

Surgical Medical Nursing Care in Hypertensive Patients with the Application of Benson Relaxation Therapy to Lower Pain Levels in the Nerve Room Rsud Jendral Ahmad Yani Metro City

Miftachur Rohman Lutfi¹, Eko Wardoyo¹, Giri Susanto¹

¹Universitas Aisyah Pringsewu, Lampung, Indonesia

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Corresponding Author :

Miftachur Rohman Lutfi

E-mail :

miftachurrohmanlutfi@gmail.com

Phone Number : 082282760035

ABSTRACT

Background & Objective: The purpose of this study was to determine surgical medical nursing care in hypertensive patients with the application of benson relaxation therapy to reduce the level of nyri in the Nerve Room of Rsud Jendral Ahmad Yani Metro City. **Method:** The method in this scientific work with a descriptive approach to nursing care involving 2 decubitus patients, the instruments used are assessment sheets, head to toe, and pain measurement sheets, the application of acute pain treatment using benson relaxation therapy is carried out for 3 days, with the intensity of administration twice a day for 15 minutes. **Result:** The results of this study found that the main problem that arose in the patient was acute pain, the intervention was arranged by performing benson relaxation therapy, the implementation was carried out for 3 days in the patient, the evaluation of acute pain nursing began to improve on day 3 where when assessing pain obtained a value of 4 and the last day became 2. Recommendations that the author can give are by applying benson relaxation can reduce pain in hypertensive patients and can be done anywhere and anytime without contra indications. **Conclusion:** Benson relaxation therapy can reduce the pain scale in patients suffering from hypertension.

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Introduction

Non-communicable diseases (NCDs) are one of the health problems that are of national and global concern. The NCD problem is not only a health problem, but if it

is not controlled appropriately, correctly and continuously, it will affect national economic resilience, because it is chronic and generally affects productive age. Non-communicable diseases that are a health problem in Indonesia are hypertension and diabetes (Lin & Heri, 2017).

In (Sinubu.R,B 2021) Data released by WHO (2020) shows that around 26.4% of the world's population has hypertension with a ratio of 26.6% of men and 26.1% of women. The number of people with hypertension continues to increase every year, it is estimated that by 2025 there will be 1.5 billion people affected by hypertension, and it is estimated that every year 9.4 million people die from hypertension and its complications (Sinubu.R,B 2021).

In Indonesia in 2023, the prevalence of hypertension based on measurement results in the 18-year-old population was 34.1%, the highest in South Kalimantan (44.1%), while the lowest in Papua was (22.2%). From the prevalence of hypertension of 34.1%, it is known that 8.8% are diagnosed with hypertension and 13.3% of people diagnosed with hypertension do not take medication and 32.3% do not regularly take medication. (Indonesian Ministry of Health, 2023) in (Rusadi et al., 2023). In Lampung Province in 2023 hypertension ranked 1st with 631,510 people or 30.1%. According to Lampung Province SP2Tp data in 2019 hypertension ranked first in circulatory system diseases with 55,141 of 83,780 people with circulatory system diseases or 65.816% (RISKESDAS Lampung province, 2023).

Until now, hypertension is often found in primary health care and is a major challenge in Indonesia. Hypertension usually occurs without symptoms, but in cases of severe hypertension the symptoms experienced include palpitations, fatigue, anxiety, excessive sweating, muscle tremors, chest pain, epistaxis, blurred or double vision, difficulty sleeping, and headache (Udijianti, 2020) Pain is a complex health problem, and is one of the reasons someone comes to seek medical help. Pain in hypertensive patients occurs due to narrowing of blood vessels as a result of vasoconstriction of blood vessels will cause an increase in cerebral vascular pressure (Brunner & Sudarth, 2018).

Based on research conducted by Herawati, Suisilo, and Lestari (2016) on the relationship between acute pain intensity and blood pressure at Temanggung Regional General Hospital from 30 respondents suffering from hypertension 20 people (66.7%) with moderate acute pain complaints and 10 people (33.3%) with severe acute pain complaints. According to research conducted by Fadlilah in March 2019 at the Depok I Health Center, Sleman Yogyakarta, out of 20 respondents suffering from hypertension, 12 people (60%) experienced moderate pain and eight people (40%) experienced mild pain. Based on preliminary studies conducted by interview and observation, out of 10 respondents suffering from hypertension, 60% experienced acute pain and 40% experienced chronic pain.

