

THE EFFECT COGNITIVE SUPPORT AND EMOTIONAL SPIRITUAL QUOTIENT(ESQ)

by Alfian Fawzi

Submission date: 08-Sep-2020 11:20AM (UTC+0700)

Submission ID: 1381774690

File name: ECT_COGNITIVE_SUPPORT_AND_EMOTIONAL_SPIRITUAL_0D_0AQUOTIENT_ESQ_ (309.14K)

Word count: 3036

Character count: 17294

**THE EFFECT COGNITIVE SUPPORT AND EMOTIONAL SPIRITUAL
QUOTIENT(ESQ) TO IMMUNOLOGIST STATUS CHANGE IN HIV/AIDS
PATIENT IN KEDIRI CITY**

Alfian Fawzi¹, Yuly Peristiwati¹, Joko Sutrisno¹

¹ STIKES Surya Mitra Husada Kediri

Email: alfiansensei@yahoo.co.id

ABSTRACT

The effort to depressed hiv case increase is personal sexual behavior change. The way to change subject sexual behavior is giving them cognitive support and emotional spiritual quotient (esq).this aim of the research to analyze the cognitive support and emotional spiritual quotient (esq) effect to the immunologist status in hiv/aids patient.this research desaign use adalah quasy experiment one - group pretest - postttest design with purposive sampling and there is 15 responden involve this research. Elektromagnetik (quantum magnetik resonansi analized)is instrument of the research, with paired sample t test statistical test. The result of the research shows significant immunologist status changes include : limfoid gland index : (p value=0.000), tonsil status index (p value=0.000).timus index (p value=0.000), respiratory immune status index (p value=0.000), gastrointestinal immune status index (p value=0.035), mucosa immune status index (p value=0.001). Immunologist status positive changes insome immune status index shows that cognitive support and emotional spiritual quotient (esq)giving, give stimulus to immunologist status in hiv/aids patients. But neither to the other 3 index immunologist status positive change which is : limpa immune status index (p value=0.120), bone marrow status index (p value=0.1880) and immunoglobulin index (p value=0.076), its means cognitive suportrt and emotional spiritual quotient need to be improved for hiv/aids patient show they can get positive minded and increasing there immunity.

Keywords: Cognitive support, emotional spiritual quotient, immunologist status, HIV

PRELIMINARY

HIV/AIDS is a serious health problem in Indonesia and many other countries. Nowadays there is none country free from HIV (Djuanda, 2011). HIV (*Human Immunodeficiency Virus*) is a virus that attack human immune system then make AIDS condition occur (Umar Zein, 2006). CD4 is the point target of this viral infection when HIV entering someone body for crumbling the immune system. (Djuanda, 2011).

456 cases noted as HIV/AIDS prevalence cases in Kediri on 2014 which 354 persons as HIV subject, 102 persons with AIDS condition. 420 persons are still alive with this viral infection and 36 others were died by this infection (Dinas Kesehatan Kota Kediri 2014).

This high presentation of HIV/AIDS in Kediri needs some action to do. Improving self awareness for not doing any negative behavior like do not having unsafe sexual activity is one importance action. Cognitive support by giving some information, motivation, psychological accompaniment and spiritual guidance for them and their family is one way for changing HIV patient's attitude and behavior (Rasmun, 2004).

Cognitive Support (Information) is an information or announcement or news include cognition, information, verbal or non verbal advice, real assistancies or social support action with emotional benefit or behavior effect for the subject (Herawani, 2012). *Cognitive Support* (Information) as a source for taking decision, which every subject needs relevant, usable, appropriate and right information for taking the right decision. Cognitive support by visualization, psychology, and spiritual emotional were able to increase emotional and spiritual responses in HIV/AIDS patient. Burack *et al* researchment (1993) shows *Lymphocyte Cluster of Differentiation* (CD4) decrease with Latihan Pasrah Diri (LPD) which by managing breathing respiratory rate from 16-20x/minute become 4x/minute will decrease *Lymphocyte Cluster of Differentiation* (CD4) range in HIV patient. Peristiwati *et al* researchment (2014) about Cognitive Support Effect for Increasing CD4 level on

HIV Patient in Kediri City for 3 days shows absolute CD4 and percent CD4 enhancement on HIV patient with p value: 0,003.

