

CHRISTIAN SPIRITUAL MUSIC THERAPY ON PATIENTS' ANXIETY IN THE EMERGENCY UNIT

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ABSTRACT

This study aims to obtain a comprehensive picture of the effect of spiritual music therapy on reducing anxiety in patients in the emergency room (IGD). The method used in this research is a scoping review. Article searches used databases from Scencedirect, PubMed, Scencedirect, and Scopus. The keywords used are ("Patient Anxiety," "Spiritual," AND "Music Therapy). The results of the study showed that there was an effect of listening to Christian spiritual music on patient anxiety in the inpatient room. In conclusion, Christian spiritual music has proven to be significant in reducing patient anxiety, both mild anxiety and moderate anxiety, while in the ER.

Keywords: Anxiety, Christian Spiritual Music

INTRODUCTION

Anxiety in patients in the emergency room (ER) is a psychological disorder caused by patients facing uncertainty, concerns about the hospital environment, room conditions, not knowing about the disease they are experiencing, fear of the development of the disease they are experiencing resulting in death (Amirnan et al., 2019). In some situations they feel angry, afraid, sad and depressed and often experience changes in mood. Based on the results of research regarding the description of the anxiety level of patients in the emergency room at Panembahan Senopati Hospital, Bantul, which was conducted on 68 respondents, it was found that 28 patients or 41.2% experienced anxiety. heavy. In patients, anxiety often arises for several reasons, such as fear of disability (63%), fear of loss (21.3%), fear of economic problems (10.7%), fear of the unknown, and lack of information. (5%) (Lainsamputty & Wuisang, 2022).

Several factors that influence patient anxiety in the emergency room are gender, length of stay, treatment experience, level of knowledge, and environment (Muzaki & Hudiawati, 2020). Anxiety is indeed one of the factors causing psychosomatics in patients. Anxiety is also a health problem for most people. In some cases, anxiety is usually related to the patient's medical condition that requires intensive care. The majority of patients feel anxious and worried about actions in the ER which can cause patients to be mildly anxious, moderately anxious or severely anxious (Permatasari et al., 2019).

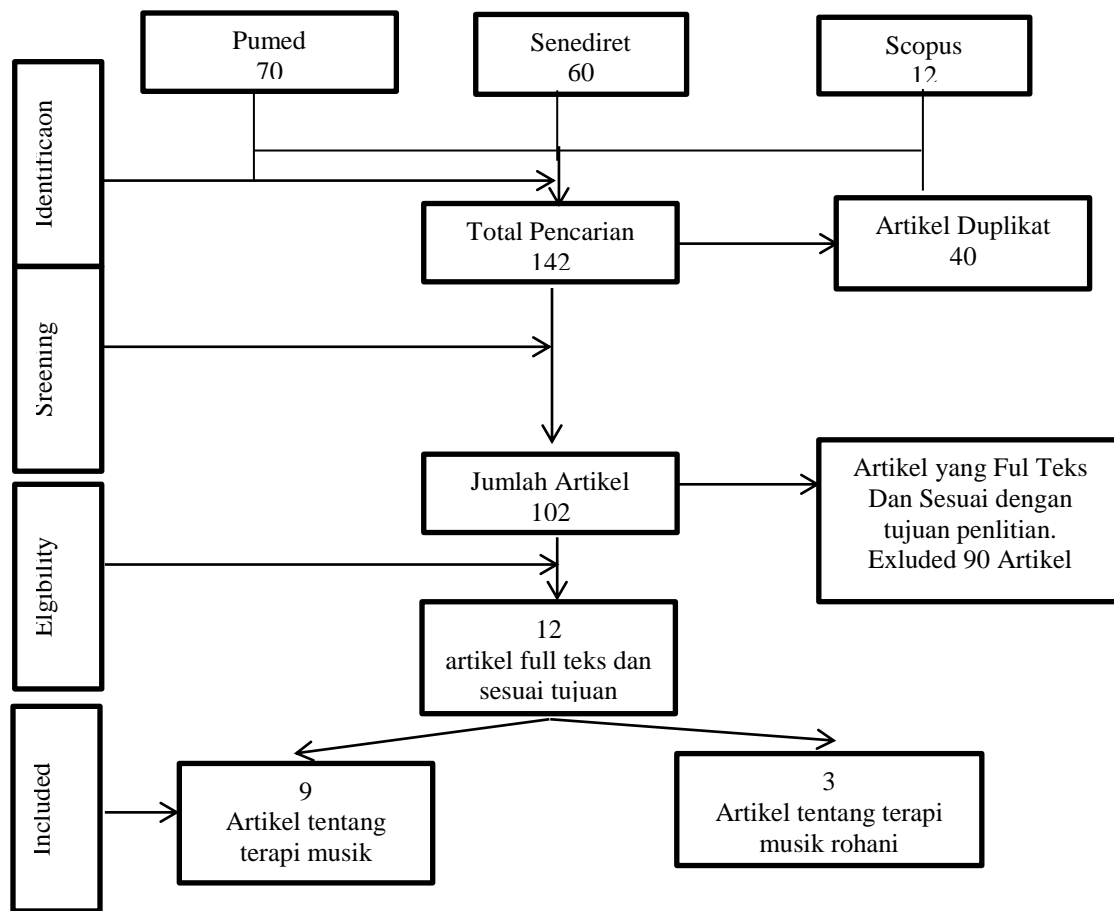
Anxiety is very common and does not require specialist treatment, but if the condition is chronic, it is characterized by a lack of interest, sometimes erratic mood, continuous loss of pleasure, so treatment needs to be taken to function normally (Gurková et al., 2021; Aisah et al., 2021). Interventions that can be carried out by nurses are: non-pharmacological intervention, non-pharmacological intervention is developing towards complementary therapy, based on scientific research, non-pharmacological therapy has the benefit of improving health and is safe and has low side effects (McCauley et al., 2020). Researchers have previously carried out non-pharmacological therapies to treat anxiety health problems, for example music therapy, providing aromatherapy, deep breathing exercise, pastoral care and so on. This Scoping Review aims to identify the influence of Christian spiritual music on patient anxiety in the emergency room.

