

Benson Relaxation Technique on the Stress in the Elderly at the Neglected Social Service Center of Senja Cerah in Manado

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ABSTRACT

According to the World Health Organization, there are 450 million people in the world experiencing stress. Stress that occurs in the elderly is caused by a cause of stressors, namely in the form of various physical or changes in the life of the elderly in the form of both mental and social changes. Benson relaxation can have a positive impact on reducing stress through relaxation therapy. The purpose of this study was to determine the effect of the Benson Relaxation Technique on Stress Levels in the Elderly at the Senjah Cerah Abandoned Elderly Social Service Center in Manado City. Research conducted using. The research method is Quasi Experimental Design with an experimental one group pretest-posttest design. Samples were taken based on the number of respondents as many as 15 people using non-probability sampling. Data collection was carried out by means of a questionnaire. Furthermore, the collected data was processed using the SPSS version 16.0 computer program for analysis using the Wilcoxon statistical test with a significance level (α) 0,05. The results showed that the highest age frequency was 75-90 years 8 respondents (53.3%), the most sex was female 12 respondents (80.0%), the most length of stay was 7-10 years 7 respondents (46.7%) From the Wilcoxon test results, the value P Value = 0.002 with a significance <0.05. The conclusion in this study is the influence of the Benson Relaxation Technique on Stress Levels in the Elderly at the Senjah Cerah Derelict Elderly Social Service Center in Manado City. Suggestions are expected to increase family visits to the elderly in guest houses

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1. INTRODUCTION

Elderly is someone who has reached the age of 60 (sixty) years and over. According to the Indonesian Central Bureau of Statistics, (2015) Elderly people can be classified into three, namely the young elderly population (60-69 years), the middle elderly population (70-79 years), and the old elderly population (80 years and over). on).

According to the World Health Organization (WHO) there are 450 million people in the world experiencing stress or mental disorders and there are 10% of the total population in Indonesia experiencing stress. The prevalence in Indonesia is estimated that in 2017 there will be 23.66 million elderly people. It is predicted that the elderly population will be in 2020 (27.08) million, in 2025 (33.69 million) .

The aging process often causes various health problems both in general and in mental health. Kuntjocoro, (2015) in Asmaningrum et al., (2014) . Stress is the most vulnerable condition and has the potential to become a source of pressure in life (Stanley and Beare, 2015) .

Stress that occurs in the elderly can be interpreted as pressure caused by a cause of stress or a source of stress (stressor), namely in the form of various changes that demand the adjustment of the elderly. Stress in the elderly has a level, which can be interpreted as low or high pressure due to stressors experienced by the elderly in the form of changes both mental, social, or physical in the lives of the elderly. Unpreparedness that occurs in the elderly against changes that demand adjustments results in individuals in a losing position and only causes a source of stress in the elderly (*Indriana et al., 2014*).

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Relaxation is an effort to free the mind and body from tension through conscious practice and effort. When discomfort occurs, relaxation techniques can provide self-control, both emotional and physical stress. Relaxation techniques can be used on individuals who are sick or healthy. Relaxation technique is a preventive measure in making the body to be regenerated every day and refreshed. Individuals who use relaxation techniques correctly will experience some behavioral and physiological changes. Relaxation to be carried out effectively requires individual involvement and cooperation. When someone feels acute discomfort, the application of relaxation techniques will be taught, besides that it also requires concentration (Potter and Perry, 2015).

Based on the initial survey conducted on May 24, 2022, it was found that 48 elderly people were at the Senjah Cerah Elderly Social Service Center in Manado City, with a total of 16 men and 32 women. Interviews were conducted with a number of elderly and implementing nurses, there were found 10 elderly, the elderly who experience anxiety/stress due to conditions during the covid 19 pandemic so they can't go anywhere and they also say that their new elderly have arrived, feel pressured and anxious and the presence of a covid 19 vaccine makes them feel anxious because of their stigma about vaccines still bad, and they also complain of difficulty sleeping, difficulty focusing, on what they are doing and look unenthusiastic, always complaining of missing home and family, sometimes they choose for themselves, and wake up at night feeling confused when asked (forgetful), discouraged and afraid of death.

Based on the description of the problem above, the researcher is interested in conducting research entitled The Influence of Benson's Relaxation Technique on Stress Levels in the Elderly at the Senjah Cerah Elderly Social Service Center, Manado City.

2. METHOD

This study used a Quasi Experimental Design method with a one group pretest-posttest design. This research was carried out at the Social Service Center for the Abandoned Elderly at the Bright Twilight of Manado City on 12-14 July 2022. Using a questionnaire measurement tool, prior to data processing, *informed consent was distributed* (respondents' agreement) *Inform Consent* the first initial step in this study. Before carrying out the research action, the researcher explains the aims and objectives of the researcher, the researcher guarantees that all respondents can understand the goals intended by the researcher and the risks that occur such as how to fill out a questionnaire sheet, research that correctly so that errors do not occur in data processing and *Confidentiality* Researchers have the right to maintain the confidentiality of respondents, so researchers only include names with initials, protect the privacy of respondents as well as documentation that must be confidential by covering the respondent's face, then for the next respondent only the data collected is processed and analyzed using the Wilcoxon statistical test with a significance level (α) 0.05.

