



THE 3rd INTERNATIONAL CONFERENCE ON HEALTH SCIENCE 2016

"Optimizing the Mental Health under SDGs"

Poltekkes Kemenkes Yogyakarta

PROCEEDING BOOK

**Inna Garuda Hotel Yogyakarta, Indonesia
November, 6th 2016**

MEDITATION-DZIKIR EFFECT ON ANXIETY IN PATIENTS' FAMILY WHO WILL GET PERCUTANEUS TRANSLUMINASI CORONARY ARTERY

Harmilah¹, Subroto²

Email: harmilah2006@yahoo.com

ABSTRACT

Background. Coronary heart disease is the leading cause of death and the first in a developing country, replacing the death due to infectious disease management that can quickly lead to problems for patients who have difficulty in deciding that can increase feelings of anxiety. Meditation-dzikir is one of nonpharmacological measures to lower systolic blood pressure, pulse, frequency of breathing, meditation are also effective for people who are experiencing stress, anxiety. **Objective of research.** To determine the effect of Meditation-Dzikir to anxiety in families of patients who will get Percutaneous Transluminasi Coronary Artery (PTCA). **Method** : Quasi experimental research design with "Pre-Post Test with Control". The sampling used systematic random sampling technique. Inclusion criteria: 1. Family (Wife) Patients who get PTCA, 2. Husband / Wife, 3. Willing to be a subject of research by signing an informed consent. Exclusion criteria: the families of patients undergoing PTCA with bleeding complications. Number of samples were 32 people in treatment group, and 32 people in control group. Analysis of the data using the Mann-Whitney Test. **Results** : There was a mean reduction in anxiety 46.97 p value = 0.000 ($\alpha < 0.05$), in the treatment group (post-test) after administration of Meditation - Dzikir for 30 minutes. **Conclusion** : There is a significant difference in decreasing of anxiety in families who did meditation-dzikir for 30 minutes. **Suggestions:** To reduce of the anxiety, meditation-dzikir can be performed for 30 minutes.

Keywords: meditation-dzikir, anxiety

1. Lecturer in Department of Nursing Health Polytechnic of Yogyakarta
2. Sardjito Hospital Yogyakarta

BACKGROUND

Coronary heart disease (CHD) is a main and the first cause of death in developing country, replacing the death due to infectious disease management. The prevalence of CHD is increasing. 1.57 million patients is treated every year related to the increasing of various risk factors and unhealthy life style. One of CHD is Accute Coronary Sindrome (ACS), most of the death in ACS happen in 2 hours in the beginning of the attack and before getting treatment in hospital so it needs a fast and effective management strategy. Fast management causes anxiety for the patient and the family.¹

Role of the patient's family that has to undergo PTCA therapy is very needed in giving support system for patient and accompany patient during the therapy so that they can feel comfortable and secure, and also it can increase their psychological status.

Meditation is a technique or exercise method that is used to train the attention and increase consciousness level, so that mental processes can be more control able consciously to develop internal world or inner world and enrich life meaning for them. Meditation can increase confidence, elf control, emphati and actualization. Besides, meditation is also effective for people with stress, anxiety, phobia and insomnia.²

PROCEEDING BOOK

THE 3rd
INTERNATIONAL CONFERENCE
ON HEALTH SCIENCE 2016

ISBN 978-602-766027-2



9 786027 271617