

The Effect of Benson Relaxation Therapy to Reduction Anxiety on Premenstrual Syndrome

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The Effect of Benson Relaxation Therapy to Reduction Anxiety on Premenstrual Syndrome

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ABSTRACT

Premenstruation syndrome as a situation where a number of symptoms occurs routinely associated with the menstrual cycle. The symptoms that often occur are anxiety and fear. Benson relaxation therapy as one of the ways to reduce anxiety. This study aims to investigate the effect of Benson relaxation therapy to reduce anxiety on premenstrual syndrome. This study was a Quasi-experimental with pretest-posttest control group design. The subjects in this study of adolescents with premenstrual syndrome in As'adiyah Dormitory, Pondok Pesantren Darul Ulum Jombang amounted to 40 respondents. The sampling techniques were Purposive Sampling. Data collection using questionnaire SPAF and SRAS. They were analyzed using Wilcoxon and Mann-Whitney test. The results showed in the treatment group that there was an effect of Benson relaxation therapy to reduce anxiety on premenstrual syndrome (0.003), the control group obtained a p-value 0.059 which means that there was no influence. Based on Mann-Whitney test obtained a p-value 0.000 which means there is a significant difference between the treatment group and the control group. The results of this study that there is the influence of Benson relaxation therapy to reduce anxiety on premenstrual syndrome. Benson relaxation therapy proved to be a non-pharmacological treatment to reduce anxiety on premenstrual syndrome.

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I. INTRODUCTION

Adolescence is a period of rapid growth and development in the physical, emotional, cognitive and social aspects. In young women there will be sexual maturity marked by the arrival of the first menstruation or menarche. Towards or during menstruation, women may experience stiffness or seizures, abdominal cramps, breast pain, sadness and want to get angry. Such events are called premenstrual syndrome (PMS) or menstrual syndrome [1,9]. Physical and emotional symptoms of premenstrual syndrome, there are women suffering from depression and anxiety. About seven to ten days before the onset of the menstrual period, women who suffer from premenstrual syndrome are suffering from stress and other stresses then the premenstrual syndrome may be prolonged. Many of the symptoms of premenstrual syndrome are so severe that normal female function and interpersonal relationships are impaired and there may be psychological disorders during premenstrual syndrome [2].

The results of the study on the level of anxiety in adolescents who experienced premenstrual syndrome showed that most students of Muhammadiyah School 1 Surakarta experienced moderate anxiety level during premenstrual syndrome (68.8%), while at least severe anxiety was 1 respondent (0.9%). This is due to many students who feel anxious when approaching or facing premenstrual syndrome so there is a tendency of respondents that the lighter the anxiety level the lighter the premenstrual rate of syndrome [2]. Based on a preliminary study conducted at As'adiyah Dormitory in Pesantren Darul Ulum Jombang as 22 adolescent experienced premenstrual syndrome. Those who have premenstrual syndrome say annoying feelings such as anxiety, fear, anxiety and fatigue from their premenstrual syndrome.

One of the nonpharmacologic attempts to decrease anxiety is benson relaxation therapy. Benson relaxation therapy is a development of a respiratory relaxation response method involving patient confidence factors that can create an internal environment so as to help patients achieve health and wellbeing conditions. This study aim to investigate the effect of benson relaxation therapy to reduction anxiety on *premenstrual syndrome*.

II. METHOD

This study was a *Quasy-experimental* with *pre¹-posttest control group design*. The subjects in this study of adolescents with *premenstrual syndrome* in As'adiyah Dormitory, Pondok Pesantren Darul Ulum Jombang amounted 40 respondents. Variable in this study was *benson relaxation therapy* and anxiety. The sampling techniques were *Purposive Sampling*. Data collection using questionnaire *Shortened Premenstrual Assessment Form (SPAF)* and *Zung Self Rating Anxiety Scale (SRAS)*. The were analyzed using *Wilcoxon* and *Mann-Whitney test* [7,8].

III. RESULTS AND DISCUSSION

Tabel 3.1 The level of adolenscent anxiety with Premenstrual Syndrome.

No	Anxiety	Treatment		Control	
		N	%	N	%
1	Mild	1	6	4	22
2	Moderate	12	56	12	56
3	High	5	28	3	17
4	Panic	2	11	1	6
Total		20		20	

Tabel 3.2 The Level of Adolescent Anxiety with Premenstrual Syndrome after treatment Benson Relaxation Therapy

No	Anxiety	Treatment		Control	
		N	%	N	%
1	Mild	11	50	8	44
2	Moderate	8	44	10	44
3	High	1	6	2	11
4	Panic	0	0	0	0
Total		20		20	

Tabel 3.3 The effect of Benson Relaxation Therapy to Reduction Anxiety on Premenstrual Syndrome

No	Anxiety	Treatment				Control			
		Before		After		Before		After	
		N	%	N	%	N	%	N	%
1	Mild	1	6	11	50	4	22	8	44
2	Moderate	12	56	8	44	12	56	10	44
3	High	5	28	1	6	3	17	2	11
4	Panic	2	11	0	0	1	6	0	0
<i>Wilcoxon Test</i>		$p = 0,003$				$p = 0,059$			