RESEARCH METHODS

This research use Quasi Eksperimental method with Posttest Group Design. Population in this research is all of HIV patient in Kediri with some HIV patients which comply some criteria as the sample. Criteria for this research sample is HIV/AIDS patient which belonging to Kelompok Dukungan Sebaya (KDS) in Kediri which are risk to transmit HIV infection, all HIV/AIDS patient which belonging Kelompok Dukungan Sebaya (KDS) in Kediri which routine ARV therapy consumption and feel disposed to *Cognitive Support* dan *Emotional Spiritual Quotient* for 7 days.

RESEARCH STAGE

This research were held in Kediri for a month from 25 April to 19th May 2015 with Kelompok Dukungan Sebaya (KDS) group as responden. 15 responden were given *Cognitive Support* and *Emotional Spiritual Quotient* for 7 days with 2 hours application each days. Before they get treatment, their immune status were checked by ELEKTROMAGNETIK (Quantum Magnetik Resonansi Analized) and rechecked after 7 days treatment.

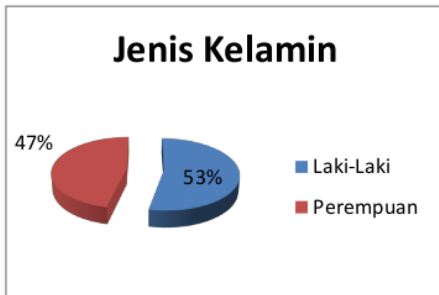
DATA ANALYSIS

Paired Sample T Test were used for this research which belonging to Parametric Testing which used for comparing two correlative groups with level of confidence $\alpha = 0,05$.

RESULT AND DISCUSSION

Researchment Result

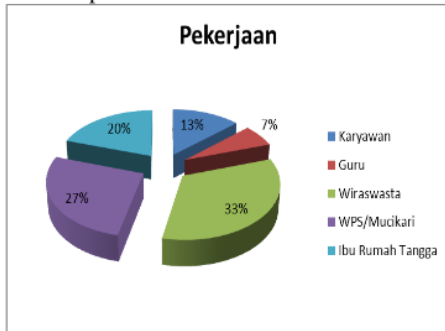
1. Respondents Characteristics based on Gender Classification



Picture 4.1 Respondents Characteristics based on Gender Classification

From Picture 4.1 there is 8 (53%) male respondents and 7 (47%) respondents are female.

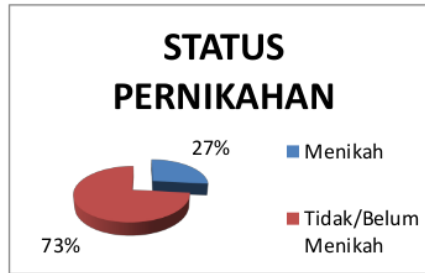
2. Respondents Characteristics Based on Occupation Classification



Picture 5.2 Respondents Characteristics Based on Occupation Classification

Based on Picture 5.2 on KDS group we can conclude that most of the respondents were entrepreneur (33%).

3. Respondents Characteristics Based on Marital Status



Most of the respondents were unmarried (73%)

1. Immunology status identification on HIV before Cognitive Support and Emotional Spiritual Quotient in Kediri treatment.

Evenly Immune System Index before treatment: Lymphoid Gland Index (140,457) category, Tonsil Immune System Index (0.20873) category, Timus Index (57,949) category, Respiratory System Immunity Index (6,204) category, Gastrointestine System Immunity Index (1,411) category, Mucosa Immunity Index (8,686) category, Spleen Index (34,690) category, Bone Marrow Index (2,244) and Immunoglobulin Index (3,752) category.

2. Immunology Status identification on HIV patients after Cognitive Support and Emotional Spiritual Quotient in Kediri: evenly respondents Immune System Index before treatment: Lymphoid Gland Index (155,801) category, Tonsil Immune System Index (0.31520) category, Timus Index (62,293) category, Respiratory System Immunity Index (7,676) category, Gastrointestine System Immunity Index (2,658) category, Mucosa Immunity Index (18,622) category, Spleen Index (46,435) category, Bone Marrow Index (3,540) and Immunoglobulin Index (7,887) category.

Immune System Index result between before and after treatment shows immune system index changes were 55% .

From Paired sample T-test statistical test we get significant Lymphoid Gland Index p value=0.000, Tonsil Immune System Index (p value=0.000), Timus Index (p value=0.000), Respiratory System Immunity Index (p value=0.001), Gastrointestine System Immunity Index (p value=0.035), Mucosa Immunity Index (p value=0.001),

this means Hypothesis were accepted for this research: *Cognitive Support* and *Emotional Spiritual Quotient* significantly impact to some immune status index on HIV patient.

