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APPLICATION OF MINDFULNESS THERAPY IN REDUCING ANXIETY IN CHRONIC KIDNEY FAILURE PATIENTS UNDERGOING HEMODIALYSIS THERAPY

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Abstract

Chronic Kidney Failure (CKD) is a disease with a problem of decreased kidney function that has a global impact. Hemodialysis is a long-term therapy as the first choice and is often applied to clients with chronic kidney failure in addition to peritoneal dialysis or kidney transplantation. In the management of Hemodialysis therapy, patient dependence on the hemodialysis machine results in changes in roles, changes in work, economic life, social life, and income, which result in stressors that can cause anxiety in patients. Mindfulness helps patients overcome difficult times and encourages and enhances their moments of joy. This can allow them to put anxiety in its place and make it a small part of life. This study aims to determine the application of mindfulness to overcome anxiety in patients undergoing Hemodialysis. The data collection method was carried out by observation, interviews, nursing interventions, implementation, and nursing documentation carried out on two clients with CKD who were undergoing Hemodialysis. After the implementation of the intervention for 3x24 hours, the study's results showed a significant difference in the range of anxiety before and after Mindfulness therapy. The conclusion of this study states that mindfulness therapy is very effective in reducing the level of anxiety experienced by hemodialysis patients.

Keywords: *Anxiety, chronic kidney failure, hemodialysis, mindfulness.*

INRODUCTION

Chronic Kidney Failure occurs due to disorders in kidney function that cause death when it has entered the final stage because the body cannot maintain fluid and electrolyte balance (Rahayu et al., 2018). Renal replacement therapy for patients with Chronic Kidney Failure can be done in several ways, such as kidney transplantation, peritoneal dialysis, and Hemodialysis. The purpose of this therapy is not only helpful in prolonging life expectancy but also in improving the patient's quality of life and preventing death due to Chronic Kidney Failure. However, the public needs to know that Hemodialysis cannot cure Chronic Kidney Failure.

Anxiety is an unpleasant emotional state (Dorland, 2020) and often occurs in patients with chronic diseases, one of which is Chronic Kidney Failure. Lifelong dependence on the Hemodialysis machine, relatively high treatment costs, the threat of death, ignorance of the final results of therapy, and decreased quality of life are triggers for intrapsychic conflict that results in psychological disorders in the form of anxiety in patients undergoing Hemodialysis. The feeling of anxiety felt by

patients will appear marked by sleep disturbances before undergoing Hemodialysis, poor mood, unclear physical complaints, confusion, and anxiety. If left untreated, this will cause more severe psychological disorders or depression.

Feelings of anxiety in hemodialysis patients arise because treatment must be carried out for life, and patients are very dependent on machines that are complicated, time-consuming, and relatively expensive to operate (Meiningrum, 2017). The patient's dependence on the Hemodialysis machine causes changes in roles and changes in terms of work, economy, social life, and income, which cause psychological stress and can cause anxiety in Hemodialysis patients. Chronic Kidney Failure patients undergo Hemodialysis for their survival by undergoing routine Hemodialysis 2 times a week. The anxiety experienced by patients when undergoing Hemodialysis can worsen the patient's condition and can result in more serious risks and increase the potential for death (Kamil et al., 2018). Anxiety and mental health problems are things that can cause costly health burdens with adverse physical and psychological effects that can be life-threatening for patients (Cholina, 2020). The application of Mindfulness therapy is very effective in reducing anxiety levels in chronic kidney disease patients undergoing dialysis. Although anxiety may feel unavoidable, Mindfulness practices can provide significant benefits for psychological, cognitive, and physical health and manage the experience of anxiety (Jeremy Sutton, 2022). Mindfulness helps Patients cope with difficult times and encourage and enhance their moments of joy. This can allow them to put anxiety in its place and make it a small part of life.

METHODS

This study is a case study involving two subjects to determine the condition before and after Mindfulness therapy was given to the anxiety level of Chronic Kidney Failure patients undergoing hemodialysis. In this design, the first observations (pre-tests) were conducted, allowing researchers to test the changes after the experiment. The sample selection technique was randomly taken from Chronic Kidney Failure patients undergoing Hemodialysis at RSUD H. dr. Jusuf SK. After that, an assessment and measurement of the anxiety level were carried out before and after mindfulness therapy was carried out using HARS and was carried out for three interventions.