The impact of pain in hypertensive patients can cause discomfort. Based on research conducted by Maria and Insana (2018) on Disorders of Comfort in Hypertensive Patients with 109 respondents, it was found that the majority of respondents experienced discomfort due to perceived pain, as many as 82 respondents (75.2%) experienced discomfort and the comfort category was 27 respondents (24.8%). In the research conducted there were 417 participants in this study. Patients with hypertension with an age of 48-57 years obtained the number of hypertension with anxiety levels in men, namely 213 (51.1%), and the number of

hypertension with anxiety levels in women, namely 75 (17.9%) which were excluded from the study, namely 129 (30.9%). (Widiyati, 2020).

Several nursing interventions to treat pain have been used including progressive relaxation, respiratory relaxation, meditation, visualization and self-hypnosis. These nursing interventions are carried out to make feelings of comfort and relaxation and can reduce fear and anxiety (Agnes dkk, 2021). Blood pressure can be lowered with relaxation techniques which are one type of non-pharmacological therapy. This method is expected to reduce blood pressure by controlling the nervous system. The development of this relaxation technique is divided into several techniques, one of which is Benson relaxation therapy, which was created by a medical researcher from the Harvard School of Medicine who studied some of the benefits of prayer and meditation for health named Herbert Benson. This therapy is a combination of individual belief forms with relaxation response methods. Benson relaxation focuses on spiritual words or sentences accompanied by a regular rhythm while breathing deeply accompanied by an attitude of surrender to the Creator (Atmojo et al., 2017).

Benson relaxation therapy is very relevant to the teachings of Islam, the command for humans to always dhikr by mentioning Allah's asma to bring peace in life. By reciting dhikr in the form of tahlil, tasbih, tahmid and takbir, one's heart and mind will feel calmer and more peaceful (Wijayanti et al., 2021). The benson relaxation technique is carried out to transfer the situation of self hypnosis which can cause a relaxing effect, so that it can reduce mild to moderate anxiety, tension, and stress from the mind which can affect breathing patterns, heart rate, pulse rate, blood pressure, reduce muscle tension, strengthen memory, release hormones that can trigger anxiety, and regulate hormones related to stress (Dewi, 2021).

Research conducted by (syukri, 2017) entitled "The Effectiveness of Benson Therapy on Pain and Blood Pressure of Hypertensive Clients at the Rawasari Health Center, Jambi City in 2017", based on the results of statistical tests that the results of statistical tests with a p value <0.05 . The average blood pressure and pain after benson therapy is greater than before benson therapy. Previously, there were more respondents with stage 2 category hypertension, namely 25 (75.8%) respondents. After benson therapy, the stage 2 category was reduced to 12 (36.4%) respondents. This shows that benson therapy is effective in reducing blood pressure (degree of hypertension).

Other studies have also shown that benson therapy can reduce respondents' pain levels. Create a comfortable environment, help clients to get a comfortable resting position sitting or lying down, train clients to take 2-3 deep breaths, ask clients to close their eyes to relax, by saying words that are believed to reduce anxiety and high blood pressure. (Hastuti, 2020). The assumption that researchers get that there is an effectiveness of benson therapy on pain and blood pressure due to the relaxation obtained when the five-finger hypnosis therapy is carried out. Through the benson technique, it can reduce pain and blood pressure because in this therapy there is comfort and relaxation so that clients who initially experience pain will decrease.

The average pain of hypertensive patients after benson therapy is greater than before benson therapy. Previously, hypertensive patients with severe pain were experienced by more respondents, namely 60.6% (experienced by 20 respondents), after being given benson therapy, severe pain was only experienced by 4 (12.1%) respondents, the majority of respondents only experienced mild anxiety, namely 51.6%, (Sukhri, 2017), this is in line with research (Engla dk, 2020) The average pain

score in hypertensive patients before benson therapy was 22.11 moderate pain category. The average anxiety score in hypertensive patients after benson therapy is 14.72 mild pain category. There is an effect of benson therapy on reducing pain levels in hypertensive patients with a t value of 8.518 greater than the t table value of 2.119 and a pvalue of 0.000. This means that there is an effect of benson therapy on reducing the level of pain in hypertensive patients.

