

The Effect of Auditory Stimulation Spiritual Emotional Freedom – Technique Care (ASSEF-TC) Towards Elderly Anxiety in Werdha Nursing Home Surabaya

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Abstract--- *The problem that often occurs in the elderly is anxiety, and if it happens continuously, depression, other emotional illnesses, and even physical illness may occur. Decreasing the degree of stress can be done with several techniques, including Auditory Stimulation Care (ASC) and Spiritual Emotional Freedom Technique (SEFT). The researcher combines these two techniques, which expected to provide a more optimal effect. This study aims to analyze the impact of ASSEF-TC on elderly anxiety in Werdha Nursing home Surabaya. This research uses to experiment with one group of pre-post designs. The number of the population was 36, and the sample was 17 respondents using purposive sampling. The independent variable is the ASSEF-TC, and the dependent variable is the anxiety level. The data collection instruments used the questionnaire of the Geriatric Anxiety Inventory (GAI) and were analyzed with the Wilcoxon sign rank test ($\alpha=0.05$). The results showed the scale of respondents' anxiety after being given ASSEF-TC technique for 15 consecutive days decreased. The analysis test using the Wilcoxon sign rank test indicates that there is an effect of the ASSEF-TC technique on elderly anxiety ($p=0.000$). This study found that there is a significant effect of the ASSEF-TC technique on reducing stress in the elderly. From the result of the study, it is hoped that the board management can implement the ASSEF-TC method to reduce the degree of anxiety of the elderly regularly.*

Keywords--- *anxiety, auditory stimulation spiritual emotional freedom-technique care (ASSEF-TC), elderly*

I. INTRODUCTION

The elderly are the age group that experiences the highest anxiety rate of 50% in developing countries in the world [1]. East Java is the second province which has the highest number of elderly in Indonesia after Yogyakarta by 13.04%. Surabaya is also the city with the highest prevalence of the elderly in East Java at 12.95% percentage. The increasing population of the elderly needs to be balanced by programs aimed at the elderly so that they can play a role in the development and not become a burden on society [2]. Psychological changes that are common in the elderly are feeling strange, post power syndrome, diseases, and economic problems that cause anxiety [3]. Stress is a disorder of feeling characterized by too much and further fear [4]. If anxiety is not treated, it will be worse and cause the elderly's condition to be weaker [5]. The anxiety level of the elderly in Werdha nursing home is at 60.7% [6]. Based on the preliminary study conducted by the researcher in Werdha nursing home by an interview, the head of the house estimated that more than 70% of the elderly have anxiety.

Various techniques such as autogenic relaxation, progressive muscles, guided imagination are proven to reduce anxiety in the elderly [7]–[11]. One intervention to overcome stress is Spiritual Emotional Freedom Technique (SEFT). It has been applied to students who are worried because of math [12]–[14]. SEFT has the advantage of tapping to smooth the

body's energy flow and tune in to stimulate that everything is given up and given to God. A knock on the SEFT expands energy flow. It affects the decrease of amygdala activity in the limbic system of the brain, which is the system that affects emotions, including anxiety [15]. This decrease raises positive perceptions and eliminates negative attitudes, thereby increasing body responses and coping, and then the stress drops. Another technique is Auditory Stimulation Care (ASC), which has the advantage of stimulating the sense of hearing sending signals to the brain for positive suggestions. By encouraging humans' auditory, which can transmit vibrations to the brain so that the anxiety will reduce [16]–[18]. However, the combination of SEFT (Spiritual Emotional Freedom Technique) and ASC (Auditory Stimulation Care) or ASSEF-TC on the elderly anxiety in the nursing home still needs to be figured.

Roy's nursing theory explains that humans are as a system that is interconnected and has input, control, and output. The control process is coping, which is manifested as self-adjustment [19]. This theory can be applied in this research that the elderly can adjust anxiety because of the treatment and produce an effective coping mechanism by building positive perceptions and removing negative attitudes so that elderly stress decreases.

Based on the background, the ASSEF-TC mechanism as a non-pharmacological intervention to reduce the level of anxiety of the elderly who live in homes. Therefore, the researcher wants to know the effect of ASSEF-TC on the fear of the elderly who live in nursing homes Surabaya.

AI. METHODS

This study uses a pre-experimental (one-group pre-posttest design). The samples of this study consist of 17 elderly in Werdha nursing home Surabaya who have anxiety. The sampling technique used was purposive sampling. The independent variable in this study is ASSEF-TC, and the dependent variable in this study is the level or degree of anxiety in the elderly. The instrument in this study was the Geriatric Anxiety Inventory (GAI) questionnaire consisting of 20 items with the Guttman scale "Agree" and "Disagree" with aspects of anxiety in general, namely concerns and anxiety specifically for the elderly. Data from the results of this study will be analyzed using the Wilcoxon Signed Rank Test with a significance value of <0.05. This study was declared to have passed an ethical review and received an ethical approval certificate from the Nursing Faculty of Universitas Airlangga.

BI. RESULT

Table 1. Data on Demographic Characteristics of the Elderly in Werdha Home Surabaya

Characteristics	n	%
Age		
60-70	7	41
>70	10	59
Latest Education		
Elementary	0	0
Junior High	1	6
Senior High	7	41
Academy	9	53
Living Period		
<1 year	5	29
1-5 years	12	71
Latest occupation		
Government employee	5	29
Private employee	10	59
Unemployed	2	12
Leisure Activity		
Talking with others	5	29
Sitting/staying in the bedroom	10	59
Making crafts	2	12

Most of the respondents' age is more than 70 years. Most of the respondents' last education is academy or college, which means their education level is high. Most respondents have lived in a nursing home for 1-5 years. Most respondents previously worked as entrepreneurs, and their leisure activity is only sat quietly in the room.