RESEARCH METHODS

This review uses a scoping review approach to identify the steps for preparing a research protocol. Scoping review is a method used to identify literature in depth and comprehensively which is obtained through various sources with various research methods and is related to the research topic. Five methodological steps for a scoping review were applied: identifying the research question; identify relevant studies; choose studies; collecting data; summarize data, and synthesize results. Guidelines on scoping reviews developed by the Joanna Briggs Institute and the PRISMA-Sc checklist for scoping reviews.

The scoping review research design was chosen because the reference sources that researchers used varied from journal articles. 6 The research question was "What is the effect of spiritual music on patient anxiety in the emergency room?" The article used in making the scoping review is music therapy for patient anxiety. The literature used is in English and Indonesian. The respondents reviewed in the article are patients with anxiety. Articles were selected based on inclusion and exclusion criteria. The inclusion criteria used in this article are 1) Research related to music intervention on patient anxiety, 2) articles in English or Indonesian, 3) articles in the form of quantitative research, 4) articles in the form of, RCT, systematic review, original research, gray literature 5) publication time 2019-2022. Exclusion criteria for research on music interventions in combination with other complementary therapies. 7 Searching for related literature, this article uses data based from Sciencedirect, Scopus and Pubmed with a research period of January 2019 to December 2022.

In the literature search using the Boolean operators "OR/AND" . The keywords used in the search were "Patient anxiety AND spiritual AND Music Therapy". In carrying out this scoping review, an independent literature search was carried out through a trusted database. The articles that have been obtained are analyzed, differentiated and duplicated. 8 Figure 1 explains the process of searching for and selecting articles as literature using Preferred Reporting Items for Systematic Reviews and Meta-analyses.



Gambar. 1
PRISMA Flow Chart

RESULT

Tabel I
Matriks Analisis pada Literatur

Author's name, article title, type of literature	Year	Aims	Finding
Lu et al., Effects of music therapy on anxiety: A meta-analysis of randomized controlled trials, RCT	2021	To evaluate the efficacy of music therapy on anxiety from randomized controlled trials (RCTs)	The current meta-analysis included 32 RCTs with a total of 1,924 participants. The results of the meta-analysis showed that music therapy was effective in relieving anxiety compared to the control group.
Chahal et al., Effect of music therapy on ICU induced anxiety and physiological parameters among ICU patients: An	2021	To assess the effectiveness of music therapy on ICU induced anxiety and physiological parameters among intensive care unit	Music therapy was very effective in reducing anxiety in the experimental group. subjects group after the intervention whereas no