The results of the survey conducted by researchers in the neurological room obtained data that there were 156 hypertensive patients with mild or severe hypertension in the last 2 months who experienced mild to moderate nape pain, and from the pre-survey data, from the results of interviews conducted to 7 people obtained the results of 4 respondents experiencing head pain radiating to the neck mildly with a score of 1-3 and 3 respondents experiencing moderate pain with a score of 4-5, the data was taken using the numeric rating scale (NRS), if the pain arises the patient just lets it go or massages the sore neck. Based on the description above, the author is interested in taking the focus of research on surgical medical nursing care in hypertensive patients by applying benson therapy at Jendral Ahmad Yani Metro City Hospital. With the hope that clients can maintain and improve health levels and to get an overview of blood pressure.

Objective

The purpose of this study was to determine surgical medical nursing care in hypertensive patients with the application of benson relaxation therapy to reduce the level of nyri in the Nerve Room of Rsud Jendral Ahmad Yani Metro City.

Method

The method in this scientific work with a descriptive approach to nursing care involving 2 decubitus patients, the instruments used are assessment sheets, head to toe, and pain measurement sheets, the application of acute pain treatment using benson relaxation therapy is carried out for 3 days, with the intensity of administration twice a day for 15 minutes.

Results

Assessment

Assessment is an early and most basic stage in the nursing process. Assessment is also a determinant of the next stage in identifying a nursing problem (Rohmah & Walid, 2018). When the assessment was carried out, the data obtained was the name Mrs.E aged 53 years, the client was delivered by his family with complaints of pain in the neck radiating to the shoulders, Mrs. E came to the Gedung Sari health center at 09.30 WIB with hypertension diagnoses Mrs. E with complaints of headache for 3 days. E with complaints of headache for 3 days, the client also said the neck was stiff and the pain radiated to the shoulders, the client said she was afraid of her current condition, the client said she was worried that it would cause more severe complications, the client appeared to have cold sweats, the client seemed unfocused, the client's voice trembled, when tested using VAS the client's anxiety scale was at number 4, the client said there were no other complaints besides the current complaints, Mrs. E has no history of hypertension for 5 years and has never been hospitalized before. Mrs. E said that she had a family history of hypertension and stroke. The client said he was a Christian, the client said he regularly attended worship activities every week at the church.

In theory according to the Indonesian Association of Cardiovascular Specialists (PERKI), (2019) it is explained that the normal value of blood pressure at the age of 50 years and above is 150/90 mmHg, which is in accordance with the data obtained in Mrs. E blood pressure: 170/100 mmHg, Temperature: 36.7 C, Breathing: 24x/m, Pulse: 105x/m.

Based on research conducted by Herawati, Suisilo, and Lestari (2016) on the relationship between acute pain intensity and blood pressure at Temanggung Regional General Hospital from 30 respondents suffering from hypertension 20 people (66.7%) with moderate acute pain complaints and 10 people (33.3%) with severe acute pain complaints. According to research conducted by Fadlilah in March 2019 at the Depok I Health Center, Sleman Yogyakarta, out of 20 respondents suffering from hypertension, 12 people (60%) experienced moderate pain and eight people (40%) experienced mild pain. Based on preliminary studies conducted by interview and observation, out of 10 respondents suffering from hypertension, 60% experienced acute pain and 40% experienced chronic pain.

According to the author, pain in hypertensive patients occurs due to narrowing of blood vessels as a result of vasoconstriction of blood vessels will cause an increase in cerebral vascular pressure.

Nursing Diagnosis

Nursing diagnosis is a logical statement that describes a human response (state of health or changes in actual/potential interaction patterns) from individuals or groups where nurses legally identify and nurses can also provide definite interventions to maintain health status or reduce, eliminate or prevent changes (Rohmah & Walid, 2018).

Where nursing diagnoses that appear in Mrs. E are acute pain, anxiety and knowledge deficit. The results of this study are in accordance with the statement described by Wijaya & Putri (2017) that complications that occur in patients with hypertension include acute pain associated with increased cerebral vascular pressure, disturbance of tasnietas patterns. So the first nursing diagnosis that the author takes is acute pain associated with the disease process characterized by an increase in blood pressure. The second diagnosis that the author takes is anxiety related to situational crisis characterized by excessive anxiety. The third diagnosis that the author amil is a knowledge deficit.

