.*

The results of the *Wilcoxon Signed Rank Test,* the level of anxiety in the pre-test and post-test obtained p value $(0.003) < (0.05)$. Because the p value is smaller than 0.05, then H0 is rejected and it is concluded that there is a significant effect of progressive relaxation techniques on anxiety levels in schizophrenia patients in the Karuwisi Health Center Work Area, Makassar City. The results of this study are in line with research conducted by Purwaningtyas Lisa Dwi Ari and Arum Pratiwi (2017) with the title "The Effect of Progressive Relaxation Techniques on Anxiety Levels in Schizophrenic Patients" with a total of 30 respondents indicating that there is an effect of progressive relaxation techniques on anxiety levels in schizophrenic patients with a *p -value* of 0.000.

CONCLUSION
From the results of research conducted in the Karuwisi Public Health Center Work Area, Makassar City with a total of 10 respondents, it was concluded that there was an influence on the level of anxiety in schizophrenic patients before and after giving progressive relaxation therapy.

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