DISCUSSION

Statistical test result with *Paired sample T-Test* on immune status index shows significant result as explained below. Lymphoid Gland Index (p value=0.000), Tonsil Immune System Index (p value=0.000), Timus Index (p value=0.000), Respiratory System Immunity Index (p value=0.001), Gastrointestine System Immunity Index (p value=0.035), Mucosa Immunity Index (p value=0.001) this means Hypothesis were accepted for this research: *Cognitive Support* and *Emotional Spiritual Quotient* significantly impact to some immune status index on HIV patient.

Cognitive Support and *Emotional Spiritual Quotient* that able to be given for HIV patient in this research were social support, pschotherapy and spiritual. Social support were given by giving motivation for the patient. Social support were shows by established Kelompok Dukungan Sebaya (KDS) Friendship plus groups in Kediri, which being a medium to give support, motivation, and HIV patient's increasing knowing.

Patient that infected by HIV/AIDS will get immune system depression. HAART were one of the medical therapy HAART (Highly Active Antiretroviral Therapy) for those condition, but infact, there is still shows high mortality rate on people with AIDS (Hirschel.,2003, Zavasky, Gerberding &sande, 2001, in Nasrodin., 2005).

HIV/AIDS have many complex problem. Beside they need to survive from viral infection, they need to face people discrimination/ stigma. Those condition give effect for their illness. Antiretroviral therapy is one of medical therapy to maintain

patient's immunology status on HIV/AIDS patients, but its not enough. That's why they need comprehensif therapy to enhance their life quality. Comprehensif therapy (medikamentosa, nutrition, social support and psychotherapy) is the choices to reduce morbidity and mortalityu rate on HIV/AIDS patients.

Treatment of respondents using Support Cognitive and Emotional Spiritual Quotient by visual interpersonal psychological therapy ,emotional and spiritual meditation can integrate physical and biological mental, soul and spirit advance through the transformation of consciousness resulting in harmony or alignment. Giving Support Cognitive and Emotional Spiritual Quotient form of transpersonal psychotherapy can through the Opening-Ego Ego-Reduction will merge together with the soul and the soul merges together spirit. Transpersonal psychotherapy can cause a person to see themselves more expansion in a larger perspective. So that people will see themselves more fully not just the body. Which in turn can lead to human harmony itself (Hart, who, LJ Nelson, Robinson, Olsen, DA Nelson et al., 2000). Transpersonal psychotherapy advance transcendent of consciousness, allowing exploration of pre-awareness and open a deeper level of the human person is the higher self, the true self, or self inside (Strohl., 1998).

For 7 days respondents were collected in a special room that is comfortable for about 2 hours to get those materials which form visualisasi, meditation, emotional and spiritual with a facilitator experienced in house manager motivation. Respondents were brought in an atmosphere that is open or opening the thoughts, feelings and heart to be able to know the power that is within each of them. By finding the strength that is in them, respondents were taken to the atmosphere of discovery problems that exist

in each individual, which in turn with the power that the respondent brought to use force itself in the resolution of the issue with the given materials related to the purpose of life, the meaning of life, the meaning of death and preparation when facing death and life after death. Their thoughts and feelings brought into the realm of unconscious them to be able to find the meaning of life and living.

Find and solve the problem with the strength of his own, strengthen the spiritual and surrender to the almighty, so that if their heart and soul brought before God to them for guidance and forgiveness for any errors give them strength to live further in order to better. Motivation and encouragement to continue their life is kept up-emphasized that they have the motivation to recover and promote the spirit of his life

Transpersonal psychotherapy is given by guiding the respondents so that they find themselves with techniques that provide by the mentors. Counselors and therapists will facilitate the growth of the clients, and conducted self-development so that they can feel what is experienced by the client.

In this study Cognitive and Emotional Spiritual Quotient Support will be given by transpersonal psychotherapy with visualization, meditation, and spiritual emotional quotient (ESQ). By using this technique we are expecting that healthy cells will have spirit for fighting against HIV disease. Spiritual psychotherapy is a form of psychiatric treatment that gives serenity, peace, and happiness of the soul. Peace of mind is expected to raise the body's immune response to the individual (Idrus.et.al 2014).

Meditation will evoke the relaxation response that would work through psychoneuroimmunology.