There is a gap between theory and case, according to Wijaya & Putri (2017) diagnoses that appear in clients with hypertension there are six diagnoses including; pain associated with increased cerebral vascular pressure, high risk of decreased cardiac output associated with increased afterload, activity intolerance associated with weakness, risk of injury, lack of knowledge associated with lack of information, anxiety associated with stressors.

Nursing Interventions

Planning is the development of design strategies in preventing, reducing or overcoming problems that have been identified in nursing diagnosis, this planning illustrates the extent to which nurses solve problems effectively and efficiently (Rohmah & Walid, 2020). In this nursing planning describes the extent to which nurses solve nursing problems that have been obtained or formulated from assessments that have been carried out in cases effectively and efficiently Somantri (2018).

Nursing action plan for nursing diagnoses of acute pain, including pain management such as comprehensive pain assessment, observation of non-verbal reactions and discomfort, determine factors that can affect pain, control the environment that can affect pain such as room temperature, lighting and noise, encourage rest, teach deep benson relaxation techniques to reduce pain, provide non-pharmacological measures such as the relaxation techniques above, monitor pain scales, vital signs, provide explanations about the causes of pain and how to reduce pain, and collaborate with the medical team in administering drugs.

In the preparation of this intervention, the author emphasizes the provision of benson therapy for 15 minutes by providing a comfortable and calm environment. Giving benson therapy for 15 minutes is a breathing relaxation technique involving beliefs that result in a decrease in oxygen consumption by the body and the muscles of the body relax, causing a feeling of calm and comfort. This condition will cause a general state of relaxation in humans. The feeling of relaxation will be forwarded to the hypothalamus to produce corticotropin releasing factor (CRF). CRF will stimulate the glands under the brain to increase the production of proopiomelanocortin (POMC) so that the production of enkephalin by the adrenal medulla increases. The pituitary gland also produces β endorphine as a neurotransmitter (Rasubala & Mulyadi, 2017).

Endorphine appears by separating itself from deoxyribo nucleic acid (DNA), which is a substance that regulates cell life and gives orders for cells to grow or stop growing. On the surface of cells, especially nerve cells, there are areas that receive endorphine. When endorphine separates from DNA, endorphine keeps life in a normal situation (Solehati, T & Kosasih, 2015).

Nursing Implementation

In the implementation stage, nursing actions are carried out in accordance with the plan that has been made and all nursing actions performed on clients are documented in nursing records. In the diagnosis of acute pain associated with the disease process characterized by an increase in blood pressure, the authors did not collaborate in the administration of captopril 25 ml, B1 50 mg, mafenamic acid 500 mg because the client had taken the drug and routine health workers to provide when the drug was used up. And nursing actions that can be taken are to conduct a comprehensive pain assessment, observe non-verbal reactions, determine factors that can exacerbate pain, encourage clients to control the environment that can affect pain, encourage rest, monitor pain scales and ttv and educate clients on causes and ways to reduce pain and apply and teach benson relaxation techniques to reduce pain.

all nursing action plans can be realized in real time according to the nursing action plan. The supporting factors that the author gets are that the client is very cooperative when nursing actions are taken and the family wants to work together even though they don't live in the same house. There are not many difficulties due to the cooperative attitude of the client and also the family so that nursing actions can be carried out properly.

Nursing Evaluation

Evaluation is an assessment by comparing the observed results with the objectives and outcome criteria made at the planning stage (Rohmah & Walid, 2013). Evaluation of the results carried out using SOAP. After being evaluated from the 3

nursing diagnoses in the case of ny. The first nursing diagnosis of acute pain associated with the disease process is characterized by increased blood pressure. This diagnosis has been resolved because the client's pain is reduced and the client feels comfortable and relaxed.

Supporting factors that make a reference for the author when conducting nursing evaluations are the previously made outcome criteria so that they can be used as guidelines in determining whether the objectives are achieved or not.

Nursing action by applying benson relaxation therapy is proven to reduce the pain scale in hypertensive patients after 3 days of nursing care, where the patient experiences a decrease in pain from a scale of 4 to 1. Related to the handling of acute pain in hypertension, it will be created if the benson relaxation therapy is really done in a calm and relaxed state, with health promotion of nonpharmacological therapy by providing benson relaxation therapy.

