

# Implementation of Islamic Spiritual Guidance in Reducing the Anxiety Level of CVA (Cerebro Vascular Accident) Patients

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## Implementation of Islamic Spiritual Guidance in Reducing the Anxiety Level of CVA (Cerebro Vascular Accident) Patients at Muhammadiyah General Hospital in Bandung Tulungagung

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### ABSTRACT

**Background:** The incidence of stroke is still high and contributes to high mortality and disability rates. Stroke attacks cause malfunctions such as paralysis and difficulty communicating so that patients will experience anxiety, fear, sadness and even despair in the face of the disease they are suffering from.

**Purpose:** The purpose of this study was to analyze the effect of providing Islamic spiritual guidance on the anxiety level of CVA (Cerebro Vascular Accident) patients.

**Methods:** This research was conducted in the Inpatient Room at RSU Muhammadiyah Bandung Tulungagung using a quasi experimental design with a one group pre post test design approach. 122 respondents were taken using purposive sampling technique. The independent variable is the provision of Islamic spiritual guidance and the dependent variable is the level of anxiety using a questionnaire and Wilcoxon test analysis.

**Results:** The results of the Wilcoxon test analysis value negative ranks N: 91, Mean: 49.23, Sum of ranks: 4480.00, so it can be concluded that there is a decrease in the value of the anxiety level before to after Islamic spiritual guidance. Based on statistical tests obtained p value: 0.001 <0.05, meaning that there is effectiveness after Islamic spiritual guidance in reducing the anxiety level of stroke patients. Islamic spiritual guidance is effective in reducing anxiety in stroke patients, so hospitals need to make a formulation to form a spiritual guidance team that can provide spiritual services to all patients in the hospital.

**Conclusion:** Islamic spiritual guidance can reduce anxiety in stroke patients so hospitals need to make formulations to create teams or increase the ability of health workers about spiritual guidance given to all patients in the hospital.

**Keywords:** anxiety levels, islamic spiritual guidance, stroke patient

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**BACKGROUND**

The high incidence of stroke is a major health problem, not only in Indonesia but in the world. CVA or Cerebro Vascular Accident, commonly known by the public as a stroke, is a disturbance in brain function due to impaired blood flow to the brain, resulting in the lack of proper nutrition and oxygen for the brain. Stroke can not only attack the elderly but can also occur in young people (Kemenkes RI, 2019). According to WHO, worldwide stroke cases are estimated at 50 million people and 9 million people with a severe disability. In the United States, the third death caused by stroke is 146,664 people. Stroke is also the third leading cause of death in Indonesia with a mortality rate of 9.7% of the total deaths of 138,268 people. Research Results Basic Health (Riskesdas) in 2007 was 8.3, increased in 2013 as much as 12.10. In 2018, the incidence of stroke decreased to 10.9%, but this figure was higher than in 2007. Based on medical record data at RSU Muhammadiyah Bandung Tulungagung for stroke cases as many as 180 patients/month. Stroke attacks are often considered a disaster by the community because they generally cause functional failures such as paralysis and difficulty communicating so that patients will experience anxiety, fear, sadness and even despair in dealing with the disease they suffer. This is in accordance with the statement of Ignacio et al., (2022) that most young adults will experience depression and anxiety after stroke, so doctors need to be aware of mental conditions and post-stroke quality of life. Therefore, post-stroke patients need to be screened for anxiety levels because it affects quality of life and is a predictor for depression (Rafsten et al., 2018).

Stroke patients have complex problems (bio-psycho-socio-spiritual), not only need medical care, but they also need psychospiritual services, namely spiritual guidance services. This service serves to awaken spiritual strength so that he can accept his condition optimistically, steadfastly and patiently in the face of illness, so as to achieve happiness in this world and in the hereafter. Spiritual guidance is an effective means of communication to improve coping mechanisms so as to reduce the patient's level of anxiety (Frilasari & Triwibowo, 2018). Spiritual guidance help reduce burdens, anxiety levels and social isolation (Baumgardner & Mayo, 2021). Spiritual guidance is also a preventive measure so that patients with mental stability, especially patients with mental disorders do not experience relapse (Bastomi, 2021).

**OBJECTIVE**

The purpose of this study is to analyze the writings that examine the metaverse in health care.

**METHODS**

This study uses a quasi experimental design with a pre-post-test approach in one group (one group pre-post-test design). This research was carried out in the Inpatient Room of the Muhammadiyah Bandung General Hospital, Tulungagung Regency on December 7, 2020 - January 7, 2021, with 122 respondents. The sampling technique used was purposive sampling. The independent variable is the provision of Islamic spiritual guidance, the dependent variable is the level of anxiety. The variable for providing Islamic spiritual guidance uses the SOP for Islamic spiritual guidance provided by RSU Muhammadiyah Bandung Tulungagung while the anxiety level instrument uses the Hamilton Anxiety Rating Scale (HARS) questionnaire. Data were analyzed using the Wilcoxon test with the help of SPSS.

## RESULTS

This research was conducted at RSU Muhammadiyah Bandung Tulungagung on 122 respondents who met the inclusion and exclusion criteria.