Psychoneuroimmunology is a system of

knowledge that connects the medical psycho (emotions, thoughts), neuro (reflex, neuroendocrine), immunology (the immune system and cellular immune system humoral). The relationship between these three systems is aimed at maintain body homeostasis. This relationship through two subsystems, namely the hypothalamus-pituitary-adrenal (HPA axis) and the autonomic nervous system (SSO). (Pasiak T, 2012. Madeline M., RN Lorentz, 2006).

Meditation with spiritual emotional approach will stimulate endorphins (morphine endogenous) thus enhancing freshness. In addition to the emotional, spiritual meditation can enhance positive emotional response due to an increase in dopamine and serotonin which has implications on pleasure, afilasi and reduce pain. An important mechanism others, by giving meditation emotional, spiritual can slow metabolism (hipomethabolic state) that lowers blood pressure, slower respiration, lower heart rate, brain waves decreases its activity, physiological decline chemical mediators in the body thereby reducing the amount of adrenaline, noradrenaline and adenocorticotropine hormone and cortisone can cause a decrease in anxiety and stress (Brown & Ryan 2003).

Giving praise and full motivation to the patient / AIDS will lead to optimism in the future, positive expectations and stimulate the immune and endocrine systems to facilitate healing. Giving praise and motivation in Support Cognitive and Emotional Spiritual Quotient as a diversion to concentrate on images of the past and the future, helping to prevent travel sickness concerns. Endurance of HIV / AIDS are particularly vulnerable if psychological or mental disorder should receive psychotherapy to improve the quality of life.

Research results obtained answer research hypothesis that administration of Cognitive Support and Emotional Spiritual Quotient can improve some indices of the immune system through the examination by using the ELECTROMAGNETIC tool in people with HIV, but does not give a positive change in the three indices of the immune system that is the index of the spleen, the index immunoglobulin and bone marrow index, it is because there are several factors wholly beyond the control of the research, such as nutrition, emotional circumstances beyond research, the economic, social, educational background etc. But from the majority of other immune indexes showed positive changes it demonstrates By administering Support Cognitive and Emotional Spiritual Quotient can stimulate some chemical mediators in the body, various hormones and immunity are highly functional in improving kekebalanpada HIV. Backed by research peristiwati et.al (2014) Cognitive Support that can stimulate positive thoughts in patients with HIV / AIDS resulting in an increase in the CD4 count, the results of this research also namapak on immune system indices are Lymph Nodes Index, Index Immune System In Tonsil Index thymus, Level Immunity In Respiratory System, Level Immunity In the digestive system, and the level of immunity At the mucosa of the previously received therapy on the status of Cognitive Support and Emotional Spiritual Quotient compared with after the average range of values index immune showed an increase of about 55% of each index between immune system before and after therapy Support Cognitive and Emotional Spiritual Quotient.

Immune System can be increased by administering the treatment Support Cognitive and Emotional Spiritual Quotient it. Increasing the body's immune system in the index is expected to eliminate the HIV

virus antigens in the body in the form of a decrease in viral load in patients with HIV that will increase his kulaitas

CONCLUSIONS AND SUGGESTIONS

1. The increase in the average index of the immune system before and after administration of Support Cognitive and Emotional Spiritual Quotient is 55%.
2. There is the effect of Cognitive Support and Emotional Spiritual Quotient against immunological status in patients with HIV / AIDS with a significant value of the Index values Lymph Nodes (p value = 0.000), Index Immune System In Tonsil (p value = 0.000), Thymus index (p value = 0.000), the index level of immunity At Respiratory System (p value = 0.001), the index level of immunity At Digestive System (p value = 0.035), Level of Immunity In mucosa (p value = 0.001)

REFERENCES

- A.Aziz, Alimul Hidayat. 2010. Metode Penelitian Keperawatan Dan Teknik Analisis Data. Jakarta : Penerbit. Salemba Medika.
- Brown,K.W. & Ryan. R.M (2003). The benefits of being present : Mindfulness and its role in physicological well-bwing. Journal of personality and social psychology, 84(4),822-848.
- DepKes, RI. 2005. Profil kesehatan Indonesia 2005. Dibuka pada website : <http://www.depkes.co.id>. Pada tanggal 6 januari 2008).
- DepKes, RI. 2010. Riset Kesehatan Dasar. Jakarta : Badan penelitian dan pengembangan kesehatan Kementerian Kesehatan RI. 2010.
- Ducan L, & weissenburger D (2003). Effect of a brief meditaton program on well being and Loneliness.TCA journal, 31 (1). 14-25.