One of the relaxations that is widely used to reduce the pain scale in hypertensive patients is benson relaxation, this therapy has often been done in several studies. According to research conducted by Batubara, this study was given to 48 hypertensive patients in the Nervous Room at Padang Sidempuan City Hospital using benson relaxation to effectively reduce pain because the effect of benson relaxation is able to produce endorphin hormones which have a function as pain relievers (Rohmah & Walid, 2018).

Benson relaxation therapy can also reduce stress levels, anxiety, discomfort, and can also reduce metabolism, heart contractions, blood pressure, and release hormones that have an effect on reducing pain intensity. Hypertensive pain is usually followed by anxiety, fear, and depression. This emotional reaction will increase the sympathetic response, namely increased levels of catecholamines, noradrenaline, and norepinephrine which will exacerbate pain intensity (Molly dkk, 2020). Benson relaxation is a development of the deep breath relaxation method by involving the patient's belief factor which can create a calm environment so that it can help patients achieve a higher state of health and well-being, this relaxation is carried out by combining the relaxation provided with the beliefs of the client (Haryanti, 2021). Benson relaxation in this study uses the beliefs of Muslims, where clients will be asked to mention the Name of Allah repeatedly in a solemn manner.

Benson relaxation training is quite effective in inducing a state of calm and relaxation. Furthermore, the relaxed muscles of the body cause brain waves to slow down, finally allowing a person to rest peacefully (Wayan dkk, 2022). The advantages of Benson relaxation in addition to getting the benefits of relaxation also get benefits from the use of beliefs such as increasing faith, and the possibility of getting transcendence experiences (Haryanti, 2021).

Benson Relaxation exercises can restore the body to calm and comfort. This relaxation has an effect on increasing alpha waves so that it relaxes the state of mind. When the alpha wave in the mind is calm and focused on an object, it can build a sense of security and comfort against pain that is felt to decrease (Warsono et al., 2019; D Yanti & Efi, 2018). The success of the Benson Relaxation Technique can benefit from the user's beliefs and experiences from the trasendency of hypertensive patients who experience a relaxed state, namely in the sympathetic nervous system, so that relaxation can emphasize feelings of anxiety, tension, sleep disturbances, and pain.

This is also in accordance with research conducted by several researchers, including research conducted by (Kriscillia et al, 2020), the results showed that the

average pain level of respondents after the provision of benson relaxation in the intervention group obtained an average value of 3.40 with the lowest pain scale of 2 and the highest pain scale of 5 and a standardized value of 1.07. Then the difference between the pretest-posttest mean value in the intervention group was 3.20. Broadly speaking, there are changes in pain in respondents after giving benson relaxation.

In line with research conducted by (Astutiningrum & Fitriyah, 2019), based on the analysis of nursing actions of the three patients with nursing diagnoses of acute pain associated with physical injury agents, after non-pharmacological therapy of benson relaxation, the three patients experienced a decrease in pain levels in the provision of therapy for 10-15 minutes with a frequency of 3x / day for 2 days every time pain came, to prevent bias between pharmacological and non-pharmacological side effects in this study, therapy was given 30 minutes before pharmacological therapy was given, and when the patient complained of pain but not yet hours of pharmacological therapy was given.

Discussion

According to the author's opinion, the mechanism of benson relaxation therapy is a breathing relaxation technique involving trust or belief so that it can reduce oxygen consumption by the body and make muscles more relaxed so that a sense of comfort and calm arises. O₂ intake in the brain is sufficient to make humans in a balanced state. This situation will create a relaxed atmosphere in humans, and will be forwarded to the hypothalamus to produce Corticotropin Relaxing Factor (CRF). CRF will work to stimulate the glands under the brain to increase the production of Proopiomelanocortin (POMC) making Enkephalin production by the adrenal medulla increased. The glands under the brain produce β Endorphine for Neurotransmitter.

Conclusion

1. Assessment obtained data obtained name Mrs.E aged 53 years, the client was delivered by his family with complaints of pain in the neck radiating to the shoulders, Mrs. E came with a diagnosis of hypertension.
2. Nursing diagnoses that arise are acute pain, anxiety and knowledge deficit
3. Nursing interventions that will be carried out are to carry out pain management with gasoline relaxation innovation, relaxation therapy and health education.
4. Nursing implementation focuses on the problem of acute pain by providing benson relaxation therapy interventions.
5. The evaluation obtained during the 3-day treatment of all nursing problems that arose in Mrs. E can be resolved.

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