

The Effect of Finger grip Relaxation on Decreasing Anxiety of Pre-Sectio Caesarea Patients at RSIA Masyita Makassar

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Abstract

Introduction: Finger-grip relaxation was essential to manage emotions and develop emotional intelligence. Finger-grip relaxation helps the body, mind, and spirit to achieve relaxation. **Objective:** The study aimed to examine the effect of Finger-grip relaxation on decreasing anxiety of pre-section Caesarea patients at RSIA Masyita Makassar.

Method: This study used the quasi-experimental study, one group, pre-test - post-test without control design. Ten samples were carried out using the observation sheet. Ten respondents met the inclusion criteria. This study used a pre-experimental one-group pre-test - post-test without control with the intervention sampling technique. **Results:**

The results found that there was a difference in anxiety levels before and after undergoing Finger-grip relaxation with $p\text{-value} = 0.00 < \alpha = 0.05$. Before undergoing Finger-grip relaxation (pre-test), there were 6 mothers with moderate anxiety, 2 mothers with mild anxiety, and 2 mothers with severe anxiety. After undergoing Finger-grip relaxation (post-test), eight mothers with mild anxiety and 2 mothers with moderate anxiety. Thus, it can be concluded that there was an influence of Finger-grip relaxation in decreasing the anxiety of pre-Sectio Caesarea patients. **Recommendation:** This study can be used as a source of information, especially in the field of medical-surgical nursing.

Keywords: anxiety, finger-grip relaxation, pre-Sectio Caesarea.

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INTRODUCTION

Childbirth is a natural process of releasing the product of conception (baby and placenta) that starts with adequate contractions of the uterus, cervical dilation, and thinning (1). Sectio Caesarea is an action to save mother and baby (2). Cesarean section childbirth is delivered through an incision in the abdominal wall and uterus that is still intact with a fetal weight > 1000 gr or gestational age > 28 weeks (3)

World Health Organization (WHO) set the standard mean of cesarean section. It is around 5-15% per 1000 births in the world (4). The birth rate of Sectio Caesarea in Indonesia is 9; 8%, with the highest proportion in DKI Jakarta at 19.9% and the lowest is in Southeast Sulawesi at 3.3% (5).

The trend of Sectio Caesarea childbirth in Indonesia is relatively high. The range is only slightly lower than the standard of the Ministry of Health, but the highest rate is much higher than that standard, with the percentage of childbirth of section Caesarea ranging from 30% -70% annually (6)

Anxiety will arise due to something unclear or unknown that may lead to an uneasy feeling, a feeling of worry or fear. Many preoperative patients experience problems, among others, increased blood pressure, pulse, body temperature, and decreased body power (7)

One of the non-pharmacological treatments that can be done is finger grip relaxation techniques. The finger grip relaxation technique is easy to manage emotions and develop emotional intelligence. Our hands' fingers consist of energy channels connected to various organs and emotions. The points of reflection on the hand provide reflex (spontaneous) stimulation at the grip time. These stimuli will send a shock wave of electricity to the brain. These waves are received by the brain, processed quickly, and forwarded to the nerves in the affected organ to smooth the blockage in the energy pathway.

Finger grasping relaxation techniques help the body, mind, and spirit to achieve relaxation. The state of relaxation will naturally trigger the release of endorphins. This hormone is a natural analgesic from the body, thereby reducing the bad effects of stress and pain (8)

The previous study states that most women experience Sectio Caesarea in 20-35 years because women who give birth are older, and there is a greater risk of undergoing cesarean section (9). Because less than 20 years, the pelvis is not yet perfect, causing difficulty in childbirth, while more than 35 years, there is a tendency to experience partum bleeding (9)

The results showed that in the control group, the level of anxiety was still constant. Moderate pressure tended to be reasonable or increasing. Whereas in the treatment group given finger-grip relaxation techniques, the anxiety level tended to decrease to mild anxiety and potentially not anxiety. These results provide information that in the treatment group, given finger grip relaxation techniques were able to reduce the yield. After the finger grip treatment, the level of anxiety in the treatment group experienced a significant decrease. In the control group, the average pre-test was 19.63, while the post-test was 19.06. This indicates a minimal decline, so the decline was not significant. In the treatment group, the average before treatment was 19.94 after treatment decreased to 16.19. The test results ($p < 0.05$) showed that finger grip relaxation techniques significantly reduced anxiety levels before cesarean section surgery (10)

OBJECTIVE

The purpose of this study was to find out the effectiveness of finger-grip relaxation in decreasing the anxiety of pre-Sectio Caesarea patients at RSIA Masyita Makassar.

METHOD

Research Design

This type of study used in this research was quantitative. This study established a pre-experimental one-group pre-test-post-test without control design with therapeutic intervention giving finger-grip relaxation techniques. Pre-experimental one group pretest-posttest without control approach involving only one sample group by comparing the results of the Pre-experimental one group pretest-posttest without control.

Sample & Sampling Technique

The population is the entire research object or subject under study (11). In this study, the people referred to were all pre-Section Caesarean mothers who gave birth at RSIA Masyita Makassar as many as 40 patients.