experimental study in a tertiary care hospital of India, Experimental Study		patients in a tertiary care hospital of India	changes were seen in the conventional treatment group on the fourth day of the intervention. With a value of ($t = 15.136$ (34) $p < 0.001$). ¹⁰
Cruz, Music Therapy and Anxiety in an Urgent Care Setting, Experimental	2021	To identify the influence of music therapy, specifically, the therapeutic use of music, on adult patients experiencing anxiety in an urgent care clinic setting.	After carrying out a statistical test using the paired T test, a significant value of 0.5 was obtained ($t = 467$, $df = 49$, $p < 0.001$), the result was that there was a decrease in the anxiety level of respondents which showed clinical improvement in 80% of participants in the experimental group, while only 56 % in the control group. ¹¹
Umbrello., Music therapy reduces stress and anxiety in critically ill patients: a systematic review of randomized clinical trials, RCT	2019	To assess the current evidence on the effectiveness of music therapy in reducing stress and anxiety in critically ill, adult patients	Music therapy can consistently reduce anxiety and stress in critically ill patients.
Belland et al., Using music to reduce anxiety among older adults in the emergency department: a randomized pilot study, Pilot Study	2019	To evaluate the effect of music listening on anxiety levels in older ED patients	These results suggest that listening to music may be an effective tool for reducing anxiety among older adults in the ED
Rossetti et al., The Impact of Music Therapy on Anxiety in Cancer Patients Undergoing Simulation for Radiation Therapy, Ekperimen	2017	To evaluates the impact of MT on anxiety and distress during simulation in patients with newly diagnosed head and neck or breast cancer	Music therapy significantly reduced the anxiety of 78 respondents with a value of ($P < .0001$), and the average SDT scores before and after the simulation were 3.2 and 1.7 ($P < .0001$), respectively
Charista & Subiantoro, Therapist's Relationship With Spirituality Music Therapy Clinical Practice Experimental	2021	To find out the Relationship between Therapist Spirituality and Music Therapy Clinical Practice	Results showed a statistically significant increase in scores on music day
Omson, Reduction of Anxiety Through Music Therapy One-group Pretest-posttest Research Design	2021	To determine the effectiveness of music therapy in reducing anxiety	Music therapy shows effectiveness in reducing anxiety clinically and statistically. Music therapy can have a major impact on coping mechanisms compared to other treatments one of the safest options
Moodi et al., Effectiveness of Spiritual Therapy on Depression, Anxiety, and Stress in Hemodialysis Patients	2020	To evaluate the effectiveness of spiritual therapy on depression, anxiety, and stress in hemodialysis patients	In the study, 33 patients were in the intervention group and 35 patients in the control group. The mean scores of depression, anxiety, and stress before

		referred to the dialysis ward of special diseases center of Birjand in 2019 - 2020	intervention in experimental and control group patients were not significantly different ($P = 0.61$), but immediately and three months after intervention in experimental group patients were significantly lower than those in the control group ($P < 0.001$). ¹⁷
Rompas et al., The Effectiveness of Counseling and Christian Religious Music on the Anxiety Level of Preoperative Patients in the Irina A Blu Room Rsup Prof. Dr. R.D. Kandou Manado, <i>Quasi Experimental</i>	2013	To find out the differences effectiveness of counseling and Christian religion music of anxiety level in preoperative patients at Irina A Room BLU RSUP Prof. Dr. R. D. Kandou Manado	The research results of the Independent T-test statistic show a p value of 0.630 or $\alpha > 0.05$. The results of this research are that counseling and Christian religious music can be used by nurses reduce preoperative patient anxiety
Arifah et al., The Influence of Spiritual Guided Imagery on Anxiety to Hemodialysis Patients in The Syarifah Ambami Ratu Ebu Bangkalan Regional General Hospital, <i>Quasy-Experimental</i>	2019	To determine the effect of spiritual guided imagery on anxiety in hemodialysis patients at Syarifah Ambami Ratu Ebu Bangkalan Hospital	The results of statistical tests using the Manova test show that there is an influence of spiritual guided imagery on anxiety in hemodialysis patients