RESULTS

Based on the assessment of the care carried out, 2 CKD patients were obtained who would undergo Hemodialysis, namely Mr. A, who was 49 years old, and Mr. M, who was 54 years old. Both patients suffered from stage V CKD and had to undergo Hemodialysis. In 2 patients who would undergo Hemodialysis, they said they felt anxious and worried about the disease they were experiencing. The patient complained of not being able to cope with his current condition. The patient said he did not understand his illness and how to deal with it. The patient said he was afraid of having to undergo Hemodialysis for life. The patient looked tense while undergoing Hemodialysis. During

the patient assessment, an assessment was carried out using the HARS scale, and the results were obtained in 2 patients with CKD who would undergo Hemodialysis, namely the patient before being given Mindfulness therapy experienced anxiety with a moderate anxiety category.

Based on the data from the assessment results carried out on 2 CKD patients who would undergo Hemodialysis, a diagnosis of murder was obtained in the two patients, namely Anxiety, which was marked by the patient saying anxious, the patient looking worried, the patient looking tense. CKD patients who will undergo Hemodialysis were measured using the HARS scale, and the results were that Mr. A had a HARS score of 22 and Mr. M had a HARS score of 26. Based on these results, it can be proven that CKD patients who will undergo Hemodialysis before being given Mindfulness therapy experience moderate anxiety.

Based on the study's results, CKD patients who will undergo Hemodialysis feel anxious and worried about the condition of the illness they are facing. Based on the study results, it can be proven that there are differences in the HARS score results on the first day, second day, and third day before mindfulness therapy. The feelings of anxiety and worry that occur in CKD patients are caused by patients not knowing enough about the Hemodialysis procedure that will be carried out. CKD patients who will undergo Hemodialysis after being given Mindfulness therapy measured using the HARS scale on the first day, namely Mr. A, the HARS score was 18; on the second day, the HARS score was 13, and on the third day, the HARS score was 8. The second patient, Mr. M, got a HARS score after being given mindfulness therapy. On the first day, the HARS score was 20; on the second day, the HARS score was 15; and on the third day, the HARS score was 10.

DISCUSSION

Two patients who had been taught Mindfullness therapy said that their feelings of anxiety and worry had decreased after being taught Mindfullness therapy; the patient felt that after acting, their sleep became comfortable, and the patient was able to teach Mindfullness therapy independently. This is based on research conducted by Astuti (2022), which stated that the results of the Wilcoxon statistical test in this study obtained a p-value = 0.000. This means that mindfulness therapy is effective in reducing anxiety levels in chronic kidney failure patients undergoing Hemodialysis.

Based on these results, it can be proven that in patients who experience anxiety after being given mindfulness therapy, their anxiety levels decrease. This is proven that after the patient underwent Mindfulness therapy, the patient said that his anxiety decreased. It was seen that the patient was not too tense and could concentrate better. This was also proven in the study of F Syamsudin (2023), which stated that the application of Mindfulness-Based Stress Recognition Intervention on the level of anxiety of CKD patients had a significant effect with p-value = 0.005 <0.05 and a decrease in anxiety levels by 1 level.

Patients who have undergone Mindfulness therapy feel relaxed and comfortable. In addition, mindfulness therapy can also improve sleep quality in CKD patients, as evidenced by the fact that

after mindfulness therapy, patients feel comfortable and calm while undergoing Hemodialysis. CKD patients who will undergo Hemodialysis before and after being given Mindfullness therapy experienced a decrease after being given Mindfullness therapy for three interventions on different days. This study is in line with research conducted by Setia Rana (2023), stating that Mindfulness therapy is very effective in reducing anxiety levels experienced by hemodialysis patients, and is also reinforced by research by Syamsudin (2023), which concluded that there was a significant effect of MBSR therapy on reducing anxiety levels by 1 level. Another study in Canada showed that short meditation interventions are feasible to be applied in the hemodialysis process (Thomas, 2017).

CONCLUSION

There is a difference in the range of anxiety before and after mindfulness therapy. Patients, after mindfulness therapy, become relaxed and calm so that the level of anxiety decreases from the category of moderate anxiety to mild anxiety. So before the patient undergoes Hemodialysis, anxiety management is needed by conducting mindfulness therapy, which is proven to Help patients feel relaxed and can reduce the range of anxiety, which has a good impact and smoothness of Hemodialysis. This research is expected to contribute to the applied actions needed to carry out comprehensive nursing care, especially in providing complementary therapy, one of which is Mindfulness therapy to reduce anxiety in CKD patients.

CONFLICT OF INTEREST

Authors declare no conflict of interest.

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