- 1 Djuanda, Adhi. 2011. Ilmu Penyakit Kulit dan Kelamin. Jakarta : Balai Penerbit FKUI.
- Ditjen PP & PL Kementerian Kesehatan RI. 2013. Laporan Perkembangan Situasi HIV & AIDS Di Indonesia Triwulan 2 Tahun 2013. Jakarta. DinKes Jawa Timur, 2013.
- Idrus Faisal M., Jaya Ngkara T., Syamsu., Ilham.(2010). Pengaruh Psikoterapi Spiritual terhadap hitung sel T-CD4 pada penderita HIV/AIDS. Departement Psychiatry , Departement of Internal Medicine, Departement of Physiology, Medical Faculty of Hasanuddin University.
- 1 Halim, M.S & Atmoko, W.D. 2005. Hubungan Antara Kecemasan Akan HIV/AIDS Dan Psychological Well-Being Pada Waria Yang Menjadi Pekerja Seks Komersial. Jurnal Psikologi. 15 : 17 - 31.
- Kurniawati, 2006. Coping Stres Pada Orang Dengan HIV/AIDS (Sebuah Studi Kasus). Skripsi. Surabaya : Fakultas Psikologi Universitas Airlangga.
- 7 Lane, J.D. Seskevich, J.E. & Pieper, CE (2007). Brief meditation training can improve perceived stress and negative mood. Alternative therapies Health and medicine. 13 (1), 38-44.
- Lazarus, R.S & Folkman, S. 1984. Stress, Appraisal and Coping. New York : Spranger.
- 1 Nihayati, A. 2012. Dukungan Sosial Pada Penyandang HIV/AIDS Dewasa. Skripsi. Surakarta : Fakultas Psikologi Universitas Muhammadiyah Surakarta.
- Nurlaila Effendi, Johana E, Prawitasari, Thomas 10ky Hastjarjo, Nasronudin 2008. Pengaruh Psikoterapi Transpersonal terhadap kualitas hidup pasien HIV dan AIDS. Anima, Indonesia psychological Journal 2008. Vol 24;1,1-16.
- 6 Phillips, K.D. 2007. Social Support, Coping, and Medication Adherence Among HIV-Positive Women with Depression Living in Rural Areas of the Southeastern United States. AIDS PATIENS CARE and STDs. 21 : 667 - 680.
- Roberts,S (2005). Meditation help blood presure. Diabetes Forecast, 58)11(, 24-26.
- 1 Stuart & Sunden, 2002. Principles and practice of psychiatric nursing sixth edition. St.Louis Missouri : West Line Industrial Drive.
- 3 Tocan. A.M.Mc Comb. J. Caldera.Y & Ran-dolp. P (2003). Mindfulness meditation, anxiety reduction and heart deceases: A pilot study, Medical Care, 26(1), 25-34.
- 1 Umar Zein, 2006. 100 Pertanyaan Seputar HIV/AIDS Yang Anda Ketahui. USU Press, Medan.
- 5 Walton. K.G. Cavanaugh.K.L & Pugh.N.D (2005). Effect of group practice of the transcen-dental meditation program on biochemical indicators of stressnin non-meditation: A.Prospective Time Series study. Journal ofsosial beavior and personality.17,339-373.
- 1 WHO, 2007. Pencegahan AIDS melalui promosi kesehatan : Masalah yang sensitif. Bandung : Penerbit ITB.

THE EFFECT COGNITIVE SUPPORT AND EMOTIONAL SPIRITUAL QUOTIENT(ESQ)

ORIGINALITY REPORT

17%

SIMILARITY INDEX

15%

INTERNET SOURCES

5%

PUBLICATIONS

9%

STUDENT PAPERS

PRIMARY SOURCES

1	docobook.com Internet Source	6%
2	www.scribd.com Internet Source	3%
3	marc.ucla.edu Internet Source	1%
4	poltekkesjogja.ac.id Internet Source	1%
5	Michael S. Nystul. "Transcendental Meditation", The Corsini Encyclopedia of Psychology, 01/30/2010 Publication	1%
6	www.kebijakanaidssindonesia.net Internet Source	1%
7	Submitted to University of Cumbria Student Paper	1%
8	Submitted to Queensland University of Technology	1%

9 www.ojs.stikesstrada.ac.id **1%**
Internet Source

10 [Submitted to UIN Walisongo](#) **<1%**
Student Paper

11 www.healthonlinezine.info **<1%**
Internet Source

12 www.journal.unair.ac.id **<1%**
Internet Source

Exclude quotes Off

Exclude matches Off

Exclude bibliography Off