Based on the characteristics of the respondents, it was found that almost half of the respondents (30%) had high school education, most of the respondents (53.33%) were female, almost half of the respondents (30%) were housewives and or did not work, almost all of the respondents (96, 67%) do not have a history of actively consuming alcohol, almost all respondents (93.33%) have a history of hypertension, almost all respondents (76.67%) do not have a history of Diabetes Mellitus. Characteristics of respondents can be seen in table 1 as follows.

**Table 1. Characteristics of respondents**

Characteristics	Frequency (respondents)	Percentage (%)
<b>Education</b>		
SD	16	13.33
Junior High School	24	20.00
Senior High School	33	26.67
College (PT)	37	30.00
<b>Gender</b>		
Man	12	10.00
Women	57	46.67
<b>Work</b>		
Farmer	65	53.33
Self-employed	29	23.33
Civil Servants/Retirees	20	16.67
Private sector employee	16	13.33
IRT/Not working	20	16.67
<b>Alcohol consumption</b>		
Yes	37	30.00
No	4	3.33
<b>HT history</b>		
Yes	118	96.67
No	8	6.67
<b>DM history</b>		
Yes	29	23.33
No	93	76.67

The characteristics of the anxiety level variable before being given spiritual guidance are that almost half of the respondents (36.67%) have mild and moderate levels of anxiety and after being given spiritual guidance some of the respondents (50%) experience mild anxiety. The characteristics of the anxiety level variables before and after spiritual guidance can be seen in Table 2 below.



**Table 2. Characteristics of research variables**

Before			After		
Not worried	0	0.00	Not worried	24	20.00
Mild anxiety	45	36.88	Mild anxiety	61	50.00
Moderate anxiety	45	36.88	Moderate anxiety	33	26.67
Anxious	32	26.24	Anxious	4	3.33
Very anxious / panic	0	0.00	Very anxious / panic	0	0.00

Based on the results of the Wilcoxon test analysis, the negative ranks of N: 91, Mean: 49.23, Sum of ranks: 4480.00, so it can be concluded that there is a decrease in the value of the anxiety level before to after Islamic spiritual guidance. Based on statistical tests obtained p value: 0.001 < 0.05, which means that there is an effectiveness of Islamic spiritual guidance in reducing the anxiety level of stroke patients. To find out the results of the Wilcoxon test and the effectiveness of the anxiety level of stroke patients before and after spiritual guidance, see table 3 below.

**Table 3. Wilcoxon test results and the effectiveness of the anxiety level of stroke patients before and after spiritual guidance**

Uji wilcoxon		N	Mean Rank	Sum of Ranks
POSTtingkatcemas - PREtingkatcemas	Negative Ranks	91 <sup>a</sup>	49.23	4480.00
	Positive Ranks	6 <sup>b</sup>	45.50	273.00
	Ties	25 <sup>c</sup>		
	Total	122		
<b>Test-statistics</b>				
Z	-8.445 <sup>b</sup>			
Asymp. Sig. (2-tailed)	.000			

## DISCUSSION

CVA or stroke is a condition that occurs suddenly and is often traumatic, not only causing physical disability but also having an impact on psycho-social-spiritual. The physical pain suffered does not have a single effect, but integrates with other aspects of the patient. Biological or physical problems, namely the loss of some brain function that occurs suddenly due to blockage or rupture of brain blood vessels which results in limited movement of the left or right organs of the body, even the patient cannot get up from his bed. Psychological problems, strokes that come suddenly due to hypertension or psychological problems owned by patients that cause hypertension that they have often relapse and rise. Social problems, patients must temporarily cut off communication with family and neighbors, leave their daily habits or activities due to their illness. Spiritual problems, patients continue to pray even with tayamum or family guidance and they are somewhat disturbed by their level of belief in the prayers they do. These changes make stroke patients have complex problems (Hidayanti, 2015).

It was also stated by Mohammed et al., (2019) that hypertension, smoking habits, increased physical disability, and impaired cognitive function can cause (psychological) depression to stroke patients. Therefore it is necessary to manage various psychological problems (understanding of patients' adjustment and emotional problems can help them maximize rehabilitation, recovery, and community integration) which often cannot be simply treated through psychotropic drugs. (Perna & Harik, 2020).

Stroke patients require four pillars of hospital care in addition to medical, psychological and social care, as well as the importance of spiritual care in patient care. The spiritual care function of the hospital is able to reduce the patient's fear not only by using drugs but also in psychosocial or spiritual terms (Walker & Breitsameter, 2017) and this statement is in accordance with research conducted by Rego & Nunes, (2019) that spirituality will help to identify the patient's values, belief systems, spiritual history, difficulties and needs so as to help relieve physical, emotional, social and spiritual stress of patients, family members and health professionals. , although not all patients have the same need for religious/spiritual guidance.

This is reinforced by the results of the study of Samerin, (2020) which states that Islamic counseling guidance provides positive results for dealing with depression in patients at Bintulu Hospital Malaysia.

## CONCLUSION

Islamic spiritual guidance can reduce anxiety in stroke patients so hospitals need to make formulations to create teams or increase the ability of health workers about spiritual guidance given to all patients in the hospital.

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