Samples are an affordable population that can be used as research subjects through sampling. While sampling is selecting the portion of the people that can represent the existing population (11). This study used a sampling method, namely accidental sampling. The sampling is based on specific considerations made by the research, based on previously known characteristics of the population or meeting inclusion criteria. For simple experimental and group study that uses the experimental group and the control group, the number of sample members is 10-20 each (11).

Research Instrument

The research instrument used patient data at RSIA Masyita Makassar to determine the study population and the research subjects to be given treatment through finger grip relaxation techniques. Observation sheets to assess the anxiety experienced by patients and asked some questions to decide on the level of stress. After the relaxation technique will be given an observation sheet to determine the difference in anxiety before and after being given a finger grip relaxation technique.

Data Analysis

Univariate analysis was carried out on each research variable to see the frequency distribution and percentage of each variable studied. Bivariate analysis was used to determine the effect between the independent and dependent variables. Then the paired t-test statistical test sample was used with a significance level of $\alpha = 0.05$. It was indicated that there is no influence of the independent variable with the dependent variable.

RESULTS

Distribution of anxiety level

Table 1. Distribution of anxiety level before receiving the intervention

Anxiety Level	N	%
Mild	2	20.0
Moderate	6	60.0
Severe	2	30.0
Total	10	100

Table 1 shows that the mother's level of anxiety before being given the finger grip relaxation technique was mainly classified as moderate with 6 people (60.0%). In contrast, a small proportion is classified as mild, namely 2 people (20.0%), and severe, namely as many as 2 people (20.0%).

Distribution of anxiety level after receiving the intervention

Table 2 shows that the level of anxiety after being given finger grip relaxation techniques mainly was classified as mild, namely as much as 8 favorable (80.0%). In contrast, a small proportion was classified as moderate, namely as much as 2 (20.0%).

Table 2. Distribution of anxiety level after receiving the intervention

Anxiety Level	N	%
Mild	8	80.0
Moderate	2	20.0
Severe	0	0
Total	10	100

Effect of Finger Grip Relaxation Technique Therapy on Anxiety of Sectio Caesarea

Based on Table 3, it is known that the effect of finger grip relaxation techniques on the anxiety of the Sectio cesarean mother. It can be seen from the value of t-count (6,771) > t-Table (1.38333). The standard definition was pre (± 4.56) while post (± 2.95). The results of statistical tests (paired-sample t-test) obtained p-value = value of $0.000 < \alpha = 0.05$. it was indicated that the finger grip relaxation technique effectively reduced anxiety.

Table 3. Effect of Finger Grip Relaxation Technique Therapy on Anxiety of Sectio Caesarea

Anxiety	Mean	SD	t	P-
Pre-test	28.8	± 4.56	6.771	0.000
Post-test	17.4	± 2.95		

DISCUSSION

Based on the results of data processing carried out intending to know the effectiveness of finger grip relaxation techniques on reducing anxiety in preoperative section cesarean patients at RSIA Masyita Makassar, this researcher discussion is described as follows:

Anxiety Level of Mother before Being Given Finger Grip Relaxation

Based on Table 1 shows that the level of anxiety in the mother before being given the finger grip relaxation technique was mainly classified as mild, namely (60.0%). In comparison, a small proportion was classified as severe (20.0%). According to (7)

theory in 2018, anxiety will arise because something is unclear or unknown, resulting in an uneasy feeling, worry, or fear.

One of the non-pharmacological treatments that can be done is the finger grip relaxation technique (8). Finger-held relaxation technique is an easy way to manage emotions and develop emotional intelligence. Finger grasping relaxation techniques help the body, mind, and spirit to achieve relaxation. Initial data collection was carried out at RSIA Masyita Makassar in 2019. There were 40 cesarean section patients. The observations were made on two women with section Caesarea; it turned out that there was anxiety in the first pre-sectio cesarean mother because of the first time doing sectio Caesarea, and the second mother was worried about baby in the womb.

The results of this study are in line with research conducted by (10) entitled the effect of finger grip relaxation techniques on reducing anxiety in preoperative Sectio cesarean patients. The control group (56.3%) was in the treatment group. This study used finger grip relaxation techniques, and the above study used a control group and a treatment group. While the research studied was the treatment group, and the results were in line with the research conducted by (10) entitled the effect of finger grip relaxation techniques on reducing anxiety in preoperative Sectio cesarean patients.

Researchers assume that anxiety is often felt or experienced by mothers before performing a cesarean section. The pressure is handled such as tension, fear, sleep disturbances, intelligence disorders, and feelings of depression. Along with depression, difficulty swallowing, dryness, stiffness, headache, shaking teeth, sadness, anxiety, etc. However, they find it challenging to find the best and healthy way to handle it, such as massage (finger grip relaxation technique), so they need a learning suppressor.