3. RESULTS AND DISCUSSION

Table 1 Distribution of respondent characteristics according to age, gender, length of stay at BPSLUT Senja Sunny City of Mando (n = 15)

Characteristics	Number of Respondents	
	Frequency (f)	Percent (%)
Age		
45 - 59 Years	1	6,7
60 - 74 Years	5	33,3
75 - 90 Years	8	53,3
>90 Years	1	6,7
Gender		
Man	3	20.0
Woman	12	80.0
Length of stay		
1-3 Years	6	40.0

4-6 Years	2	13,3
7-10 Years	7	46,7
Total	15	100.0

Table 2 Frequency distribution of respondents based on frequency distribution before and after being given the Benson relaxation technique on stress levels in the elderly (n=15)

Characteristics	Number of Respondents	
	Frequency(f)	Percent (%)
Prior stress level		
light	3	20.0
currently	2	13,3
heavy	10	66,7
Total	15	100
Post stress levels		
light	8	53,3
currently	6	40.0
heavy	1	6,7
Total	15	100

Table 3 Cross Tabulation. The results of the Wilcoxon test data before and after being given the benzon relaxation technique at BPSLUT Bright Twilight, Manado City, 2022 (n = 15) .

Stress level pre	Post Stress Level			Total P	P
	Light Stress	Moderate Stress	Heavy Stress		
Light Stress	3(20.0%)	0(0 .%)	0(0 .%))	3(20.0%)	0.002
Moderate Stress	2(13.3%)	0(0 .%)	0(0 .%))	2(13.3%)	
Heavy Stress	3(20.0%)	6 (40.0%)	1(6.7%)	10(66.7%)	
Total	8(53.3%)	6(40.0%)	1(6.7%)	15 (100.0%)	

Based on the results of Table 1 . The frequency distribution of respondents based on age was mostly 75-90 years as many as 8 respondents (53.3 %) while the least were 45-59 and >90. year as many as 1 respondent (6.7 %) and (6.7%). The frequency distribution of respondents based on gender showed that the most respondents were female, totaling 12 respondents (80.0%) while the least were male, namely 3 respondents (20.0%). The frequency distribution of respondents based on length of stay was at most 7-10 years as many as 7 respondents (46.7%) while at least 4-6 years as many as 2 respondents (13.3%).

Based on the results of table 2. Frequency distribution of respondents based on stress level before being given the Benson relaxation technique as many as 10 respondents experienced severe stress (66.7 %) while the least was moderate stress as many as 2 respondents (13.3%). Frequency distribution of respondents based on stress levels after being given the Benson relaxation technique as many as 8 respondents experienced mild stress (53.3 %) while the least was severe stress as much as 1 respondent (6.7%).

Based on Table 3, the results of the respondents before being given the Benson relaxation technique were 10 respondents experiencing severe stress (66.7%). After being given the Benson relaxation technique, 1 respondent experienced severe stress (6.7%). After an alternative test (Wilcoxon) was carried out because the data were not normal in the normality test so it was continued with an alternative test (Wilcoxon) the result was $p = 0.002 < \alpha = 0.05$ thus it was found that H_0 was rejected and H_a was accepted, which means that there is an effect of the Benson relaxation technique on the level of stress on the elderly in the neglected elderly social service center in the sunny twilight of Manado city.

DISCUSSION

Based on the results of this study, before being given the Benson reaction technique, 10 people experienced severe stress (66.7 %). After being given the Benson relaxation technique, 1 person still experienced severe stress (6.7%). According to Aisah et.al 2016, environmental factors can cause stress in the elderly, as well as the elderly who are different in nursing homes, the causes of their stress include missing their families because they are rarely visited, do not get along with classmates and feel ignored. The elderly are considered family burden so that they are placed in nursing homes. Family factors also play a major role in the occurrence of stress in the elderly. This research is in line with previous research on "The Effect of Benson's Relaxation Technique on Stress Levels in the Elderly in the Inpatient Room of Bayangkara Tebing Tinggi Public Hospital " conducted by Dalimartha (2018) which states that one of the efforts to deal with stress is the relaxation method. This is because relaxation contains elements of self-soothing. This technique is called Benson relaxation, which is a procedure to help individuals deal with stressful situations and efforts to relieve stress.

Based on the results of the study, the distribution of the highest frequency of sex was women, there were 12 respondents with a presentation of 80.0%. That the elderly with the most gender are women, women are more sensitive, this can be seen during research, women complain more, and women rely more on their feelings when exposed to problems than men who use logic. (Riyani H. Sahar 2018).

Based on the results of the research, the most age frequency distribution was 75-90 years, there were 8 respondents with a percentage of 53.3%. The older a person will experience a decrease in all systems in his body. Considering that old age is a period when the organism has reached maturity in size and function which has shown a decline over time. Old age faces many health problems that need to be handled properly, as it is known that entering old age is synonymous with decreased body resistance and experiencing various degenerative diseases that attack. This situation affects the problem of the condition of the elderly's body resistance that they receive from the surrounding environment, so pressure or stressors on the elderly themselves affect feelings of anxiety and stress. Elderly people experience stress easily because the function of the ability to solve problems (coping mechanisms) also decreases (Anderson, 2015 in Rosita 2017).

Wilcoxon alternative test, it showed that there was an effect of the Benson relaxation technique on stress levels in the elderly at the neglected elderly social service center in Manado city, with a value of $p = 0.002$ ($p < 0.05$). In this study, most of the elderly experienced stress. From the results of interviews with researchers at the Senja Sunny Center for Neglected Elderly Social Services (BPSLUT) in Manado City, many elderly people have been away from their families for years either because their families died and were deliberately placed in an orphanage by their families or even personal wishes for various reasons. This research is in line with previous research on "The Influence of Benson Relaxation Techniques on Stress Levels in the Elderly in the Tresna Werdah Banyuwangi Social Service Technical Service Unit (UPT) " conducted by Rofi Syahrizal (2018).

4. CONCLUSION

There is an Influence Between the Benson Relaxation Technique on the Level of Stress in the Elderly at the Social Service Center for the Abandoned Elderly at Bright Dawn, Manado City.

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