Table 2. The scale of anxiety level before and after treatment of the elderly in werdha nursing home Surabaya

Anxiety level	Pretest		Post-test	
	n	%	n	%
None	0	0	3	18%
Mild	2	12%	14	82%
Moderate	6	35%	0	0
Severe	7	41%	0	0
Panic	2	12%	0	0
Total	17	100%	17	100%

From the table above, during the pre-test, it was found that the respondents mostly experience severe anxiety, which found in 7 respondents (41%). After the post-test, almost all respondents have mild anxiety, which found in 14 respondents (82%).

Table 3. The anxiety score before and after treatment of the elderly in werdha nursing home Surabaya

Respondent's number	Anxiety Score GAI		
	Pre Test	Post Test	Difference
1	13	2	-11
2	5	0	-5
3	14	4	-10
4	15	3	-12
5	14	1	-13
6	5	0	-5
7	9	1	-8
8	15	3	-12
9	10	1	-9
10	10	2	-8
11	15	1	-14
12	14	1	-13
13	18	2	-16
14	10	1	-9
15	20	3	-17
16	7	0	-7
17	13	1	-12
Mean	12.18	4.217	-11
SD	4.217	1.179	
Wilcoxon Signed-Rank Test	p=0.000		

The difference in decreasing the level of anxiety in the elderly at Werdha nursing home after the ASSEF-TC technique in 15 days in a row is at least five scores, and the highest is 20 scores with an average of 11 scales. The mean reduction before the technique was given was 12.18 and after the method was decreased to 4.217. The statistical test results using the *Wilcoxon Signed Rank Test* shows the value of $p=0.000$, which means there are differences in scale before and after performing the ASSEF-TC technique.

IV. DISCUSSION

Some factors that influence one's anxiety are factors in the level of elderly education, previous work history, and lack of family support [20]–[24]. In addition to these factors, the cause of anxiety is a physical illness or complaints due to the disease, feeling dizzy due to the high blood pressure, feeling pain due to osteoporosis, and rheumatic due to diabetes mellitus. Anxiety is also influenced by health status, medical disorders, or drug use [25]. The progress of the disease process threatens independence and quality of life by burdening the ability to carry out personal care and daily tasks. Separation with family (spouse, children, and grandchildren), makes the elderly feel very anxious. It is because the family is the primary support system in maintaining health loss [26], [27]. The role of the family in taking care of the elderly

includes maintaining and caring for, maintaining and enhancing mental status, anticipating socio-economic changes, as well as providing motivation and facilitating spiritual needs.

The researcher combines these two techniques into one, namely Auditory Stimulation Spiritual Emotional Freedom Technique Care (ASSEF-TC), to be able to reduce the anxiety of the elderly to be more optimal. ASSEF-TC provides a distracting effect that increases endorphins in the control system and creates relaxation, verbal communication vibrations from the source reach the ears, and then spread throughout the body. Cells that are affected by sound vibrations respond by changing their vibrations. Brain cells vibrate and send magnetic and electromagnetic waves that represent brain activity. Brain cells are affected by fluctuations of any type and source. At this stage, sound therapy is applied to reduce anxiety and depression as well as reduce pain due to increased protein in the body and reduce infection [28].

Based on the study results, it is known that there is a decrease in the anxiety level of the elderly who experience anxiety in the nursing home in Surabaya. It proves that there is an effect of ASSEF-TC on decreasing stress among the elderly. The influence of verbal communication on anxiety in dealing with pre-elderly retirement is that there is a significant influence [29]. However, the combination of ASC and SEFT is a new technique that needs to be studied further. In this study, it has been proven that there is an effect of the combination of ASC and SEFT or can be abbreviated ASSEF-TC on the anxiety of the elderly at Werdha nursing home Surabaya.

This research refers to the conceptual framework of Roy's adaptation theory. The vocal stimulus is ASSEF-TC. The vocal incentive is a stimulus that directly adapts to a person and has a strong influence on an individual [19]. Then, the adaptation process continues on the regulator and cognate subsystem. A regulator is a coping process that includes the body's subsystems, namely nerves, chemical processes, and endocrine. Cognition is a person's coping process that consists of four systems, namely knowledge, processing information perception, learning, consideration, and emotions [30]. Someone has a coping mechanism to solve problems, adjust to changes, and respond to threatening situations [31]. Decreased anxiety levels are associated with adaptive responses. The adaptive response is a response where humans can achieve goals or balance the body's system. The maladaptive answer is where humans can not control the balance of the body or can not complete the expected goals [30].

This ASSEF-TC technique causes respondents to process perceptions and information from a researcher from positive and constructive negative emotions and grow spiritual feelings that convince them that anxiety and resentment are lost because they let it go. It is consistent with Roy's theory that one's coping processes include knowledge and emotions, processing of perception and information, and also emotions [19].

The anxiety level of the elderly is on a medium scale, severe, and panic due to various factors such as physical illness, family longing, and not yet adopted in the nursing home. After doing ASSEF-TC, All respondents decrease their anxiety to mild anxiety and no anxiety at all because the respondents accepted the ASSEF-TC technique during 15 times adaptation process and improve their coping.

V. CONCLUSION

Auditory Stimulation Spiritual Emotional Freedom – Technique Care (ASSEF-TC) can reduce anxiety levels in the elderly because it can cause the elderly to be comfortable, relaxed, and sincere about the conditions that cause anxiety.

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