The mother experiences anxiety due

to the surgery. It is always on her mind, and she worries about her child's condition when performing the surgery. Imagining what will happen when performing surgery is a factor that can affect maternal anxiety. Mothers who have never had a cesarean section are more prone to anxiety than mothers who have had a cesarean section. However, mothers who have had sectio Caesarea can also feel anxious due to previous experiences. The impact of anxiety experienced by the mother due to bleeding requires several bags of blood that the mother needs.

Anxiety Level of Mother after Being Given Finger Grip Relaxation

Table 2 shows that the level of anxiety after being given a finger grip relaxation technique was classified as light, namely (80.0%), while a small proportion was classified as moderate (20.0%). The results of this study are in line with research conducted by (10) entitled the effect of finger grip relaxation techniques on reducing anxiety in preoperative Sectio cesarean patients. The results show that after being given treatment in the treatment group, 4 patients (25.0%) were not anxious, 11 patients (68.8%) with mild anxiety, 1 patient (6.3%) with moderate anxiety, and none had severe anxiety. In the control group, 1 patient (6.3%) was not anxious, 10 patients (62.5%) had mild anxiety, 5 patients (31.3%) had moderate anxiety, and none had severe anxiety.

According to the researcher's assumptions, the finger grip relaxation technique was very effective given to mothers before cesarean section who experience anxiety compared to taking drugs, primarily pharmacological. Besides their excellent benefits, they also have almost no side effects. The reduction in maternal anxiety was caused by the finger grip relaxation technique that was given to the mother. The finger grip relaxation technique as technique has many

advantages and disadvantages. Generally, mothers do not know the finger grip relaxation techniques how to do the relaxation techniques. After doing the finger grip relaxation techniques, it turns out to reduce anxiety. The mother feels relaxed and wants to sleep after the finger grasping. The mother wants to feel the finger grip relaxation technique again. The finger grip relaxation technique invites the mother's interest and attention to express her feelings and emotions, and the mother's anxiety tends to decrease.

The effect of finger grip relaxation techniques on reducing anxiety in preoperative cesarean section patients

Based on the results of statistical tests (paired sample t-test), the value of $p = \text{value } 0.000 (<0.05)$ was obtained. It was indicated that finger grip relaxation techniques' effectiveness in reducing anxiety in preoperative section cesarean patients. The results of this study are not in line with research conducted by (10) entitled the effect of finger grip relaxation techniques on reducing anxiety in preoperative Sectio cesarean patients. the control group did not experience a significant decrease. In the control group, the pre-test average was 19.63, while the post-test average was 19.06, this showed a minimal decline, and it was not significant. In the treatment group, the average before treatment was 19.94 after treatment decreased to 16.19. The results of hypothesis testing ($p < 0.05$) proved that the finger grip relaxation technique was significant. It can be seen from the statistical results $p = \text{Value } 0.000 (<0.05)$.

One of the non-pharmacological treatments that can be done is finger grip relaxation techniques (8). Finger-held relaxation techniques are easy to manage emotions and develop emotional intelligence. Along with the fingers of our hands are energy channels or meridians connected to various organs and emotions.

The points of reflection on the hand provide reflex (spontaneous) stimulation at the grip time. These stimuli will send a shock wave of electricity to the brain. These waves are received by the brain, processed quickly, and forwarded to the nerves in the affected organ. Therefore, blockage in the energy pathway becomes smooth. Finger grasping relaxation techniques help the body, mind, and spirit to achieve relaxation. In the relaxation stage, it will naturally trigger the release of endorphins. This hormone is a natural analgesic from the body, reducing the bad effects of stress and pain.

According to the researcher's assumptions, anxiety can be overcome with relaxation techniques such as finger grip relaxation techniques without taking pharmacological drugs. It is proved by the research results conducted by the researcher. Before the finger grip relaxation technique was applied in the cesarean section, the anxiety level was measured through the observation sheet that showed moderate and severe anxiety levels. Finger grasping relaxation techniques were carried out. The results were: the level of anxiety that is felt can decrease, namely to a mild stress level.

The finger-grip relaxation technique for cesarean section is straightforward and does not require expensive costs. The finger grip relaxation technique will stimulate the mind's imagination and relax the mother to create something like calmness that can attract the mother's interest and attention. Mother can express feelings and express emotions with finger grip relaxation techniques. Finger grasping relaxation techniques can reduce maternal anxiety. After being given a finger grip relaxation technique, there is the effectiveness of the finger grip technique, because after giving the finger grip relaxation technique. Meanwhile, before the finger grip relaxation technique, a fraction is classified as heavy, namely two people, and after being given the finger grip relaxation technique, there was no severe anxiety. Severe anxiety

decreased to moderate stress, and moderate pressure decreased to mild anxiety.

CONCLUSION

Based on the results of research conducted at RSIA Masyita Makassar, it can be concluded that:

1. Before being given the finger grip relaxation technique, the anxiety level experienced mild anxiety, moderate anxiety, and severe anxiety.
2. The anxiety level after being given finger grip relaxation techniques, most of them experienced mild anxiety, and a small proportion experienced moderate fear and no severe anxiety.
3. There is an effect of the effectiveness of finger grips on reducing anxiety.

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