From the results of the search for articles, there were 142 articles including 70 articles from PubMed, 60 articles from Sciencedirect, and 12 articles from Scopus. There were 40 similar articles in the database to be excluded and the remaining 102 articles. Of the 102 articles excluded because 90 articles did not match the topic and were not original articles and did not have full text. There are 12 articles that have explanations according to the research topic. Of the 12 articles analyzed, 9 articles discussed music therapy for patient anxiety and 3 articles discussed spiritual music. All the articles analyzed found that music therapy can influence patient anxiety, including anxiety in the emergency room, anxiety due to chronic illness, anxiety due to surgery. The entire article generally discusses music therapy for patients with anxiety.

DISCUSSION

Everything that causes patient anxiety in the hospital, for example the emergency environment, lack of knowledge about the disease, the equipment that is installed, all of these things can cause anxiety in the patient. Therefore, there is a need for non-pharmacolytic therapy to overcome anxiety problems in patients who are in hospital. The type of non-pharmacologic therapy is Christian spiritual music therapy (Lu et al., 2021). Spiritual music therapy is a therapy that can improve well-being by providing pleasure, relaxation, improving memory, social interaction and peace of mind. Providing music therapy can reduce Adrenal Corticotropin Hormone (ACTH), which is a stress hormone that triggers anxiety (Sulistiyorini et al., 2020; Umbrello et al., 2019).

Spiritual beliefs also have an important role in patients who experience anxiety. The current development of music is very beneficial for health so that music can now be used in the form of complementary therapy, this is very beneficial for the patient's physical and mental health condition. Musical instruments can provide stimulation to the limbic system area of the brain as the center for regulating human emotions. This can create a relaxed condition when listening to music. And one type of music that contains musical instruments related to spiritual music. In research conducted by Arifiah et al., (2019) it was found that hemodialysis patients who experience anxiety can be given non-pharmacological therapy in the form of spiritual guided imagery because it is proven to reduce anxiety and this therapy is easy to apply.

The research results of Chahal et al., (2021) showed that music therapy was very effective in reducing anxiety in the experimental group. Subjects group after the intervention whereas no changes were seen in the conventional treatment group on the fourth day of the intervention. With a value of ($t = 15.136$ (34) $p < 0.001$). Several factors that influence patient anxiety in the emergency room are gender, length of stay, treatment experience, level of knowledge, and environment (Muzaki & Hudiawati, 2020). Anxiety is indeed one of the factors causing psychosomatics in patients. Anxiety is also a health problem for most people. In some cases, anxiety is usually related to the patient's medical condition that requires intensive care. The majority of patients feel anxious and worried about actions in the ER which can cause patients to be mildly anxious, moderately anxious or severely anxious (Permatasari et al., 2019; Belland et al., 2019).

In research conducted by Hitiyaut et al., (2019) the results of the research stated that there was an influence of Christian spiritual music therapy on reducing the anxiety level of the elderly at the Tresna Werdha Inakaka Social Home. Maluku Province. In previous research conducted by Zuchraahun 2019 entitled The Effect of Religious Music Therapy on the Anxiety Level of Preoperative Patients in the Surgical Room at RSUP. DR. M.Djamil Padang, with the results that there was a decrease in anxiety levels after respondents were given therapy for 30 minutes. The results of research by Kamtini & Suryanto (2023); Shama-Lesem et al., (2021) show that music therapy can reduce the patient's level of anxiety so that it will divert attention to anxiety (distraction) and provide a sense of relaxation before the patient undergoes spinal anesthesia. With this intervention, it is hoped that it can reduce the anxiety experienced by patients who are in the hospital, both in the treatment room and the emergency room. In line with research by Maulida et al., (2022) shows that there is a significant relationship between the influence of religious music therapy on the anxiety level of families of patients pre-major surgery in the operating room at RSUD Dr. Zainoel Abidin Banda Aceh in 2022.

CONCLUSION

Spiritual music intervention is a non-pharmacological form that is suitable for use for patients treated in treatment rooms or emergency rooms who experience anxiety, because it strengthens, soothes, reconciles both physically and psychologically as well as a person's faith.

SUGGESTION

There needs to be increased research in the field of nursing on the spiritual side so that it can become a reference for other researchers because there is very little research on spirituality in treating patients with anxiety.

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