Tabel 3.4 The effect of Benson Relaxation Therapy to Reduction Anxiety on Premenstrual Syndrome

No	Anxiety	Treatment				Control			
		Before		After		Before		After	
		N	%	N	%	N	%	N	%
1	Mild	1	6	11	50	4	22	8	44
2	Medium	12	56	8	44	12	56	10	44
3	High	5	28	1	6	3	17	2	11
4	Panic	2	11	0	0	1	6	0	0
<i>Mann-Whitney Test</i>		$p = 0,000$							

IV. DISCUSSION

4.1 The Level of Adolescent Anxiety with Premenstrual Syndrome at As'adiyah Dormitory in Pesantren Tinggi Darul Ulum Jombang.

Based on table 3.1 shows that the anxiety of adolescents who experienced premenstrual syndrome after benson relaxation therapy in the treatment group of 12 respondents mostly on the level of moderate anxiety while in the control group without benson relaxation therapy mostly 12 respondents on the level of moderate anxiety.

Anxiety is an unclear and widespread concern associated with feelings of uncertainty and helplessness, no object can be identified as anxiety stimulation, anxiety has two aspects of healthy aspects and aspects of harm, which depend on the level of anxiety and the length of anxiety that experienced in every individual [3].

This study is in accordance with research conducted by Wahyuni, (2014) that the existence of trigger factors that affect anxiety can cause a person to experience emotion [2]. The deterrent factor stems from threats to one's integrity including impending physiological inability or decreased capacity for daily life activities, as well as lack of control over actual circumstances.

4.2 The Level of Adolescent Anxiety with Premenstrual Syndrome after treatment Benson Relaxation Therapy

Based on the table 3.2 shows that adolescent anxiety experienced premenstrual syndrome after benson relaxation therapy in treatment group most of respondent at level of mild anxiety while in control group without being given relaxation therapy half of respondent experience moderate anxiety level.

Benson relaxation therapy gives rise to a state of calm and relaxation, where the brain waves begin to slow down which will eventually make a person able to rest quietly. This happens when the individual begins to lie down and follow the relaxation instructions that is the stage of muscle

relaxation of the head to the legs. Furthermore, in a relaxed state began to close his eyes, when the frequency of brain waves that appear begin to slow down and become more organized. At this stage individuals begin to feel relaxed and passively followed the situation so as to suppress the feeling of tension that is in the body [4].

Result in this study showed that the treatment group and the control group experienced differences and decreased anxiety in adolescents who experienced premenstrual syndrome. Benson relaxation technique is a relaxation technique combined with beliefs held by the patient, benson relaxation will inhibit sympathetic nerve activity that can decrease oxygen consumption by the body and then the body muscles become relaxed, causing a feeling of calm and comfort. Benson relaxation can be useful for relieving anxiety, insomnia or pain. Relaxation aims to overcome or reduce anxiety-lowering muscle and bone tension, the benefits of benson relaxation are proven to modulate stress-related conditions such as anger, anxiety and a feeling of calmness [5].

4.3 The effect of Benson Relaxation Therapy to Reduction Anxiety on Premenstrual Syndrome

Based on the table 3.3 that from the *Wilcoxon test* on the treatment group obtained $P = 0.003$. This suggests that there is a significant effect on the anxiety of adolescents who have premenstrual syndrome before and after benson relaxation therapy. The control group obtained $P = 0.059$. This suggests that there is no significant effect on the anxiety of adolescents who have premenstrual syndrome before and after on the control group.

Based on the table 3.4 that from the *Mann-Whitney test* in the treatment group and the control group obtained $P = 0.000$. This results means that there is a significant difference between the treatment group and the control group. In this study the treatment group showed that there is effect before and after benson relaxation therapy. This is because in benson relaxation therapy consists of mental devices to move the mind that is outside of self, there must be constant stimulation. The stimulus is a short word or phrase that is repeated in accordance with the belief. A short word or phrase is a focus on doing benson relaxation therapy [5].

The benefits of benson relaxation in addition to benefiting from relaxation also benefit from the use of beliefs such as adding to the faith, and possibly gaining transcendental experiences. Individuals experiencing tension and anxiety that work are sympathetic nerves, while at the time of working relaxation is the parasympathetic nerve, thus relaxation can suppress the feeling of tension and anxiety [4]. This study is also similar with research conducted by Riska *et.al.*, (2012) on anxiety in cervical cancer patients by using benson relaxation more effectively to decrease anxiety [6].

V. CONCLUSION

The conclusion of this study is: 1)Anxiety in adolescents who have premenstrual syndrome before was given benson relaxation therapy on the treatment group and control group experienced mostly moderate anxiety, 2)Anxiety in adolescent who experienced premenstrual syndrome after benson relaxation therapy mostly experienced mild anxiety level, 3)There is an effect of benson relaxation therapy to reduction anxiety on adolescents who have premenstrual syndrome.

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